

Bookmark File PDF The Chinese Way To Health A Self Help Guide To Traditional Chinese Medicine

The Chinese Way To Health A Self Help Guide To Traditional Chinese Medicine | 313145460593d19398c2e292405b402f

Everyday Chinese Medicine Practical Ayurveda The China Study Wushu! The Feng Shui Kit Chinese Health Care Secrets Toxic Politics Practical Pain Management Living Qigong Your Guide to Health with Foods & Herbs The Root of Chinese Qigong Nutritional Healing with Chinese Medicine The Harvard Medical School Guide to Tai Chi Wushu! Traditional Chinese Medicine Health and Long Life the Chinese Way Herbal and Traditional Medicine Total Health the Chinese Way Harmony Rules The Body Clock in Traditional Chinese Medicine Arthritis Health Cultivation in Chinese Medicine Chinese Self-massage Therapy Food As Medicine Complete Book of Chinese Medicine Jiangnan Wu Style Tai Chi Chuan Principles of Chinese Medicine The Chinese Way to a Long and Healthy Life Health and Hygiene in Chinese East Asia Chinese System of Foods for Health & Healing Hand Reflexology and Acupressure Hand Reflexology & Acupressure Complete Book of Chinese Health Chi Gong Chi Gong Learning from SARS Foot Reflexology & Acupressure Mr. Selden's Map of China Community Mental Health Engagement with Racially Diverse Populations

Everyday Chinese Medicine Examines the intersections of power, culture and science that went into the struggle to overcome disease and improve people's health in Chinese regions of 20th century East Asia.

Practical Ayurveda Food As Medicine: Traditional Chinese Medicine-Inspired Healthy Eating Principles with Action Guide, Worksheet, and 10-Week Meal Plan to Restore Health, Beauty, and Mind What's your definition of "food"? It does not only fuel the body, but also nourish and help heal your body to help you more effectively achieve everything else in life. In reality, the therapeutic part of food is rarely talked about in the west. The importance of foods has been underestimated or even ignored. That's why this book is born. This book is about digging deeper into the therapeutic aspects in foods that you may not have heard of yet; it is also about choosing to eat with consciousness and exploring how food can serve as medicine to help heal the body; most importantly, it is about deepening the relationship with your own body, because you cannot improve health unless you understand your body and know what to pick accordingly to strengthen health, slow down aging process, deal with health concerns, and prevent diseases your body is prone to. Specifically, you will learn: What is Food Therapy after all? Where do these dietary ideas come from? Why is it different from other dietary approaches you have heard of? How can it help restore your health, beauty, and mind? How can you get started, so that you don't get lost in the wealth of knowledge (in other words, how to take actions immediately)? More than 40 recipes to help you kick off your journey Grab a copy today to experience start experiencing how foods can be served as medicine to help you restore health and beauty!

The China Study Outlines a Chinese program of exercise, martial arts movements, shadow boxing, and self-massage designed to promote fitness

Wushu! Chi Gong: The Ancient Chinese Way to Health bridges the divide between Chinese and Western science, systems of health care, and spiritual practice. With proven, step-by-step exercises, chi gong instructor Paul Dong and psychiatrist Aristide Esser show how to perform basic and advanced chi gong exercises; increase vitality by maintaining the balance of bodily energies; prevent and cure ulcers, hypertension, heart disease, and other ailments; and achieve a relaxed and therapeutic meditative state, promoting health and longevity. The authors encourage practitioners to augment and strengthen their martial and spiritual disciplines, but also to develop external energy for the benefit of others. More than an instruction manual, Chi Gong functions as a complete survey of this healing art. Dong and Esser discuss chi gong's history, famous practitioners, applications for health and the martial arts, and the role of chi in exceptional human functioning and mind-body interactions. Combining information from Western scientific investigations as well as personal insights from Paul Dong's practice, the authors provide a thorough explanation of the concept of chi and its role in traditional Chinese medicine, discuss the groundbreaking use of chi gong in cancer treatments, and take the reader on a visit to one of China's many chi gong clinics.

