The Acupressure Atlas pdf

Astrid Wasowiak

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DESCRIPTION OF THE BOOK THE ACUPRESSURE ATLAS

Trouble sleeping, sensitive stomach, headaches, joint problems, allergies: Sensory ailments such as these have been steadily increasing in Western countries for decades. Acupressure--massage along the body's meridians in accordance with traditional Chinese medicine--can effectively prevent and treat all of these disorders, and more. The Acupressure Atlasis a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate many health problems, including even the common cold. Acupressure confers a holistic health benefit that prevents disorder from arising by harmonizing and balancing the body's energies. It is particularly suited to self-treatment, the treatment of a partner, and especially the treatment of children. Along with an introduction to the origins and principles of traditional Chinese medicine, The Acupressure Atlasprovides the most important basic techniques as well as step-by-step instructions, illustrated in full color, of the practical and specific information needed to put the healing techniques of acupressure at your fingertips.

THE ACUPRESSURE ATLAS BY BERNARD C. KOLSTER M.D., ASTRID

The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate many health problems, including even the common cold. Sensory ailments--such as trouble sleeping, sensitive stomach, headaches, joint problems, and. The Acupressure Atlas gave me all the information I wanted to know about the pressure points for the pancreas and small intestines. The numerous photos make the positions of the acupressure points very clear. The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate a wide variety of health problems, including even the common cold. Hands down, The Acupressure Atlas is the best beginner's book on acupressure that I've come across. The book begins by explaining the basics of acupressure including the organ systems, transitional cycles, and dichotomies in an easy to understand way. HEALTH / BODYWORK The Acupressure Atlas The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate many health problems, including even the common cold. The Acupressure Atlas by Bernard C. Kolster (author), Astrid Waskowiak (author) See more like this The

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The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self. The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate many health problems, including even the common cold. The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate many health problems, including even the common cold. The Acupressure Atlas by Bernard C. Kolster, M.D and Astrid Waskowiak, M.D. is a fully illustrated and comprehensive reference guide to acupressure. As a component of traditional Chinese medicine, acupressure emphasizes the balancing and harmonizing of the body s energies in order to prevent disorder from arising or activate the body s self. HEALTH / BODYWORK The Acupressure Atlas The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate many health problems, including even the common cold. * The Midwest Book Review, Apr 2008 * "If I had to pick just one book on acupressure for my personal

library, The Acupressure Atlas, with its clearly explained and well-illustrated information, would be the one. . . . can be used to self-treat or to treat a partner or a child, making this book a fantastic gift or an excellent addition to anyone. * Embody Magazine, October 2013 * "Hands down, The Acupressure Atlas is the best beginner's book on acupressure . . ." * TCM Reviews, May 2011 * "The design of this book is both practical and attractive . em=""> The Acupressure Atlas m=""> is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body& #8217; s self-healing powers to alleviate a wide variety of health problems, including even the common cold. The Acupressure Atlas by Bernard C. Kolster 9781594772078 (Paperback, 2007) Delivery Dispatched within 2 business days and shipped with USPS Product details Format:Paperback Language of text:English Isbn-13:9781594772078, 978-1594772078 Author:Bernard C. Acupressure confers a holistic health benefit that prevents disorder from arising by harmonizing and balancing the bodys energies. This fully illustrated and comprehensive reference demonstrates how acupressure techniques activate and accelerate the body's self-healing powers. The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate many health problems, including even the common cold. Akupunktur_Atlas_001-022_4c 06.05.2006 21:09 Uhr Seite 11 11 1 The Basic Principles 1.1 Acupuncture Measurements In acupuncture the body is measured not in absolute units, Acupressure is both safe and healthful. Simple Pressure on the constrictive knots will melt them, to free the flow of blood and oxygen. The acupressure

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