

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



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Reviews

The most effective book i ever read through. It can be rally fascinating throgh looking at time period. Your lifestyle span will be enhance when you complete looking over this publication.
(Maribel Kerluke)

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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 simple but effective self acupuncture. Help yourself, when you need it, with simple, inexpensive healing methods without side effects. Prologue The purpose of this book is to help even a single person in overcoming an illness, alleviating its symptoms or preventing any such occurrence and maintaining a healthy mind and body. For the first time on a global level, it is stated in my book that the Primary Meridians (the main energy routes in the human body) consist of ten vibrating fibers, and the space between them fluctuates in proportion to the yin and yang energy. For the first time...



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