
Acupressure For Lovers Secrets Of Touch For Increasing Intimacy

Acupressure's Potent Points

Acupuncture

A Self-Care Guide for Trauma, Stress, & Common
Emotional Imbalances

Secrets of Self-Healing

CHINU'S NOTES ON KNOW ALTERNATE
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Activating the Taoist Points of Love

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Secrets of Touch for Increasing Intimacy

Hand Reflexology & Acupressure

The Beginnings and Benefits of Acupuncture

Ancient Secrets of Chinese Reflexology to Heal
the Body, Mind, Heart, and Spirit

A Hands-on Guide to Balancing the Body's

Structure and Energy for Health and Healing

Taoist Foreplay

How to Treat Your Injuries with Powerful Healing

Secrets of the Great Chinese Warrior

Greater Energy at Your Fingertips

Love Meridians and Pressure Points

Healing Love through the Tao
Boost Your Weight Loss with Acupressure
The Book of Crystal Acupuncture and Teragram
Therapy Diagrams
The Sexy Secrets of Taoist Teachers
Treating Epilepsy Naturally
Healing with Pressure Point Therapy
Essentials of Electroacupuncture 3rd Edition
Healing with Pressure Point Therapy
Your Prescription to Turn Off Fear, Anger, and
Anxiety to Achieve Vibrant Health and Transform
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A Guide to Self-Care for Common Ailments
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How to Cure Common Ailments the Natural Way
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Insomnia to Impotence by Using Finger Massage
on Acupuncture Points
Do Gentlemen Really Prefer Blondes?
Dr. Mao's Hundreds of Natural Secrets for Women
to Revitalize and Regenerate at Any Age
Sexual Reflexology

JULISSA

Acupressure's Potent Points

Author House
Though practices like acupuncture have become popular in the West over the last few decades, they have been a part of Traditional Chinese Medicine for thousands of years. Hand reflexology and acupressure are two techniques that can achieve similar results to more complicated practices like acupuncture,

but can be done at home, on yourself, without any tools. This book acts as a beginner's guide to these pressure-based practices. Through illustrations and easy-to-understand language, readers can learn a variety of useful pressure points, how to properly utilize them and daily care that can be done to address certain health concerns. Through recent studies, hand

reflexology and acupressure have been shown to help with a variety of issues, including:
Nausea
Stress, tension and anxiety
Insomnia
Headaches
Chronic pain
Digestive issues
Muscle and joint injury
The safe, reliable techniques outlined in this book are easy for anyone to master and, importantly, can be used anywhere.
Acupuncture
Hay House, Inc
Alleviate pain,

release tension, increase relaxation, and improve vitality with acupressure. Fun, modern illustrations and intuitive organization combined with the expertise of seasoned practitioner Bob Doto allow you to quickly implement this powerful wellness tool. For millennia, the Chinese have been studying the effects of applying pressure to specific points on the body to relieve ailments, from

fatigue to illness and pain. Practitioner Bob Doto offers you a thorough understanding of how to use acupressure to improve your standard of life and manage your own well-being. Acupressure for Beginners is your complete guide for learning this ancient art in a beautifully designed and accessible instructional format. The Press Here! series offers contemporary takes on

traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, reiki, and reflexology. **A Self-Care Guide for Trauma, Stress, & Common Emotional Imbalances** Acupressure

for Lovers Secrets of Touch for Increasing Intimacy Moves reflexology beyond the realm of foot massage and into the realm of sexuality. • Offers acupressure methods to build intimacy and heighten sexual pleasure. • Helps couples find their sexual energy potential and physical compatibility. • Provides techniques to perform time-tested Taoist sexual-spiritual exercises. •

By Mantak Chia, coauthor of The Multi-Orgasmic Man. The most powerful reflex points on the body are on the sexual organs. While the practice of reflexology is normally associated with massage of the feet, in Sexual Reflexology Mantak Chia gives applications for using the sexual reflex points in lovemaking, transforming sexual intercourse into a form of ecstatic acupressure.

By combining the classic Taoist sexual texts with modern reflexology theory, the author provides a unique opportunity for couples to practice sexual intimacy as an act of healing. Mantak Chia shows how to evaluate a person's sexual energy potential as well as how the size and shape of the sexual organs determine a couple's compatibility. In addition to the specific ecstatic

acupressure exercise instructions, he provides thoughtful commentary on ancient Taoist practices that reveal how we can all use our sexual essence to create healthy and loving relationships.

