

Self Acupressure 10

Bob Doto

Acupressure Hugh S. ALLEN,2020-08-24 ACUPRESSURE: 10 Ways to Heal Through Touch Acupressure is used to treat a wide cross-section of medical conditions from migraines to reproductive issues. It provides stress relief and works on depression and other psychological problems. Acupressure even treats skin conditions and super-charges your weight loss goals!!! This book has all you need to know about this ancient Eastern healing technique. Almost every imaginable ailment can be alleviated using acupressure. Not only is it safe to use, but you can perform it on your own, anywhere and with no required tools. Just by knowing where to locate the potent points for various organs and the meridians associated with them, you can get instant relief from pain, fatigue, anxiety, nausea, depression and sexual problems. Step By Step Guide It provides a step by step guide for stimulating the energy points that lead to restoring and maintaining robust health in the areas of: *Pain Management *Fertility *Sexual Prowess *Weight Management *Arthritis/Joint Pain *Nausea *Depression and Emotional Imbalance *Skin Care From this book you will learn: *Benefits of Acupressure therapy *Location of meridians and pressure points *Acupressure for treating migraines and other pain points *Acupressure for addressing emotional imbalance and stress relief *Acupressure for restoring and maintaining beauty Acupressure for Instant Relief With the proper understanding of the energy channels of the body, it becomes very easy to diagnose the pain and get quick relief using simple techniques that can either be done by yourself or with the help of a certified therapist. This book covers all aspects of acupressure from its benefits to its practical application in treating various health conditions. It is a must have, if you are a beginner and want to try out this particular form of healing or if you already know it's benefits and want to expand your use of the techniques. Acupressure has proven to be a safe and successful alternative therapy for achieving relief and overall health and well-being. Scroll up & download your copy today!

Acupressure for Emotional Healing Michael Reed Gach, PhD,Beth Ann Henning, Dipl., A.B.T.,2008-11-19 Increased stress and traumatic events in our lives have resulted in many millions of people who suffer from insomnia, nightmares, anxiety attacks, depression, and tension headaches. ACUPRESSURE FOR EMOTIONAL HEALING offers relief at your fingertips, quickly and safely, for a wide range of emotional problems. It explains how emotional distress becomes lodged in the body as muscular tension and blocked energy, and shows how acupressure can relieve not just the resulting physical symptoms, but also their emotional source--often without the need for extensive talk therapy or medication. Acupressure stimulates the same points used in acupuncture, but instead of needles, firm finger pressure is used on the surface of the skin. The pressure releases neurochemicals called endorphins that relieve pain. As in acupuncture, specific pressure points are connected with internal organs and energy pathways in the body (called meridians) that regulate the flow of electrical energy to all systems. Unlike acupuncture, acupressure can be used safely by anyone, with only the hands as equipment. ACUPRESSURE FOR EMOTIONAL HEALING offers a comprehensive A-Z guide to emotional ailments (from abandonment to worry and obsessive thinking), with fully-illustrated instruction on dozens of precise acupressure point locations and how to activate them, combined with yogic breathing, stretching, and movement routines. Case histories from the authors' practice further illuminate each condition and the path to emotional balance and healing. Most routines can be used independently for self-care and on-the-spot relief. There are also sections on how to use the techniques to help others, with appropriate safeguards.

Acupressure's Potent Points Michael Reed Gach, PhD,2011-11-09 With your hands you have potential to relieve everyday aches, pains and ailments without taking drugs, to improve your health, and to increase your vitality. Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing processes. With this book, it is a skill you can learn now--and use in your own home. In *Acupressure's Potent Points*, Michael Reed Gach, founder and director of the Acupressure Institute of America, reveals simple techniques that enable you to relieve headaches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, hot flashes, depression, and more--using the power and sensitivity of your own hands. This practical guide covers more than forty ailments and symptoms, from allergies to wrist pain, providing pressure-point maps and exercises to relieve pain and restore function. Acupressure complements conventional medical care, and enables you to take a vital role in becoming well and staying well. With this book you can turn your hands into healing tools--and start feeling good now.

