

Acupressure Heal Yourself

Brian Carter MSci LAc, Brian Benjamin Carter

Acupressure R. P. Gupa, 2004-06 Acupressure Is A Step Towards The Body Fitness And To Develop Resistance Against Body Stress, Strain And Sickness.

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 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.

Heal Yourself with Chinese Pressure Points Laurent Turlin, 2018-02

How to Heal Yourself Michael Blate, 1989-01-01

How to Heal Yourself Michael Blate, 1989-01-01

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.

How to Heal Yourself Using Hand Acupressure Michael Blate,1982

How to Heal Yourself Using Foot Acupressure Michael Blate,1982

G-Jo Foot Acupressure Michael Blate,2005-01-01

G-Jo Hand Acupressure Michael Blate,2005-01-01

Powerful Body, Peaceful Mind Brian Carter MSci LAc,Brian Benjamin Carter,2004 In this comprehensive how-to guide, America's Acupuncturist shows readers how to use personalized acupressure, herbs, and foods to heal and prevent disease, get more energy, feel peaceful and strong, beat colds and flus, and sleep soundly--the natural way.

Acupuncture Dr Barnes Bell,2021-07-14 Did you ever wonder how acupuncture works? This book strips away the mystery. Each acupuncture point has unique functions, which are explained in plain English for the non-acupuncturist. How to do acupressure effectively to treat yourself. --- New Book Available: Acupressure Made Simple. This book explains which points are the best to treat different ailments. Acupuncture treats pain, stress, fatigue, emotional disorders, insomnia, digestive problems, and many internal disorders.

Heal Yourself with Emotional Freedom Technique: Teach Yourself John Freedom,2013-05-31 Emotional Freedom Technique is a new and innovative alternative

therapy that is rapidly becoming a phenomenon. It is a safe and non-invasive healing method, based on tapping acupuncture points while you focus on a particular issue. It has been shown to be effective in treating fears and phobias, performance anxiety, guilt, shame, self-sabotage, and other emotional conditions. It is also being used to enhance and improve academic and athletic performance, psychic and intuitive abilities, confidence and self-esteem, and overall health and well-being.

Home Massage Therapy Dahn Healer School, 2004 This book presents Dahnhak Hwalgong as a home massage therapy method. Dahnhak Hwalgong is a traditional health regimen that originated in ancient Korea and means "healing hands." It is a healing method that can easily be administered anywhere without necessity for special tools. Dahnhak Hwalgong maximizes healing capacity by stimulating relaxation points, energy channels, and organs of the body. This book provides detailed illustrations that show a step-by-step and easy-to-follow guide to each massage technique.

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 Points Chinese Medicine Quick Guide How 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 Fundamentals Cunningham,2011-12-15 20 Primary acupressure points for over 250 symptoms and parts of the body.

Acupressure Comprehensive Index and the Stressaway Acupressure Program of Self Healing Monte Cunningham,2009-09 Stressaway Acupressure can have a profound effect on one's health. Learn methods for self-healing using ears, hands, feet, and other acupressure points to ease more than 4,000 indexed conditions.

Instant Emotional Healing George Pratt,Peter Lambrou,2008-12-18 The revolutionary, highly effective technique that allows you to free yourself from emotional hang-ups—forever! Does your fear of flying make travel with friends and family impossible? Are you having trouble coping with the loss of a loved one or forgiving yourself for a mistake you made long ago? For the millions of people who suffer from phobias, anxieties, or distressing emotions such as anger, guilt, and grief, the breakthrough science of Thought Field Therapy—an easy-to-use practice often referred to as “acupressure for the emotions”—can make a remarkable difference. In this groundbreaking book, psychologists Peter Lambrou and George Pratt make their highly successful techniques available to everyone through simple exercises that anyone can use to treat everyday emotional roadblocks with immediate and permanent results. A blend of Western psychotherapy and Chinese medicine, Thought Field Therapy (or TFT) uses the body’s meridian energy systems to treat emotional issues that can take years to unravel through traditional, talk-based therapy. A combination of breathing and relaxation exercises, affirmations, and tapping on specific pressure points on the body, TFT can instantly eliminate problems such as a fear of flying or public speaking, addictive urges, or painful emotions such as

embarrassment or regret. Used on thousands of people with a 95 percent success rate, the step-by-step methods in Instant Emotional Healing now allow you to master this amazingly simple, astonishingly effective practice for yourself—and open the door to a lifetime of emotional control and well-being.

Decoding **Acupressure Heal Yourself**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Acupressure Heal Yourself**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Acupressure Heal Yourself Introduction

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