

JULIAN KENYON, M.D.



ACUPRESSURE TECHNIQUES

Well-being and
pain relief
at your
fingertips

A SELF-HELP GUIDE

Acupressure Techniques A Self Help Guide

Pasquale De Marco



Acupressure Techniques A Self Help Guide:

Acupressure Techniques Julian N. Kenyon,1996 **Acupressure Techniques** Julian N. Kenyon,1987 This guide to the effective use of acupressure can treat a wide range of conditions from migraines and carpal tunnel syndrome to tennis elbow and tendonitis Designed for individuals seeking to alleviate their own physical ailments these easily mastered methods use deep finger and thumb pressure over acupuncture points to enhance the natural energy flow of the body **PMS and Women's Health - A Self-help Guide to Manage and Treat Pre-menstrual Syndrome** Julie Parker,2013-03-13 Getting all your questions about PMS answered is the first step toward conquering its control over you and your life month after month Just the FAQ Section is a literal gold mine of information Take a look Exactly what is Premenstrual Syndrome PMS When did the medical community recognize PMS Does every woman experience PMS What causes PMS What are the common symptoms of PMS Are PMS symptoms common to other ailments How can PMS symptoms be distinguished from other ailments What treatment options are available for PMS What dietary changes might provide relief What lifestyle changes might provide relief How does exercise help PMS How can your family help in reducing PMS effects Is there a cure

Your Guide to Alternative Medicine Larry P. Credit,Sharon G. Hartunian,Margaret J. Nowak,2013-06-27 The world of complementary medicine offers safe and effective solutions to many health disorders from backaches to headaches You may be interested in alternative care approaches but have a number of questions you'd like answered before choosing a treatment Will I feel the acupuncture needles What is a homeopathic remedy Your Guide to Alternative Medicine provides the facts necessary to choose an effective complementary care therapy This comprehensive reference clearly explains numerous approaches in an easy to use format For every complementary care option discussed there is a description and brief history a list of conditions that respond information on cost and duration of treatment credentials and educational background of practitioners and more To find those therapies most appropriate for a specific condition a unique troubleshooting chart lists common disorders along with the complementary approaches best suited to treat them Here is a reference that can help you make informed decisions about all your important healthcare needs **The Prostate Health Workbook** Newton Malerman,2002 Stating that men who take a proactive approach to treatment when diagnosed with prostate cancer have better recovery rates a cancer survivor provides worksheets that enable readers to understand their illness exercise all available treatment options and cope with emotional and sexual difficulties simultaneously [Complete Self Massage Workbook](#) Kristine Kaoverii Weber,2015-02-05 If we're suffering from stress have a headache or simply feel listless most of us tend to reach for the aspirin The Complete Self Massage Workbook offers a great alternative 100 quick and effective exercises designed to relieve stress and other minor health problems Drawing on Taoist studies as well as shiatsu reflexology and Indian Head Massage Kristine Kaoverii Weber shows you how to harness the healing power of self massage All the techniques are explained with step by step pictures alongside clear instructions so they're easy to understand and perform Plus each

exercise focuses on accessible areas of the body hands and feet face and head neck shoulders and lower back making them ideal for use in the office at home and even when travelling This is the perfect self help guide for anyone interested in improving their physical mental and emotional well being through the healing power of touch Modern Neuromuscular Techniques Leon Chaitow, 2010-08-25 Fully updated throughout this popular book explains the history rationale and detailed descriptions of the class of soft tissue manipulation methods known collectively as NMT techniques Complete with accompanying website www.chaitowonline.com which contains film sequences of the author demonstrating the techniques this book will be ideal for bodyworkers and acupuncturists in Europe the USA and beyond Facilitates the rapid and accurate identification of local soft tissue dysfunction Explains the origin of soft tissue distress Provides diverse maps and explanations for the patterns of tender and trigger points seen daily in clinical practice Includes guidance on the use of NMT for the treatment of the symptoms of fibromyalgia and abdominal dysfunction Gives important guidance on the treatment of trigger points in treating lymphatic dysfunction Discusses the use of NMT in the management of pain and hyperventilation Explains the diagnostic and therapeutic value of tender reflex points related to viscerosomatic and somatic visceral reflexes Describes both European and North American versions of NMT Provides a clear set of treatment options for all bodywork therapists and acupuncture practitioners Authored by a highly respected internationally known teacher practitioner and author with contributions from three leading practitioners from the U S and Europe Contains a new chapter on the value of Thai Yoga massage associated with NMT methodology Contains source material and commentary on the contribution of Raymond Nimmo DC in the evolution of NMT Website www.chaitowonline.com containing updated video clips demonstrating the application of NMT

Healing Hands: A Comprehensive Self-Care Guide Pasquale De Marco, In the ever evolving landscape of the modern world our hands and arms are the unsung heroes that enable us to accomplish daily tasks both at work and in our personal lives However the demands placed on these vital body parts have also given rise to a growing epidemic of repetitive stress injuries Healing Hands A Comprehensive Self Care Guide is your essential companion in understanding and addressing these common and debilitating occupational injuries This comprehensive self care program empowers you to take charge of your hand and arm health Guided by symptom charts you ll learn to recognize early signs paving the way for early intervention The book provides you with a wealth of exercises and techniques each tailored to specific movement patterns required by your work You ll also discover methods to restore the range of motion to overworked hands and arms helping you alleviate pain and prevent further injuries Healing Hands is not just a manual for physical recovery it s a holistic approach to well being We delve into the often overlooked connection between mental and physical health offering mindfulness and relaxation techniques to help you manage stress and anxiety You ll find guidance on creating a supportive environment for your healing journey and the importance of celebrating small victories along the way The book also explores the impact of your daily work environment and how simple adjustments can make a significant difference in

preventing strain and injury We discuss the role of nutrition in recovery highlighting foods that reduce inflammation and promote healing Throughout your reading you ll encounter real life stories of individuals who have faced and overcome repetitive stress injuries providing hope inspiration and motivation Healing Hands A Comprehensive Self Care Guide is your key to a healthier pain free future It emphasizes the significance of continuous learning allowing you to stay informed and advocate for occupational health awareness By the time you ve finished reading you ll not only have a thorough understanding of hand and arm health but also a toolkit of strategies to lead a life free from the limitations of repetitive stress injuries Join us on this journey to empower yourself and make Healing Hands your path to a more comfortable fulfilling life

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