Acupressure Made Simple Deborah Bleecker,2019-04-11 Learn how to use the most effective acupressure points to resolve your health problems. Acupressure is an effective way to treat many health issues. But which acupuncture points work best for acupressure? How do you treat the points to get the results you need? Acupressure is easy to learn, and easy to apply effectively.No special tools are necessary to treat the points. Learn how to locate acupressure points accurately. In addition to the top acupressure points to treat each health issue, information on which supplements work best is included.Top 10 Acupressure PointsChinese Medicine Quick GuideHow To Make Acupressure Work For You--How To Locate Acupressure Points--How Acupuncture And Acupressure Treat Pain--Ear Acupressure Explained---Acupuncture Meridians---Acid Reflux, Heartburn, GERD. Allergies, Angina, Ankle Pain, Anxiety, Arm Pain, Baby Bedwetting, Baby Colds and Flu, Baby Colic, Baby Constipation, Baby Diarrhea, Baby Digestion, Baby Ear Pain, Baby Fever, Baby Sleep, Baby Stress, Baby Vomiting, Back Pain, Carpal Tunnel Syndrome, Colds And Flu, Constipation, Cough, Depression, Diabetic Neuropathy, Diarrhea, Dizziness, Ear Pain, Elbow Pain, Eye Pain, Fatigue, Fever, Finger Pain, Foot Pain, Frequent Urination, Weak Bladder, Incontinence, Gallstones, Hand Pain, Headache, Heart Arrhythmia, Hiccups, High Blood Pressure, Hives, Hormonal Health, Hot Flashes, Impotence, Libido, Erectile Dysfunction, Infertility, Insomnia, Kidney Stones, Knee Pain, Lasik Dry Eyes, Meniere's Disease, Migraine Headaches, Morning Sickness, Nausea, Neck Pain, Plantar Fasciitis, PMS - Premenstrual Syndrome, Sciatica, Shoulder Pain, Sinus Pain, Stress, Irritability, Stroke Recovery, Toe Pain, Water Retention, Swelling, and Edema, Weight Loss.

Healing with Pressure Point Therapy Jack Forem,1999-04-01 This comprehensive guide shows readers how to treat common health problems using a variety of pressure point therapies: acupressure, shiatsu, reflexology, acu-yoga, and trigger-point therapy. For each condition, readers can experiment to discover which of these methods work best for them. Forem offers therapies for more than 65 complaints from acne, arthritis, and weight control to eyestrain, headaches, and impotence.More than 50 clear illustrations show readers exactly what they need to do. A section of master drawings show the complete array of points and meridians -- the same ones used in acupuncture. Then each section offers simpler drawings illustrating only the specific points needed for the condition being discussed. Concise instructions on pressure techniques accompany the illustrations.

Acupressure Card Deck Skye Alexander,2010-06-01 Acupressure, the practice of applying finger pressure to specific pressure points throughout the body, has been used for thousands of years to relieve pain, promote relaxation, and heal illness. This card deck shows readers how to use acupressure techniques on themselves or others to naturally alleviate physical and emotional conditions from PMS, to migraines, to carpal tunnel syndrome. Each individual card has a photo that identifies each pressure point or massage technique so that the reader can execute it easily and conveniently while in action. On the flip side, the card explains the technique for stimulating the point to relieve pain, and heal discomfort. Introduction cards explain the history of acupressure and the philosophy behind it.

Acupressure Techniques Julian N. Kenyon,1996

Acupressure Techniques Hans Ewald,1978

Insights of a Senior Acupuncturist Miriam Lee,1992 This book details the ingenious use of only five major acupuncture points to effectively treat a wide variety of ills. Written by one of the most experienced and well-known acupuncturists in California, this book is a must read for students and practitioners alike. It is written in a deceptively simple, unpretentious style characteristic of its author, but readers should not be deceived. The theory it contains is profound, stemming from the Four Great Masters of the Jin-Yuan dynasties.

WHO Standard Acupuncture Point Locations in the Western Pacific Region ,2008-06-05 Acupuncture has been practiced for more than 2500 years in the Western Pacific region and has become a global therapeutic method in recent decades. However, it was reported that acupuncturists differed by up to 25% in the acupuncture points they used, raising doubts and uncertainty regarding the efficacy and safety of acupuncture treatment, as well as causing difficulties in the fields of acupuncture research and education. Member States therefore increasingly began to demand standardization in acupuncture point locations. Responding to this request, the WHO Western Pacific Regional Office initiated a project to reach consensus on acupuncture point locations and thus convened 11 serial meetings resulting in these guidelines. This Standard acupuncture point

locations in the Western Pacific Region stipulates the methodology for locating acupuncture points on the surface of the human body, as well as the locations of 361 acupuncture points. The Standard is applicable for teaching, research, clinical service, publication, and academic exchanges involving acupuncture.

Heal Yourself with Chinese Pressure Points Laurent Turlin,2018-06-05 Through targeted self-massage, acupressure can relieve ailments ranging from headaches and colds to stress and insomnia. This comprehensive introduction, packed with illustrations and diagrams, presents the 12 key acupressure points along with a simple overview of the body's meridian system of energy channels. Easy-to-follow instructions outline different massage techniques before presenting directions for healing over 40 common conditions using just 12 pressure points.

