

# ACUPRESSURE'S POTENT POINTS

A Guide to Self-Care  
for Common Ailments



MICHAEL REED GACH

*Author of Arthritis Relief at Your Fingertips*

*Michael Reed Gach*

## **Acupressure's Potent Points: A Guide to Self-Care for Common Ailments**



[continue reading](#)

Together with your hands you have potential to alleviate everyday aches, pains and ailments without taking drugs, to boost your health, also to boost your vitality. This useful guide covers a lot more than forty ailments and symptoms, from allergy symptoms to wrist discomfort, providing pressure-point maps and exercises to relieve discomfort and restore function. Acupressure complements standard medical care, and enables you to have a vital role in becoming well and keeping well. In Acupressure's Potent Factors, Michael Reed Gach, founder and director of the Acupressure Institute of America, reveals simple methods that allow you to relieve head aches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, hot flashes, depression, and more--using the power and sensitivity of your hands. Acupressure can be an ancient healing art that uses the fingers to stimulate key points on your skin that, in turn, activate the body's natural self-healing procedures. With this reserve, it is a skill you can find out now--and use in your house. With this reserve you can turn your hands into curing tools--and start feeling great now.



[continue reading](#)

Helpful, Not Quite as effectual as Accupuncture For Me That is a book I have already been using for 3 years now, and it's something I could honestly say there is a time in my life I would haven't, and I mean never seen myself purchasing or using. I worked in a very traditional western medication setting for a number of years before I started my current lifestyle as the perfect stay at home mom. my customers, plus I've bought additional copies & A couple days before I purchased this book, I became familiar with a few of the US Military's make use of for acupuncture in the treatment of pain as a way to reduce opioid addiction in wounded soldiers, and there is more than enough credibility behind the information that was developing that I thought..Possible for one to use!well, ok, maybe I can be open minded concerning this. There are also excellent guidance out of this writer via his site &I have seasonal allergies that can best be described by the words of an allergist I saw many years back when he walked into his workplace to give me test results: "Do you want some coffee? This requires a bit to get into and understand, but there are several valid points brought up throughout that have become beneficial." My allergies kind of have a existence of their own. Great overview Very informative and a lot of examples No-nonsense, easy-to-use guideline for newbies of acupressure to help self-treat I'm a novice to acupressure, but for ease of focusing on certain ailments, this reserve can be amazing on Kindle. obviously helps me to keep healthy, fit and comfortable in my own skin. The author also offers online articles and video clips explaining more, that i also like.I've used this for headaches, stress, stress, congestion, and allergies on myself, my husband, and my daughter. I crawled around in my own closet, found this publication, and spent about thirty minutes working the factors in the Colds and Flu chapter and the Immune System Boosting chapter. The dietary changes I had to create within the healing process for my liver by itself made large improvements on my allergy symptoms, but I still have some problems. very easily used and followed. Fantastic to have the photographs as well. given them out as gifts. Other acupressure titles on my Kindle require much page-skipping. Since it isn't universally effective in our house, and it doesn't work for me and also acupuncture, it's a four superstar product. Of training course if your wellbeing problems are ongoing, do not forget that nobody book should replace seeing your doctor for an assessment & One of the greatest self-help books I've ever read I've owned this reserve for years, and many of the chapters have helped tremendously with whatever I actually was facing at the time. Full of super information and points Simply put, the book is filled with much information and great points. My husband pretty much says the only ones that he finds useful will be the anxiety pressure stage, and occasionally the congestion types. As I approach 70, it really is a valuable source for regaining and keeping optimal health. This is simply not fiction, so be prepared to learn. I felt better still today. I was able to work some errands and have some real meals. These points work, plus they can work really fast. I've needed this book for a long period, due to extensive injuries in the '70s. I wish I would have started it as soon as I started to feel achy. It really is written and made to be user friendly, without having to memorize pressure points. Lesson discovered. May God bless Michael Reed Gach for devoting his lifestyle to this subject matter and for sharing his wisdom in Powerful Points. Best acupressure book I have found.. Love this book. Even better, I'll massage these factors during cold season before I even begin to experience any symptoms. As a specialist massage therapist There is this reserve to be an invaluable quick source for lay people & the keeping hands will address the region you need. Now I don't have any babysitting insurance for our son, therefore I've been using directly acupressure, and I could tell you it helps some, but isn't anywhere near as effectual as the acupuncture was for me personally on the allergies. Many thanks.The book has a extremely useful index for every segment of the body, that is easy to use for everyone. I will keep massaging and holding the points a few times each day until I am back to 100% which shouldn't be long based on recent changes. My osteopath trained me a lot of self-care, that i forgot as my condition improved to negligible pains and aches. After, I could get up and move around the rest of the evening without obtaining dizzy and needing to lie down. It isn't simply for injured or ageing folks, either, but an excellent resource for persons of any age group whatever. Self Care is at your fingertips! Also what sort of exercises were created means