Secrets of Self-Healing

Delta
THE CHINESE REFER TO A WOMAN'S MIDLIFE transition as her Second Spring. Thanks to the simple, natural techniques of traditional Chinese

medicine, the second half of a woman's life is a flowering of feminine potential rather than a physical and mental decline. Now, Dr. Mao's revolutionary Second Spring™ program gives you time-tested, completely natural treatments to enhance energy, sexuality, and health -- and initiate your own new season of vitality starting at age thirty-five, through premenopaus

e, menopause, and beyond. Dr. Mao -- Yahoo!'s favorite natural health expert and author of the bestselling *Secrets of Longevity* -- offers proven natural solutions such as a surgery-free face-lift, Chinese herbs that fight memory loss, traditional remedies that improve libido and sex, and foods that keep your specific body type in peak form (they're not the same for everyone!). His safe,

natural practices, outlined in more than 200 tips, can eliminate the need for expensive medicines and artificial hormones. This amazing compendium of traditional wisdom is also enjoyable to read. With chapters on topics like weight, energy, brain power, beauty, and sexual health, Second Spring allows you to target your concerns right away. At the end you'll find handy, at-a-glance lists

addressing women's most common ailments. Second Spring, inspired by Dr. Mao's own mother's remarkable transformation in the second half of her life, offers an integrated lifestyle program that will help you live long, live strong, and live happy in ways that you never thought possible. CHINU'S NOTES ON KNOW ALTERNATE THERAPIES Singing Dragon How long does

it take to decide if a person is hot? Is your lover more likely to get you pregnant than your husband? Can men tell when a woman is fertile? If you've ever wondered how scientists measure love—or whether men really prefer blondes over brunettes—this smart, sexy book provides real answers to these and many other questions about our most baffling dating and mating behaviors.

Based on the latest research in biology, evolutionary psychology, neuroscience, and cognitive science, *Do Gentlemen Really Prefer Blondes?* dares to explain the science behind sex—and opens a fascinating window on the intriguing phenomenon of love and attraction. Covering the areas of bodies, brains, and behavior, this eye-opening guide reveals the genetic,

hormonal, and psychological secrets behind what makes us tick sexually. For example, do you know why a man's body chemistry and behavior change when he's in a committed relationship? And why, when he becomes a daddy, his testosterone level seems to plummet? And did you know... • When a couple first fall in love, their brains are indistinguishable from those of the clinically

insane • You can tell a lot about a person's sexual chemistry just by looking at his or her hands • Your genes influence whose body odors you prefer • Being around breast-feeding women may increase a woman's sex drive Viewed through the lens of science and instinct, your love life might be seen in a completely different way. *Do Gentlemen Really Prefer Blondes?* provides both

an in-depth exploration into our sexual psyches—and fresh advice for men and women who want to discover the secrets of successful relationships. From the Hardcover edition. *Activating the Taoist Points of Love* Anne Cosse Hard-to-find information on epilepsy, presented by an author living successfully with the condition *Drugs* commonly used to treat

epilepsy have some extremely harmful side effects. Treating Epilepsy Naturally is an empathetic, practical, empowering look at treatment options, lifestyle choices, and ways of living well. Written by an author who has been successfully living with it herself for most of her adult life, this comprehensive guide offers alternative treatments to replace and complement traditional

therapies and sound advice to find the right health practitioner for you. *Integrative Acupressure* Bantam Do you happen to always be experiencing a lot of aches and pains from different parts of your body? Still wonder on how to treat them? Back aches, and foot sores can't be good to one's health without having a proper medical checkup and visiting the doctor every

day. It is essential for every one of us to maintain our health. A simple back ache, stomach ache or even a foot sore can lead to a multitude of ailments in the body. These simple back aches may lead to paralysis and even damaged nerve cells. These simple aches is typically caused by a lot of burdens you put your body almost on a daily basis. These burdens may include sitting in a chair all

day, standing in one place for a long period of time and lifting heavy objects. Almost everyone is no exemption to these pains and may strike at almost anyone. These back aches and joint pains are typical in most adults around the mid 20's and elders who are over 70. These pains are even a much more rarer case on children. When you experience these sudden back pains, joint pains and

muscle pains, it is important to have it checked to know what condition it is. And if it turns to be a severe condition, it is vital to get it treated immediately. Of course, not everyone has the luxury of getting proper medical care and treatment. So this comes to question, what is the alternative to get these pains treated? To put an answer to that question, one alternative way on getting rid of these back

pains and joint pains is through acupuncture. What exactly is acupuncture? To find that out, read further on what acupuncture really is. In this eBook, you'll be learning on what is acupuncture, including its history, medical benefits and application. You will also be learning on how and when it is time to give yourself an acupuncture treatment yourself.

