

Acupuncture Hand Points Chart

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.

The first complete book of reflexology to incorporate acupuncture, naturopathy, homeopathy, and the chakra system • Remaps the entire foot to fine-tune the pressure points • Explains how to work with the emotional reactions that may be released when physical conditions are treated • Full-color detailed diagrams provide precise illustrations of pressure points

In this groundbreaking work, Dr. Martine Faure-Alderson takes reflexology to a new level by integrating acupuncture, naturopathy, homeopathy, and other holistic healing modalities into the practice. From her background as a physician, she brings a scientific precision to using the foot as a map of the body and all of its systems. She then uses her training in alternative therapies to integrate the mental and psychological issues that may accompany physical conditions, providing the first complete holistic approach to using reflexology for physical, emotional, and mental health. Total Reflexology presents each of the major body systems in turn--from the digestive system to the human energetic system--using 25 full-color newly mapped foot diagrams that provide precise indications of pressure points and their correspondences to all areas of the body. The author also includes her latest work using craniosacral therapy and the role of the cerebrospinal fluid in reflexology as well as how to integrate use of the chakra system. She shows how finely tuned reflexology stimulates the body's self-healing abilities, making this an indispensable resource for the layman and professional alike.

The most detailed exposition of the vessels in the English language.

This book provides detailed information on the 361 Classical Acupuncture Points in a concise and accurate format. It is an essential working textbook for all acupuncture students. It is also designed for use in the treatment room to enable the practitioner to quickly and confidently select the most effective point(s) for the patient in front of them. The format is such that on the left hand side are found the names, functions and descriptions of each point. On the right hand side corresponding to it is the needle depth, number of moxas, a description of how to locate the point together with crystal clear diagrams illustrating their location on the body. This format is unique. It can be utilised by practitioners and students from the various acupuncture traditions including TCM, Stems and Branches, The Five Elements and the

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Japanese and Korean schools.

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.

This revision reflects major updating, expansion of hot topics, and coverage of trends, current areas of research interest, and controversies in veterinary acupuncture. The book begins with the history and concepts of acupuncture and continues with the anatomic and neurophysiologic basis of acupuncture, research on acupuncture, practical techniques, instrumentation, and point selection. Part two covers acupuncture in small animals, including a canine atlas, avian acupuncture, and chapters that focus on disorders grouped by body systems. Part three is devoted to acupuncture in large animals. It begins with three different equine atlases, followed by equine acupuncture treatment according to body system, and concludes with acupuncture in cattle and a porcine acupuncture atlas. Part four covers failures in veterinary acupuncture and veterinary manipulative therapies.

Here's a revolutionary way to fine-tune your relationship with your body, reduce stress, and feel better all over: Stimulate the reflexes in your hands and feet! It's all in this hands-on encyclopedia of personal reflexology information. Here, Kevin and Barbara Kunz (authors of The Complete Guide to Foot Reflexology) bring you their unique self-health approach to wellness. Through reflexology, they teach you how to free and channel your pent-up energy -- and to prevent and correct common health problems. With more than 500 detailed instructions, this book includes: * Why your feet and hands are "important sensory organs," and their "special relationship" with your whole body. * Why reflexology works. * Specially designed pressure and movement techniques that reduce stress and actually alter the body's tension level. Fully illustrated, with step-by-step procedures, for quick and easy application! * Treatment plans for specific ailments, from acne to whiplash. * Stride Replication, the Kunzes' latest program of foot and hand relaxation. * A more in-depth look at body parts and their corresponding areas in the hands and feet -- all conveniently indexed. Whether you are using it as a quick reference or as the basis for further study. Hand and Foot Reflexology: A Self-Help Guide tells you what you need to know about the simple but potent experience of reflexology -- by yourself and for yourself.

An up-to-date guide to the principles and practice of Chinese and Western ear acupuncture, this book is aimed at both the student and practitioner. It includes chapters covering ear acupuncture used in the treatment of addiction and Western theories about how acupuncture works.

