

Complete To Acupressure

This accessible, up-to-date resource guide leads you through the foundations and techniques of acupressure and acupuncture. Acupressure and acupuncture can relieve painful conditions such as migraine headaches, lower back pain, joint disorders, carpal tunnel syndrome, asthma, allergies, stress, nausea, heart problems, and many others. Today, most health-care plans cover these treatments, making them more popular than ever. Filled with insights into the history of these two age-old therapies, **The Healing Power of Acupressure and Acupuncture** helps readers choose when to see a licensed therapist, and even provides information about doing certain treatments at home. Matthew D. Bauer delves deeply into the traditions and remarkable benefits of acupressure and acupuncture, explains the many benefits of both, describes techniques for self-treatment, and illustrates how Chinese healing can augment modern Western medicine.

Compendium of information on the history, practice and technique, and scientific basis of the ancient Chinese practices of acupuncture and acupressure.

Complete, labeled illustrations of acupressure points in the human body. From pre-ten to pre-med, this chart is loaded with beautifully illustrated diagrams, clearly and concisely labeled for easy identification. Illustrations by award-winning medical illustrator Vince Perez.

Reliable Acupressure Guide: Comprehensive Guide on Everything You Need to Know About Acupressure & How to Carry It out Fast; Plus Other Useful Tips That Do the Real Wonders Do you need a quick, reliable and permanent approach that will assist you to understand how acupressure works? Are you looking for a way to live a longer, stronger and smarter life by permanently getting rid of negative energy and replacing it with positive energy? Are you experiencing general body imbalance and you are looking for an effective therapy like acupressure or acupressure massage to cure or heal it? If this is the case, then you don't need to worry anymore as this guide will greatly do justice to everything you need to know about acupressure and how to carry it out!Hopefully, when the right acupressure techniques explained in this guide are carried out, you are sure to instantly and permanently overcome lower back pain, nausea, headache, restricted mobility, long term hip pain and so on.Again, you are sure to live a stronger, smarter and healthier life when the techniques explained in this book are rightly and consciously applied. It also gives a step by step illustrations and procedures on how these benefits can be carried out and achieved. In this guide, you will learn:"What acupressure or acupressure massage is all about"The clear difference between acupressure and acupuncture"The vital points where acupoints are located"The true relevance of acupressure"The principle behind acupressure plus how it works"The medical conditions that do not require acupressure"The precautions to be observed during acupressure"And lots more...Download this book by scrolling up and clicking BUY NOW to get this book today! You won't regret you did!

The Complete Idiot's Guide to Acupuncture & Acupressure

Press Here! Acupressure for Beginners

The Shiatsu Handbook

Acupressure for Health

A Guide to the Traditional Art of Shiatsu Acupressure

Jin Shin Do

Acupressure, the application of fingertip or thumb pressure at specific points on the body, is a remarkable Oriental self-care system now becoming known in the West. It can be used as preventive medicine and as a curative approach for simple health problems.

Thai Acupressure is presenting 60 acupressure lines and points traditional formulas. It is Thailand's Physical therapy. It is practiced in special clinics in most of Thailand's Hospitals. It's the medical knowledge of Thai Massage. It's a very effective and simple method to treat the most common orthopedic disorders.

Acupressure Therapy Handbook: Full Guide on Acupressure from a to z & Step by Step Guide on How to Do It Like Never Before & So Much MorePressure point massage, Acupressure for short, as it is alluded to is the demonstration of applying weight of the hand or one's fingers to exceptional or specific parts of the human body. Also, these specific parts or regions of the human body where weight is applied to are named as acupoints. What's more, they are situated at various regions of our body. And if you are a lover of ACUPRESSURE, and you desire to know the BASICS of Acupressure and become a pro; then this wonderful guide will be of invaluable help to you!Here and in this guide, the following will be discussed: the meaning of Acupressure; the true essence of acupressure for beginners; the rules guiding acupressure and how acupressure does its work; known acupressure regions plus the medical ailments that gains from acupressure applications. These and many other great things will be discussed in this guide! Simply Scroll up and click Buy Now Button to get your copy today!

