



## Self Examination

By MR V K Grover

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Before visiting doctor for diagnosis it is important that you scan your own body for possible causes of disease. You should stand before a mirror and view your face, tongue, nails, and eyes and see their colour and any other abnormalities as it will give you a broad spectrum of your problem. You should also press each and every point of your hand, any hard, or soft point will disclose the part of your affected body as each part of the hand is connected to specific part of your body. This method of hand checking is known as reflexology and is widely used in china. Chinese/ Ayurvedic testing of pulses also shows you the affected part of body. There are many methods of self/ natural diagnosis. Nails, Tongue, Eyes, Pulses (note plural), and Ear can be used as indicators for diagnosing of diseases. These methods are being widely used through centuries in countries like China and India. Ears resemble inverted fetus and have about 130 points that are connected to various body parts .In India and...

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