



A Guide To Acupressure Points

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Karl Swope, Karl Swope DC



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Acupressure Guide For Headache and Migraine Treatment MobileReference, 2007 Headache is often due to build up of stress and tension Acupressure is an effective way to relieve painful sensation associated these conditions This guide by Aaron Stein PhD is based on over 5 000 years of Chinese practice of self acupressure Features Step by step guide to relieving headaches and migraines at 5 locations In the frontal region of the head frontal headache In the back of the head

occipital headache On the side of the head temporal headache On the top of the head vertex headache Pain in the eye headache behind the eye Every step explains point location direction of force and duration of massage No previous experience necessary Total treatment duration 10 to 15 minutes How acupressure works Nobody knows how acupressure works Very often pain is caused by a self perpetuating mechanism pain causes the mind to be attentive to pain that in turn causes more pain and even more attention and so on Most likely acupressure works by interrupting this vicious circle How does acupressure interrupt the cycle Stimulation of active points is thought to lead to increased release of endorphins Endorphin is a natural body painkiller Endorphin and morphine are chemically different molecules but by coincidence they have very similar 3 dimensional shape This similarity in shape allows morphine to bind the endorphin receptor and reduce pain Thus endorphin released by acupressure stimulation may lead to temporal reduction of mind's attention to pain interruption of pain cycle and following complete cessation of pain The Complete Guide to Acupuncture and Acupressure

Masaru Toguchi,1976 The Energy that Heals Jacques Staehle,1995 *Acupressure Guide* Dr. Satish Goel,200?

Acupressure Techniques Julian N. Kenyon,1996 **22 Healing Acupressure Points** Karl Swope,Karl Swope DC,2014-06-05 22 Healing Acupressure Points Fast Easy Guide to Natural Healing is for everyone Young and old this book can help you on your path to wellness This is a practical guide that is safe and easy to use Natural healing is at your fingertips literally This guide will help you with a whole range of issues from an emergency acute pain to chronic symptoms this book will help you find a holistic approach to managing your pain without the use of medications There is hope you can find healing This book will help you find a better way to live a pain free life Whenever I start to get a headache I will immediately follow the headache prodigal I find myself reaching for this book instead of the medicine cabinet This book really has helped me find alternatives to traditional western medications L Monroe **The Layman's Guide to Acupuncture** Yoshio Manaka,Ian A. Urquhart,1980 **The Complete Idiot's Guide to Acupuncture & Acupressure** David Sollars,2000-08-09 You're no idiot of course You know that for centuries acupuncture and acupressure have been among the most effective alternative medical treatments available Now you've decided to try one of them but before you volunteer to be a human pincushion you have just a few questions So let's get to the point The Complete Idiot's Guide to Acupuncture and Acupressure offers a comprehensive look at these effective solutions in their various forms and functions In this Complete Idiot's Guide you get An introduction to the tools of the trade including needles magnets and exercise The lowdown on what to expect at your first treatment and how to relax and enjoy it Treatments for everything from acne to menopause Words of wisdom plus warnings and definitions to make the acu path easy to follow A Complete Guide to Acupressure Iona Teeguarden,1997-02-01 Jin Shin Do acupressure is the author's unique synthesis of a Japanese acupressure technique traditional Chinese acupuncture theory Taoist philosophy and breathing methods and Western psychological tools A Complete Guide to Acupressure describes this synthesis in detail with contributions from Iona Teeguarden and twelve

senior Jin Shin Do teachers throughout the U S and Canada Guide to Acupuncture and Acupressure ,1992-03 **The Complete Guide to Acupuncture and Acupressure** Masaru Toguchi, Frank Z. Warren, 1985 Compendium of information on the history practice and technique and scientific basis of the ancient Chinese practices of acupuncture and acupressure

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