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.

The Complete Guide to Acupressure, Acupuncture, Chinese Herbal Medicine, Food Cures and Qi Gong

Acupressure Cure Basics for You

The Healing Power of Acupressure and Acupuncture

Acupressure for Emotional Healing

A Natural Way to Health Through Traditional Chinese Medicine

Encyclopedia of Thai Massage

The Holistic Baby Acupressure System is a complete acupressure program for sleep improvement and wellness support for children from birth up until the age of five. Comprised of just twelve acupressure points, it is easy to learn and put into practice and is safe, effective, and completely noninvasive! Five acupressure sleep improvement protocols
General 24-Hour Protocol to regulate the circadian rhythms
Four alternative sleep protocols to balance the five elements
Use of the General 24-Hour Protocol for jet lag prevention
Use of the General 24-Hour Protocol for daylight saving time
Increase in nap duration and nighttime sleep duration
Decrease in night wakings
Improv overall pattern of sleep
Nineteen acupressure wellness protocols for the most common childhood health conditions
A Well-Baby protocol to strengthen digestive and immune health
Improved digestion and appetite
Decrease in teething discomfort
Decrease in number or duration of colds, flus, and coughs
Adjunctive support for the treatment of allergies, asthma, and eczema
Effective treatment for constipation
Ease the pain of colic and reduce night crying
Jennifer Chellis Taveras, LAC, is a New York City acupuncturist and health educator whose professional mission is the expansion of pediatric acupuncture and the improvement of children's health. She is the creator of the Holistic Baby Acupressure System, and her work has reached parents in twenty countries and all throughout the United States. A 2000 graduate of the Pacific College of Oriental Medicine, she maintains a busy acupuncture practice at Triangle Wellness in NYC while also teaching and promoting Holistic Baby.

www.holisticbabyacupuncturesystem.com www.facebook.com/holisticbaby

This text is a guide to the four main branches of Traditional Chinese Medicine: herbalism, food cures, acupuncture and manipulative therapy. This book is an analysis of this holistic medical system, together with practical information and self-care instructions, including the art of qi gong and t'ai chi.

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.

In The Shiatsu Handbook, world-renowned shiatsu practitioner Shizuko Yamamoto and American shiatsu expert Patrick McCarty have come together to create an authoritative manual that is both simple and enjoyable to use. This unique work is a comprehensive collection of acupressure techniques and natural healing remedies designed to bring about immediate relief from a variety of pains and illnesses. Using easy-to-follow instructions and numerous photographs and illustrations, this book guides you through the various applications of shiatsu massage. The Shiatsu Handbook is divided into three sections. Section one, Foundation, provides a history of shiatsu along with that of macrobiotics. It examines the root causes of illness as well as fundamental principles of the natural forces that affect us all. It shows you how you can draw upon the healing process within each of us. Section two, Tools, explains how to give a complete shiatsu-acupressure treatment - including the loosening phase, designed to increase circulation and relax the body, and the whole body phase, the pressing and massaging of the neck, shoulders, back, abdomen, and arms. A discussion of the various touching techniques is also included. The third section, Balance, shows you specific acupressure techniques for over 150 common ailments, including allergies, arthritis, asthma, colds, fatigue, hay fever, headaches, high blood pressure, sciatica, and more. Throughout the book, the authors provide insights, advice, and practical tips based upon their own years of experience. When properly done, shiatsu is a safe and effective means of easing pain. It can also create a feeling of well-being, vitality, and relaxation. It requires no special equipment, and it can be done anywhere, at any time. You'll find The Shiatsu Handbook the perfect introduction to this time-honored healing art.

The Ultimate Guide On Easy Self Care Recipes On Complete Healing From Several Ailments And Inflammations

Reliable Acupressure Guide

Full Guide on Acupressure from a to Z & Step by Step Guide on How to Do It Like Never Before & So Much More

12 Acupressure Points for Pediatric Sleep Improvement and Wellness Support

A Complete Guide to Timeless Traditions and Modern Practice

Comprehensive Guide on Everything You Need to Know about Acupressure and How to Carry It Out Fast; Plus Other Useful Tips That Do the Real Wonders

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.

