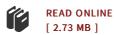




## Complete Idiot's Guide to Acupuncture and Acupressure

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...



## Reviews

It is simple in go through preferable to comprehend. It is full of wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Leif Predovic

This created book is wonderful. It is amongst the most amazing book i have got go through. I am just effortlessly will get a enjoyment of looking at a created publication.

-- Prof. Jasper Murazik PhD