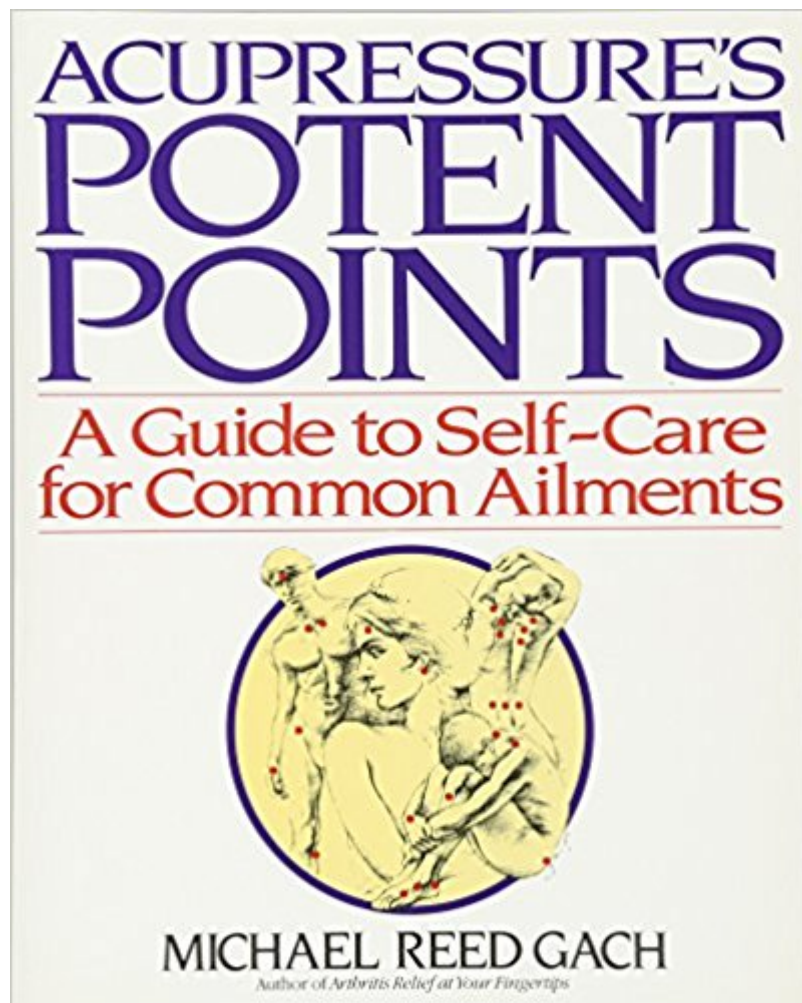




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Acupressure's Potent Points: A Guide To Self-Care For Common Ailments



Synopsis

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 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 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, 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 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 tools--and start feeling good now.

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Customer Reviews

The technique of using acupressure to relieve pain has been around for 5000 years and even predates acupuncture. It is possible to learn to perform acupressure on oneself by following the well-illustrated instructions and diagrams in this book. Two clearly written chapters give the history, theory behind the technique, and some general instructions, followed by 40 chapters which cover specific disorders--acne, insomnia, shoulder tension, etc.--and how acupressure can help relieve

them. There is also a glossary. Libraries that don't have other works on this subject will want this one; those that do will still want to consider this as a worthy additional purchase.- Natalie Kupferberg, Brooklyn Coll. Lib., New YorkCopyright 1990 Reed Business Information, Inc.

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 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 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, 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 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 tools--and start feeling good now.

I was skeptical of acupressure and only bought the book because my massage therapist uses it along with trigger point massage. I took it with me on a recent vacation. On the plane, I found that there were guided procedures to use for sinus problems and another set for earaches. I am always sniffing and my ears always hurt when the plane lands. I followed the procedures and found I could breathe out of my left nostril easily - for the first time in years (without any drugs). Also, my ears did not hurt when the plane landed and I could hear right away. These two things alone are worth the price of the book to me.

I love Traditional Chinese Medicine, go to my TCM chinese doctor twice a month, practice QiGong daily and stay away from western doctors and their dangerous drugs. I have other accupressure and reflexology books and this is, by far, the worst. It is very basic and, what's worse, the photos and diagrams are very small, in the Kindle version. I have the hard copy of this book which is a little better in that respect. However, as a whole, this book is not user friendly and provides limited and very basic information on the many health conditions that can be treated with accupressure. I returned the Kindle version 10 minutes after purchase.

BUY THIS BOOK!!! I can't say enough great things about this book! With it's easy-to-understand text and helpful pictures, it's amazing how quickly you can be on the road to better health. After just one session, my sciatic nerve was no longer causing me pain. It also helped my lower back, as well as my migraines and sinus problems. While it's true that this isn't meant as a substitute for medical treatment, acupressure does work, and in just a few minutes. Almost instant relief without doctor visits and/or medication!! This book truly covers many of the aches and pains we tend to "just live with" every day. It also has treatments for emotional issues, such as anxiety, stress, and depression, to name a few. It's well worth the price: you can't even see a doctor for \$13.60. In fact, I bought this book because I needed an alternative approach to pain management, as I don't have medical insurance. I'm so impressed with this book, I've bought 3 more copies for friends, and will continue buying more until everyone I know who needs one, has a copy. If you've been suffering with chronic pain like I did for years, please do yourself a favor and buy this book.

This is an easy to understand, very informative book. You dont have to be in the field to quickly pick up and apply the methods to yourself and family members for pain relief and lifes other maladies that creep up on us. This book has got me through a dislocated knee cap without pain pills. I recommend this book for anyone who wants to own their healing fully. Highly recommended!

This book is an important reference for my health. For me, these instructions have relieved headaches, sinus pressure, pain from TMJ, anxiety before giving speeches, and computer eyestrain. The pictures that show you how to apply pressure on certain spots depict real people so you can get the techniques right. Directions are given for 43 common conditions or ailments. The terminology, like GV6 or sea of vitality, relates to Chinese medicine using anatomic diagrams, which can seem strange when you first read them. However, the photographs show you exactly what to do. Often when I touch the points shown in the photograph, they are tender, so I know I am using the right spot. If you are looking for good self-care techniques, this is a great find.

covers some of our common ailments like acne, allergies, colds, flu, headaches, and more. there are 43 different topics addressed, wishing for more; maybe a sequel.

I did not find many of these points to my total satisfaction. What is needed is a body size chart, or perhaps several foldout charts that would let one find some of these points with greater success. I am all for the principle but the practice is difficult.

I bought both this book and Acupressure for Emotional Healing. They compliment each other very well. Both are very well illustrated. You know exactly where your finger is supposed to be for any acupressure point. These books have boosted my confidence in using acupressure techniques on my massage clients. The author truly has a gift and he has shared it unselfishly.

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