

PRESSURE POINTS



**DO IT YOURSELF
ACUPUNCTURE
WITHOUT NEEDLES**

GIVES RELIEF FROM:

BACK AILMENTS • SNEEZING • SINUS TROUBLE
INSOMNIA • ABDOMINAL PAIN • HEADACHES

**KEITH KENYON, M.D.
PAUL WINCHELL**

Pressure Points Do It Yourself Acupuncture Without Needles

Xiaolong Qi



Pressure Points Do It Yourself Acupuncture Without Needles:

Pressure points : do it yourself acupuncture without needles Keith Kenyon, Paul Winchell, 1974 **Acupuncture without Needles** J. V. Cerney, 1999-06-01 Find relief from pain and illness through the healing art of acupressure a home healing variation on the 5 000 year old tradition of Chinese acupuncture Newly revised and updated this modern health classic guides you step by step through the simple finger pressure techniques that send soothing relief surging to the sources of pain and discomfort Learn how to determine where pain begins how it may show up in other parts of the body and how to make it disappear with a touch of a finger all without resorting to expensive drugs difficult therapies invasive surgery or even the prick of a needle Presented in clear easy to understand language and accompanied by over 100 illustrations these techniques have long been proven effective in relieving a wide variety of ailments and conditions including asthma backache constipations high blood pressure impotence menopause menstruation pain nausea sciatica and stress Learn the ancient art of Acupuncture without Needles and enjoy pain free health and vitality that s as easy to achieve as pushing a button **The Natural Health Guide to Headache Relief** Paula Maas, Deborah Mitchell, 1997 Unsurpassed in scope and effectiveness this is a unique and comprehensive collection of natural headache remedies that will help sufferers discover how to identify the headache type and explore a wealth of soothing therapies that can be used alone or in combination with conventional medical care Pressure Points Keith Kenyon, 1977 **Current Catalog** National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 **Prayer for People who Can't Sit Still , Hospice Education Program for Nurses: Facilitator manual** , 1981 **Dictionary of Natural Healing** Deborah Mitchell, 2025-08-22 Find out about the newest natural remedies and what they can do for you With the hundreds of complementary treatments available today this new up to the minute A Z reference lets you quickly and easily investigate all the natural approaches for your health needs Whether you ve wondered about the mind body healing methods of SHEN Specific Human Energy nexus and Reiki or been intrigued by alternative approaches to illness such as using glucosamine sulfate or cayenne in arthritis therapy Deborah R Mitchell s Dictionary of Natural Healing gives you all the information you need to know in a concise comprehensive format Filled with fascinating facts and covering over 250 subjects the Dictionary of Natural Healing is an essential volume for anyone interested in alternative therapies and a holistic approach to health Each entry includes Definition Pronunciation and other spellings Conditions for which the therapy or product is used How it is performed or applied Cross references Plus appendices provide helpful facts on Finding a qualified practitioner in dozens of specialties Product information Further reading and reference materials *Black Belt* , 1977-02 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the

world 7 Steps to Health & Wellness Sonja Christiansen, KRMT, 2016-02-20 I often tell my patients that everything we put into our body has a potential to create untoward effects Whether it is the fast food we eat because we do not take the time to eat a well balanced diet the lack of water we are drinking or medications that pose the risk of significant side effects or interacting with other medications that you may already be taking Because of this I tend to take the minimalists approach when it comes to prescribing medication I am judicious in the choice of medications I use in my patients and try to limit what I prescribe to only those medications that I am certain will treat the condition for which they are being seen with the least possible risk for increase in untoward effects After all the first rule of the Hippocratic Oath is to first do no harm Unfortunately with new medications I often find myself being asked to write for prescriptions that may not be properly suited for the situation or patient at hand This is what I find so intriguing and refreshing about this book written by Ms Christiansen Her easy step by step explanation of breathing techniques pressure point massage and tapping offer an almost side effect free method of improving your health regardless of what medical conditions you may have I feel like it is a common sense approach to some well known and widely accepted alternative medicine techniques that empowers the patient to help take control of their health without adding medication and thus increasing the risk for medication induced reactions or interactions I certainly believe alternative medicine can offer a viable alternative in conditions such as anxiety depression and hypertension While as Ms Christiansen points out these technique may not take the place of your medication it is definitely an adjunct therapy which could prevent the need for additional medications in the future In my opinion it would be worthwhile to learn these simple techniques to see if they benefitted you and offered a natural alternative for treating an underlying medical condition you may have before simply adding another expensive medication which could result in unwanted negative side effects or other unforeseen medical complications Nathan Harper MS APRN CNP Board Certified Family Nurse Practitioner

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Table of Contents Pressure Points Do It Yourself Acupuncture Without Needles

1. Understanding the eBook Pressure Points Do It Yourself Acupuncture Without Needles
 - The Rise of Digital Reading Pressure Points Do It Yourself Acupuncture Without Needles
 - Advantages of eBooks Over Traditional Books
2. Identifying Pressure Points Do It Yourself Acupuncture Without Needles
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Pressure Points Do It Yourself Acupuncture Without Needles
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pressure Points Do It Yourself Acupuncture Without Needles
 - Personalized Recommendations
 - Pressure Points Do It Yourself Acupuncture Without Needles User Reviews and Ratings
 - Pressure Points Do It Yourself Acupuncture Without Needles and Bestseller Lists

5. Accessing Pressure Points Do It Yourself Acupuncture Without Needles Free and Paid eBooks
 - Pressure Points Do It Yourself Acupuncture Without Needles Public Domain eBooks
 - Pressure Points Do It Yourself Acupuncture Without Needles eBook Subscription Services
 - Pressure Points Do It Yourself Acupuncture Without Needles Budget-Friendly Options
6. Navigating Pressure Points Do It Yourself Acupuncture Without Needles eBook Formats
 - ePub, PDF, MOBI, and More
 - Pressure Points Do It Yourself Acupuncture Without Needles Compatibility with Devices
 - Pressure Points Do It Yourself Acupuncture Without Needles Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Pressure Points Do It Yourself Acupuncture Without Needles
 - Highlighting and Note-Taking Pressure Points Do It Yourself Acupuncture Without Needles
 - Interactive Elements Pressure Points Do It Yourself Acupuncture Without Needles
8. Staying Engaged with Pressure Points Do It Yourself Acupuncture Without Needles
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Pressure Points Do It Yourself Acupuncture Without Needles
9. Balancing eBooks and Physical Books Pressure Points Do It Yourself Acupuncture Without Needles
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Pressure Points Do It Yourself Acupuncture Without Needles
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Pressure Points Do It Yourself Acupuncture Without Needles
 - Setting Reading Goals Pressure Points Do It Yourself Acupuncture Without Needles
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Pressure Points Do It Yourself Acupuncture Without Needles
 - Fact-Checking eBook Content of Pressure Points Do It Yourself Acupuncture Without Needles
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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