

# REMOVE PAIN

Physical and Emotional  
with  
Energy Psychology  
by Tapping on Acupuncture Points



Robert Elias Najemy

# Remove Pain Physical And Emotional With Energy Psychology By Tapping On Acupuncture Points

**Robert Elias Najemy**



## **Remove Pain Physical And Emotional With Energy Psychology By Tapping On Acupuncture Points:**

Free to Be Happy with Energy Psychology Robert Elias Najemy, 2004-05-15 This latest revolutionary development in psychology and pain management allows people to free themselves from physical pain and such negative emotions as hurt anger or fear Najemy's work gives specific guidelines and abundant examples on how to remove these obstacles to happiness

*Common Pain Conditions - E-Book* Marc S. Micozzi, Sebhia Dibra, 2016-11-01 Learn to treat pain naturally using evidence based therapies with Micozzi's Common Pain Conditions A Clinical Guide to Natural Treatments This groundbreaking title provides in depth information on current natural pain therapies that utilize the latest 21st scientific ideas including the role of energy in medicine Each chapter provides content on the biology and neuroscience as well as social psychological and spiritual aspects of each natural treatment approach along with clinical data and pragmatic information about healing pain using these treatments Whether your patients are suffering from anxiety arthritis back pain chronic fatigue depression fibromyalgia irritable bowel migraine and tension headaches phantom pain post traumatic stress ulcers or just general chronic pain and inflammatory conditions this book offers the insights and evidence based guidance you need to successfully treat pain naturally Coverage of safe and effective natural treatments for common pain conditions provides a wide variety of options for treating the conditions that practitioners most encounter in practice Evidence based approach focuses on natural treatments best supported by clinical trials and scientific evidence Experienced medical educator and author Marc S Micozzi MD PhD lends extensive experience researching natural therapies Case studies illustrate specific points and provide clinical applications for added context Sidebars and in text boxes feature supplementary brief background and observations in addition to covering specific topics in detail and to help introduce complex and challenging topics Psychometric Evaluation interactive appendix aids in matching each patient to the right individualized specific remedies Suggested readings and references for each chapter provide great resources for further research **Permanent Habit Control** Brian

Grodner, David B. Reid, 2010-01-18 Grodner and Reid present the first professional book that attempts to permanently change health behaviors using Ericksonian Hypnotherapy This book provides mental health professionals with a practical resource that will help them initiate permanent habit change in their clients lives Hypnotherapy has been proven to help people break poor eating habits quit smoking reduce alcohol and drug consumption and manage stress The book provides eclectic and innovative behavioral and naturalistic interventions that can be individually tailored to help clients regain control of their lives The authors offer specific strategies processes metaphors images reframing techniques task assignments and other innovative techniques for managing unwanted habits beginning with the initial client contact and continuing through relapse prevention and follow up reinforcement sessions Assists practitioners in helping clients understand and access their internal resources to help them initiate permanent habit control Demonstrates how to employ the Enneagram a profound psychological and spiritual tool for understanding the self and offering pragmatic insight to initiate behavioral changes

Presents case histories from the authors own clinical work to illustrate the interventions in practical and strategic ways Includes end of chapter activities to improve skills such as generating individualized treatment plans and conducting personality assessments Hypnotherapy serves as a less expensive alternative approach for improving the quality of life and helping people adopt healthier lifestyles through behavioral change

**Foundations of Complementary Therapies and Alternative Medicine** Robert Adams,2009-12-04 Looking for a comprehensive introduction to the field of complementary therapies and alternative medicine This authoritative textbook will meet all your needs Featuring perceptive case studies study support material and resources for further reference Foundations of Complementary Therapies and Alternative Medicine provides fascinating information about a broad range of approaches Core content includes Introductions written by practising experts in the field Basics of anatomy and physiology Practical advice on working with clients and patients Information on setting up your own practice Discussion of ethics and codes of conduct Study skill aids and professional development advice With coverage of theory matched by a firm grounding in practice issues Foundations of Complementary Therapies and Alternative Medicine is a complete learning resource It is a must have book for all undergraduate and foundation degree students taking courses on complementary therapies alternative medicine holistic therapies nursing health and related subjects