The Feng Shui Kit The Complete Book of Chinese Medicine is the result of years of research and study by a world renowned Shaolin Grandmaster, Sifu Wong Kiew Kit, who has an excellent track record in curing many so-called "incurable diseases" like cancer, cardiovascular diseases, diabetes, sexual inadequacy, kidney failure, rheumatism and asthma using chi kung therapy. The aim of this exciting book is to introduce the wonderful and unique concept behind Chinese medicine. Sifu Wong's command of both the Chinese and English languages has made this book possible as meanings are often lost or misinterpreted during translation. Thus this book will be indispensable to everyone with an interest in Chinese medicine and to those who find that Western medicine does not have all the answers after all. The book includes: * The history, development and the main features of Chinese medicine. * Strategies and tactics when diagnosing and treating patients. * How modern societies, including Western medical doctors and research scientists, can benefit from a deeper and holistic understanding of Chinese medicine. * Case studies.

Chinese Health Care Secrets Developed over many centuries, Tai Chi Chuan is one of the treasures of Chinese culture, incorporating the principles of Taoist philosophy with the accumulated knowledge of the traditional martial arts. Wu Style is known as the "three-in-one exercise," invigorating the mind, the internal energy (qi), and the body. At all times the practitioner focuses on using mental strength, not raw force. With the mind, one directs the qi, and with the qi, one directs the whole body. Continuous round movements are made without ever breaking or interrupting the flow of internal energy. Wu Style Tai Chi Chuan describes the origin and philosophy of Tai Chi Chuan, and then details its multiple health benefits. Step-by-step instruction in the practice of the Tai Chi Chuan solo form (including many photographs) is presented, followed by a chapter describing the two-person exercise known as Push Hands, for which the Wu Style is famous.

Toxic Politics East meets West in the kitchen with the nourishing treasures of Chinese Medicine. Food can be the most powerful medicine. This outstanding book introduces and teaches how to apply the ancient wisdom and traditions of the healing that comes through food according to Chinese medicine. This is a new way of thinking about what foods are needed to achieve balance and ultimately improve health. Goldsmith provides a keen and comprehensive understanding behind the basic principles of Chinese medicine so they can be easily applied to day-to-day lives. She takes these same concepts, expands on them for the food to eat in order to maximize the benefits of Chinese dietary therapy. Eating well is essential to good health and Chinese medicine believes that food truly is medicine. In an easy-to-understand and straightforward manner, Ellen explains how and which combination of foods and flavors act upon the body to move qi (energy) and how they act on the body to warm or cool. Many of the modern day chronic health problems caused by lifestyle, genetics and stress can be helped by distinctive and long lasting changes in the way we eat. 200 enticing recipes organized by season put the theory of Chinese medicine into practice. There are meals that are appropriate for each season from breakfast to dinner, including beverages and desserts. All the recipes are super straightforward, easy to assemble and easily adapted to meet your needs, desires and tastes.

Practical Pain Management Acting as a beginner's guide to hand reflexology and acupressure, this book features illustrations and easy-to-understand language to teach readers how to properly utilize them to address certain health concerns.

Living Qigong Acupuncture, Chinese herbs, qigong, tui na massage and diet therapy have been used by the Chinese for over 2000 years, and they are still the treatments of choice for millions of people throughout the East. Now, Westerners are becoming aware of the many benefits of these potent therapies and the popularity of Chinese medicine is spreading rapidly. Covering everything from the basic theory of Chinese medicine to how to find a practitioner, the book provides a definitive introductory guide to this ancient system. It includes explanations of each of the five therapies and their unique benefits as well as patients' first-hand experiences. With advice on choosing the right treatment, and comprehensive sections on useful addresses and further reading, the book provides everything readers need to know about Chinese medicine at an introductory level. A practical handbook that provides all of the essential information, this book is the perfect introduction for anyone who wants to find out more about Chinese medicine, whether as a treatment option or for general interest.

