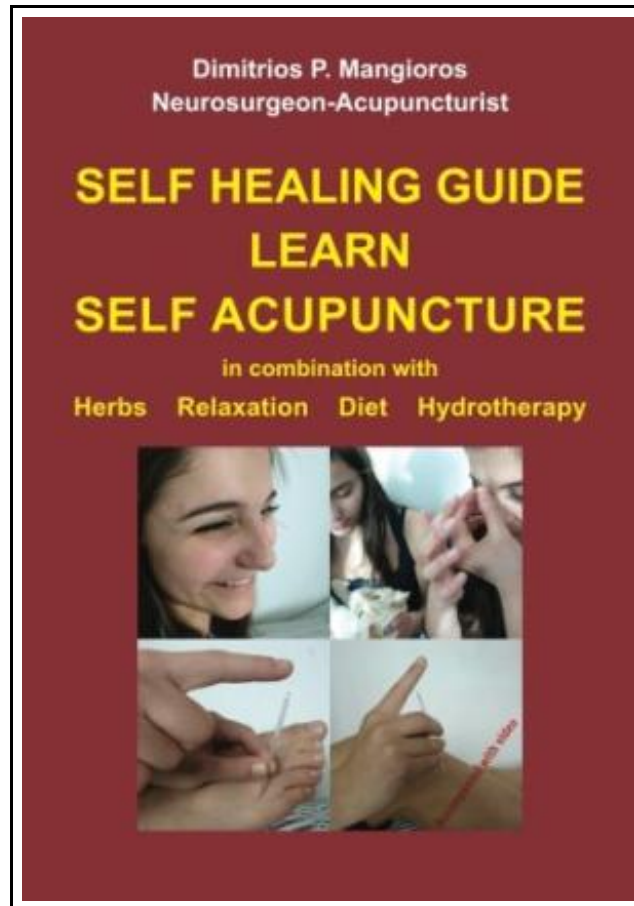


Self Healing Guide: Learn Self Acupuncture in Combination with Herbs, Relaxation, Diet, Hydrotherapy



Filesize: 8.52 MB

Reviews

This pdf is fantastic. It really is basic but shocks inside the 50 % in the pdf. I realized this pdf from my i and dad encouraged this pdf to discover.

(Hunter Witting)

SELF HEALING GUIDE: LEARN SELF ACUPUNCTURE IN COMBINATION WITH HERBS, RELAXATION, DIET, HYDROTHERAPY

[DOWNLOAD](#)

Dimitrios Mangioros, United States, 2015. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Self Healing Guide. Learn self acupuncture combined with relaxation, herbs, diet and hydrotherapy healing practices for the 70 most frequent diseases. Reading the book, you will be able to understand and apply simple but effective self acupuncture. Moreover prayer, meditation, self-hypnosis, muscle test for selecting food-substances, fasting therapy, fruit therapy, raw food diet, Mediterranean diet, sprouts, home spa bath, home steam bath, use of herbs (preparation of infusions, decoctions, ointments, oils, tinctures, compresses, poultices), panacea herbs and grandma s remedies are some of the healing treatments for the 70 most frequent diseases, which are extensively analyzed in the book. For instance headache is a common ailment people all over the world suffer from. The book provides detailed alternative treatments for it, for example you can insert a needle at the point between the eyebrows, called Extra 1 or third eye. Or you can massage gently this point with slow circular movements, do fast eye movements in all directions and then drink some soothing tea as chamomile, common lime, St John s wort, melissa, oregano or common thyme depending on the muscle test for selecting food-substances. If you are afraid of needles, stick adhesive magnets on acupoints using the instructions in the book. If you think you are unable to find the points, don t worry because the book is accompanied by a DVD with detailed demonstration of how to find the acupuncture points. There is nothing easier than inserting a needle exactly where it hurts. You can also use the grandma s remedies for headache which are mentioned in the book: a. chew one rue (ruta graveolens) leaf. b. sniff 5 drops of marjoram (organum majorana) leaves...



[Read Self Healing Guide: Learn Self Acupuncture in Combination with Herbs, Relaxation, Diet, Hydrotherapy Online](#)



[Download PDF Self Healing Guide: Learn Self Acupuncture in Combination with Herbs, Relaxation, Diet, Hydrotherapy](#)

Other PDFs



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and...

[Save Document »](#)



Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide...

[Save Document »](#)



Owen the Owl s Night Adventure: A Bedtime Illustration Book Your Little One Will Adore (Goodnight Series 1)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Professor of Modern English Literature Peter Childs (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Owen is...

[Save Document »](#)



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Save Document »](#)



The Pauper & the Banker/Be Good to Your Enemies

Discovery Publishing Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, The Pauper & the Banker/Be Good to Your Enemies, Discovery Kidz, This book is part of the Aesops Fables (Fun with 2 Stories) Series, titles in...

[Save Document »](#)

**A Kindergarten Manual for Jewish Religious Schools; Teacher s Text Book for Use in School and Home**

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download

[Save PDF »](#)

**Can You Do This? NF (Turquoise B)**

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, Can You Do This? NF (Turquoise B), Diana Noonan, This title is part of Pearson's Bug Club - the first whole-school reading programme that joins books

[Save PDF »](#)

**Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 5: Egg Fried Rice (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It

[Save PDF »](#)

**Book Finds: How to Find, Buy, and Sell Used and Rare Books (Revised)**

Perigee. PAPERBACK. Book Condition: New. 0399526544 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I

[Save PDF »](#)

**Readers Clubhouse Set B What Do You Say**

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Ann Losa (illustrator). 142 x 13 mm. Language: English . Brand New Book. This is volume six, Reading Level 2, in a comprehensive program

[Save PDF »](#)