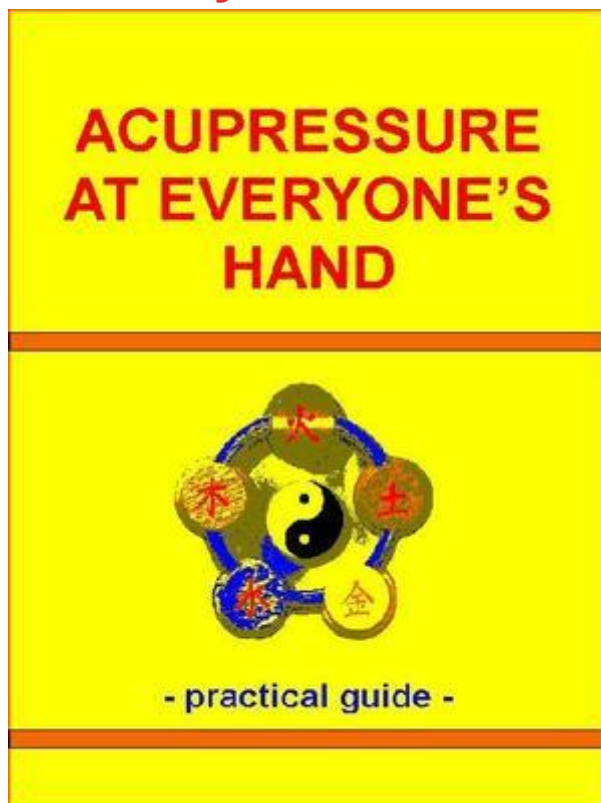


Acupressure At Everyone's Hand - , Sabin Ivascu



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Among all alternative medicine methods, acupressure has the great advantage it does not need any accessories and can be practiced by anyone. You don't have to be a specialist to treat patients or yourself by acupressure. And no other alternative method is so approachable to self-care as acupressure. This is a practical guide for both patients and practitioners. It is focused on massage techniques and treatment of each specific suffering. Each suffering's section contains images (maps) for locating the points to work on. You can use it in treating over 40 common sufferings, as: allergy, angina pectoris, bronchial asthma, cellulite, cold, convulsions, costiveness, cough, diarrhoea, dismenorrea, distensions, dizziness, drowning, enuresis, fainting, fever, fright (anxiety), frigidity, haemorrhoidal crisis, hangings, headache, hiccup, hypertension, hypotension, hysteria, impotency, indigestion, influenza, insolation, irregular menstruation, less appetite, lumbago, measles, menorrhagia, muscular cramps, muscular pains, myopia, nocturnal sweating, oedema, pains, palpitations, qualmishness, sinusitis, sleeplessness, tabacism, tiredness, varix, vomiting. It is a basic compilation of some practical courses from Physical Medicine and Medical Recovery Institute of Bucharest. Author: Banu, Petre Author: Ivascu, Sabin Author: Barboianu, Doru

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