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Daniel F McAuley



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12 Acupressure Points for Pediatric Sleep Improvement and Wellness Support

Jennifer Chellis Taveras, L.Ac.,2014-12-03 The Holistic Baby Acupressure System is a complete acupressure program for sleep improvement and wellness support for children from birth up until the age of five Comprised of just twelve acupressure points it is easy to learn and put into practice and is safe effective and completely noninvasive Five acupressure sleep improvement protocols General 24 Hour Protocol to regulate the circadian rhythms Four alternative sleep protocols to balance the five elements Use of the General 24 Hour Protocol for jet lag prevention Use of the General 24 Hour Protocol for daylight saving time Increase in nap duration and nighttime sleep duration Decrease in night wakings Improved overall pattern of sleep Nineteen acupressure wellness protocols for the most common childhood health conditions A Well Baby protocol to strengthen digestive and immune health Improved digestion and appetite Decrease in teething discomfort Decrease in number or duration of colds flus and coughs Adjunctive support for the treatment of allergies asthma and eczema Effective treatment for constipation Ease the pain of colic and reduce night crying Jennifer Chellis Taveras LAc is a New York City acupuncturist and health educator whose professional mission is the expansion of pediatric acupuncture and the improvement of children s health She is the creator of the Holistic Baby Acupressure System and her work has reached parents in twenty countries and all throughout the United States A 2000 graduate of the Pacific College of Oriental Medicine she maintains a busy acupuncture practice at Triangle Wellness in NYC while also teaching and promoting Holistic Baby www.holisticbabyacupuncture.com www.facebook.com/holisticbaby [McCall's](#) ,1975-10 [Natural Highs](#) Mary Lambert,2019-09-05 In today s fast paced world you will often hear friends family and work colleagues or even your own body saying they feel tired all the time But what if there were natural and simple ways to help you feel revitalized in seconds From pre breakfast yoga to an afternoon tea tonic author Mary Lambert offers 70 remedies and techniques you can use to rechannel your best self Whether you feel emotionally mentally or physically drained Natural Highs is the perfect companion to help you realise and release the energy you need to feel stronger happier and ready to face each part of your day

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