



Acupressure's Potent Points: A Guide to Self-Care for Common Ailments

By Michael Reed Gach

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Acupressure's Potent Points: A Guide to Self-Care for Common Ailments

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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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Editorial Review

From Library Journal

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 York*

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From the Inside Flap

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About the Author

Michael Reed Gach, PhD, Dipl ABT, founded the Acupressure Institute in 1976, one of the leading international training schools in Asian bodywork. Gach is a national expert on acupressure therapy and has taught over 100,000 people from all over the world. He is also the originator of Acu-Yoga, a self-healing system of exercises that integrates acupressure and yoga. Gach received his PhD from Columbia Pacific University in health and human services.

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This book untitled Acupressure's Potent Points: A Guide to Self-Care for Common Ailments to be one of several books that best seller in this year, that is because when you read this e-book you can get a lot of benefit into it. You will easily to buy this specific book in the book shop or you can order it by using online. The publisher in this book sells the e-book too. It makes you easier to read this book, since you can read this book in your Touch screen phone. So there is no reason for you to past this reserve from your list.

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