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Sujok Therapy Guide

*This is probably the
world's first book on the
science of the Postural
Medicine based on using*

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the greatest force on earth, the Gravity as Medicine! After reading this book you will surely be convinced that in comparison to existing major system of treatment

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*including Allopathy
(Modern Medicine),
homeopathy, Ayurveda or
Naturopathy, postural
medicine is the fastest,
safest and more evidence
based than others, beside*

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being almost zero cost and zero dependency on chemicals/drugs & high tech equipment. Following are the key results that can achieved through this; out of which many are

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*unthinkable to achieve
with any other system of
medicine*

*This collection not only
offers more than 300
authentic Chinese recipes
for curing specific*

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*ailments and for promoting
happiness and vitality,
but also explains the
theories behind
traditional Chinese
beliefs about health and
diet and reconciles these*

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*with contemporary Western
medical knowledge.*

*"Alternative therapies are
becoming increasingly
popular the world over.*

*The toxic effects of
medication and the sheer*

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expense of conventional modes of treatment of diseases have prompted people to turn to natural and time-tested healing methods. Acupressure is a system of healing that

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originated in the East. It is based on the theory that the body possesses remarkable forces of energy that can be used to cure itself. Acupressure focuses on stimulating

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specific reflex points in the body in order to provide relief from pain or other symptoms. This book explains in a simple, easy-to-follow language the basic techniques of

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acupressure that can be used to treat several disorders and restore physical fitness. "

As Mankind moved from Industrial Age to Information Age, a host of

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gadgets became essential to our daily life. We worked longer hours to make more money. Our focus was on financial wealth above all else. In recent years, we have started to

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realize that we have lost many important items like health, leisure, relationships and spiritual connectivity. Now as we enter the Health & Wellness Age we feel

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*“something” is missing:
what is it and where are
the missing pieces? How do
we get THAT balance back
in our lives which is
crucial to our current
well-being, our serenity*

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*and our long-term
wellness? Naseem Mariam,
with over three decades of
working, counseling and
healing, shares with You 7
Areas you could work on, a
quick quiz, and tools to*

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*move towards beautiful
symphony and balance in
the 7 areas. Everyone's
priorities, economic and
life situation is unique
so take the Serene
Wellness Quotient (SWQ)*

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*Quiz to evaluate your
current status with
respect to the 7 Areas.
Allow this book to guide
YOU (and your near & dear
ones) with logical,
scientific reasons and*

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*excellent tools so that
together we can trigger
your thoughts, fire your
mind and touch your heart.
You will then find it easy
to create the Serenity and
Wellness, the Prosperity*

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*and Peace you, your family
and the society deserves.
Come let us move beyond
mere wealth accumulation
to Serene Wellness by
setting our individual
priorities and balancing*

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ALL 7 Areas.

*Acupressure's Potent
Points*

*An Illustrated Manual of
Acupuncture Points*

*Advanced Acupuncture
Therapy*

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*Practical DBT for Self-
help, and Individual and
Group Treatment Settings
Serene Wellness
Theory and Practice of
Ayurvedic Acupuncture
An Ayurvedic Guide to*

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Acupuncture

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

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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

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point locations and location notes to match the latest edition of A Manual of Acupuncture.

At last, a field guide to identifying and doing battle with more than 100 stains,

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*from tomato juice to tar,
from avocado to urine! Field
Guide to Stains is divided
into handy sections for easy
access to information when
time is of the essence: Fruits
and Vegetables, Meat and*

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*Protein, Household Items,
Garage and Yard, and more.
Readers will learn more
than just removal
techniques—details include
general descriptions and
likely seasons, times, and*

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areas of occurrence. Did you know that a yogurt stain is more likely to occur in January (when New Year's resolutions demand more healthy eating), and that correction fluid stains are

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*more prevalent in April
(when the pressure to
complete your taxes on time
is at a high)? Includes more
than 100 full-color
photographs of stains, each
one cross-referenced to its*

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description and step-by-step removal advice. Quick-reference icons guide the reader to the most essential information in each entry. This guide has a sturdy, stain-proof exterior—making

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it a necessity for every cubicle, glove compartment, and college dorm. Field Guide to Stains is a must-have for everyone about to venture out into the wild, to the kitchen, or to a night on

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the town!

