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Acupuncture & Acupressure

An introduction to the
tools of the trade

The lowdown on treat-
ments for everything
from acne to menopause

Practical guidelines for
choosing a treatment
that is right for you

David W. Sollars, LAc

Complete Idiots Guide To Acupuncture And Acupressure

Brandon Toropov, Chadwick Hansen



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The Complete Idiot's Guide to Acupuncture & Acupressure David Sollars, 2000-08-09 You're no idiot of course. You know that for centuries acupuncture and acupressure have been among the most effective alternative medical treatments available. Now you've decided to try one of them but before you volunteer to be a human pincushion you have just a few questions. So let's get to the point. The Complete Idiot's Guide to Acupuncture and Acupressure offers a comprehensive look at these effective solutions in their various forms and functions. In this Complete Idiot's Guide you get: An introduction to the tools of the trade including needles, magnets, and exercise. The lowdown on what to expect at your first treatment and how to relax and enjoy it. Treatments for everything from acne to menopause. Words of wisdom plus warnings and definitions to make the acupuncture path easy to follow.

The Complete Idiot's Guide to Homeopathy David Sollars, 2001 Provides information about homeopathic medicine including what it is, how it works, what it can be used for, how to incorporate it into conventional treatment programs, and how to find a homeopath.

The Complete Idiot's Guide to Massage Joan Budilovsky, Eve Adamson, 1998 Outlines the history and benefits of massage and tells how to use massage to reduce stress, improve circulation, and soothe aching muscles.

The Complete Idiot's Guide to Natural Childbirth Deb Baker, Jennifer L. West LM, CPM, HBCE, 2009-10-06 Thoughtful planning so mom and her supporters are ready when the baby is. A midwife helps expecting mothers decide how natural they want their labor to be, what birthing methods are available, and the type of professional they want present. It helps women weigh factors, prepare mentally, make important decisions, and plan ahead for successful delivery and beyond. Only book covering the spectrum of natural birthing methods and has a medical authority's vetting. Expert author is a certified professional midwife and certified hypno birthing childbirth educator. Covers all aspects of natural birthing from planning before women become pregnant through breastfeeding.

The Complete Idiot's Guide to Natural Health for Dogs and Cats Liz Palika, 2011-12-06 Includes the latest advice from well-known and respected veterinarians.

The Complete Idiot's Guide to Taoism Brandon Toropov, Chadwick Hansen, 2002-03-01 You're no idiot of course. You know Taoism is one of the world's oldest religions based on simplicity and balance. However, you may not know it has important parallels with modern Western life, health, ecology, even in such pop culture icons as Luke Skywalker and the Beatles. But you don't have to sit at the feet of a Taoist master to learn how the Taoist tradition has enlightened seekers throughout the centuries. The Complete Idiot's Guide to Taoism will show you exactly why Taoist principles appeal to people from every walk of life. In this Complete Idiot's Guide you get: The history of the Daode Jing, the world's shortest core religious text, and Laozi, its mysterious author. The teachings of Zhuangzi, the often overlooked master sage of Taoism. An explanation of yin yang and what it represents. Taoism's relationship to Zen Buddhism.

Acupoint Dictionary David Hartmann, 2009-04-03 This quick reference guide for acupuncture students and qualified practitioners provides acupuncture treatments for 1000 Traditional Chinese Medicine (TCM) Actions and Western signs, symptoms, and disease states. Treatments are listed.

alphabetically and most conditions are covered from the most common signs and symptoms like neck pain to rarer and more chronic ones like Raynaud's phenomenon TCM Actions incorporate Liver Yang Rising Sanjiao Qi Stagnation etc they are the cornerstone of any treatment planned by a TCM practitioner and are an important inclusion to this new edition The remaining disorders are Western signs symptoms disease states as well as treatment principles to adopt in certain situations Basic signs and symptoms include memory loss and headache disease states include hepatitis and irritable bowel syndrome and treatment principles include inducing labour and reducing lactic acid build up Each of the 1000 disorders is presented with TCM Actions referenced main acupoints referenced secondary acupoints and additional notes necessary to better understand the condition lists both primary secondary Acupoints fold out pictures for handy Acupoint locator 85 Patterns of disharmony 1000 TCM Actions Western signs symptoms and disease states Contraindications Cautions section acupoint channel diagrams for the 14 principal channels extensive referencing used throughout

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The Complete Idiot's Guide to Eastern Philosophy Jay Stevenson, 2000-01-09 You're no idiot of course You know Eastern philosophy encompasses many countries and concepts but when it comes to breaking down the basics to discuss with others or for your own enlightenment you can't tell Confucius from Krishna Don't mix nirvana just yet *The Complete Idiot's Guide to Eastern Philosophy* is an extensive reader friendly guide that maps out the terrain along the various paths of knowledge In this *Complete Idiot's Guide* you get A wealth of information about the history and core beliefs of each philosophical system Outlines and in depth explorations of each school of thought Reading and study guides to enhance your understanding The big picture of Eastern philosophy and how its components relate to Western ideas

The Complete Idiot's Guide to Indigo Children Carolyn Flynn, Wendy H. Chapman Dir. MA Ed, 2007-08-07 Forget the Age of Aquarius and hang on tight The term Indigo Children entered the lexicon in 1982 when psychic and author Nancy Ann Tappe talked about the coming Indigo Age in her book *Understanding Your Life Through Color* In this guide the authors explain why Indigo Children require lots of attention they tend to think holistically and intuitively and they process emotions differently Parenting these high level children is a challenge and their years in school may be challenging Articles about the Indigo phenomenon have appeared in newspapers throughout the U S and as far away as Russia over the last few years including one in the New York Times 1 06 Author Wendy H Chapman is considered one of the foremost experts on Indigo Children

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