The Book of Tapping Sophie Merle,2017-03-16 A step by step guide to the simple acupressure self care technique of tapping for acute and chronic emotional psychological and physical ailments Effective for emotional conditions such as panic attacks anxiety depression PTSD grief anger jealousy and phobias such as stage fright or fear of flying providing immediate results in many cases Shows how this method can treat chronic pain nausea and headaches alleviate insomnia and nightmares encourage the release of painful memories boost self confidence support weight loss and improve concentration Offers the full tapping protocol as well as a shortened version for acute situations Illustrates easily accessible points to tap and in what order Tapping or Emotional Freedom Technique EFT is a simple form of acupressure that treats the energetic roots of emotional and physical suffering By tapping on specific meridian points you can quickly and easily dissolve blockages in the body s energy system caused by past traumas and suppressed emotions such as grief and anger and restore the natural flow of energy in your body the key to optimal health and overall well being In this step by step guide to EFT Sophie Merle details the practice of tapping illustrating the easily accessible points on the face hands and torso to tap and in what order Explaining how to open your energetic system to EFT treatment for fast and long lasting results she reveals how the energy psychology practice of tapping can be applied to any area of your life but is particularly effective for emotional and psychological conditions including panic attacks anxiety depression PTSD grief anger jealousy and phobias such as stage fright or fear of flying providing immediate results in many cases She also shows how this method can treat chronic pain nausea and headaches alleviate insomnia and nightmares assist physical healing from illness encourage the release of painful memories boost self confidence support weight loss and improve concentration The author explains how

tapping can be done anywhere offering both the full tapping protocol which only takes a few minutes and a short form version which takes less than a minute for acute issues Including remarkable success stories of EFT in practice this comprehensive guide to tapping shows how the solution to many of life s problems is at your fingertips     Instant Emotional Healing George Pratt,Peter Lambrou,2008-12-18 The revolutionary highly effective technique that allows you to free yourself from emotional hang ups forever Does your fear of flying make travel with friends and family impossible Are you having trouble coping with the loss of a loved one or forgiving yourself for a mistake you made long ago For the millions of people who suffer from phobias anxieties or distressing emotions such as anger guilt and grief the breakthrough science of Thought Field Therapy an easy to use practice often referred to as acupressure for the emotions can make a remarkable difference In this groundbreaking book psychologists Peter Lambrou and George Pratt make their highly successful techniques available to everyone through simple exercises that anyone can use to treat everyday emotional roadblocks with immediate and permanent results A blend of Western psychotherapy and Chinese medicine Thought Field Therapy or TFT uses the body s meridian energy systems to treat emotional issues that can take years to unravel through traditional talk based therapy A combination of breathing and relaxation exercises affirmations and tapping on specific pressure points on the body TFT can instantly eliminate problems such as a fear of flying or public speaking addictive urges or painful emotions such as embarrassment or regret Used on thousands of people with a 95 percent success rate the step by step methods in Instant Emotional Healing now allow you to master this amazingly simple astonishingly effective practice for yourself and open the door to a lifetime of emotional control and well being     **Acupressure for Emotional Healing** Michael Reed Gach, PhD,Beth Ann Henning, Dipl., A.B.T.,2004-10-26 Increased stress and traumatic events in our lives have resulted in many millions of people who suffer from insomnia nightmares anxiety attacks depression and tension headaches ACUPRESSURE FOR EMOTIONAL HEALING offers relief at your fingertips quickly and safely for a wide range of emotional problems It explains how emotional distress becomes lodged in the body as muscular tension and blocked energy and shows how acupressure can relieve not just the resulting physical symptoms but also their emotional source often without the need for extensive talk therapy or medication Acupressure stimulates the same points used in acupuncture but instead of needles firm finger pressure is used on the surface of the skin The pressure releases neurochemicals called endorphins that relieve pain As in acupuncture specific pressure points are connected with internal organs and energy pathways in the body called meridians that regulate the flow of electrical energy to all systems Unlike acupuncture acupressure can be used safely by anyone with only the hands as equipment ACUPRESSURE FOR EMOTIONAL HEALING offers a comprehensive A Z guide to emotional ailments from abandonment to worry and obsessive thinking with fully illustrated instruction on dozens of precise acupressure point locations and how to activate them combined with yogic breathing stretching and movement routines Case histories from the authors practice further illuminate each condition and the path to emotional balance and healing Most

routines can be used independently for self care and on the spot relief There are also sections on how to use the techniques to help others with appropriate safeguards

