



## Self Healing Guide: Learn Self Acupuncture in Combination with Herbs, Relaxation, Diet, Hydrotherapy (Chinese Version) (Paperback)

By Dimitrios P Mangioros

Dimitrios P. Mangioros, United States, 2017. Paperback. Condition: New. Language: Chinese. Brand new Book. Self Healing Guide Learn self acupuncture combined with relaxation, herbs, diet and hydrotherapy healing practices for the 70 most frequent diseases. The Knowledge acquired from this book is directly applicable anytime, anywhere and by anyone, even without a needle. You have anxiety along with fatigue and insomnia? Insert a needle at the point between the eyebrows, called Extra 1 or third eye, image 6, page 118, watch it also on the accompanying DVD. Massage gently this point with slow circular movements. Do fast eye movements in all directions and then drink some soothing tea as chamomile, common lime, St John's wort, melissa, oregano or common thyme depending on the muscle test for selecting food-substances, p. 31. If you are afraid of needles, stick adhesive magnets on acupoints using the instructions in the book. If you think you are unable to find the points, don't worry because the book is accompanied by a DVD with detailed demonstration of how to find the acupoints. More over there is nothing easier than inserting a needle exactly where it hurts. Reading the book instructions, you will be able to apply...



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