Your Guide to Health with Foods & Herbs Responding to the increased popularity of herbal medicines and other forms of complementary or alternative medicine in countries around the world, this reference reviews and evaluates various safety, toxicity, and quality-control issues related to the use of traditional and herbal products for health maintenance and disease prevention and treatment. With over 3,550 current references, the book highlights the role of herbal medicine in national health care while providing case studies of widely used herbal remedies and their effects on human health and wellness and the need for the design and performance of methodologically sound clinical trials for the plethora of herbal medicines.

The Root of Chinese Qigong

Nutritional Healing with Chinese Medicine The emergence of severe acute respiratory syndrome (SARS) in late 2002 and 2003 challenged the global public health community to confront a novel epidemic that spread rapidly from its origins in southern China until it had reached more than 25 other countries within a matter of months. In addition to the number of patients infected with the SARS virus, the disease had profound economic and political repercussions in many of the affected regions. Recent reports of isolated new SARS cases and a fear that the disease could reemerge and spread have put public health officials on high alert for any indications of possible new outbreaks. This report

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examines the response to SARS by public health systems in individual countries, the biology of the SARS coronavirus and related coronaviruses in animals, the economic and political fallout of the SARS epidemic, quarantine law and other public health measures that apply to combating infectious diseases, and the role of international organizations and scientific cooperation in halting the spread of SARS. The report provides an illuminating survey of findings from the epidemic, along with an assessment of what might be needed in order to contain any future outbreaks of SARS or other emerging infections.

The Harvard Medical School Guide to Tai Chi Are you looking for renewed energy, relief from stress, improved sleep, and much more? It's time to start your Ayurveda wellness journey. Practised in India for millennia, Ayurveda means life-knowledge - it reveals the path to ultimate wellbeing by identifying your individual characteristics and patterns of health, and showing you how to bring balance to your life. Find out Ayurvedic body type (prakriti) through a simple self-assessment questionnaire, and learn how to adjust your diet to suit your body type using recipes and ingredient lists, stretch and energize your body through yoga, and focus and relax your mind with meditation and positive thinking exercises. You can also look up home therapies and remedies for a variety of common ailments. Whether you're adopting this ancient lifestyle practice yourself, through your yoga practice, or as an alternative therapy, use Practical Ayurveda to apply its wisdom to your modern lifestyle.

Wushu! Achieve vibrant health in every season with the holistic techniques of traditional Chinese medicine. This friendly guide to a 2,000-year-old lineage of healing wisdom integrates both the Five Element theory and the practices of traditional Chinese medicine to uncover what your body needs for balance and optimal health. Everyday Chinese Medicine demystifies, simplifies, and reveals patterns to help you take control of your own well-being from the comfort of your own home and kitchen. Mindi Counts—a holistic medical practitioner, acupuncturist, and herbalist—walks you through the seasons, elements, and organ systems to help you understand your unique constitution and how to achieve energetic and physical balance. With simple recipes, self-care practices, and time-tested herbal remedies, Everyday Chinese Medicine is the perfect companion on your path to complete wellness.

Traditional Chinese Medicine An accessible reference by an established Traditional Chinese Medicine practitioner counsels readers on how to achieve lasting health without surgery or drugs, introducing the body's five primary power centers while including coverage of acupuncture and herbal remedies. Original.

Health and Long Life the Chinese Way Here is the first complete manual of Chinese medicine specifically written for the layperson. Filled with illustrated exercises and recipes, this book offers a unique, integrated system of preventive health care so that now anyone can promote good health, longevity, and spiritual awareness using these traditional techniques. Included are: • Key concepts of Chinese medical theory • Dozens of illustrated T'ai Chi and Chee-gung exercises • The Chinese approach to healing common ailments • Authentic secrets of Taoist sexual yoga • Therapeutic food recipes and herbal tonics • Alternative treatments for diseases such as AIDS and cancer • Resource listings: teachers, schools, centers, stores, and mail-order suppliers

