HANDS-ON HEALING

Massage Remedies for Hundreds of Health Problems



Jacqueline L. Longe

Hands-on Healing John Feltman, 1989 A practical comprehensive guide to healing therapies involving touch From chiropractic to acupressure to sports massage readers learn how various types of kneading rubbing and pressing can relieve pain reduce stress and treat a wide variety of health problems Photos Alternative Treatments for Fibromyalgia & Chronic Fatigue Syndrome Mari Skelly, Andrea Helm, 1999 Describes the effectiveness of tai chi yoga acupuncture massage andhiropractic CranioSacral Therapy: What It Is, How It Works, 2008-04-29 With the troubling side effects and surging costs of medications and surgery Americans are increasingly turning to CranioSacral Therapy as an effective drug free and non invasive therapy A gentle hands on method of evaluating and enhancing the function of the craniosacral system the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord CST boosts the body s natural healing processes and has proven efficacious for a wide range of medical problems from migraines learning disabilities and post traumatic stress disorder to fibromyalgia chronic neck and back pain and TMJ This book provides a broad introduction to this therapy by way of short pieces written by a number of well known practitioners or experts In addition to pioneer John E Upledger contributors include Richard Grossinger Planet Medicine Don Ash Lessons from the Sessions Don Cohen An Introduction to Craniosacral Therapy and Bill Gottlieb Alternative Cures Each selection covers a different aspect of CST what it is what it does how it heals what the practitioner does during a CST session CST s relationship to cranial osteopathy and other healing therapies as well as other topics of interest to the beginner Alternative Healthcare Tack Raso. 2013-12-05 Raso examines the philosophical underpinnings of alternative medicine as well as hands on healing Qigong and faith healing He shows that whatever the specific philosophy the common denominator is a rejection of the scientific approach of modern medicine in favor of a belief in paranormal forces that influence the well being of mind and body The final section is a firsthand account of Raso's many revealing visits to various alternative healthcare practitioners. The book concludes with an encyclopedic glossary of alternative healthcare terminology Alternative Medicine Resource Guide Francine Feuerman, Marsha J. Handel, 1997 Contains information on resources and publications in the general field of alternative medicine and thirty two specific modalities Care Through Touch Mary Ann Finch, 1999-01-10 Most statements about embodied spirituality have been cerebral and abstract presented from a theological or philosophical point of view This massage manual seeks to give the reader an experience of embodied spirituality. The introduction situates massage the art of anointing within the framework of Christian spirituality and then proceeds to enflesh that through the meditative quality of the massage sequences through the graphic and sensitive portrayal of vulnerability among the various men and women who volunteered to be the models in the sequences and last but not least through the visible devotion of the massage therapists **Alternate Medicine** K. B. Nangia., 2002 Sinus Survival Robert S. Ivker, 2000-09-25 Sinus Survival provides crucial

guidance and information on such topics as how to select over the counter drugs that won t do more harm than good how to

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