Acupuncture therapy has been practiced in China and other Asian countries for more than two thousand years. Modern clinical research has confirmed the impressive therapeutic effect of acupuncture on numerous human ailments, such as controlling pain, nausea, and vomiting. However, the biological mechanisms of acupuncture are still under debate. In Traditional Chinese Medicine (TCM), the mechanism of acupuncture therapy is explained by a meridian model.

According to this model, acupuncture is believed to treat the diseased organs by modulating two conditions known as Yin and Yang, which represent all the opposite principles that people find in the universe, both inside and outside the human

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body. Yin and Yang complement each other, and are subjected to changes between each other. The balance of Yin and Yang is thought to be maintained by Qi, an energy substance flowing constantly through the meridian, a network connecting all the organs of the body. The illness, according to this theory, is the temporary dominance of one principle over the other, owing to the blockade of the Qi from flowing through the meridian under certain circumstance. The axiom of “No stagnation, No pain” in TCM summarizes this concept. Thus, the goal of acupuncture treatment is to restore the balance of Yin and Yang conditions in the diseased organ(s). This theory has been considered to be useful to guide this ancient therapy, such as carrying out diagnosis, deciding on the principle, and selecting the acupoints.

An in-depth understanding of the meridians and acupoints lies at the heart of effective practice in traditional Chinese medicine. This book outlines everything that practitioners and students need to know. The book explains how meridians relate to the major organs, where they are located in the body, and how they are linked to the healthy flow of Qi and blood. A large section of the book is devoted to descriptions of specific acupoints - their names, how to locate them, an introduction to the symptoms they can be used to treat, and how. Also included is a thorough introduction to the basics of acupuncture practice, including how to prepare a patient prior to treatment, how to insert and manipulate acupuncture needles, how and when to use moxibustion and cupping techniques, and what to do if treatment goes wrong. This useful and authoritative textbook, compiled by the China Beijing International Acupuncture Training Centre (CBIATC), under the editorial direction of leading Chinese clinicians Zhu Bing and Wang Hongcai, is essential reading for students of traditional Chinese medicine, and an excellent reference for acupuncture practitioners at all levels.

This book aims to connect and integrate classical acupuncture therapy and contemporary medicine. Based on updated reviews and systematic analyses, the meridians are actually systems of physiological and pathological reflexes in the body, and acupuncture therapy is a type of reflexotherapy. The systems methodology, together with the authors' clinical expertise of 40 years, is applied to raise the reproducibility of effectiveness in treating various indications of acupuncture, especially intractable cases. Incisive and concrete theory and technique descriptions, a novel systems approach, and many case studies are included.

The meridian pathways of the human body were mapped out by gifted healers in China thousands of years ago. Working with the invisible energy (Qi) that flows through these pathways, they were able to heal illness. Perhaps more importantly, they were able to support vitality in ways that prevent illness and encourage wellness. Vitality is an expression of energy. Meridian Massage is a hands-on modern application of this ancient wisdom to balance mind, body, and spirit for health and happiness. Knowing how to work directly with energy opens a powerful dimension for massage therapists and bodyworkers to access through their work. An organized and practical integration of modern energy work and ancient

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Chinese medicine, Meridian Massage can complement any form of hands-on healing.

Though practices like acupuncture have become popular in the West over the last few decades, they have been a part of Traditional Chinese Medicine for thousands of years. Hand reflexology and acupressure are two techniques that can achieve similar results to more complicated practices like acupuncture, but can be done at home, on yourself, without any tools. This book acts as a beginner's guide to these pressure-based practices. Through illustrations and easy-to-understand language, readers can learn a variety of useful pressure points, how to properly utilize them and daily care that can be done to address certain health concerns. Through recent studies, hand reflexology and acupressure have been shown to help with a variety of issues, including: Nausea Stress, tension and anxiety Insomnia Headaches Chronic pain Digestive issues Muscle and joint injury The safe, reliable techniques outlined in this book are easy for anyone to master and, importantly, can be used anywhere.

A companion to A Manual of Acupuncture, there are 384 durable point reference and study cards covering all 391 of the 14 channel and extra (miscellaneous) points. Each card measures 4" x 6", and most are devoted to a single point. This second edition of the point cards offers a new terra cotta storage case, two-color cards, the addition of pinyin accents, and updated point locations and location notes to match the latest edition of A Manual of Acupuncture.

