

BERNARD C. KOLSTER

ATLAS DER
AKUPRESSUR

Wirksame Selbsthilfe
bei vielen Beschwerden

Selbstbehandlung bei

- Rücken- und Gelenkbeschwerden
- Kopfschmerzen
- Schlafstörungen
- Atemwegsbeschwerden
- gynäkologischen Problemen
- Magen- und Darmerkrankungen

**Praktische Anleitung mit
zahlreichen Videosequenzen**



Atlas Der Akupressur

RJ Alexander



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