

PRESSURE POINTS



DO IT YOURSELF
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WITHOUT NEEDLES

GIVES RELIEF FROM:

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INSOMNIA • ABDOMINAL PAIN • HEADACHES

KEITH KENYON, M.D.
PAUL WINCHELL

Pressure Points Do It Yourself Acupuncture Without Needles

J. V. Cerney



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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 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 **The Wedding a to Z** Linda Hampshire,Karima El-Hakkaoui,2014 Brides have questions about everything and this book has all the answers even on subjects about which they wouldn't have thought to ask Wondering how far in advance of the big day to get liposuction or a chemical peel How to deal with overserved guests or a meddling mother in law to be Which accessories will make you look like a million bucks tiara or gasp fascinator This chunky little volume of wedding advice invites brides to dip in and out of hundreds of A to Z bytes of witty practical info ideas and advice from wedding professionals doctors celebrities magazine editors and other experts

The Complete Guide to Healing Fibromyalgia Deborah Mitchell,2011-03-01 The most comprehensive up to date information available including the latest preliminary diagnosis guidelines from the American College of Rheumatology A to Z lists of prescription medications herbal remedies and natural supplements Proven strategies for relieving symptoms muscle pain stiff joints fatigue sleep problems depression irritable bowel syndrome fibrofog sexual dysfunction and more Alternative mind body therapies acupuncture acupressure chiropractic hypnotherapy light therapy massage neurofeedback and other

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Adamson,1998 Outlines the history and benefits of massage and tells how to use massage to reduce stress improve circulation and soothe aching muscles **Essential Oils: Natural Remedies** Althea Press,2015-01-21 The essential guide to lifelong healing with essential oils The healing potential of essential oils may be limitless but it s difficult to know how and where to begin when you don t have a prescription With over 100 recipes for natural alternatives to traditional medicine Essential Oils Natural Remedies provides a comprehensive reference to herbal healing without the hassle expense and frustration that comes with consulting doctors and taking prescription medication In these pages practitioners of all levels will learn a lifetime of herbal remedies from how to treat the urge to itch chicken pox with lavender tea tree salve to soothing away arthritis symptoms with peppermint oil Designed for use with any brand of essential oils this organized and insightful guide is the only helping hand you ll need for natural healing Essential Oils Natural Remedies includes 300 Home Remedies to heal and mitigate symptoms for over 170 different ailments Profiles of 75 Essential Oils plus information on medicinal uses application methods blending and precautions Recipes for Any Brand allow you to make all of the recipes in this book with your preferred brand of essential oils Featuring treatments for Allergies Bloating Congestion Dry Skin Flu Hives Infection Leg Cramps Motion Sickness Tension Headache Toothache Varicose Veins and much more Practice herbal healing from home with Essential Oils Natural Remedies *The 4 Week Ultimate Body Detox Plan* Michelle Schoffro Cook,2010-03-19

Imagine waking up without an ache or pain cruising through your daily tasks with abundant energy and ending your day with a refreshing night s sleep Then imagine waking up to do it all over again Think it is impossible Think again An accumulation of toxins can leave you feeling sluggish achy heavy and out of shape It can also lead to disease in the form of cancer arthritis diabetes allergies and many other serious illnesses Eliminate the myriad toxins and watch as you greet each day feeling great The 4 Week Ultimate Body Detox Plan shows you how to eliminate even the most difficult types of toxins using a simple and effective step by step approach You will learn how herbs foods juices aromatherapy exercise breathing techniques and other natural therapies can help you to feel like a new and improved version of you You will learn how to eliminate toxins from your respiratory system liver gall bladder kidneys and urinary tract skin fatty deposits including cellulite lymph and more The 4 Week Ultimate Body Detox Plan goes well beyond other health books Instead of the medical or esoteric jargon that fills the pages of many books it presents powerful information and insight yet maintains an entertaining approach Based on a decade and a half of research and experience The 4 Week Ultimate Body Detox Plan approach works by eliminating the source of fatigue headaches and joint pains to help your body rebuild If you want to feel great this plan will show you how **The Little Book of Spiritual Healing** Lydia Levine,2024-09-12 Restore and rejuvenate your mind body and soul with this

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