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Le bien-être au bout des doigts



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Le grand livre de l'auto-massage Do-In Armand Vitalli, 2022-08-09 Avec l'auto massage Do In d couvrez la voie de l nergie et cultivez le bien tre corporel en massant les points cl s de vos m ridiens Dans le Grand Livre de l Auto Massage Do In vous allez apprendre tre votre propre ma tre es sant en d veloppant la ma trise d une s rie de gestes simples qui vous aideront conserver et d velopper une vitalit physique motionnelle et psychique que vous ne soup onnez pas encore Les bienfaits du Do In sont tr s nombreux vous pouvez le pratiquer pour Apaiser les troubles li s votre syst me digestif Vous pr parer dormir Rem dier aux tensions li es au quotidien tre en forme d s le matin et tout au long de la journ e Soulager les sympt mes li s la grossesse comme la fatigue et les jambes lourdes Retrouver la forme apr s une maladie une op ration un accident Surmonter votre stress notamment lors v nements importants comme des examens Vous d tendre dans les transports Soulager les maux de t te Combattre les difficult s s endormir R guler la prise de poids Retrouver votre vitalit Les principes du Do In reposent sur ceux de la M decine Traditionnelle Chinoise qui postulent que tout dysfonctionnement de l organisme serait d une mauvaise circulation de l nergie vitale le qi et l automassage Do In est tr s proche du Shiatsu et de la digipuncture En d veloppant votre connaissances des m ridiens qui traversent votre corps et de leur lien avec tous vos organes vous apprendrez am liorer votre bien tre personnel mais aussi celui de votre entourage

Le Grand Livre des automassages chinois pour se soigner Alix Lefief-Delcourt, Laurent Turlin, 2016-01-29 Troubles digestifs nervosit insomnie Le massage des points d acupuncture pour soulager de 70 pathologies Et si vous utilisiez vos mains pour vous soigner et apaiser les douleurs de votre corps et de votre esprit Laurent Turlin praticien en m decine chinoise vous d voile les bases de la physiologie nerg tique orientale Dans ce livre d couvrez Comment et pourquoi utiliser les points nerg tiques ainsi que la m thode appliquer Les points d acupuncture leurs propri t s ainsi que leur localisation anatomique les ventuelles contre indications et les principes de pr caution respecter Stress fatigue insomnie inconforts digestifs affections ORL maux de t te douleurs dorsales ou articulaires plus de 70 pathologies et les auto traitements sp cifiques accessibles tous Huiles essentielles alimentation plantes moxibustion les outils en plus chacun son automassage femmes enceintes seniors

Automassage du visage super simple Floriane Pelletier, 2023-12-01 L automassage du visage est une routine douce qui apporte de nombreux bienfaits et permet notamment de renforcer la tonicit des muscles de travailler l lasticit de la peau de d tendre les tensions et d am liorer la circulation sanguine Dans ce livre Floriane Pelletier vous accompagne la d couverte de cette pratique tout en douceur et en efficacit Elle alerte sur les pr cautions prendre et les actions viter et les photos vous indiquent pr cis ment quels sont les gestes reproduire pour une pratique en toute s curit Gr ce aux 60 exercices en pas pas vous apprendrez sans difficult et d couvrirez les trois tapes cl s de l automassage ainsi que des conseils pour prendre soin de votre peau au quotidien

La bible des remèdes naturels , *Un livre rien que pour soi* Stella Delmas, 2020-10-07 Un livre offrir du fond du c ur une amie sa m re sa fille soi m me o chacune pourra d couvrir les cl s pour prendre soin de soi et s panouir Cette petite bible du bien

tre au f minin propose en lien avec chaque saison de l ann e des m ditations pour se reconnecter soi m me et savourer le moment pr sent des pauses d tente pour se relaxer s vader et se r inventer des rituels de soins aux huiles essentielles et des automassages pour rayonner de beaut de sant et dissiper d prime fatigue des activit s de d veloppement personnel pour se d barrasser de ses peurs oser tre soi m me retrouver l harmonie des recettes gourmandes et quilibr es pour se sentir pleines de vitalit Et aussi une initiation la notion de f minin sacr pour prendre conscience des diverses facettes de sa f minit cr ativit intuition puissance Rares sont les moments d intimit de douceur et d veil soi Laissez vous porter laissez vous bercer laissez vous rena tre vous au fil des pages de ce livre Prenez le temps de contempler la vie **Assurer après un burn-out**

Catherine Borie,Karine Di Fusco,2019-09-04 Burn out a vous est arriv vous aussi Aujourd hui c est du pass vous avez repris ou envisagez de reprendre une activit professionnelle Une question tourne dans votre t te comment assurer nouveau sans rechuter Fond sur le fonctionnement naturel du corps et du cerveau ce livre vous conduit de fa on claire et r solument pratico pratique vers ce qu il est essentiel de faire maintenant adopter le style de vie qui vous permettra de vous reconstruire retrouver la forme et assurer en prenant soin de vous Commencez la page qui vous tente l o vous sentez qu il y a plus d urgence pour vous ce guide de sant physique et mentale se lit dans le sens qui vous fait du bien *Le grand livre de*

l'Âyurveda Sylvie Verbois,2017-11-02 M decine du corps et de l me l yurveda est une tradition mill naire qui pr serve l harmonie int rieuse Elle con oit chaque individu dans sa globalit en lien avec son environnement et la nature Sylvie Verbois pr sente les fondements de cette , **Le grand livre de l'arthrose** Francis Berenbaum,Jérôme Auger,2016-07-13 L arthrose est la principale cause de consultation m dicale apr s les maladies cardiovasculaires et la premi re cause de handicap chez les personnes de plus de 40 ans Heureusement des solutions existent pour soulager efficacement la douleur et les pertes de mobilit J r me Auger et Francis Berenbaum sp cialistes de l arthrose r unissent leur exp rience dans cet ouvrage pratique et illustr Ils r pondent l ensemble des questions que vous vous posez sur la maladie illustrations l appui Qui est concern Quels sont les signes cliniques et les facteurs de risque Comment se passe la prise en charge m dicale et chirurgicale Quels sont les traitements par kin sith rapie propres chaque partie du corps Quelle alimentation privil gier et comment viter les m dicaments **Do-in auto-massage** Dominique Launay,2009 L auto massage est un r flexe universel pour att nuer la douleur physique et pr venir les maladies A partir de ce simple geste de base des techniques tr s structur es se sont d velopp es avec le temps et plus particul ierement en Asie L auteur qui s journe r guli rement dans cette r gion du Monde d crit un ensemble d exercices simples et particul ierement efficaces illustr s avec clart Les n ophytes pourront les mettre en pratique sans le moindre danger Mais ce guide sera galement pr cieux pour tous les enseignants et tudians en Shiatsu M decine Traditionnelle Chinoise et massages divers ainsi qu ceux qui ont une activit en relation avec le corps comme le yoga la danse le th tre les arts martiaux la musique instrumentale Do In auto massage le bien tre au bout des doigts est l ouvrage mettre entre toutes les mains C est l outil indispensable pour tous ceux qui souhaitent se faire plaisir en

d couvrant des gestes simples et structur s d auto massage Un recueil incontournable pour les personnes soucieuses de prendre en main leur capital sant et r aliser un travail pr ventif contre la maladie

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