



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

By Dimitrios P Mangioros

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...



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