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Holistic Doctor
Acupressure - 12
Meridian Channel -

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Body Reflex Miracle
Points on Palm

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MAIN

ACCUPRESSURE

POINTS FOR SELF

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TREATMENT
ANYTIME,
ANYWHERE!

Acupressure Points
On Hand - Press
these points on
your palm and
amazed with the
results acupressure
master points for
health in marathi

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□□□□□□□□□□□□ Basic
Prakrutik Upchar

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Book (Reflexology)

By Dr. Attar Singh

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acupressure points
for all sexual

problem in marathi

Press This Point for
1 Minute \u0026

Lose Weight Super

Fast - Acupressure

Points for Weight

Loss Single

~~Acupressure Point~~

~~For COLD , COUGH,~~

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~~FEVER, SORE
THROAT - Very
Effective Point,
Quick Result
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for headache !
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Press Here for 30
Seconds, And See
What Will Happen
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~~Your Hand In This
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Accupressure Side
Effects in Hindi □□

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Acupressure Points
For GAS ,
BLOATING ,
INDIGESTION -

Sujok Therapy For
Gas , Indigestion
Acupressure Points
to Relieve Gas I

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~~Acupressure Points
For Blood
Circulation in Hindi
| Vascular~~

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~~Disorders | Mental
Disorders
Important~~

~~Acupressure Points
for Self Treatment |
Swami Ramdev~~

Acupressure Point
For Heel Pain-
Single Point To
Treat Heel Pain In 2
Minutes

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Acupressure Points Chart In Marathi

Acupressure
therapy

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hand in marathi

Acupressure Points and Yoga Mudras

What is

Acupressure
Therapy? |

Acupressure

Simplified How to

How to

How to

How to

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kit. What is
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for heart and
diabetes in marathi

What is Foot
Reflexology - Foot
Massage And
Benefits - How to
do Foot Reflexology
Step By Step Most

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Hindi/SUJOK
THERAPY For
Diabetes/Sujok
SEED THERAPY For
Diabetes
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understand.

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reach them on your
own.

Marathi

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Acupuncture and
Acupressure charts
show where these
lines flow across all
parts of the body.
The Acupressure
Points are where

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the vital healing energy can get blocked on the Meridians, and where you can most effectively release the resulting tension, numbness, or pain. As healing energy moves through the Meridians, it governs blood circulation ...

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Acupressure

~~Acupressure Points
| How To Find~~

~~Acupressure Points~~

Acupressure Points
Chart In Marathi

Acupressure Points
Chart -

Acupressure Points
for Self Treatment.

The acupressure
point chart

provides you with
some informative

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information on the
acupoints that an
acupressure
practitioner uses to
target a particular
pressure point to
relieve aches and
pains. These
include back pain,
headaches, sinus
...

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Series 1 to 24th ...

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Acupressure

Common
Acupressure point
pain in hindi 2.

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Important

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In Hindi 

 ... Points Chart In

Marathi





 Important

Acupressure ...

Acupressure Points
Chart -

Acupressure Points
for Self Treatment.

The acupressure
point chart

provides you with

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Acupressure
Points Chart In
Marathi

Some informative information on the acupoints that an acupressure practitioner uses to target a particular pressure point to relieve aches and pains. These include back pain, headaches, sinus congestion and more.

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~~Acupressure Points
Chart
Acupressure Points
for Self ...~~

The Acupressure treatment for Neck Pain involves 5 pressure points. Point 1 – This point lies on the outer border of the forearms, 2 finger-widths above the wrist joint. Point 2 –

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This point lies in the flesh between the thumb and the index finger. Point

3 - This point lies in the skin between the 2nd and the 3rd toes.

~~10 Best~~

~~Acupressure Points
to Treat Body Pains
and Aches~~

Hand chart in

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different styles. As
for the feet, the
hands are linked to
all the organs in
the body.. Share
this: on Twitter on
Facebook on
LinkedIn. ... Christy
Franciosi -
Acupressure Point:
Third Eye (GV24.5)
Thank you, Ladies!
Keep the good
news coming. It's

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Spring, the breath
of Wood !

