



Acupressure: The Essential Guide

By Denis Jevon

Need2Know. Paperback. Book Condition: new. BRAND NEW, Acupressure: The Essential Guide, Denis Jevon, Many people need to take medication from time to time for everyday ailments or injuries. Some people with chronic or long term health issues may end up being given a lot of drugs to help deal with pain or other problems secondary to the main one. Often Acupressure can help with symptom relief for things like pain and tiredness, mood and energy levels. The first part of the book will help you decide if Acupressure might help you and whether you should seek a therapist or self treat. The underlying principles of Acupressure and the Oriental approach to health are explained and different Acupressure therapies are described to help you to choose which one is for you. The second half of the book is in the form of a self help manual. It is designed to help you to decide which techniques or pressure points to use, how to locate points, and how to stimulate them. Throughout it will be made clear when to use Acupressure and when to seek medical help.



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