



A guidebook that offers useful
insights into the principles of

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health and longer life

Edited by
Dr Savitri Ramaiah

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staying well With this book you can turn your hands into healing tools and start feeling good now Acupressure and Acupuncture during Birth Claudia Citkovitz,2019-12-19 For acupuncturists and birth professionals this engaging book explains how yin yang and other principles of Chinese medicine can improve birth experiences and outcomes It includes information on what happens before during and after birth from both a biomedical and Chinese medical perspective and a toolkit of treatment strategies for birth work **Massage Therapy Research** Tiffany Field,2006-05-10 Written by the Director of the world renowned Touch Research Institutes this book examines the practical applications of important massage therapy research findings Each chapter of this comprehensive resource provides a clear and authoritative review of what is reliably known about the effects of touch for a variety of clinical conditions such as depression pain management movement problems and functioning of the immune system Coverage also includes the benefits of massage to specific populations such as pregnant women neonates infants and adolescents This book is suitable for massage therapists including Shiatsu practitioners aromatherapists chiropractors osteopaths physical therapists and nurses Provides a thorough yet concise review of recent research related to the importance of touch Offers practical guidance to healthcare professionals whose work involves physical contact with patients Becomes a new book as new studies will be incorporated Research techniques not previously included **Your Personal Healing Tools** Niharika Khanna,2021-01-01 This book is about the powers a person has within and how to utilize them effectively in order to lead a healthy life It talks about nature gifted tools which are free to use and highly effective if used with conciousness This book is going to help you leading a life without medicine

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