

Arthritis Relief

at your fingertips



How to use acupressure massage
to ease your aches and pains

Michael Reed Gach

Arthritis Relief At Your Fingertips

Katrin Zwirglmaier



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Arthritis Relief at Your Fingertips Michael Reed Gach,1997 **Arthritis Relief at Your Fingertips** Michael Reed Gach,1990 *Arthritis Relief at Your Fingertips* Michael Reed Gach,1989 For the nation s millions of arthritis sufferers an alternative to drug therapy is offered in a program that instead prescribes a combination of gentle stretching self massage and accupressure *Arthritis Relief at Your Fingertips* Michael Reed Gach,1990 Offers an alternative to drug therapy for arthritis in a program that instead prescribes a combination of gentle stretching self massage and accupressure **Yoga Journal** ,1991-09 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *Acupressure's Potent Points* Michael Reed Gach, PhD,2011-11-09 With your hands you have potential to relieve everyday aches pains and ailments without taking drugs to improve your health and to increase your vitality Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that in turn activate the body s natural self healing processes With this book it is a skill you can learn now and use in your own home In *Acupressure s Potent Points* Michael Reed Gach founder and director of the Acupressure Institute of America reveals simple techniques that enable you to relieve headaches arthritis colds and flu insomnia backaches hiccups leg pain hot flashes depression and more using the power and sensitivity of your own hands This practical guide covers more than forty ailments and symptoms from allergies to wrist pain providing pressure point maps and exercises to relieve pain and restore function Acupressure complements conventional medical care and enables you to take a vital role in becoming well and staying well With this book you can turn your hands into healing tools and start feeling good now *Acupressure for Lovers* Michael Reed Gach, PhD,1997-01-01 In Chinese medicine acupressure points are considered gateways for the human electrical energy that runs throughout the body This energy is essential for optimal sexual pleasure and Gach explains with line drawings photographs and step by step instructions how to release this energy and naturally increase sexuality and sexual enjoyment With easy stretching tips and exercises for eliminating stress and tension in the body *Acupressure for Lovers* also helps couples promote relaxation while enhancing eroticism and intimacy *Acupressure for Emotional Healing* Michael Reed Gach, PhD,Beth Ann Henning, Dipl., A.B.T.,2004-10-26 Increased stress and traumatic events in our lives have resulted in many millions of people who suffer from insomnia nightmares anxiety attacks depression and tension headaches ACUPRESSURE FOR EMOTIONAL HEALING offers relief at your fingertips quickly and safely for a wide range of emotional problems It explains how emotional distress becomes lodged in the body as muscular tension and blocked energy and shows how acupressure can relieve not just the resulting physical symptoms but also their emotional source often without the need for extensive talk therapy or medication Acupressure stimulates the same points used in

acupuncture but instead of needles firm finger pressure is used on the surface of the skin The pressure releases neurochemicals called endorphins that relieve pain As in acupuncture specific pressure points are connected with internal organs and energy pathways in the body called meridians that regulate the flow of electrical energy to all systems Unlike acupuncture acupressure can be used safely by anyone with only the hands as equipment ACUPRESSURE FOR EMOTIONAL HEALING offers a comprehensive A Z guide to emotional ailments from abandonment to worry and obsessive thinking with fully illustrated instruction on dozens of precise acupressure point locations and how to activate them combined with yogic breathing stretching and movement routines Case histories from the authors practice further illuminate each condition and the path to emotional balance and healing Most routines can be used independently for self care and on the spot relief There are also sections on how to use the techniques to help others with appropriate safeguards Yoga Journal ,1989-09 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Yoga Journal** ,1990-09 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **The Women's Desk Reference** Irene M. Franck,David M. Brownstone,1993 Contains some 1 500 entries on people organizations issues books politics and health each with see also references and many with bibliographical references Useful as a first stop reference Annotation copyright by Book News Inc Portland OR **The Hand Book** Stephanie Brown,1993 The HAND Book shows computer users how to avoid hand positions and motions which may lead to injury how to feel comfortable fluid and relaxed at your keyboard massages warmups and stretches to protect your hands and adjusting your workstation to fit your body Each book includes a 15 x 20 color workstation poster The 12 Golden Rules for Safe Keyboard Use **Natural Hand Care** Norma Pasekoff Weinberg,1998 Weinberg presents alternatives to expensive manicures with dozens of easy to make herbal skin care recipes plus solid advice on avoiding or improving debilitating conditions such as carpal tunnel syndrome and wonderful hand massage techniques Line illustrations 2 color text The Visual Encyclopedia of Natural Healing Alice Feinstein,1996 Now available in paperback this book features hundreds of natural healing techniques presented in an easy to follow step by step format More than 700 illustrations show the reader soothing movements to ease tension body signals that provide clues to disease sleep positions for pain relief and more **The Encyclopedia of Alternative Health & Natural Remedies** ,1996 *New Age Journal* ,1996 **Paperbound Books in Print** ,1992 **The MEND Clinic Guide to Natural Medicine for Menopause and Beyond** Paula Maas,Paula

Mass, Susan E. Brown, Nancy Bruning, 1997 Combining the best of traditional medicine alternative therapies and the latest research Dr Paula Maas of the prestigious MEND Clinic offers women a new holistic approach to menopause and aging that can dramatically extend and enrich the postmenopausal years Included in this groundbreaking new guide is Advice on reducing the risk of cardiovascular disease breast cancer osteoporosis and diabetes How to cope with the common conditions of menopause and aging with self care natural therapies An A Z guide to natural remedies Ways to replace dwindling hormones without using prescription hormones such as estrogen replacement therapy How to enjoy sexuality beyond menopause And much more The perfect complement to conventional care The Mend Clinic Guide to Natural Medicine for Menopause and Beyond invites us to rethink menopause and aging by distilling the facts from the myths and offering women an updated comprehensive approach to this special stage of life **Australian national bibliography**, 1961 Clinician's Complete Reference to Complementary/alternative Medicine Don Novey, 2000 The increasing popularity of alternative medical practices is changing the way that patients and doctors approach treatment options making it vital that every clinician have access to reliable information on complementary and alternative therapies The CLINICIAN S COMPLETE REFERENCE TO COMPLEMENTARY AND ALTERNATIVE MEDICINE presents clear and factual discussions of these therapies with the traditional health care practitioner in mind

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