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.

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Providing clear information on the full range of acupuncture points and main channels in a systematic and clear way, this acupuncture atlas not only provides beginners with an overview of the most important acupuncture points, but can also be used by experienced practitioners to extend their knowledge.

Now in its 2nd edition, *An Introduction to Western Medical Acupuncture* provides a broad evidence-based approach to acupuncture when used as part of modern medicine. Illustrated throughout it gives the practitioner an essential guide for deciding where and how to treat conditions with acupuncture, and how to avoid known risks associated with it. Ultimately it provides the practitioner with a tool to develop safe and effective practice. For this edition the text has been revised, updated and extensively re-written. A new chapter brings together the understanding of how pain is recognised by the nervous system, and how acupuncture can influence these pathways. This is followed by six chapters providing detailed explanations of the effects and mechanisms of acupuncture, organised according to three recognised treatment approaches – needling to produce local changes, to generate effects at the level of the spinal segment, and to modify the overall function of the nervous system. The chapters on the evidence from research have been also updated. An explanation of the various mechanisms of acupuncture linked to how they can best be activated by needling. Learn the principles of treatment rather than any 'cook-book' approach. Clear and objective discussion of the evidence for the effectiveness and the risks of acupuncture. Thorough and detailed description of all aspects of clinical practice. Reference section for quickly reminding the practitioner of the best approach to treating many problems.

If you're a visual person, you're going to love this book. I have put my passion for acupuncture and Chinese medicine into creating a fun publication with over 350 graphics. This book includes the following:- Intro to acupuncture theory.- All AcuPoints of the 12 regular meridians with their functions, locations, depth and angle of insertion, and my own clinical pearls.- The 8 Extra Vessels including all points of the governing and conception vessels.- Commonly used extra points.- Special points such as Back-Shu, Front-Mu, Yuan, Luo, Xi-Cleft, Ghost points and more.- Basic cupping and moxibustion.- Contraindications and cautions.

Written by two leading experts in the field, *Acupuncture in Neurological Conditions* aims to improve patient care by combining Western and Traditional Chinese Medicine (TCM) concepts of treatment. The language of TCM is uniquely combined with that of evidence-based clinical reasoning to provide an approach relevant to both acupuncture and physiotherapy clinical practice. All major types of neurological conditions encountered in clinical practice are examined. Chinese medical patterns relevant to the application of acupuncture are described, as well as key patterns of dysfunction based on a Western medical perspective. The place of acupuncture within the overall management of different neurological conditions is also discussed. Clinical reasoning options from both TCM and Western medical perspectives are provided, and illustrated by real cases from clinical practice forming a sound platform for true integrated medicine. Fully evidence-based Provides clinical reasoning options from TCM and Western medical perspectives Illustrates clinical reasoning with real cases from clinical practice Provides detailed examination of all major types of neurological conditions encountered in clinical practice.

Acupuncture has been practiced for more than 2500 years in the Western Pacific region and has become a global therapeutic

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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.

Atlas of AcupunctureElsevier Health Sciences

Discover How To Let Your Body Heal Itself With Reflexology Restore Balance, Boost Sluggish Circulation, and Terminate Pain Related Disorder With The Use Of Reflexology!!!Reflexology is an amazing alternative therapy,that primarily focuses on the feet and hands, and has been practiced by practitioners for thousands of years. This alternative therapy can help you solve and get rid of many pain related disorders, but however this therapy will be useless if you do not know how to properly perform the massage techniques and this is where this guide book can help you.The information and techniques found in this book will teach you how to properly and effectively use reflexology and heal parts of your body that you would have never thought imaginable.There are all types of misguided information out there on the web and also in books that could be detrimental to your health when it comes to properly using the practice of reflexology. By using this book you will fast track your way to success with Reflexology, and have the pain free life that you have always desired!!!! 7 Reasons Why You Must Have This Book 1. Learn why the human reflexes are so vital to our everyday lives.2. Discover which reflexes corresponds with which organ, 3. In this book you will learn about the primary benefits of reflexology and why it is better than modern medication. 4. This book will give you information about how to perform calculated pressure to the feet and hands.5. Discover some of the problems with the feet. 6. This book also teaches you about the pressure points on the ear. 7. Reflexology is alternative therapy that can help alleviate any pain in their body whether it is physical or mental. Here Is A Preview Of What You'll Learn... The History of Reflexology Muscle Relaxation Detoxification and Cleansing The Nerve Impulse Theory How Does Reflexology Work Foot Reflexology Chart Map The Structure of Feet Structures of Hand and Wrist Hand Reflexology Chart Map Problems Relating to the Hand Techniques and Tips Method for Achieving Quicker Results Much, much more! Want To Learn More? Take action today and download this book for a limited time discount of only \$3.99!Download Your Copy Right Now! - - - - -TAGS: reflexology, reiki, acupuncture, acupressure, flexology, foot map, chart, map, learn reflexology, relieve tension,

