

The NATURAL HEALER'S ACUPRESSURE HANDBOOK G-Jo Fingertip Technique



Michael Blate

Foreword by Barry Sultanoff, M.D.

Natural Healers Acupressure Handbook

Michael Blate



Natural Healers Acupressure Handbook:

The Natural Healer's Acupressure Handbook Michael Blate,1977 The Natural Healer's Acupressure Handbook Michael Blate,1982-06-01 **The Natural Healer's Acupressure Handbook** Michael Blate,1982 22 Healing Acupressure Points Karl Swope,Karl Swope DC,2014-06-05 22 Healing Acupressure Points Fast Easy Guide to Natural Healing is for everyone Young and old this book can help you on your path to wellness This is a practical guide that is safe and easy to use Natural healing is at your fingertips literally This guide will help you with a whole range of issues from an emergency acute pain to chronic symptoms this book will help you find a holistic approach to managing your pain without the use of medications There is hope you can find healing This book will help you find a better way to live a pain free life Whenever I start to get a headache I will immediately follow the headache prodigal I find myself reaching for this book instead of the medicine cabinet This book really has helped me find alternatives to traditional western medications L Monroe

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The Natural Healer's Acupressure Handbook: Advanced G-jo Michael Blate,1982 *Advanced G-Jo* Michael Blate,1983

Natural Healer's Acupressure Handbook G-JO Fingerip Technique Volume One ,1982 *The Shambhala Guide to Traditional Chinese Medicine* Daniel P. Reid,1996-04-30 The Chinese approach to health and healing is a rich and complex tradition encompassing disease prevention diagnosis and treatment of the full spectrum of illnesses as well as offering a holistic approach to mental health More than a system of medicine in the Western sense of the term the Chinese approach to health care reflects the Taoist belief in the importance of promoting balance and harmony in body mind and spirit In traditional Chinese medicine this goal is achieved through nutrition herbs acupuncture massage exercise meditation and other holistic methods that restore the natural patterns of the human system This book is an accessible and highly readable introduction to all the major aspects of this vast tradition Topics covered include The foundation of traditional medicine in Chinese history The theory of chi energy and how it influences health The Chinese approach to health happiness and longevity The use of Chinese herbal medicine and herbal formulas Diet and nutrition as a form of preventive medicine Acupuncture acupressure and massage including sample techniques for self massage The practice of chee gung or moving meditation as a means of promoting good health Meditation and internal alchemy Suggestions for further reading and other resources *Acupuncture Guide* Dr. Satish Goel,200? *Discovering the Body's Wisdom* Mirka Knaster,1996 An informative guide to the principles theories and practices of Eastern and Western body therapies explains how to get the most out of some seventy five different treatment approaches from massage and yoga to Roling and reflexology Original

Subject Catalog Library of Congress,1977 **Easy Guide To Peace Of Mind** Rekha Kale, *The Shiatsu Handbook* Shizuko Yamamoto,Patrick McCarty,1986 **A Complete Guide To Biochemic Remedies** Dr. S. K. Sharma,1998

Family Homeopathic Guide Dr. S. K. Sharma,2003 **Subject Guide to Books in Print** ,2001 The Writer's

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