Herbal and Traditional Medicine Health and Long Life: The Chinese Way brings together the wide variety of Chinese medical and spiritual methods in one integrated volume. It provides not only a basic description, but also discusses the relationship of Chinese healing to contemporary Western science and religious Daoism. The book begins with a survey of the basic concepts of Chinese medicine, followed by a presentation of clinical and contemporary practices in various countries. A third part deals with ways of balancing qi, such as Fengshui, diets and sexual practices, while the last section presents a well-informed discussion of self-cultivation methods. Easy to read, with numerous charts and illustrations, and enriched by exercises that encourage readers to examine their own practices and attitudes, Health and Long Life is a great resource for anyone interested in Chinese healing. Book jacket.

Total Health the Chinese Way Choosing the foods and herbs that are right for you is essential to achieving and maintaining good health. Over thousands of years, Traditional Chinese Medicine (TCM) has accumulated knowledge about using foods and herbs therapeutically, providing a natural way to boost energy and immunity, extend longevity, enhance beauty, reduce toxins, regulate mood and treat other health conditions, externally and internally. This book will help you put the wisdom of TCM to use, guiding you with case studies, treatment details, recipes and illustrations. Inside you'll find practical and easy-to-understand information about: Assessing your body constitution The features of food according to TCM Customizing your selection of foods and herbs Using food to treat or prevent health problems Improving your appearance and mental outlook This book also features a handy chapter on nearly 90 functional foods and herbs. Arranged alphabetically, with quick facts and photos, this resource will help you plan your strategy for healthy living by using foods and plants specifically suited for your body, lifestyle and goals. Let TCM help you better understand your body and show you how to make the choices that are best for you!

Harmony Rules Community Mental Health Engagement with Racially Diverse Populations summarizes research on reducing mental health disparities in underserved populations through community engagement programs. It discusses the efficacy of such programs with specific populations of people of color and cultures, for specific disorders, and via specific communities. It identifies how and why community engagement works with these populations, how best to set up new community programs, the steps and stakeholders to success, and includes case studies showing successes and the challenges involved. Identifies how and why these programs achieve success through patient engagement Explores efficacy with specific ethnicities and cultures Discusses efficacy of programs through schools, churches, non-profits, and more Includes case studies with their successes and challenges Provides guidelines on the development and implementation of community programs

The Body Clock in Traditional Chinese Medicine 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.

Arthritis "In clear and practical language Dr. Henry C. Lu provides techniques and treatments for a number of chronic conditions"—Cover.

Health Cultivation in Chinese Medicine Thoroughly revised to reflect contemporary diagnostics and treatment, this Third Edition is a comprehensive and practical reference on the assessment and management of acute and chronic pain. This edition features 14 new chapters and is filled with new information on invasive procedurespharmacologic interventionsneuraxial pharmacotherapyphysical and occupational therapiesdiagnostic techniquespain in terminally ill patientscancer painvisceral painrheumatologic disordersmanaged careand medicolegal issues. Reorganized with two new sections focusing on diagnostics and cancer pain. A Brandon-Hill recommended title.

Chinese Self-massage Therapy

Food As Medicine This book is a dual-volume edition of two classics. Sane Occultism explains the many pitfalls of occultism and the danger of the Left-Hand path. Practical Occultism In Daily Life reveals the many minor magical rites that can be used by anyone to achieve steady concentration to cope with everyday problems.

Complete Book of Chinese Medicine Conventional medical science on the Chinese art of Tai Chi now shows what Tai Chi masters have known for centuries: regular practice leads to more vigor and flexibility, better balance and mobility, and a sense of well-being. Cutting-edge research from Harvard Medical School also supports the long-standing claims that Tai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system, and the mind. This research provides fascinating insight into the underlying physiological mechanisms that explain how Tai Chi actually works. Dr. Peter M. Wayne, a longtime Tai Chi teacher and a researcher at Harvard Medical School, developed and tested protocols similar to the simplified program he includes in this book, which is suited to people of all ages, and can be done in just a few minutes a day. This book includes: • The basic program, illustrated by more than 50 photographs • Practical tips for integrating Tai Chi into everyday activities • An introduction to the traditional principles of Tai Chi • Up-to-date summaries of the research literature on the health benefits of Tai Chi • How Tai Chi can enhance work productivity, creativity, and sports performance • And much more

