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ACUPRESSURE TECHNIQUES

Well-being and
pain relief
at your
fingertips

A SELF-HELP GUIDE

Acupressure Techniques: A Self-Help Guide

Julian Kenyon

Acupressure thoughts distills the training of millions of years of conventional chinese language drugs into uncomplicated routines that may be Acupressure Techniques: A Self-Help Guide used to relieve actual illnesses of all kinds. functional and entirely illustrated, this advisor to the powerful use of Acupressure Techniques: A Self-Help Guide acupressure can deal with quite a lot of conditions, from migraines and carpal tunnel syndrome to activities accidents similar to tennis elbow and Acupressure Techniques: A Self-Help Guide tendinitis. by means of utilizing deep finger and thumb strain to acupuncture points, the Acupressure Techniques: A Self-Help Guide ordinary power movement of the physique is superior and therapeutic is accelerated. With those tools you could deal with your self and your loved ones in a number of the most secure and most excellent methods known. simply mastered, they positioned you again in control of your personal well-being.

an exquisite reference ebook for acupressure. ideas and whole illustrations are supplied for utilising acupressure to meridian issues for a variety of diseases from migraines, carpal tunnel syndrome, quite a few activities accidents resembling tennis elbow for example, pores and skin problems and different miscellaneous ailments. The booklet is simple to stick with and the diagrams help immensely to find definitely the right issues to paintings with. while aimed and written for treating oneself or relatives members, it's going to turn into a superb source software for my library.

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