**Emotional Healing in Minutes: Simple Acupressure Techniques For Your Emotions** Valerie Lynch,Paul Lynch,2012-07-10 Conquer your fears phobias and negative emotions with this simple proven technique

*The Acupressure Handbook: Ancient Healing Techniques for Today's World* Mei Lin Zhang,2023-01-01 A single touch can change a life Discover the powerful healing techniques of acupressure with The Acupressure Handbook Ancient Healing Techniques for Today s World This comprehensive guide takes you on a journey through the world of acupressure a time tested practice that has been used for thousands of years to promote wellness relieve pain and restore balance In this essential resource you ll find An introduction to acupressure and its origins in traditional Chinese medicine Detailed explanations of the meridians and pressure points that are the foundation of acupressure practice Step by step instructions for performing acupressure techniques with illustrations to guide your way Specific acupressure routines for a variety of common ailments including headaches back pain digestive issues and insomnia Advanced techniques to enhance your overall well being such as using acupressure for emotional healing and stress relief The connection between acupressure and other holistic healing modalities such as yoga meditation and massage therapy Tips for integrating acupressure into your daily routine for lasting results and improved health Whether you re a complete beginner or an experienced practitioner The Acupressure Handbook provides the knowledge tools and techniques you need to harness the power of this ancient healing art Unlock the secrets of acupressure and experience the transformative benefits for yourself Get your copy today and begin your journey toward a healthier happier you

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TCM Acupuncture and Acupressure: Traditional Chinese Medicine Healing Techniques for Balance and Wellness Boreas M.L. Saage, Discover the ancient wisdom of Traditional Chinese Medicine TCM and its powerful healing techniques in this comprehensive guide to acupuncture and acupressure This book offers a balanced approach to understanding the fundamental principles that have guided Eastern medicine for thousands of years making these time tested methods accessible for modern application Beginning with the philosophical foundations of TCM and acupuncture you ll explore the concepts of Yin and Yang the Five Elements theory and understand Qi as the vital energy that flows through meridians in your body Learn how energy imbalances can manifest as physical or emotional symptoms and how targeted treatments can restore harmony The book provides clear explanations of the 12 main meridians and their pathways helping you visualize how energy circulates through the body Detailed illustrations of acupressure points make it easy to locate and apply pressure to specific areas for self treatment Practical mnemonics are included throughout to help you remember key points and their functions Discover how acupressure TCM techniques can be effectively used for common ailments including headaches digestive issues stress and sleep problems The self application methods are explained step by step empowering you to take an active role in your wellness journey without specialized equipment Explore related modalities like reflexology and shiatsu that share roots with TCM and acupuncture and learn how these complementary approaches can enhance your healing practice The book also introduces Emotional Freedom Technique EFT a modern adaptation that combines acupressure points with psychological techniques Whether you re new to Eastern healing arts or looking to deepen your understanding this guide provides practical knowledge for applying these ancient techniques in contemporary life The seasonal recommendations help you align your health practices with natural cycles while the integration section shows how TCM can complement modern healthcare approaches By the end of this book you ll have gained valuable insights into how

acupressure points and meridian theory can be used to maintain balance and support your body's natural healing abilities through the wisdom of Traditional Chinese Medicine

*Healing with Needles An Introductory Guide to Acupuncture* Amelia B. Callaghan, 2023-01-01

Discover the transformative power of acupuncture in your life

Introducing Healing with Needles An Introductory Guide to Acupuncture a comprehensive guide to the ancient practice of acupuncture Discover the rich history and philosophy behind acupuncture and gain an understanding of the concepts of Qi and meridians in traditional Chinese medicine Learn about the different types of acupuncture needles complementary techniques such as moxibustion and cupping and the current science behind acupuncture's effectiveness Explore the many ways acupuncture can benefit your physical emotional and mental health including pain relief digestive issues respiratory health and immune system support Discover how acupuncture can help with weight management skin health addiction and recovery and even sports performance Find tips for choosing the right acupuncturist preparing for your first session and maximizing the benefits of your treatment Hear personal stories of acupuncture success and learn how acupuncture can benefit children and adolescents pregnant women and even pets Discover the potential side effects of acupuncture and how to minimize risks as well as the benefits of combining acupuncture with Western medicine Learn about the impact of acupuncture on the environment and explore simple acupressure and self care techniques to complement your acupuncture treatments Whether you're new to acupuncture or a seasoned practitioner Healing with Needles offers valuable insights and practical advice for anyone seeking to improve their physical emotional and mental well being through this ancient practice Build a personalized acupuncture treatment plan and continue your acupuncture journey towards long term health and wellness