Jiangan Chinese self-massage has many benefits and uses, ranging from maintaining health to treating acne, losing or gaining weight, and preventing wrinkles. This comprehensive overview of the theories and techniques of Chinese self-massage is for both professional practitioners of Chinese medicine and people who are interested in caring for their health. It includes self-massage procedures for treatment and prevention of many common complaints, such as colds and flus, insomnia, high blood pressure, constipation, diabetes, menstrual pain, tennis elbow, and fibrocystic breast disease, along with accompanying pictures showing how and where the technique should be done. This book also includes sections on self-massage for sexual dysfunction, beautification, weight loss, maintenance of teeth, prevention of

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balding, and the promotion of better breast health.

Wu Style Tai Chi Chuan

Principles of Chinese Medicine Jiangnan co-ordinates slow diaphragmatic breathing with graduated stretching and strengthening exercises to promote circulation and stimulate the cardiovascular system. This book offers a concise practical guide to Jiangnan exercises, providing detailed instructions and illustrations while also exploring the Chinese philosophy behind the art.

The Chinese Way to a Long and Healthy Life A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

Health and Hygiene in Chinese East Asia Enjoy natural relief from your arthritis.

Chinese System of Foods for Health & Healing Practices for maintaining optimum health and prolonging life, or yang sheng, have been a part of Chinese culture for thousands of years, and health cultivation is an important component of Chinese Medicine. Health cultivation is related to methods of disease prevention involving exercises and practices that aim to improve the individual constitution while maintaining harmony within the body. A broad range of practices involving both body and mind have been collected here. This book contains twenty chapters, beginning with an introduction to the historical development and basic concepts of yang sheng. Health cultivation methods provided in this book include dietary methods, sexual practices, spirit-cultivation exercises, medicinal herbs, geomancy (feng shui), tui na massage, qi gong exercise, and many other specific practices for promoting health in all stages of life.

Hand Reflexology and Acupressure China's deepening health crisis reveals the fragility of the party-state and undercuts China's ability to project influence internationally.

Hand Reflexology & Acupressure The Root of Chinese Qigong: Secrets for Health, Longevity, and Enlightenment is the absolutely best book for revealing the what, the why, and the how of qigong. When you know what qigong is, this will help you make the right decision; "is qigong going to be a good choice for me?" When you know why qigong is so effective, this will help you set realistic goals for your use of qigong in your health or martial arts training. When you know how qigong should be practiced, this will absolutely help you to attain your health or martial arts goals in an efficient and timely manner. We strongly recommend this book for everyone who wants to study qigong, tai chi, or marital arts. Qigong training can improve your health, cure illness, and help you overcome the stress of daily living. Qigong is the study of Qi, or vital energy, that circulates in the human body, and it has been practiced by the Chinese for thousands of years. Qigong is a unique and comprehensive approach to health and longevity, and can be trained by anyone. Get the most from your practice by understanding the principles and foundation of this ancient science. Dr. Yang teaches sitting and standing meditation, demonstrates massage techniques, and explores the Qi pathways in your body. He explains correct breathing methods, shares secrets for quieting the mind, and discusses how to increase your body's Qi supply. In addition, he also explains important concepts such as the Three Treasures and regulating the body, breath, and mind. Whatever style you practice, you'll find the keys to successful training in the Root of Chinese Qigong. Improve your health with Qi (vital energy) training. Relieve stress with simple breathing techniques. Learn the secrets that will advance your practice. Discover the foundations of Chinese medicine. Eliminate tension with soothing relaxation exercises. Includes more than sixty detailed photos and illustrations.

Complete Book of Chinese Health An accessible presentation of the philosophy and practice of the traditional Chinese martial art known as qigong, a form of meditative exercise aimed at promoting good health, this book contains easy-to-follow descriptions of the eight essential movements, accompanied by numerous photos. 100 photos. 30 illustrations.

