



The Complete Guide of Self-Massage: A Natural Way for Prevention and Treatment through Traditional Chinese Medicine (Hardback)

By Changqing Guo

Shanghai Press, United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. Learn all about Chinese acupressure therapy with this readable, illustrated guide. Chinese acupressure is an ancient therapy using kneading, rubbing, pressing, and stroking to stimulate different acupoints on the body. It is a great way to relieve pain, soothe the nerves, improve skin condition and even prevent disease! In The Complete Guide of Self-Massage, the theories based on traditional Chinese medicine are explained in simple language to provide a basic knowledge of: The meridian system meridian pathways Body network Individual acupoints Common massage techniques are demonstrated with detailed descriptions and illustrations. All techniques are self-massage methods-meaning that you can give yourself a massage without any help! A list of massage techniques that can combat the 50 most common illnesses is included along with suggestions on massage frequency and intensity.



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Reviews

Simply no terms to explain. I am quite late in start reading this one, but better then never. Its been written in an remarkably easy way and is particularly merely soon after i finished reading this book where basically changed me, affect the way i really believe.

-- Prof. Jedediah Kuhic DVM

Comprehensive information! Its this sort of very good read through. This is certainly for all those who statte that there was not a worthy of studying. Your daily life period will likely be convert as soon as you total reading this publication.

-- Candace Kling