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Building a Personalized Acupuncture Treatment Plan ASSESSING YOUR INDIVIDUAL HEALTH NEEDS DEVELOPING A CUSTOMIZED TREATMENT STRATEGY Continuing Your Acupuncture Journey MAINTAINING LONG TERM HEALTH BENEFITS EXPANDING YOUR KNOWLEDGE AND EXPLORING NEW TREATMENTS      **Emotional Freedom** Garry A. Flint, 2001 Emotional Freedom spells out a method using acupressure points to heal most physical or mental issues up to 80 percent of the time Included is a detailed index pointing to answers for any question about using the treatment      Five Point Touch Therapy Pierre-Noël Delatte, 2013-04-19 Simple and fast acting self treatment of emotional issues with acupressure points Illustrates how to quickly treat emotional difficulties arising from acute crises or loss and long term issues such as depression and anxiety Explains how to remove the emotional blocks and scars at the root of many common physical ailments such as eczema ulcers and weight gain Provides guidance on treating others including babies and children and daily treatment routines to combat stress and create emotional and energetic balance Does emotion rule you or do you rule your emotions With five point touch therapy you can quickly counter negative emotional states as they arise leaving you better able to cope with a crisis as well as treat long term issues such as depression and anxiety More than just a self help method this technique also called psycho bio acupressure PBA is also effective for children and babies particularly for sleep problems and colic Based on Dr Delatte s 20 years of research and decades of hands on practice PBA works by sequential activation of 5 acupressure points to produce an energetic circuit in the body This circuit can provide immediate relief from acute negative emotions and when applied regularly prevent future emotional overreactions and treat deep seated destructive emotional states The book includes 22 five point sequences for specific emotional issues such as panic attacks or suppressed anger and for removing the emotional blocks and scars at the root of many common physical ailments such as eczema asthma and weight gain Dr Delatte explains how to combine the 22 sequences to treat more than 70 additional emotional and physical ailments as well as how to use this technique with homeopathy and Bach Flower Therapy for more stubborn conditions Providing a daily routine of self treatment to combat stress and balance your energetic centers this book allows you to take control of your emotions as well as protect and enhance your health      *The Power of Acupressure for Wellness* Rovian Selth, 2025-06-26 Unlock Natural Healing Through the Ancient Art of Touch Discover a gentle yet powerful way to support your body mind and overall well being without relying on pills expensive treatments or complicated routines The Power of Acupressure for Wellness is a complete beginner friendly guide that reveals how simple pressure techniques can help you tap into your body s natural healing abilities Rooted in centuries of traditional Chinese medicine acupressure is a safe non invasive method that uses touch to stimulate specific points on the body This book takes you on a journey into the world of holistic healing showing you how to apply pressure to these points to relieve pain reduce stress improve circulation boost energy support immunity and promote emotional balance Whether you re dealing with headaches anxiety fatigue poor sleep or digestion issues this guide provides clear instructions and practical advice to help you feel better naturally What You

Learn Inside The Basics of Acupressure Understand what acupressure is how it works and why it has stood the test of time as one of the most effective natural healing methods Essential Pressure Points Learn how to locate and stimulate key acupoints that influence your body's organs emotions and energy systems Step by Step Techniques Follow easy to understand instructions with illustrations and tips on how to apply the right amount of pressure for optimal results Targeted Relief for Common Ailments Get effective acupressure routines for managing everyday conditions such as stress back pain headaches menstrual cramps fatigue and more Wellness Routines for Daily Use Incorporate acupressure into your self care routine with morning evening and emotional balance practices that bring harmony and relaxation into your life Why This Book Is Right for You This guide is specially designed for those who are new to acupressure or natural wellness No special tools or prior knowledge is needed All you need is your hands and a willingness to learn Whether you are seeking relief from chronic discomfort looking for a natural way to manage stress or simply exploring holistic health options this book gives you the tools to begin your healing journey today Empower your health through your own touch Let The Power of Acupressure for Wellness show you how a few minutes a day can bring lasting improvements to your physical emotional and mental well being GRAB YOUR COPY NOW