Chi Gong

Chi Gong Eat your way to health! An acclaimed practitioner of Chinese medicine shows how to identify the indications of illness in each major organ through a four-step diagnostic system--and, if it falls outside the healthy range, to begin the restoration process. Charts define each syndrome, suggest applicable Western diseases, relate medical cases, offer treatment principles, and recommend foods and herbs to heal every area of the body. Includes an overview of food cures and six classes of food and their effects.

Learning from SARS A reference guide to understanding the natural rhythm of our organs and learning to support them in a holistic way • Explains the Organ Body Clock from Traditional Chinese Medicine and which organs and meridians are dominant during different hours of the day • Describes exactly what happens inside the body during each organ's active time and shows what we can do to support the organs with plant medicine, homeopathy, our behavior, and simple daily practices • Explores the mental and emotional states each organ is related to and their connections to the teeth, the other organs, and the Five Elements of TCM All of our organs are energetically interconnected. They each have regular rest and active cycles throughout the day, with different organs becoming dominant at different hours. In Traditional Chinese Medicine, this is known as the Organ Body Clock. In this accessible guide to the body clock in Traditional Chinese Medicine, the author shows how to support the body's natural rhythms of activity, recognize the body's signals of imbalance and find their sources, and achieve healing on the physical and energetic levels. He explains how the body clock can provide deep insight into our physical and energetic health. For example, if we always wake up at a certain time at night, we should look up which organ is associated with that time, which will lead us to discover the part of our body that needs special attention and help. The author explores the 12 major organs of the body, describing their active and rest hours, their function inside the body, the mental and emotional states they are related to, and their connections to the teeth, the other organs, and the Five Elements of TCM. The author describes exactly what happens inside the body during each organ's active time and shows what we can do to support the organs with plant medicine, homeopathy, our behavior, and simple daily practices. By working with the body clock and better understanding our bodies' rhythms, we more easily trace our ailments and conditions to their source for faster relief, sustainable healing, and energetic balance.

Foot Reflexology & Acupressure Investigating the discovery of an extraordinary map of China in Oxford's Bodleian Library that was delivered in 1659 by Mr. Selden, the author travels halfway around the world to reveal unexpected historical connections that offer insight into the power and meaning a single map can hold.

Mr. Selden's Map of China Discover how you can heal yourself and others and achieve optimum health, when you practice the techniques in Chinese Health Care Secrets by Henry B. Lin. Grounded in Taoist principles (Nature's Way), the age-old wisdom of China teaches that by living your daily activities in accordance with the laws of nature you can achieve and maintain ultimate health. Chinese Health Care Secrets is a comprehensive reference to the history and practices of Chinese health care. It offers highly effective techniques that are completely natural and easy to use. Many have never before been published and are considered secrets even in China. Easy to read and fully illustrated, Chinese Health Care Secrets explains: ·Secrets of sexual vitality ·Qigong?breathing, meditation, and energy exercises ·Dharma?massage and gentle physical movements ·Secrets of rejuvenation and longevity ·Over sixty of nature's most potent healers ·Acupressure?learn techniques and the locations of over 100 acupoints (with full illustrations) so you can perform this powerful healing system ·A handy, A?Z reference guide to common ailments, with their treatments and therapies ·Internal and external exercises Never before has so much information about Chinese healing been available in one location. Learn about nutrition? Yes. Learn the secrets of Exercise? Of course. Walk the road to immortality? Naturally. Discover the inner health secrets of sleep and rest? Correct. It's all presented in a way that is clear and easy to understand, in Chinese Health Care Secrets. When you get Chinese Health Care Secrets, you are going to wonder where you should keep it. With information on nutrition and diet? With books on healing? With information on Oriental philosophy? Chinese Health Care Secrets is all of those things and more. So there is one ideal place to keep this book?where you can easily get it, read it, and use it.

Community Mental Health Engagement with Racially Diverse Populations 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.

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