

Acupressure For Emotional Healing A Self Care Guide For Trauma Stress Common Emotional Imbalances English Edition By Michael Reed Gach Phd Beth Ann Henning Dipl Abt

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Increased stress and traumatic events in our lives have resulted in many millions of people who suffer from insomnia, nightmares, anxiety attacks, depression, and tension headaches. ACUPRESSURE FOR EMOTIONAL HEALING offers relief at your fingertips, quickly and safely, for a wide range of emotional problems. It explains how emotional distress becomes lodged in the body as muscular tension and blocked energy, and shows how acupressure can relieve not just the resulting physical symptoms, but also their emotional source--often without the need for extensive talk therapy or medication. Acupressure stimulates the same points used in acupuncture, but instead of needles, firm finger pressure is used on the surface of the skin. The pressure releases neurochemicals called endorphins that relieve pain. As in acupuncture, specific pressure points are connected with internal organs and energy pathways in the body (called meridians) that regulate the flow of electrical energy to all systems. Unlike acupuncture, acupressure can be used safely by anyone, with only the hands as equipment. ACUPRESSURE FOR EMOTIONAL HEALING offers a comprehensive A-Z guide to emotional ailments (from abandonment to worry and obsessive thinking), with fully-illustrated instruction on dozens of precise acupressure point locations and how to activate them, combined with yogic breathing, stretching, and movement routines. Case histories from the authors' practice further illuminate each condition and the path to emotional balance and healing. Most routines can be used independently for self-care and on-the-spot relief. There are also sections on how to use the techniques to help others, with appropriate safeguards..

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is acupressure an effective form of self care massage

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June 3rd, 2020 - yoga cultivates health and well being physical emotional mental and social through regular practice of different techniques that include stretches postures and movement deep breathing relaxation concentration self awareness and meditation another way to take care of you is through self acupressure

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hypertension insomnia amp emotional healing acupressure points

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acupressure home acupressure meditations

June 6th, 2020 - through his thirty five years of experience his groundbreaking self treatment techniques have brought pain relief and healing to thousands of people michael reed gach ph d founded the acupressure institute in 1976 and directed it for 33 years during this time he taught over 100 000 people

try these 3 easy to reach self acupressure points

June 4th, 2020 - self acupressure points to try the following three points are what i like to call helper points otherwise known as distal points these are points generally away from an area of disfort that have an energetic or qi connection to assist with relief you can use these helper points on their own if that s easier but they are more pleasurable and effective to use while you also massage

free acupressure articles

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online self care can still heal you try these 9 options

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self care for trauma and shock cicuto acupuncture

April 26th, 2020 - acupoints for emotional healing there are many acupuncture points that help heal these emotions and i ll go through a selection of those points here that you can use as self care please note if you need additional help seek out practitioners in your support network such as a licensed acupuncturist herbalist therapist etc

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acupressure

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services point acupressure

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acupressure for beginners explore integrative medicine

June 7th, 2020 - acupressure is essentially a method of sending a signal to the body by needle or other means to turn on its own self healing or regulatory mechanisms normally qi vital energy circulates through natural pathways in the body called meridians blockage of this flow or an imbalance in yin and yang can cause illness and pain

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healing emotions amp trauma acupressure

June 6th, 2020 - acupressure relaxes the tight muscles that result from emotional stress and trauma which cause the body to contract its muscles and harden like protective armor to shield your inner self for instance when something frightens you or someone uptight treats you abrasively your neck and shoulders may tighten immediately in response

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