



Moxibustion: Acupuncture without needles

by Denise Cicuto, L.Ac.

Acupuncture Without Needles

J. V. Cerney



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The Healing Benefits of Acupressure Francis M. Houston, 1974 Shows how the simple application of finger pressure to specific points of the body can stimulate and alleviate many common ailments *Chinese Micro-massage* Jacques A. Lavier, 1977 Acupuncture Without Needles J. V. Cerney, 1983 Revised and updated with new detailed illustrations for a contemporary look this book presents acupressure in terms that anyone can understand and use in the privacy of his or her own home The author demonstrates step by step how to apply this ancient Chinese healing art of finger pressure techniques to treat a wide variety of ailments such as fatigue migraine colds tension loss of hearing eye problems blood pressure problems and many more With new illustrations this book lets the reader see where pain or discomfort begins how it may show up in other parts of the body and how to use this needle less technique to eliminate it This is the original book on the subject and a popular alternative medicine classic that has sold successfully for more than twenty years With over 100 clear useful illustrations it is the most user friendly book on the market Copyright Libri GmbH All rights reserved

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and reduce the amount of caffeine fat nicotine and overly processed foods we eat It is also important now and then to slow down a bit and relax We all need to take time to enjoy a bit of laughter and appreciate those around us who make life worth living This brings needed balance to our lives Pressure points : do it yourself acupuncture without needles Keith Kenyon,Paul Winchell,1974 **Painless Birth Methods** Liam Brown,AI,2025-02-23 Painless Birth Methods offers expectant parents a comprehensive guide to labor pain management exploring both pharmacological and non pharmacological options The book addresses the common desire for a painless childbirth experience reframing it as proactive and educated management of discomfort It presents techniques ranging from epidural anesthesia to natural pain relief methods like breathing exercises massage therapy and mindfulness emphasizing the importance of informed choices Interestingly the book traces the evolution of childbirth practices from historical home births to modern hospital settings highlighting the increasing role of medical interventions It emphasizes that while complete absence of pain may be the ideal maternal agency in managing discomfort is key to a positive birth experience The book progresses by first introducing the physiology of labor pain and then delving into both medical and natural methods providing step by step instructions and evidence based research A unique aspect of this resource is its holistic approach combining medical knowledge with mind body techniques to empower readers in creating personalized birth plans It includes guidance on communicating preferences to healthcare providers and addresses potential challenges By blending scientific evidence with practical advice Painless Birth Methods equips expectant parents and birth professionals with the tools needed to confidently navigate labor pain management

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