There are hundreds of acupressure points in our body. Putting physical pressure on the right acupressure points, one can not only relieve the stress and tension but can also help prevent various diseases. This book based on the Chinese national standard "Acupoints" and the World Health Organization "International Acupuncture Point Name", according to the meridian relationship, the commonly used special acupoints with the corresponding local acupoint maps, and the efficacy of the treatment and the treatment methods are described in detail. This is a textbook for the people from around the world wants to learn TCM concepts, or as a Family therapeutics for Self-cure, also for the professional Massage Therapist. This book focus around TCM and the relationship to common disease and how to balance your energy. Growing up with my mother who is a traditional Chinese medicine pharmacy technician, I have always been interested in health and wellness in general. After I left my first career for 20 years as an accountant, I decided to learn more about homeopathic ways to improve the quality of life of my family. As I read more about the benefits of physical techniques to reduce stress, pain and, the tension in the body, and how the body systems communicate, interests became the passion. I was deeply inspired to study massage therapy and eventually became a licensed massage therapist in Florida. Currently, As Professional Massage Therapist?in my experience all the Physical issue such as Sprain, Lumbar muscle strain, Migraine headache, Anterior-posterior headache, Trigeminal neuralgia, Intercostal neuralgia, Femoral neuralgia, Sciatica, Lumbar dorsal neuralgia, Limb joint pain (including shoulder, elbow, wrist, knee, finger, toe), Facial paralysis, Gastrocnemius pain, Habitual constipation, Women's dysmenorrhea, etc. All of these issues or pains can be as much as 90% relief and treat through therapeutic massage. Press these points yourself to listen to what messages you receive from your body? whether you're aware of them or not, your body is talking to you. As the saying "????????? ", when your body feels pain, it means the balance in your body is disrupted. Conversely, you will not feel any discomfort when your body's qi is flowing smoothly through the meridians. if one meridian is impassable the whole body is uneasy. Just try regards your body as a circle road, if there has a traffic jam, you feel awful; or you feel nice. So there is no blockage without pain and no pain without a blockage. For example, elbow pain, there are four meridians on the arm, lung meridians, large intestine meridians, small intestine meridians, pericardium meridians, press these acupressure points on the arm will relieve your elbow pain. These physiological signals are unique for each individual and you are the only one person receive the message, not a physician Whatever the signal, the message is clear. With this textbook, you will learn the clinical presentation and treatment of the major diseases seen in Chinese medicine practice today, filled with over 100 Press Acupoints illustrations to help the reader better understand the materials being presented, to help all patient for Self-Healing, to eliminating of Common Sickness, to Cure Almost all Illnesses, Diseases & Disorders.

Alleviate pain, release tension, increase relaxation, and improve vitality with acupressure. Fun, modern illustrations and intuitive organization combined with the expertise of seasoned practitioner Dr. Alexander 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 Dr. Alexander offers you a thorough understanding of how to use acupressure to improve your standard of life and manage your own well-being. Acupressure For Novices 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.

acupuncture points and administering the treatment can be confusing and difficult for many people. Needleless Acupuncture provides simple self-treatment guides for 40 common conditions, including knee pain, insomnia, headaches, neck pain, back pain and more. The easy-to-follow protocols show you exactly where and how to locate the acupressure points to relieve your symptoms. No need for insurance or commuting. Just grab the book at your home and focus for 20 minutes. This book is not about the history of acupuncture nor an almanac of all the points in the body. What you get are protocols (actual acupuncture points) needed to try a no needle acupuncture style at your own home for 40 common conditions in as little as 25 minutes. (I'll tell you what to use to stimulate the points as well.)