Conceiving with Love
Elsevier Health Sciences Thai Massage, Sacred Bodywork is a complete guide to an ancient practice that benefits body, mind, and spirit. Interest in Thai massage has been growing rapidly. This is no surprise given its unique multifaceted approach to the body. Thai massage combines acupressure, stretching, reflexology, assisted yoga postures,

herbal compresses, prayer and meditation. It benefits everyone. Sometimes called the "lazy person's yoga", Thai massage stretches and relaxes the muscles, increases the joints' range of motion, and balances energy flow throughout the body. Thai Massage, Sacred Bodywork provides fully illustrated, step-by-step instructions which enable the reader to use this integrative

and interactive therapy with a partner at home or with a client. The book explains the historical and philosophical background of Thai massage as well as its religious origins. Throughout the book, Ananda always reminds us of the deeper meaning of this sacred modality—compassion in action. A must for all those interested in the healing arts.

Secrets of Touch for

Increasing Intimacy
 Perigee Trade
 What if you could reverse disease – or learn how to avert it before its onset? What if, instead of aging, you could feel younger, stronger, and happier with each passing year? What if you could maintain your health for your entire life? What if all the secrets to health and longevity were on the soles of your feet? The wisdom in this book has been passed down from master

to student for thousands of years, but now you too can benefit from the powerful Eastern practice of Chinese reflexology. This ancient therapeutic art of foot massage offers you a way to harness Universal Qi, a limitless source of healing energy, and restore yourself to balance, harmony, and health. Holistic healer and reflexologist Holly Tse brings new

light to this millennia-old practice and reveals the curative power of Chinese reflexology in a friendly and contemporary way. Using clear illustrations and delightful step-by-step instructions, she'll embolden you to use this extraordinary process and take you on a journey through the three catalysts to incredible healing that encompass mind, body, and soul: shifting the

mind, healing with energy, and following your heart and soul. Sole Guidance is a fun, vibrant, and easy-to-understand guide to complete self-transformation from the inside out. Learn how to hear your inner guidance, connect with your "Dragon Spirit," discover what your body needs to heal and thrive, and revolutionize your life - simply by massaging your feet! *Hand*

Reflexology & Acupressure
Celestial Arts
Acupressure is an ancient healing art which uses the fingers to press key points on the surface of the skin and stimulate the body's natural self-curative abilities. Safe and easy to learn, with no drug-induced side effects, Acupressure gives you the potential to improve your health and increase your vitality. It includes: Simple techniques to relieve problems such

as headaches, arthritis, colds, fatigue, insomnia, backache and depression; Pressure point maps and exercises to relieve pain and restore function; A 5-minute acupressure routine to maintain health and relieve stress; A way to complement conventional medical care and take a vital role in becoming well and staying well

The Beginnings and Benefits of Acupuncture

Prentice Hall
Acupressure for Lovers
Secrets of Touch for Increasing Intimacy
Banta
m
Ancient Secrets of Chinese Reflexology to Heal the Body, Mind, Heart, and Spirit
Penguin
Introduces the techniques of Chinese finger pressure to help lovers develop intimacy and have better sex, providing step-by-step instructions and tips on stretches, exercises, massages, and positions

that promote relaxation

A Hands-on Guide to Balancing the Body's Structure and Energy for Health and Healing

Simon and Schuster
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

<p>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</p>	<p>appropriate safeguards. <u>Taoist Foreplay</u> Simon and Schuster Sexual techniques and traditional Chinese medicine for increased pleasure • Reveals how to enhance relationships by harmonizing male and female energies • Includes easy-to-follow, illustrated acupressure massage routines • Shows how to maintain sexual health with prostate massage and</p>	<p>jade egg exercises Taught to Chinese emperors, their wives, and their concubines for thousands of years, Taoist sexual techniques help lovers harmonize their cycles of pleasure and utilize the abundance of reproductive power that is otherwise wasted in non-procreative sex. Combining the study of sex with traditional Chinese medicine, these practices</p>
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stimulate and sustain sexual desire through the meridians and pressure points and enhance relationships by harmonizing male (yang) and female (yin) energies. Using easy-to-follow illustrations, Taoist Foreplay guides lovers through simple acupressure massage routines connecting all the points and channels that increase pleasure and spark arousal. It shows how to prolong

peak moments, maintain sexual health through prostate massage and jade egg exercises, and sustain the intensity of first love through all the seasons of a maturing relationship. It also explains how to reveal and overcome incompatibility with the Taoist Zodiac. From foreplay to climax, these practices offer a way to keep the flame of sexual energy alive. *How to Treat Your Injuries with Powerful*

