

THE ACUPRESSURE STRESS MANAGEMENT BOOK

ACU-YOGA



Designed to Relieve Stress & Tension

MICHAEL REED GACH
WITH CAROLYN MARCO

Acu-yoga: Self Help Techniques to Relieve Tension, Michael Reed Gach, Japan Publications, 1981, 087040489X, 9780870404894, 247 pages. Originally published in 1981 and now in its 21st printing, Acu-Yogais the only book to explain the relationship between two ancient health regimens yoga and acupressure and how they can be combined for maximum effectiveness in relieving stress and finding energy and vibrant health. This powerful, practical program offers self-help techniques to treat back problems, headaches, hypertension, colds, constipation, depression, menstrual discomfort and aches and tension throughout our bodies. CONTAINS SELF HELP TECHNIQUES FOR: • BACK PROBLEMS • HEADACHES • BODY TENSIONS • HYPERTENSION • COLDS • NECK TENSION • CONSTIPATION • MENSTRUAL TENSION • DEPRESSION • SHOULDER TENSION.

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Structural Yoga Therapy Adapting to the Individual, Mukunda Stiles, Jan 1, 2001, Health & Fitness, 360 pages. Structural Yoga Therapy has been written for teachers and serious practitioners who want to use yoga to bring complete balance to the body. Mukunda Stiles begins by providing a ...

The thinking body a study of the balancing forces of dynamic man, Mabel Elsworth Todd, 1937, Science, 314 pages. .

Chinese Medicine and Ayurveda , Robert Svoboda, Arnie Lade, Jan 1, 1998, Medicine, Ayurvedic, 155 pages. Chinese Medicine and Ayurveda explores the enduring features of humanity`s longest and continually practised systems of medicine. These two indigenous healing arts arising ...

Learn to Sleep Well A Practical Guide to Getting a Good Night's Rest, Christopher Idzikowski, Aug 1, 2000, , 160 pages. Sick of tossing and turning? Ready to sleep soundly through the night? Mr. Sandman has arrived••in book form! The latest title in our best-selling self-help series (more than ...

The Hepatitis C Help Book A Groundbreaking Treatment Program Combining Western and Eastern Medicine for Maximum Wellness and Healing, Misha Ruth Cohen, May 15, 2007, Health & Fitness, 336 pages. Updated to incorporate the latest medical research, an authoritative guide to hepatitis C presents a wide array of conventional and alternative treatment options for this ...

Acupressure How to Cure Common Ailments the Natural Way, Michael Reed Gach, 1992, , 252 pages. Acupressure is an ancient healing art which uses the fingers to press key points on the surface of the skin and stimulate the body's natural self-curative abilities. Safe and ...

Yoga Builds Bones Easy, Gentle Stretches That Prevent Osteoporosis, Jan Maddern, 2002, Health & Fitness, 252 pages. Illustrates various yoga stretches and describes workouts designed to build muscle and strengthen bones..

Yoga for common ailments , Robin Monro, H. R. Nagendra, Nancy Ford-Kohne, Vivekananda Yoga Therapy and Research Foundation, 1990, Health & Fitness, 95 pages. Outlines a yoga program designed to maintain health and fitness.

The Wisdom of the Body , Walter Bradford Cannon, 1939, Calcio, 315 pages. Physiologie..

Healing Society A Prescription for Global Enlightenment, Seung Heun Lee, 2000, Body, Mind & Spirit, 102 pages. Drawing heavily on Eastern concepts, the author proposes a way to use "Ki," or the body's natural life force, to unify mind, body, and spirit. Original..

Yoga The Iyengar Way, Silva Mehta, Mira Mehta, Shyam Mehta, 1990, Health & Fitness, 192 pages. Demonstrates a variety of yoga postures from beginning to advanced levels and discusses the philosophy behind the discipline.

Preksha Yoga for Common Ailments , J. P. N. Mishra, Aug 1, 2002, Health & Fitness, 227 pages. .

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