Traditional Chinese Medicine

Comprehensive Chinese Medicine to Manage Your Health

The Simplified Guide To Healing For Common Health Conditions

Complete Guide on Acupressure Therapy Basics from Start to Finish: Using a DIY Instructional Guidelines to Handle Several Ailments, Etc.

The Complete Book of Acupuncture

Acupressure Points to Treat Common Diseases

Drawing from Thai history, cultural studies, Buddhist religion, and yogic practices, as well as a modern understanding of anatomy and physiology, this guidebook bridges the gap between theory and practice while presenting bodywork as it is understood in Thailand--as a therapeutic medical science. Presenting detailed analysis of each step in a Thai massage routine, the history, spiritual traditions, and ethical codes are offered in an engaging, informal style. Numerous photographs and diagrams illustrate the variety of techniques used, and examples of routines for treating specific disorders are discussed. Updated with new layout, photos, and expanded text, this exhaustive handbook is complete with a section on the main energy meridians and diagrams of acupressure points, making it the perfect tool to accompany anyone studying this popular healing modality.

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.

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. This book 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.

Explains the basic principles and techniques of the ancient science, locating and diagramming all acupuncture points and prescribing acupressure treatments for specific common diseases.

A Complete Self-care Manual

Acupressure Laminated Reference Guide

Healing with the Chakra Energy System

The Easy Guide To Everything About Acupressure And Trigger Point For Complete Health

Acupressure For Beginners

The Energy that Heals the Complete Acupressure Guide

Written in accessible language for bodyworkers and hands-on therapists, *Healing with the Chakra Energy System* describes the use of very simple nonsuppressive and nonsymptomatic techniques in which the cause of the disease process may be halted and disharmony within the body may be changed into harmony. Each chapter contains case histories and descriptions of how to treat many conditions, including muscular, joint, spinal, organic, and emotional. Based on the author's decades of clinical and teaching experience, this book represents a fresh approach to healing by tapping chakra energy.

Jin Shin Do acupressure is the author's unique synthesis of a Japanese acupressure technique, traditional Chinese acupuncture theory, Taoist philosophy and breathing methods, and Western psychological tools. A Complete Guide to Acupressure describes this synthesis in detail, with contributions from Iona Teegarden and twelve senior Jin Shin Do teachers throughout the U.S. and Canada.

Acupressure Cure Basics for You: Complete Guide on Acupressure Therapy Basics from Start to Finish; Using a DIY Instructional Guidelines to Handle Several Ailments, Etc.Pressure point massage or rub, as it is insinuated is the act of applying weight of the hand or one's fingers to outstanding pieces of the human body. Additionally, these particular parts or areas of the human body where weight is applied to are named as acupoints. Furthermore, they are arranged at different areas of our body. What's more, when the acupoints fittingly go through the right instigation, life energy will effectively and adequately stream from our wonderful body. Additionally, we have between twelve to fourteen basic meridians in the human body that do the relationship of explicit bits of the human body during pressure point knead.

This amazing guide will reveal all you truly need regarding Acupressure basics.These and many more will be looked into in this wonderful guide! Just scroll up and tap Buy Now Button to get your copy right away!**You will be happy you did!**

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 Point

A Complete Guide to Accepted Traditions and Modern Practice

Acupressure Comprehensive Index and the Stressaway Acupressure Program of Self Healing

A Complete Guide for Practitioners and Beginners

The Complete Self Healing Guide On Acupressure And Trigger Point (Everything You Need To Know)

A Guide to Self-Care for Common Ailments

The Book "THE AcuPressure Points-A Complete Guide For Practitioners & Beginners" by M. D. Waris Malik is the best guide for patients, practitioners & beginners.Pretty much every believable sickness can be mitigated utilizing acupressure. In addition to the fact that it is protected to utilize, yet you can perform it all alone, anyplace, and with no necessary instruments. Animating the central issues on the skin triggers the body's common ability to self-recuperate. Just by realizing where to find the strong focus for different organs and the meridians related to them, you can get help from pain, fatigue, anxiety, nausea, depression, erectile dysfunction, low libido, and hot flashes in menopausal women. Guide Includes:Pain ManagementSexual Health and FertiltyWeight ManagementArthritis/Joint PainDepression and Emotional ImbalanceSkin CareAnd So Much More...