Acupressure Fundamentals Cunningham,2011-12-15 20 Primary acupressure points for over 250 symptoms and parts of the body.

Acupressure Franz Wagner,George Lewith,1997

ACUPRESSURE & REFLEXOLOGY FOR DUMMIES Synthia Andrews,Bobbi Dempsey,2007-09-17 Concise DescriptionAcupressure & Reflexology For Dummies is your friendly, do-it-yourself guide which introduces you to the basics and benefits of acupressure and reflexology, showing you step by step how to nurture your emotional and physical well-being and that of someone else. You'll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well-being. · Acupressure and Reflexology Essentials · Healing Yourself or a Loved One · The Terrain: Bones, Muscles, Meridians, and Reflex Zones · Technique: The Healing Touch · Professional Help Wanted? · Maintaining Good Health · Balancing Emotions for Well Being · Treating Emotional Upset · Putting Your Best Foot Forward · Healing the Leg and Hip Regions · Relieving Backaches · Relief for Hurting Heads (And Pains in the Neck) · Lending a Hand (And Arm and Shoulder, Too!) · Time for a Gut Check · Chest-Related Care and Considerations · Age-Related Treatments · Especially for Women · Fighting Colds, Preventing Illness, and Relieving Some Chronic Conditions · Ten Myths and Misconceptions About Acupressure and Reflexology · Ten Ways Acupressure and Reflexology Can Enrich Your Life

Self Healing Guide Dimitrios P Mangioros,2015-03-29 Self Healing Guide. Learn self acupuncture combined with relaxation, herbs, diet and hydrotherapy healing practices for the 70 most frequent diseases. Reading the book, you will be able to understand and apply simple but effective self acupuncture. Moreover prayer, meditation, self-hypnosis, muscle test for selecting food-substances, fasting therapy, fruit therapy, raw food diet, Mediterranean diet, sprouts, home spa bath, home steam bath, use of herbs (preparation of infusions, decoctions, ointments, oils, tinctures, compresses, poultices), panacea herbs and grandma's remedies are some of the healing treatments for the 70 most frequent diseases, which are extensively analyzed in the book. For instance headache is a common ailment people all over the world suffer from. The book provides detailed alternative treatments for it, for example you can insert a needle at the point between the eyebrows, called Extra 1 or third eye. Or you can massage gently this point with slow circular movements, do fast eye movements in all directions and then drink some soothing tea as chamomile, common lime, St John's wort, melissa, oregano or common thyme depending on the muscle test for selecting food-substances. If you are afraid of needles, stick adhesive magnets on acupoints using the instructions in the book. If you think you are unable to find the points, don't worry because the book is accompanied by a DVD with detailed demonstration of how to find the acupuncture points. There is nothing easier than inserting a needle exactly where it hurts. You can also use the grandma's remedies for headache which are mentioned in the book: a. chew one rue (ruta graveolens) leaf. b. sniff 5 drops of marjoram (origanum majorana) leaves juice. c. patients suffering from migraine must avoid chocolates, milk and combining wine with cheese. d. tie the suffering area with compresses or bandanna impregnated with vinegar or lemon. e. place a raw potato or onion slice on the suffering area, refresh it every hour. f. for headache due to menopause drink infusion of 10g saffron crocus (crocus sativus) in 1 L water. g. massage the suffering area using 5 drops of essential oil lavandula officinalis or mentha piperata or origanum majorana. h. have a cold footbath, especially if you have warm feet. i. massage the lobule of the ear ipsilateral to the pain or the dominant ear for 15 minutes. j. put herbs that you like in your pillow. The Knowledge acquired from this book is directly applicable anytime, anywhere and by anyone, even without a needle. Help yourself, when you need it, with simple, inexpensive healing methods without side effects. For the first time on a global level, it is stated in the book that the Primary Meridians (the main energy routes in the human body) consist of ten vibrating fibers, and the space between them fluctuates in proportion to the yin and yang energy. For the first time on a global level, the waveform of the energy which is absorbed or emitted from the head of the needle at stimulation or dispersion during acupuncture is analyzed in the book. For the first time, the Hellenic herbal needles are mentioned and details are provided for their use; I strongly suggest that they should be exported abroad. For the first time a great number of herbs are classified according to the Empedoclean-Hippocratic doctrine. You have been created in image and likeness of God, which means you have endless potential of spiritual evolution and self-healing. Knowledge of self-treatment is the way to find happiness, the conquest of happiness is waiting for you...