*Spiritual Portraits of the Energy Release Points* Michele Marie Gervais, 2016-06-08 These Spiritual Portraits of the acupuncture points invite you to explore through conscious awareness underlying themes affecting the health and wellbeing of your physical emotional mental and spiritual bodies It is a resource written for practitioners of acupuncture holistic healers energy workers and all those wishing to access and empower their own self healing It brings healing to a deeper level by unlocking understanding and wisdom of the life journey so that the experience becomes one of evolution and purpose Unblocking and integrating the energy that moves through the body via the meridian system empowers transformational change Change that allows you to tap into strengthening vitality to create and live a healthy balanced and joy filled life

Tapping Donna Eden, David Feinstein, PhD, 2024-05-28 With these extensively tested protocols Feinstein and Eden combine the verified effectiveness of acupoint tapping with best practices of psychotherapy presenting inspiring case studies potent tools for meeting your life challenges and guidance for personally tailoring your journey helping you move forward to a healthier and more fulfilling life

*Acupressure Points to Treat Common Diseases* Sujin Chen, 2019-05-16 There are hundreds of acupressure points in our body Putting physical pressure on the right acupressure points one can not only relieve the stress and tension but can also help prevent various diseases This book based on the Chinese national standard Acupoints and the World Health Organization International Acupuncture Point Name according to the meridian relationship the commonly used special acupoints with the corresponding local acupoint maps and the efficacy of the treatment and the treatment methods are described in detail This is a textbook for the people from around the world wants to learn TCM concepts or as a Family therapeutics for Self cure also for the professional Massage Therapist This book focus around TCM and the relationship to common disease and how to balance your energy Growing up with my mother who

is a traditional Chinese medicine pharmacy technician I have always been interested in health and wellness in general After I left my first career for 20 years as an accountant I decided to learn more about homeopathic ways to improve the quality of life of my family As I read more about the benefits of physical techniques to reduce stress pain and the tension in the body and how the body systems communicate interests became the passion I was deeply inspired to study massage therapy and eventually became a licensed massage therapist in Florida Currently As Professional Massage Therapist in my experience all the Physical issue such as Sprain Lumbar muscle strain Migraine headache Anterior posterior headache Trigeminal neuralgia Intercostal neuralgia Femoral neuralgia Sciatica Lumbar dorsal neuralgia Limb joint pain including shoulder elbow wrist knee finger toe Facial paralysis Gastrocnemius pain Habitual constipation Women s dysmenorrhea etc All of these issues or pains can be as much as 90% relief and treat through therapeutic massage Press these points yourself to listen to what messages you receive from your body whether you re aware of them or not your body is talking to you As the saying when your body feels pain it means the balance in your body is disrupted Conversely you will not feel any discomfort when your body s qi is flowing smoothly through the meridians if one meridian is impassable the whole body is uneasy Just try regards your body as a circle road if there has a traffic jam you feel awful or you feel nice So there is no blockage without pain and no pain without a blockage For example elbow pain there are four meridians on the arm lung meridians large intestine meridians small intestine meridians pericardium meridians press these acupressure points on the arm will relieve your elbow pain These physiological signals are unique for each individual and you are the only one person receive the message not a physician Whatever the signal the message is clear With this textbook you will learn the clinical presentation and treatment of the major diseases seen in Chinese medicine practice today filled with over 100 Press Acupoints illustrations to help the reader better understand the materials being presented to help all patient for Self Healing to eliminating of Common Sickness to Cure Almost all Illnesses Diseases Disorders

## **Remove Pain Physical And Emotional With Energy Psychology By Tapping On Acupuncture Points** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Remove Pain Physical And Emotional With Energy Psychology By Tapping On Acupuncture Points**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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### **Remove Pain Physical And Emotional With Energy Psychology By Tapping On Acupuncture Points Introduction**

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