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# **Acupressures Potent Points A Guide To Self Care For Common Ailments Michael Reed Gach**

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## **Acupressures Potent Points A Guide**

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.

## **Acupressure's Potent Points: A Guide to Self-Care for ...**

Acupressure's Potent Points is a valuable reference book for anyone who likes to search for wholistic cures for pain or various symptoms. The book describes the pressure points in the body with clear diagrams and pictures of each one and how to apply pressure to relieve the problem.

## **Acupressure's Potent Points: A Guide to Self-Care for ...**

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Acupressure points (also called potent points) are places on the skin that are especially sensitive to bioelectrical impulses in the body and conduct those impulses readily. Traditionally, Asian cultures conceived of the points as junctures of special pathways that carried the human energy that the Chinese call chi and the Japanese call ki.

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This practical Acupressure guide covers fifty common symptoms, from allergies to TMJ and PMS, providing pressure point charts and self-healing exercises to relieve pain and restore wellness. This book provides easy Self-Acupressure routines and healing point formulas to enable you to relieve stress related problems from A to Z.

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## **Acupressure's Potent Points : A Guide to Self-Care for ...**

The points covered in this book range from things like hiccups and foot cramps to intestinal spasms, back pain and even some for immune boosting. A friend of mine started recommending acupressure points to me some years ago and through their use I became convinced that this actually works.

## **Amazon.com: Customer reviews: Acupressure's Potent Points ...**

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