A Guide To Su Jok

TherapyHealth Harmony

Providing clear information

on the full range of

acupuncture points and

main channels in a

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*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*

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to extend their knowledge.

*A Guide to Self-Care for
Common Ailments*

*Guide to Healing Chronic
Pain*

Acupressure In Daily Life

Magneto Therapy

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*Holistic healing through
colours*

Textbook and Atlas

A Manual of Acupuncture

Based on their years of work using
magnets within the ancient

Ayurvedic healing tradition, the

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authors present the history and science of this increasingly popular treatment.

With the range of psychotropic drugs expanding and the usages of existing medications diversifying, we are pleased to present this very latest

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edition of what has become the indispensable formulary in psychopharmacology. This new edition features seven new compounds as well as information about several new formulations of existing drugs. In addition, many

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important new indications are covered for existing drugs, as are updates to the profiles of the entire content and collection, including an expansion of the sections on long-acting injectable formulations of antipsychotics. With its easy-to-use,

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template-driven navigation system,
The Prescriber's Guide combines
evidence-based data with clinically
informed advice to support everyone
who is prescribing in the field of
mental health.

The Life of Gargantua and of

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Pantagruel is a pentalogy of novels written in the 16th century by François Rabelais, which tells of the adventures of two giants, Gargantua and his son Pantagruel.

In addition to fresh updates on the classic modules of Mindfulness,

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Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness, this manual expands skills training into the areas of Dialectics, Shifting Thoughts, Building Routines, Problem-Solving, and Boundaries. Straight-

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forward explanations and useful worksheets make the skills accessible to clients. Practical guidance on clinical policies with program forms help therapists create save and structured treatment environments. Easy to read and

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highly practical, this definitive manual is an invaluable resource for clients and therapists across theoretical orientations.

Magic Therapy of Colours
Healing through Trigger Point
Therapy

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Ayurvedic Massage Therapy
Acupuncture Points Handbook
The Lost Secrets of Ayurvedic
Acupuncture
Stahl's Essential
Psychopharmacology
Five Element Acupuncture Made

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Easy

In this book, the author reveals the ancient Ayurvedic system of acupuncture called Siravedhana or Marmapuncture which has remained secret for many years. It is a comprehensive

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introduction for the layperson to understand not only Ayurvedic acupuncture but Ayurveda also. On the other hand, through detailed drawings and explanations it is also an indepth instructional manual for

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practitioners.

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

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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

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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,

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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

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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

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tools--and start feeling good now.

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

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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

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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

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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

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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,

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publication, and academic exchanges involving acupuncture.

This book is about empowerment for chronic pain patients and care providers alike. Every chronic pain condition has a treatable

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myofascial trigger point component, including fibromyalgia. Many of the localized symptoms now considered as fibromyalgia are actually due to trigger points. The central sensitization of fibromyalgia

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amplifies symptoms that trigger points cause, and this book teaches care providers and patients how to identify and treat those causes. Chronic myofascial pain due to trigger points can be body-wide, and can cause or

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maintain fibromyalgia central sensitization. Trigger points can cause and/or maintain or contribute to many types of pain and dysfunction, including numbness and tingling, fibromyalgia, irritable bowel syndrome,

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***plantar fasciitis,
osteoarthritis, cognitive
dysfunctions and
disorientation, impotence,
incontinence, loss of voice,
pelvic pain, muscle weakness,
menstrual pain, TMJ
dysfunction, shortness of***

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breath, and many symptoms attributed to old age or "atypical" or psychological sources. Trigger point therapy has been around for decades, but only recently have trigger points been imaged at the Mayo Clinic and National

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Institutes of Health. Their ubiquity and importance is only now being recognized. Devin Starlanyl is a medically trained chronic myofascial pain and fibromyalgia researcher and educator, as well as a patient with both of

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these conditions. She has provided chronic pain education and support to thousands of patients and care providers around the world for decades. John Sharkey is a physiologist with more than twenty-seven years

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of anatomy experience, and the director of a myofascial pain facility. Together they have written a comprehensive reference to trigger point treatment to help patients with fibromyalgia, myofascial pain, and many other

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conditions. This guide will be useful for all types of doctors, nurses, therapists, bodyworkers, and lay people, facilitating communication between care providers and patients and empowering patients who now struggle

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***with all kinds of
misunderstood and
unexplained symptoms. Part 1
explains what trigger points
are and how they generate
symptoms, refer pain and
other symptoms to other parts
of the body, and create a***