Acupressure Points Chart In Marathi

~~Hand chart to map
acupressure points
and organs~~

This application is
a perfect guide to
all the information
related to Reflexolo
gy(Acupressure
points on the
hands and feet) in
Hindi, Marathi and

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English. It provides information about:

- 1) Science of Acupressure
- 2) Features of Acupressure
- 3) Instruments required to apply pressure to the pressure point.
- 4) Common FAQs You can get instant relief from your ailments by:

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~~Points Chart In Marathi~~
Practitioners of acupressure and reflexology use pressure points in their healing treatments. For people interested in reflexology or acupressure, the hands have many pressure points.

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~~Hand pressure
points: Chart and
uses~~

10. Acupressure
Points to Stimulate
the Kidney

Meridian This will
stimulate the
kidney meridian.

The kidneys
regulate the flow of
water in the body,
and their health is
vital for

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maintaining overall balance.

Associated Point of Kidney (B 23): This pair of points lies on either side of the lower back just above the upper rim of the sacrum. The ...

~~How to Find Your
Pressure Points—
Experience Life~~

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to think augmented
and faster can be
undergone by
some ways.

Experiencing,
listening to the

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other experience,
adventuring,
studying, training,
and more practical
comings and
goings may incite
you to improve.

"Alternative
therapies are
becoming
increasingly

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Acupressure is popular the world over. The toxic effects of medication and the sheer expense of conventional modes of treatment of diseases have prompted people to turn to natural and time-tested healing methods. Acupressure is a

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Acupressure is a system of healing that originated in the East. It is based on the theory that the body possesses remarkable forces of energy that can be used to cure itself. Acupressure focuses on stimulating specific reflex points in the body in order to provide relief from

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Acupressure
Points Chart In
Marathi

pain or other symptoms. This book explains in a simple, easy-to-follow language the basic techniques of acupressure that can be used to treat several disorders and restore physical fitness. "

Drawing from Thai
Page 42/83

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history, cultural studies, Buddhist religion, and yogic practices, as well as a modern understanding of anatomy and physiology, this guidebook bridges the gap between theory and practice while presenting bodywork as it is understood in

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Thailand—as a therapeutic medical science. Presenting detailed analysis of each step in a Thai massage routine, the history, spiritual traditions, and ethical codes are offered in an engaging, informal style. Numerous photographs and

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diagrams illustrate the variety of techniques used, and examples of routines for treating specific disorders are discussed. Updated with new layout, photos, and expanded text, this exhaustive handbook is complete with a

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Acupressure section on the main energy meridians and diagrams of acupressure points, making it the perfect tool to accompany anyone studying this popular healing modality.

Acupressure is a simple medical

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system, which is free and often miraculous, because the pressure points of the body are far larger in effect against disease and side effects are not. The book has more than 100 drawings, in which pressure points are marked. You can

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support your
treatment through
the help of any of
these images.

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An in-depth
understanding of
the meridians and
acupoints lies at
the heart of
effective practice
in traditional
Chinese medicine.

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This book outlines everything that practitioners and students need to know. The book explains how meridians relate to the major organs, where they are located in the body, and how they are linked to the healthy flow of Qi and blood. A

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A large section of the book is devoted to descriptions of specific acupoints - their names, how to locate them, an introduction to the symptoms they can be used to treat, and how. Also included is a thorough introduction to the basics of

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Acupuncture
practice, including
Points Chart in
Marathi
how to prepare a
patient prior to
treatment, how to
insert and
manipulate
acupuncture
needles, how and
when to use
moxibustion and
cupping
techniques, and
what to do if

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treatment goes
wrong. This useful
and authoritative
textbook, compiled
by the China
Beijing
International
Acupuncture
Training Centre
(CBIATC), under
the editorial
direction of leading
Chinese clinicians
Zhu Bing and Wang

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Hongcai is essential reading for students of traditional Chinese medicine, and an excellent reference for acupuncture practitioners at all levels.

