



Healing with Pressure Point Therapy: Simple, Effective Techniques for Massaging Away More Than 100 Annoying Ailments

Jack Forem

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This comprehensive guide shows readers how to treat common health problems using a variety of pressure point therapies: acupressure, shiatsu, reflexology, acu-yoga, and trigger-point therapy. For each condition, readers can experiment to discover which of these methods work best for them. Forem offers therapies for more than 65 complaints from acne, arthritis, and weight control to eyestrain, headaches, and impotence. More than 50 clear illustrations show readers exactly what they need to do. A section of master drawings show the complete array of points and meridians -- the same ones used in acupuncture. Then each section offers simpler drawings illustrating only the specific points needed for the condition being discussed. Concise instructions on pressure techniques accompany the illustrations.

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