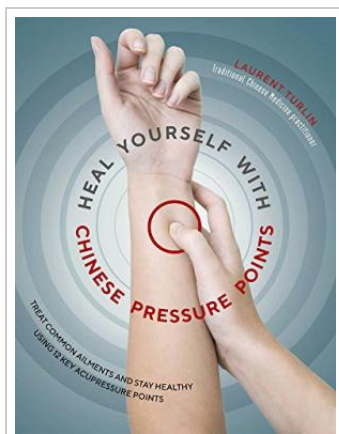




## Heal Yourself with Chinese Pressure Points: Treat Common Ailments and Stay Healthy Using 12 Key Acupressure Points (Paperback)

By Laurent Turlin

Sterling Publishing (NY), 2018. Paperback. Condition: New. Language: English . Brand New Book. With this lavishly illustrated book as your guide, use the ancient, holistic technique of acupressure to treat everything from allergies and asthma to back and knee pain. Through targeted self-massage, acupressure can relieve a variety of ailments ranging from headaches and colds to stress, anxiety, depression, and insomnia. This comprehensive introduction presents the 12 key points for treating common complaints according to the principles of Chinese medicine, along with illustrations, diagrams, and tips on complementary treatments. It provides a simple overview of the body's meridian system of energy channels, plus easy-to-follow directions for healing over 40 common conditions using just 12 pressure points.



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