Both new and experienced practitioners of auriculotherapy have found this comprehensive manual to be one of the most clinically useful texts on ear acupuncture. This handbook combines the best work of Chinese and French systems of auriculotherapy. Treatment plans are listed for over 250 medical conditions.

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Point location book written in easy to understand terms, for the layperson.

This book aims to introduce the new discipline of facial reflexology by explaining its techniques and tracing its beginnings. It is presented as a compendium based on authors practical and experienced theories and the research and studies carried out since 1978. This book is a definitive work by a renowned master in the new therapy. Around 2,000 students trained by her will vouchsafe for the effectiveness of the therapy. It is hoped that the Masters students will carry on the great task of healing and at the same time devise improvements in order to enhance the quality of the therapy. The results obtained with facial reflexology are of organic, physical, chemical and neurological nature. Facial Reflexology has also proved to be very effective in the rehabilitation of patients with brain injuries and neurological problems. This third edition comes with an additional chapter containing case records for the cases treated with facial reflexology, varying from headaches to diseases as complex as cerebral palsy, with miraculous cures.

Dr. Pinkus' "Pressure Point Therapy" is the complete do-it-yourself manual, to show you how to find and treat painful Pressure Points. This is the technique that Dr. Pinkus has used with Olympic athletes, members of the NFL, NBA and Major League Baseball. Pressure Point is now a show on Public Television, being aired across the US. In this book, Dr. Pinkus has color charts showing where Pressure Points are for various conditions, including* Back Pain* Sciatic and Hip Pain* Knee Pain* Sinus Problems* Neck Pain* Carpal Tunnel and Hand Pain* Hormones* And Much More. There is a chapter on what Dr. Pinkus calls "The Wellness Scale", where the reader can gauge their own health. The book is easy to read and apply!

Volumes 1 and 2 of Drs. Travell and Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual have been hailed as the definitive references on myofascial pain and locating trigger points. Now all the upper and lower extremity pain patterns and their corresponding trigger points are clearly illustrated on convenient flip charts, ideal for patient education.

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.

This comprehensive guide teaches you how to work reflexology into your busy daily routine. Featuring fully-illustrated reflexology sequences for all ages and different scenarios, this calming, relaxing technique will help you forge stronger bonds with everyone in your life, and bring about gentle healing through touch. Complete Reflexology for Life includes reflexology routines for every age, from babies to great-grandparents and everyone in between. This guide shows you how to use reflexology to relieve stress, reduce pain, and recover from injuries. Pressing reflex points on the feet and hands is ideal for encouraging health and overall well-being. Complete Reflexology for Life covers over 30 common ailments, from sore throats to diabetes. Featuring step-by-step sequences with unique arrow illustrations to highlight

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techniques, you'll learn how to treat all kinds of conditions, from asthma and allergies to high blood pressure and stress. Whether playfully squeezing the toes of tiny tots to help them relax, or helping to relieve arthritis, this book gives you the tools to discover the power of healing feet.

Presents a guide to 409 acupuncture points, showing needle placement and describing the names, properties, and applications of each one. This exciting new edition covers the theory of traditional Chinese medicine and acupuncture, and discusses in detail the function of the acupuncture points and principles of treatment.

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.