The Acupressure Atlas Bernard C. Kolster,Astrid Waskowiak,2007-10-29 A fully illustrated and comprehensive reference guide to acupressure • Provides acupressure treatments tailored for a wide variety of health disorders, including back pain, heart and circulatory problems, and even the common cold • Contains step-by-step instructions illustrated in full color for self-treatment or treatment of a partner • A simultaneous hardcover and paperback release Trouble sleeping, sensitive stomach, headaches, joint problems, allergies: Sensory ailments such as these have been steadily increasing in Western countries for decades. Acupressure--massage along the body's meridians in accordance with traditional Chinese medicine--can effectively prevent and treat all of these disorders, and more. The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate many health problems, including even the common cold. Acupressure confers a holistic health benefit that prevents disorder from arising by harmonizing and balancing the body's energies. It is particularly suited to self-treatment, the treatment of a partner, and especially the treatment of children. Along with an introduction to the origins and principles of traditional Chinese medicine, The Acupressure Atlas provides the most important basic techniques as well as step-by-step instructions, illustrated in full color, of the practical and specific information needed to put the healing techniques of acupressure at your fingertips.

Acupressure with Essential Oils Merina Ty-Kisera,2019-04-30 Discover the healing powers of pairing essential oils with ancient acupressure techniques in this holistic self-care guide for treating 24 common ailments such as cold/flu, migraines, and muscular aches and pains. Fast, easy, and fun, Acupressure with Essential Oils empowers you to take control of your health to dissolve tension patterns, relieve symptoms and pain, and rediscover an integrated sense of self. Author Merina Ty-Kisera introduces her unique Aroma Acupressure method for self-care—applying the healing properties of essential oils to points on the body that cue energetic changes to bring the body and mind back to balance. Including simple routines for relief of common ailments such as cold/flu symptoms, digestive issues, muscular aches and migraines, Acupressure with Essential Oils also provides care for uplifting emotions and rejuvenating the mind. Learn daily practices to soothe a racing mind, ease into restful sleep, and lift fatigue caused by burnout and stress. The results—in as little as five minutes—can be complete relief as well as feeling more centered, calm, alert, and fully present, offering a powerful new dimension to healing the self and others. With helpful illustrations and a reader-friendly layout for quick reference, this guide will help you improve your quality of life—without big lifestyle changes.

Press Here! Acupressure for Beginners Bob Doto,2019-02-26 Alleviate pain, release tension, increase relaxation, and improve vitality with acupressure. Fun, modern illustrations and intuitive organization combined with the expertise of seasoned practitioner Bob Doto allow you to quickly implement this powerful wellness tool. For millennia, the Chinese have been studying the effects of applying pressure to specific points on the body to relieve ailments, from fatigue to illness and pain. Practitioner Bob Doto offers you a thorough understanding of how to use acupressure to improve your standard of life and manage your own well-being. Acupressure for Beginners is your complete guide for learning this ancient art in a beautifully designed and accessible instructional format. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, reiki, and reflexology.

Acupressure Carola Beresford Cooke,Peter Albright,1996-02-26 Describes techniques for performing acupressure in order to stimulate the Chi

for relief of stress.

A Complete Guide to Acupressure Iona Teeguarden,Pierluigi Duina,2002 A Complete Guide to Acupressure fills the need for something in between simplistic acupressure books and complicated acupuncture texts. Now even more complete, this new edition has been updated to include: o JSD as a tool for aiding recovery from Post-Traumatic Stress Disorder - a state of hyperarousal following a traumatic experience like an accident, attack, or disaster; o Anxiety and insomnia as indications of disturbed Shen, or Spirit, with point combinations integrating traditional acupuncture theory with segmental theory; o The Five Elemental Processes as a practical guide to a harmonious relationship with Nature, both around us and within us; o JSD acupressure as an adjunct to first aid for athletic injuries in outdoor situations like hiking and wilderness travel. o A clothes-on technique, Jin Shin Do is the author's unique synthesis of a Japanese acupressure technique, traditional Chinese acupuncture theory, Taoist philosophy, Qigong (breathing exercises), and Western psychological tools. A Complete Guide to Acupressure describes this synthesis in detail, with chapters by Iona and senior Jin Shin Do teachers in the U.S., Canada and Europe. Jin Shin Do means The Way of the Compassionate Spirit, and this book is a treasure house of ways to treat ourselves compassionately. o Iona Marsaa Teeguarden, M.A., L.M.F.T. has taught Jin Shin Do Acupressure throughout the U.S., Canada and Europe for three decades. The author of the classic Acupressure Way of Health and The Joy of Feeling: Bodymind Acupressure, she is a Diplomate of Asian Bodywork Therapy (NCCAOM), and has been a Licensed Marriage and Family Therapist since 1983.

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