



## 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.



**READ ONLINE**  
[ 4.17 MB ]

### Reviews

*Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.*

-- **Romaine Rippin**

*The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Lyda Davis II**

## Other Books



**Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback**

Book Condition: Brand New. Book Condition: Brand New.



**Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade**

Book Condition: Brand New. Book Condition: Brand New.



**Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade**

Book Condition: Brand New. Book Condition: Brand New.



**Kingfisher Readers: Romans (Level 3: Reading Alone with Some Help) (Unabridged)**

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: Romans (Level 3: Reading Alone with Some Help) (Unabridged), Philip Steele, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the sphere of learning to read. This new...



**Kingfisher Readers: Volcanoes (Level 3: Reading Alone with Some Help) (Unabridged)**

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: Volcanoes (Level 3: Reading Alone with Some Help) (Unabridged), Claire Llewellyn, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the sphere of learning to read. This new...



**Kingfisher Readers: Record Breakers - the Biggest (Level 3: Reading Alone with Some Help) (Unabridged)**

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: Record Breakers - the Biggest (Level 3: Reading Alone with Some Help) (Unabridged), Claire Llewellyn, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the sphere of learning...