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downward spiral of dysfunction. The authors look at the interconnection between fibromyalgia and myofascial trigger points and their possible causes and symptoms; identify stressors that perpetuate trigger points

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such as poor posture, poor breathing habits, nutritional inadequacies, lack of sleep, and environmental and psychological factors; and provide a list of over one hundred pain symptoms and their most common

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corresponding trigger point sources. Part 2 describes the sites of trigger points and their referral patterns within each region of the body, and provides pain relief solutions for fibromyalgia and trigger point patients and others with

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debilitating symptoms. Pain treatment plans include both self-help remedies for the patient—stretching or postural exercises, self-massage techniques and prevention strategies—as well as diagnostic and treatment

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hints for care providers. Part 3 offers guidance for both patients and care providers in history taking, examination, and palpation skills, as well as treatment options. It offers a vision for the future that includes early assessment,

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***adequate medical training,
prevention of fibromyalgia
and osteoarthritis, changes to
chronic pain management and
possible solutions to the
health care crisis, and a
healthier version of our
middle age and golden years,***

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asserting that patients have a vital role to play in the management of their own health. From the Trade Paperback edition.

**CHINU'S NOTES ON KNOW
ALTERNATE THERAPIES
Ayurveda and Acupuncture**

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***Applying the Flower Essences
of Dr. Bach to Acupuncture
Sites***

***The Healing Cuisine of China
A Holistic Approach***

***A Patient's Guide to the
Locations and Functions of
Over 400 Acupuncture Points***

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A Guide To Su Jok Therapy
*Presents a guide to 409
acupuncture points,
showing needle placement
and describing the
names, properties, and
applications of each*

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one.

While a number of authors have written on "ayurvedic massage", most of them have not truly integrated the massage techniques into

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*the science of ayurveda
with the background and
depth of knowledge of
the authors in this
volume. Dr. Ranade, one
of the foremost
authorities in the field*

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of ayurveda, along with his co-author Dr. Rawat, himself an ayurvedic educator have integrated the principles of ayurveda at a level that can make the use of

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*massage a serious
therapeutic tool for the
ayurvedic doctor or
health practitioner.
Ayurvedic massage has
many unique features and
advantages compared to*

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*many other types of
massage therapy.
Dramatic results can be
obtained when the
practitioner has the
ability to adapt the
massage technique*

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*according to body type,
age, stage of the
disorder or disease, as
well as the general
health of the digestion
and the imbalances
present in the client or*

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*patient. Most ayurvedic
massage texts content
themselves with
differentiating the
technique based on
constitutional type of
the body alone; while*

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Drs. Ranade and Rawat, with their long-training and experience as professors and educators in the field, are able to provide insight and integration to the

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diverse aspects of this field to make it truly effective at a deeper level. In addition, they explain the different types of oils or other substances that can be

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used, as well as the circumstances and manner of determining which one is appropriate in a particular case. They describe how modifications to the

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stroke and direction of the stroke used can be applied based on the underlying circumstances unique to each client. The readers of this text will gain a background

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in ayurvedic theory, as well as applied therapy. Ayurvedic massage can be seen as a therapeutic tool in its own right as well as a predecessor to panchakarma treatment.

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For the first time the important concept of "marma massage" has been explained and described. This technique is extremely valuable and is becoming quite

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popular among practitioners of ayurveda both in India and abroad. A chapter on "Massage for Specific Diseases" highlights some important disease

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*conditions for which the
massage techniques can
be very useful.*

- The complete guide to
magnetotherapy--the
treatment that promises
to revolutionize 21st-*

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century medicine. • Magnet therapy has been used by more than 100 million people worldwide. • Clinical studies show magnet therapy to be an

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effective treatment for back pain, insomnia, high cholesterol and blood pressure, and many other ailments. The recent discovery of magnetic receptors in

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the human brain has confirmed what the ancient Chinese, Indians, Egyptians, and Greeks always knew: that human beings are strongly influenced by

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the Earth's magnetic field, and that by subtly altering our own energy fields with magnets we can restore proper balance to our body systems. This

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*science of
magnetotherapy has
already been
successfully used by
more than 100 million
people in the United
States and around the*

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world. Numerous scientific studies show that many cases of stiff shoulders, back, or neck, unexplained chest pain and frequent headaches, as well as

