

Acupressure Made Simple: Easily Treat Yourself for Common Ailments By Deborah Bleecker

You do need to buy both books as they are interwoven with a treasure of information & self help Recommend GETTING BOTH Paperback I am mesmerized by this book the level of depth and detail while being easily understandable No internet surfing to solve my health problems I can treat myself with this thorough tool Unbelievable Deborah Bleecker has the knowledge and experience to effectively guide you into treating yourself Fantastic Paperback Deborah has once again produced a work that is incredibly easy to understand and easy to use for those who are perhaps needle shy And this book is encyclopedic in its thoroughness Deborah overlooks no ailment The how to guide is particularly instructive and the specific ailments that can be treated are pretty exhaustive I was surprised by the number of things that can be treated through acupressure starting with acid reflux - something I struggle with daily The illustrations are spot on Clearly this book has been written by a healer and not just a practitioner evidenced by the numerous sections on baby ailments I highly recommend Paperback One of the best acupressure book I've ever purchased With lots of pictures and explanations Worth every penny I spent and Paperback Acupressure Made Simple title is certainly not true the Book only identifies the acupressure points but does not say anything about how to press the points and for how long Whether or not to use counter clockwise or clockwise circular motion nor how often to repeat the procedure Also thhe book has a lot of useless information The author babbles on and on about the advantages of Acupuncture When the focus should stay exactly on ACUPRESSURE Paperback Learn how to use the most effective acupressure points to resolve your health problems Acupressure is an effective way to treat many health issues But which acupuncture points work best for acupressure How do you treat the points to get the results you need Acupressure is easy to learn and easy to apply effectively No special tools are necessary to treat the points Learn how to locate acupressure points accurately In addition to the top acupressure points to treat each health issue information on which supplements work best is included Just five minutes is all it takes Learn how to use the most effective acupressure points to resolve your health problems. But which acupuncture points work best for acupressure? How do you treat the points to get the results you need? Acupressure is easy to learn.

And easy to apply effectively. In addition to the top acupressure points to treat each health issue information on which supplements work best is included. Learn how to use the most effective acupressure points to resolve your health problems: But which acupuncture points work best for acupressure? How do you treat the points to get the results you need? Acupressure is easy to learn and easy to apply effectively: In addition to the top acupressure points to treat each health issue information on which supplements work best is included, Acupressure Made Simple: Easily Treat Yourself for Common Ailments

ACUPRESSURE

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DEBORAH BLEECKER, LAC, MSOM

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