World renowned
Acupressurist
Dr.Devendra Vora
has analysed that

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Acupressure
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Marathi

the pressure applied on certain points located in the palms and soles helps to stimulate all organs of the body, prevents diseases and assists in maintaining good health.

Acupressure also enables one to diagnose and cure

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disease like
Common Cold,
Diabetes, High
Blood Pressure,
Migraine, Paralysis
and even Cancer.
Dr. Devendra Vora
has proved that all
dreaded diseases
like Allergy,
Cancer,
Thalassaemia and
HIV/AIDS are only
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which can be easily defeated. The learned author has shown how all these dreaded diseases can be prevented and cured. And all that without any cost or side effects.

Weight loss is one of the most frustrating

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problems
imaginable. People
trying to lose
weight usually fail,
and most wind up
weighing more
than before. Not
with EFT! Several
studies show that
by using the
method in this
book, called
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because it's the

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of clinical trials,
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One study found
that people lost an
average of 11 lb. in
the year after a
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of people who lost weight successfully with EFT. Their deeply moving stories tell how many other parts of their lives improved too, from skin tone to marriage, from self-confidence to financial abundance. That's because EFT, also

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called Tapping,
eliminates stress.
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Church has
conducted many
scientific studies of
EFT. These show
that Clinical EFT
reduces cortisol,
your main stress
hormone, while
lowering anxiety,
depression, and
pain, leading to

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long-term weight loss. Clinical EFT has been used successfully by thousands of people to lose those unwanted pounds without expensive drugs or risky surgery, and is your proven solution to keeping weight off permanently. When

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you experience the simple, powerful, science-based solutions in these pages, you'll understand why tens of thousands of people like you have made EFT for Weight Loss the best-selling book on the subject ever published.

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The Lal Kitab, a rare book in urdu, was popular in north-west India, Pakistan, Iran and many other countries. This English version has added new dimensions to make it more lucid and easier to understand.

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Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of The Tapping Solution, is at the forefront of a new healing movement. In his upcoming book, The Tapping Solution, he gives readers everything they need to

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successfully start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives.

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Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy

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in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing

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Such a variety of problems, Ortner recommends to try it on any challenging issue. In The Tapping Solution, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he

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lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to

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fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear

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of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

The Yellow Emperor's Classic has become a

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landmark in the history of Chinese civilization. Since 1949, when this first translation of the oldest known document in Chinese medicine was published, traditional medical practice has seen a dynamic revival in China and throughout many

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countries in the
Western world.
Elements of this
time-honored
therapy, including
acupuncture and
the harmony of
human spirit with
the natural world,
have become part
of mainstream
medical practice;
The Yellow
Emperor's Classic

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Marathi

provides the historical and philosophical foundation of this practice. Ilza Veith provides an extensive introduction to her monumental translation of this classic work, which is written in the form of a dialogue in which the

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emperor seeks
information from
his minister Ch-I Po
on all questions of
health and the art
of healing.

Based on the
ancient healing
tradition from India
that dates back
thousands of years,
The Complete Book
of Ayurvedic Home

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Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common

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ailments and
chronic problems
with strategies
tailored to your
personal needs
based on your
dosha. Dr. Lad first
explains the
principles behind
the science of
Ayurveda,
exploring the
physical and
psychological

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Characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance"

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and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils,

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meditation, Acupressure
yoga--offer relief
Points Chart In
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from a variety of
conditions, such as
cold and flu
symptoms,
headaches,
toothaches, sore
throats, high
cholesterol, vision
problems, anxiety,
and depression. Dr.
Lad also shows you
how to use diet and

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specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that

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have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive

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guide to natural,
safe, and effective
remedies,
everyday keys to a
lifetime of vitality
and well-being.

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