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insomnia and general fatigue are actually caused by what is known as Magnetic Deficiency Syndrome, and double-blind tests reveal that magnets have brought

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*rapid relief in 90
percent of these cases.
Magnet Therapy presents
the history and science
of this fascinating
subject, explaining why
magnets increase*

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*oxygenation in the
blood, lower cholesterol
and blood pressure,
reduce pain, enhance
cellular regeneration,
and may even inhibit
tumor growth. The*

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authors detail methods for treating symptoms ranging from asthma to toothaches and weigh the benefits of magnetic necklaces, magnetic belts, and magnetized

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water, as well as traditional bipolar magnets. For devotees of alternative medicine, Birla and Hemlin explain how magnetotherapy fits into the context of

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other practices, such as Ayurveda and traditional Chinese medicine, and how it can be used in conjunction with acupuncture, massage, and other therapies.

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Complete with case studies and resource listings, Magnet Therapy is the comprehensive guide to what promises to be the next medical revolution.

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*World renowned
Acupressurist
Dr.Devendra Vora has
analysed that the
pressure applied on
certain points located
in the palms and soles*

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helps to stimulate all organs of the body, prevents diseases and assists in maintaining good health. Acupressure also enables one to diagnose and cure

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*disease like Common
Cold, Diabetes, High
Blood Pressure,
Migraine, Paralysis and
even Cancer. Dr.
Devendra Vora has proved
that all dreaded*

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*diseases like Allergy,
Cancer, Thalassaemia and
HIV/AIDS are only Paper
Dragons which can be
easily defeated. The
learned author has shown
how all these dreaded*

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*diseases can be
prevented and cured. And
all that without any
cost or side effects.
360° Postural Medicine
The Complete Handbook of
Nature Cure (5th*

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Edition)

Atlas of Acupuncture

Handbook of Acupressure

The Expanded Dialectical

Behavior Therapy Skills

Training Manual

Pictorial Atlas of

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Acupuncture

Healing Without Medicine

**We are a part of the vast sea of
humanity that is searching the
ultimate utopia, misled by the
thought that successful careers and
wads of currency will buy us a**

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**place here. so in a bid to
accumulate thosewads and reach
the pinnacle of successful careers ,
we have surrendered our peace of
mind, unblemished souls and
physical health the 24x7x365
culture has invaded this planet
companies proudly flaunt the**

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nonstop work culture , slave driving their employees with promises of more greenbacks to compensate for the mental peace and happiness they have lost the taunt muscles, the rigid jaws and the overstrained nerves are a few pointers to our unrelenting torture of the self .So

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man today is sick because he thinks he is sick .sickness and disease have no place in the life of person who does not accept and tolerate the self-limiting thoughts which are real seeds of our myriad ailments , we stand hypnotized by the belief that disease and illness

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are our fate and destiny , rather than health and bliss , which are truly our birth right and heritage .in order to emerge from our mass hypnosis and collective hysteria and to experience health , joy and creative fulfilment , we must make a systematic application of holistic

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living through alternate therapies in our daily life. The success of efficacy of alternate therapies he experienced provided the impetus, inspiration to him to come with compendium of his documented collection over a decade in this book . In effect, this book makes a

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humble effort in finding a genuine and truly helpful lifeline for many people, giving important popular alternate therapies in SINGLE WINDOW for ready reference, self-study and self-treatment as it primary objective .it is to help you live life to the hilt that his book has

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been written .Life is not about toil and ambition alone; it is about enjoying each moment .it is learning to relax and take things in stride .It is about the blissful enjoyment of the years granted to us on this planet. Believe me , you will be more successful, happier

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and contended if you pursue your career, relationships and ambitions in a relaxed manner outlined in this book .

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

Following an introduction to the

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philosophical and theoretical background of traditional Chinese medicine, the diagnostic system is presented: the Chinese system of channels and functional organs, the significance of points and point categories, methods of needling and moxibustion. There is a chapter

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on treatment based on western diagnosis.

