



## Complete Idiot's Guide to Acupuncture and Acupressure

By Sollars, David W.

ALPHA, 2000. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: I. FROM MYSTERY TO MIRACLES. 1. What Are Acupuncture and Acupressure, and How Do They Work? What Are Acupuncture and Acupressure? Energy Channels: Go with the Flow. Acu-Points: Mini but Mighty. Finding Your Points-Come Out, Come Out, Wherever You Are! Anatomy: The Thigh Bone's Connected to the Finger Measurements: Let Your Fingers Do the Walking. How Does It Work-The Key to the Qi. Bioelectric Flow: What's the Buzz All About? Biomagnetic Flow Pulls You to the Point. Different Yet the Same. Healthcare Versus Self-Care. 2. What to Expect on Your First Visit-Does It Hurt? Looking: Mirror, Mirror on the Wall. Tongue Diagnosis: Open Wide and Say Aaah! Your Pulse: Feel the Beat. Listening and Asking: The Hidden Arts. Smelling: Pass the Perfume. Physical Exam: Follow the Yellow Brick Road. Check Your Channels. Abdomen: The Bounty of the Belly. Is This Safe? Acupressure: Press Safely! Acupuncture: The Safer the Better. Your Treatment: Relax and Enjoy. The Power of Pleasing Pressure. Acupuncture: The Painless Truth. 3. The Origins of Oriental Medicine. Acupuncture: The Ancient Art. Types of Acupressure: Choices, Choices, and More Choices. Shiatsu. Reflexology: Foot...



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