You're no idiot, of course. You know that for centuries, acupuncture and acupressure have been among the most effective alternative medical treatments available. Now you've decided to try one of them, but before you volunteer to be a human pincushion, you have just a few questions. So let's get to the point! 'The Complete Idiot's Guide to Acupuncture and Acupressure' offers a comprehensive look at these effective solutions in their various forms and functions. In this 'Complete Idiot's Guide', you get: -An introduction to the tools of the trade, including needles, magnets and exercise. -The lowdown on what to expect at your first treatment, and how to relax and enjoy it. -Treatments for everything from acne to menopause. -Words of wisdom, plus warnings and definitions to make the acu-path easy to follow. 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

*The Holistic Baby Acupressure System is a complete acupressure program for sleep improvement and wellness support for children from birth up until the age of five. Comprised of just 12 acupressure points it is easy for parents and caregivers to learn and put into practice, and is safe, effective and completely noninvasive! The first branch of this two-fold system is the Holistic Baby Sleep System. It includes the following: * 5 acupressure sleep improvement protocols * General 24-Hour Protocol to regulate the circadian rhythms * 4 Alternative Sleep Protocols to balance the 5 Elements * Use of the General 24-Hour Protocol for jet lag prevention * Use of the General 24-Hour Protocol for Daylight Saving Time The second branch of this two-fold system is the Holistic Baby Wellness System. It includes the following: * 19 acupressure wellness protocols for the most common childhood health conditions: allergies, asthma, colic, conjunctivitis, constipation, cough, diarrhea, eczema, ear infections, fever, hyperactivity, lack of appetite, oral thrush, reflux, rhinitis, sore throat, teething pain, urinary tract infections, and vomiting. * A Well-Baby protocol to strengthen digestive and immune health In this revolutionary new book parents and caregivers learn everything they need to provide simple, effective and safe acupressure protocols to children from birth until the age of five. The history of Chinese pediatrics is explained and the origins of many childhood illnesses are explored through the framework of Traditional Chinese Medicine. Twelve key acupressure points are illustrated and methods for their use in both sleep and wellness protocols are presented.*

*Acupressure massage techniques are illustrated and hints for providing the best pediatric treatments are given. Possible benefits of putting the Holistic Baby Acupressure System into practice: * Increase in nap duration and nighttime sleep duration * Decrease in night wakings * Improved overall pattern of sleep * Improved digestion and appetite * Decrease in teething discomfort * Decrease in number or duration of colds, flus and coughs * Adjunctive support for the treatment of allergies, asthma and eczema * Effective treatment for constipation * Ease the pain of colic and reduce night crying Jennifer Chellis Taveras, L.Ac. is a New York City acupuncturist and health educator whose professional mission is the expansion of pediatric acupuncture and the improvement of children's health. The creator of the Holistic Baby Acupressure System, her work has reached parents in 20 countries and all throughout the United States. A 2000 graduate of the Pacific College of Oriental Medicine she maintains a busy acupuncture practice at Triangle Wellness in NYC while also teaching and promoting Holistic Baby. You can reach her at www.holisticbabyacupressuresystem.com and www.facebook.com/holisticbaby*

A Complete Guide to Traditional Thai Massage Therapy and Acupressure

Acupressure and Reflexology For Dummies

The AcuPressure Points

Holistic Baby Acupressure System

Acupressure's Potent Points

A Self-care Guide for Trauma, Stress & Common Emotional Imbalances

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 sleep, 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 to 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

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.

New & Revised Edition of the Healing Classic. Includes Updated Color Photographs and Illustrations.

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.

Thai Acupressure

The Complete Edition : a Practical Guide to Natural Health with Acupressure Touch and Massage

The Complete Guide to Acupuncture and Acupressure

A Complete Guide to Acupressure

How to Release and Balance Energy Flow

A Complete Book On Acupressure