Comprehensively revised and expanded with vital new content, the second edition of Medical Acupuncture continues to explore the realistic integration of acupuncture into conventional medicine. Advocating the Western medical acupuncture approach (WMA), this science-based compendium provides the trained practitioner with all the latest research on the effectiveness of WMA and its associated mechanisms, techniques, clinical practice and evidence. Medical Acupuncture demonstrates a variety of needling techniques and clinical applications within the context of WMA and its evolution from traditional Chinese acupuncture using current knowledge of anatomy, physiology and pathology alongside the principles of evidence-based medicine. Split into seven sections the book begins by establishing the roots of WMA in the Introduction and then progresses on to describe the mechanisms of action in Section 2, including peripheral components of stimulation and evidence from neuroimaging. Sections 3 and 4 cover clinical approaches (eg, superficial needling, electroacupuncture, safety of acupuncture) and techniques related to acupuncture (TENS, laser therapy). Section 5 takes a closer look at the difficulties faced by trials and reviews while Section 6 goes on to showcase 21 clinical uses of WMA, ranging from chronic pain, mental health, obstetrics and primary care to sports medicine, respiratory conditions and neurology. The final reference section contains dermatome/myotome maps, meridian/channel charts and standard international nomenclature. Comprehensive coverage of the scientific evidence and clinical application of acupuncture in medicine Balances the genuine benefits of acupuncture against unfounded claims Presents a wide range of treatable conditions from psychiatry and palliative care through to the pain clinic and veterinary medicine Clinical points boxes highlight key knowledge and learning Illustrated with over 130 drawings and photographs Content restructure and overhaul with contributions from over 40 world leading experts Individual chapters on the use of acupuncture for a wide range of medical conditions including gynaecology and infertility, cancer and palliative care, drug dependence, obesity, sports medicine, dentistry and veterinary practice Updated

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with the latest scientific evidence Expanded information on neuroanatomical and neurophysiological considerations in relation to the mechanisms of acupuncture

With the unprecedented expansion of interest in acupuncture around the world, the need for a standard international nomenclature has become increasingly apparent. Practitioners and researchers every-where must speak a common language as they attempt to ascertain the clinical benefits of acupuncture and elucidate the underlying physiological mechanisms. This report records the consensus reached by a Who Scientific Group on a standard international acupuncture nomenclature which met in Geneva from 30 October to 3 November 1989. Building on the proposals of expert meetings organized by the Who Regional Office for the Western Pacific since 1981, the Scientific Group agreed that the standard international nomenclature should comprise an alphanumeric code as well as the Han character names of meridians and acupuncture points, along with their transliterations into the Chinese phonetic alphabet (Pinyin) and their English translations. The experts went on to propose standard nomenclature for the 14 main meridians, the 361 classical acupuncture points, the 8 extra meridians and the 48 extra points, and for scalp acupuncture lines. This book succinctly introduces the benefits of foot reflexology and acupressure, the required tools and the theory behind the science. With 77 reflex zones and 66 acupressure points, the soles of the feet are essentially a map to the human body—each one corresponds to an organ, muscle or other potential problem area. By implementing reflexology and acupressure techniques, you may be able to alleviate pain and discomfort, fatigue, stress and symptoms of chronic disease. These techniques can be done anytime and anywhere, and require just a few minutes a day. With easy-to-understand language and more than 200 color photos and diagrams—including computer-generated maps to help you locate the points on your own feet—this book is a comprehensive introduction to reflexology and acupressure for beginners (or for those who don't have time to go to reflexology or acupuncture appointments). Can be used in conjunction with Hand Reflexology & Acupressure.

This book differs from other texts on acupuncture points in that it is not concerned with the basic theories of TCM. Rather, it is a formulary and clinical reference developed from the clinical tradition of Ching Tan An, Tsang Tien Chi, and Tin Yau So. Dr So related the practicality of point use and emphasises the selection of points for the treatment of particular symptoms and conditions. For each point he lists: clinical effects, disease, symptoms and energetic conditions. The book has a superb index to aid access to information.

Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch Searching for alternative treatments for pain? This friendly, do-it-yourself guide 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. Understand basic healing principles Relieve your specific aches and pains Boost your immune system Address age-related ailments Find professional help

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