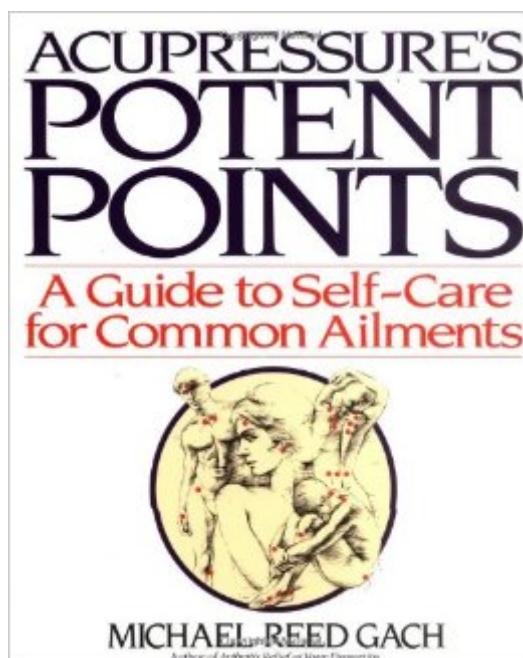


The book was found

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

I've been somewhat heavily interested and researching about acupressure massage and other bodywork therapies for the past coupe of years and this has been the best book on the practical applications of acupressure for self help purposes I've seen. I've effectively used this book to relieve common ailments such as headaches, eye fatigue, neck stiffness/soreness, shoulder pain, upper and lower back aches, knee pains, etc. I myself being relatively young and in good health have no

serious or chronic illnesses or pain, but I do practise a variety of sport like basketball, gymnastics, and martial arts and have often suffered from soreness and injuries, and this stuff works, but you shouldn't accept a complete guarantee that this will cure your problems, but it should help for most I believe. I recommend for skeptics that you try to get this book from the library first, or give it a quick read at a local bookstore. Go through a section that you have problems/pain in and try them out at home. If you like it, buy the book. It can be a great reference and help for everyone. Also, I would like to comment on the review "snakeoil". I have been doing research about Michael Reed Gach and other acupressure instructors/practitioners and the so called "movement", and I do realize the skepticism because there are a lot of sham new age quacks out there preaching cures and other bogus messages, but acupressure is effective and can work for most people. Many acupoints are small and cannot be effectively used with just the fingers, but most of the basic/major ones can be. Just look at Japanese Shiatsu massage or Chinese Tunia massage, they both use acupoint/acupressure, and most acupuncturist teach acupressure to their patients to be used between acupuncture sessions.

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