



## Heal Yourself with Chinese Pressure Points 2018: Treat common ailments and stay healthy using 12 key acupressure points (Paperback)

By Laurent Turlin

Eddison Books Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. This perfect introduction for beginners presents the 12 key acupressure points for treating common ailments and conditions, according to the principles of Chinese medicine. After a simple overview of the meridian system of energy channels in the body, plus easy-to-follow instructions on different massage techniques, you are then introduced to each of the 12 points in turn, and how to use them to treat a wide range of conditions, from headaches, sciatica and fatigue to insomnia, motion sickness and even a sore throat! Clear illustrations and diagrams are included throughout, along with tips on other useful complementary treatments.



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