Healing Secrets of the Great Chinese Warrior Simon and Schuster This Program describes all the acupressure points and exercises you need to: Control your cravings Boost your metabolism Improve your digestion Dissolve water retention Boost your energy Manage your stress Losing weight is not easy. Sticking to an actual healthy routine actually entails a change of

lifestyle and inner state. Working on specific acupressure points regulates the flow of vital energy through the energy meridians. This energy flow balances your appetite, digestive system, metabolism and compulsive urges to eat. It helps you deal with stress and anxiety, common culprits of weight gain. Acupressure therapy is also effective for healing your body's self-

image and restoring your trust and awareness of its integrity. Finally, on an even higher level, acupressure can make you tune to the messages your body sends. With time it can develop a greater awareness and a deep, natural intuition about when and what to eat. It explains and illustrates easy exercises so you can practice every day. Make your weight loss program a success, add

Acupressure to your daily routine! Destiny Books Essentials of Electroacupuncture, 3rd Edition adds new and valuable resources to the previous editions. It is a formal textbook, which provides complete and detailed instructions how to perform electroacupuncture for stroke, polyneuropathy, spinal disc disease, and other disorders. There are 6.8 million stroke

survivors and 20 million polyneuropathy patients in the United States. When the paralysis and the pain are treated by electroacupuncture, wheelchairs, walkers and prescription drugs become unnecessary. The author is a board-certified internist, and he maintains a pain management acupuncture practice in Burbank, California. In this updated edition, Dr. Choi articulates the theoretical

and technical basis of the practice, detailing its history and development, diagnostic principles, and techniques for safe and effective treatment. The new edition adds to explanations and prescriptions related to the extraordinary channels, the four types of body constitution, and pulse diagnosis. When the extraordinary channels and the diagnostic schemes are used, clinical

remissions arrive earlier. The importance of the source of channel energy and its movement is stressed with new selections from the writings of legendary acupuncturists Pian Que and Hua Tuo. The result is a more comprehensive explanation of the practice and theory of acupuncture as a whole, and electroacupuncture specifically. A valuable guide and instruction book for

practicing acupuncturists, students, and those interested in Chinese traditional medicine, *Essentials of Electroacupuncture, 3rd Edition* honors past masters of acupuncture while looking toward the future. *Greater Energy at Your Fingertips* Penguin Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch

Searching for alternative treatments for pain? This friendly, do-it-yourself guide introduces you to the basics and benefits of acupressure and reflexology, showing you step by step how to nurture your emotional and physical well-being and that of someone else. You'll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well-being. Understand

basic healing principles Relieve your specific aches and pains Boost your immune system Address age-related ailments Find professional help *Love Meridians and Pressure Points* McGraw Hill Professional Learn the functions of acupuncture points by colouring and doodling your way through the sequence of images on the twelve primary and eight extra channels.

Imaginative illustrations will help students from a wide range of schools and traditions to remember point names, with handy text providing a quick cross reference of their main functions. Healing Love through the Tao Blue Rose Publishers This book helps to strengthen bonds of affection and to discover the secrets of the sexual massage of the ancient Chinese Taoists. You will discover

and better get to know the most erotic places on your partner's body, their erogenous zones, and the tricks that awaken their desire and predispose them to pleasure. Chinese erotic massage reunites traditional knowledge of a millennial culture and puts within your reach all the techniques to enjoy a better sex life. You will learn: • To discover with your fingers the most sensitive parts

of the body through the techniques of acupressure that favor the flow of internal energy • The most appropriate massage for every occasion to obtain the best results • How to apply the appropriate amount of pressure during a massage • And so much more! Learn to let the energy flow through the interior of your body, quiet your mind, and feed the spirit

through the caresses. Communicate with your partner and understand your desires without necessarily expressing them out loud; little by little, your sexual life will open itself to a new world full of possibilities! *Boost Your Weight Loss with Acupressure* Bantam A new edition of the bestseller • The first book to reveal in the West the Taoist techniques that enable women to

cultivate and enhance their sexual energy • Reveals Taoist secrets for shortening menstruation, reducing cramps, and compressing more chi into the ovaries for greater sexual power • Teaches the practice of total body orgasm For thousands of years the sexual principles and techniques presented here were taught by Taoist masters in secret only to a small number of people (sworn to silence), in

the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. The foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as jing. Jing energy is creative, generative energy that is vital for the development of chi (vital life-force energy) and shen (spiritual energy), which enables higher

practices of spiritual development. Jing is produced in the sexual organs, and it is energy women lose continually through menstruation and child bearing.	Mantak Chia teaches powerful techniques developed by Taoist masters for the conservation of jing and how it is used to revitalize women's physical, mental, and	spiritual well-being. Among the many benefits conferred by these practices are a reduction in the discomfort caused by menstruation and the ability to attain full-body orgasm.
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