



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

S. McClellan

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Based on the principles of Qi, or balance, this complete guide is the first of its kind to blend traditional Chinese healing with a modern understanding of the body's structure. Filled with illustrations and lists to help identify symptoms, Integrative Acupressure teaches--hands on--techniques for stimulating acupressure points and locating specific areas of energy. Learn to: restore the body's Qi, or harmony and balancegive yourself a face lift with a quick daily treatmentrelieve asthma, allergies and other common ailmentsrecognize and relieve backaches, neck pain, and other structural imbalancesdetoxify the body of impuritiesidentify symptoms and prevent disorders associated with energy imbalances

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