

Arthritis Relief *at your fingertips*



How to use acupressure massage
to ease your aches and pains

Michael Reed Gach

Arthritis Relief At Your Fingertips

Michael Reed Gach



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acupressure **Arthritis Relief at Your Fingertips** Michael Reed Gach,1990 Offers an alternative to drug therapy for arthritis in a program that instead prescribes a combination of gentle stretching self massage and acupressure

Arthritis Relief at Your Fingertips Michael Reed Gach,1990 **Arthritis Relief at Your Fingertips** Michael Reed Gach,1997 **Acupressure's Potent Points** Michael Reed Gach, PhD,2011-11-09 With your hands you have potential to relieve everyday aches pains and ailments without taking drugs to improve your health and to increase your vitality Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that in turn activate the body s natural self healing processes With this book it is a skill you can learn now and use in your own home In Acupressure s Potent Points Michael Reed Gach founder and director of the Acupressure Institute of America reveals simple techniques that enable you to relieve headaches arthritis colds and flu insomnia backaches hiccups leg pain hot flashes depression and more using the power and sensitivity of your own hands This practical guide covers more than forty ailments and symptoms from allergies to wrist pain providing pressure point maps and exercises to relieve pain and restore function Acupressure complements conventional medical care and enables you to take a vital role in becoming well and staying well With this book you can turn your hands into healing tools and start feeling good now *Yoga Journal* ,1991-09 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Natural & Herbal Remedies for Carpal Tunnel Syndrome** Norma Pasekoff Weinberg,2000-06-26 Do you have Recurrent numbness pain or tingling in your fingers wrist or hand Does it persist at night Can it be shaken out A sense of weakness in your hand Loss of feeling of heat or cold in your hand If you answered yes to these questions you may be suffering from carpal tunnel syndrome If not detected and treated this common condition can quickly become disabling Once the diagnosis is in the first treatment recommended is often surgery However such extreme measures aren t always necessary In Natural Herbal Remedies for Carpal Tunnel Syndrome Norma Pasekoff Weinberg offers strengthening hand exercises gentle stretches and herbal recipes that ease pain and encourage the body to heal itself With attention to ergonomics and these simple remedies most cases of carpal tunnel syndrome can be resolved or even avoided naturally and effectively *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

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