Are you trying to get relief from chronic pain without drugs or surgery? Have you been diagnosed with a so-called incurable pain condition such as herniated discs, arthritis, multiple sclerosis,

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migraine, nerve damage, or fibromyalgia? This unique natural pain relief guide integrates mind, body, and spirit in the healing process, and can help you discover multiple natural pain relief strategies you can use to heal your pain - with or without your doctor's

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consent; use cutting-edge energy tools to quickly reduce or eliminate pain symptoms within minutes; reduce and reverse the inflammation in your body caused by stress, toxins and trauma; rewire your brain and nervous system in order to reactivate your body's

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innate healing potential; harness the power of the mind to remove obstacles to healing; and reconnect with your Spirit and Higher Self so that you can experience healing as a joyful journey. "Guide to Healing Chronic Pain is an absolute must-read not only for anyone suffering

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from chronic pain, but also for anyone wanting to stay perfectly healthy for the rest of his or her life. In the book, Dr. Karen Kan has set a new precedent of health care for Western physicians to follow in the twenty-first century and beyond. Taking the reader on a thorough

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exploration of drug-free, innovative, and alternative medicine modalities such as infrared nanotechnology patches (acupuncture without needles), grounding, energy healing, nutritional therapy, Qi and nervous system balancing, detoxification, and EMF pollution

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shielding, Dr. Kan synthesizes ancient Eastern healing techniques with cutting-edge science. Dr. Kan's balanced 'Spirit-Mind-Body' approach to healing chronic pain is not only revolutionary but is exactly what is needed now in Western medicine. Dr. Karen Kan is indeed a

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**role model for the Next Human
physician." -Jason Lincoln Jeffers,
spiritual teacher and author of The
Next Human
Energy Points in Yogic Healing
Energetics in Acupuncture
AcuPoints Made Easy
300 Recipes for Vibrant Health and**

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Longevity

The Art of Magnetic Healing

Ayurveda and Marma Therapy

Field Guide to Stains

***If you're a visual person,
you're going to love this
book. I have put my***

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*passion for acupuncture
and Chinese medicine into
creating a fun publication
with over 350
graphics. This book
includes the following:-
Intro to acupuncture*

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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

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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

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*more.- Basic cupping and
moxibustion.-*

*Contraindications and
cautions.*

*This book explains what
Nature Cure is all about.*

The author H.K. Bakhru

Acces PDF Sujok Therapy Guide

*explains in simple
language 95 common
disorders, including 13
concerning women, ranging
from acne to venereal
diseases and prescribes
time tested treatment and*

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*means of maintaining go
Optimal eye health is just
around the corner with
this guide to treating
common eye disorders with
acupuncture, herbs, and
other tenets of Chinese*

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medicine For the past ten years, Andy Rosenfarb has successfully used acupuncture and Chinese medicine to treat a wide range of eye conditions. His treatments include

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*moxibustion techniques,
tuina (massage),
microcurrent stimulation,
Chinese herbs, and qigong
exercises, along with
“essential acupuncture”
where essential oils are*

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placed on acupuncture points. The culmination of his work—which includes a recent pioneering study involving metabolic testing—is this handbook for healing the kinds of

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*conditions too often
considered almost
impossibly challenging or
irreversible. The first
half of Healing Your Eyes
with Chinese Medicine
explains Traditional*

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Chinese Medicine and its perspective on the eyes, which is based on the idea that the eyes and the brain work in tandem, not isolation. The second half focuses on proven methods

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derived from Rosenfarb's practice, including nutritional, supplemental, and lifestyle adjustments. Individual chapters cover eye disorders such as glaucoma, macular

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degeneration, retinitis pigmentosa, and many more. This book is intended as a practical manual to help readers understand their eyes and vision more comprehensively, and to

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*learn new, affordable ways
for retaining the precious
gift of sight.*

*New title by the author of
Cosmetic Acupuncture!*

*Energetics is an area of
growing interest and*

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importance in acupuncture. Acupuncture treatment aims to correct the imbalance of energy, or qi; energetics is a method of diagnosing which aspects of qi are out of balance.

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Energetics in Acupuncture provides a straightforward diagnostic method of identifying which aspects of the qi are out of balance and therefore what acupuncture treatment is

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required. One symptom can be caused by many different imbalances of organs and it is essential for the therapist to correctly diagnose the problem before commencing

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treatment. Once the correct diagnosis is made, the relevant points can be treated with appropriate techniques. The book takes a logical approach to diagnosis and provides

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*relevant lines of
questioning and reasoning.*

FEATURES *Treatments are
described for over 80
different diseases.