you don't need to get worried about being on the exact spot; medical diagnosis, or making a scheduled appointment with your massage therapist! It really is a great idea and will likely provide relief, but it would be necessary to browse the entire book to comprehend how and just why this practice works. And I must say i thought anything linked to acupressure or acupuncture was a load of manure. For me, it is most effective on congestion, specifically in my own ears, the anxiety factors, headaches, plus some of the factors for coughing surprisingly enough have been helpful. A very important resource for optimal health. If your purpose is to gain relief from physical aches & pains of all types, from headaches & migraines, digestive problems, low back pain & sciatica, without the usage of medications, this reserve on acupressure will become very useful for you. But I have found it helpful sometimes and I do think it's a well done book, and it's a thing that may benefit you also. my personal use as well. Michael Reed Gach has written other wonderful books, which I also have in my own collection, and recommend highly. And I was put on a medication that damaged my liver, and when that happens, one of the first thing that occurs is you get pulled off of any and every medicine possible, especially ones that metabolize through the liver. facebook pages as well. Extremely interesting and enlightening technique! It's virtually the only thing you are not allergic to around right here. This basically teaches you how exactly to provide your personal acupressure therapy. It may be applied by another, however the overall purpose is to instruct you how to look after your own requirements, particularly when pain is involved. My primary copy of the book is more than 20 years old, and I still refer back to it as a great reference for pain administration for myself & Therefore if your searching for a get set quick process, this probably isn't it. Anticipate to read a good amount of text if you plan to perform the acupressure correctly. Clearly the author has experience and knows exactly what he is talking about, but some of the medical text message can be relatively annoying, and the writer likes to discuss the muscle groups in medical terms, which would mean finding out about these translations in the glossary frequently. My aches were also greatly reduced. Until this spring, I was able to do acupuncture. THEREFORE I began acupuncture because I was totally desperate and figured I got absolutely nothing to loose by trying it, and we bought this also for house use, because they're related concepts. Good, helpful information Good, helpful information about acupressure for particular conditions. I'd discovered that acupuncture proved helpful well for me, therefore i bought this on the recommendation of my acupuncturist and I love this book. I discover that the publication is well laid out, easy to comprehend, the points are obviously marked and demonstrated, and the kindle edition is well-linked. Therefore being pulled off of my allergy medicines was tough. My child pretty much says it helps just a little, but not as much as allergy meds for her. The photos illustrating the techniques appear older and perhaps a bit photocopied, but since they display me what I need to know, they complete the job. Easy to follow good for anyone and easy to follow! After being ill and almost struggling to get out of bed for the last couple of days, I remembered this book and how I was instantly in a position to relieve nausea onetime. So happy I purchased it. Five Stars I have found this very helpful in learning how exactly to relieve pain by using acupressure! Three Stars The precise book I asked is what I acquired.



[continue reading](#)

download free Acupressure's Potent Points: A Guide to Self-Care for Common Ailments e-book

download Acupressure's Potent Points: A Guide to Self-Care for Common Ailments txt

[download The Yeast Syndrome: How to Help Your Doctor Identify & Treat the Real Cause of Your Yeast-Related Illness txt](#)

[download The Greatest Miracle in the World txt](#)

[download Getting Well Again: The Bestselling Classic About the Simontons' Revolutionary Lifesaving Self-Awareness Techniques fb2](#)