*Innovative visual
'towers' show clearly what

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*an energy imbalance looks
like * Case studies
illustrate imbalanced
states.*

*Acupuncture, Acupressure,
& Chinese Herbs
Floral Acupuncture*

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***WHO Standard Acupuncture
Point Locations in the
Western Pacific Region
Self-Help Book
Restoring Well-Being with
Accupressure
Healing Your Eyes with***

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Chinese Medicine Prescriber's Guide

Hands and Feet by anatomical structure possess the most manifest likeness to the human body . This may mysterious similarity plays and important role making it possible to

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realize that other body parts and internal organs also boast their own correspondence systems . they are incorporated by the homosystem of the human body . which is the inalienable part of the hierarchidc homo- system of the

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universe . the homo system provides interrelation of all its constituent similar elements and maintains the harmony and stability of existence . standerd correspondence systems of hands and feet prove tobe the most effective and simple ones among all

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treatment correspondence systems that is why they are widely used.

Certified flower essence practitioner Deborah Craydon and licensed acupuncturist Warren Bellows combine their expertise to present an innovative and highly

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effective holistic method to treat body, mind, and spirit. By applying flower essences (in place of needles) to acupuncture points, it is possible to stimulate the movement of energy (chi), starting a powerful healing process. Filled with full-

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color photography, this practical manual, suitable for both professional and home use, includes treatments for common ailments, such as depression, anxiety, and loneliness. The authors also explain the theory

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behind this technique and provide general instructions for application of flower essence tinctures, creating a comprehensive view of this exciting new form of alternative healing. The first guidebook to show how to apply the

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flower essences of Dr. Bach to acupuncture points for treatment of emotional and physical conditions, such as depression, anxiety, neck and shoulder pain, and headaches—without the use of needles. Bach flower essences can

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be purchased in most health food stores and homeopathic pharmacies and are safe for use on children, pregnant women, the elderly, and pets. Includes more than 50 full-color instructional photographs.

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Whatever your age, whatever your lifestyle, you can discover the remarkable, hands-on healing power of Finger Acupressure. Over the centuries, the Chinese have perfected the art of locating specific pressure points that can be used to

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enhance the body's natural healing processes. Now, here is a book that puts these ancient insights at your fingertips. As safe and soothing as massage, Finger Acupressure offers simple, painless step-by-step processes that will help you relieve

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more than thirty common, everyday aches and ailments, including abdominal pain, asthma, the common cold, headaches, hypertension, lower back pain, nervousness, toothache, and more. This is the first book on marma

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therapy published in the West. It clearly describes the 107 main marma points in location, properties and usage. It explains in detail how to treat them with many methods including massage, aromas, herbs and yoga practices.

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Ayurveda and Marma Therapy is an essential reference guide for all students of Yoga, Ayurveda, massage or natural healing.

Acupressure Guide

Acupuncture

Finger Acupressure

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Treatment for Many Common
Ailments from Insomnia to
Impotence by Using Finger
Massage on Acupuncture Points
Magnet Therapy
The Gentle and Effective Way to
Balance Body Systems

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In vogue since ancient times, colour therapy has now come of age as a holistic method of treatment. Global research justifies the application of colour in many disorders.

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Administered by a trained practitioner, colour therapy is safe, complementary to other systems and relatively inexpensive in India. Modern man spends most of his life cooped up

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within homes, offices or automobiles. Thanks to the odd hours they keep, some people even spend a few months without being exposed to sunlight. The body and mind are

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casualties when we miss out on the invigorating colour vibrations present in nature. The good health of the ancients was partly because they allowed all colours in nature to

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energise their bodies by being outdoors during the day. Having a proper balance of healthy colours in the interiors of our homes and offices can partly rectify this

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**shortcoming. The Magic
Therapy of Colours outlines
the history of colour
therapy, modern methods
of utilising colour and the
areas it is beneficial in. The
book is an invaluable guide**

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**for those seeking holistic
benefits from colour
therapy.**

**An up-to-date guide to the
principles and practice of
Chinese and Western ear
acupuncture, this book is**

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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.

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**Ear Acupuncture
Clinical Acupuncture
Health Books Health In
Your Hands
How to Identify and
Remove Virtually Every
Stain Known to Man**

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A Guide to Fibromyalgia, Myofascial Pain and Dysfunction Daily Practise in 7 Areas