

# TRIGGER POINT Self-Care Manual

For  
Pain-Free  
Movement



# [Trigger Point Self Care Manual Free Book](#)

**Larry Trivieri, John W. Anderson**



## **Trigger Point Self Care Manual Free Book:**

*Trigger Point Self-Care Manual* Donna Finando, 2005-11-08 A guide to the treatment of pain from common sports injuries and other physical activities Contains at home techniques to promote healing and self awareness of the body s musculature Explains how to relieve pain using manual massage in conjunction with small physio balls Includes an illustrated treatment reference section organized by region of the body The vast majority of physical injuries incurred by active people begin with muscular injuries that are not addressed by the conventional medical approach to orthopedic care Injuries of this type are generally too minor to warrant splinting casting or medication and often do not prevent participation in physical activities They do however produce noticeable discomfort and over time frequently lead to more severe injuries In *Trigger Point Self Care Manual* Donna Finando presents methods for the healing and prevention of musculature injuries She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self care techniques including precise self massage stretching and the use of wet heat and or ice In the fully illustrated reference section organized by body part she identifies the pain associated with trigger points in each muscle of the body and provides instructions for palpating treating and stretching the muscle in order to release it

**Trigger Point Self-Care Manual** Donna Finando, 2005-11-08 A guide to the treatment of pain from common sports injuries and other physical activities Contains at home techniques to promote healing and self awareness of the body s musculature Explains how to relieve pain using manual massage in conjunction with small physio balls Includes an illustrated treatment reference section organized by region of the body The vast majority of physical injuries incurred by active people begin with muscular injuries that are not addressed by the conventional medical approach to orthopedic care Injuries of this type are generally too minor to warrant splinting casting or medication and often do not prevent participation in physical activities They do however produce noticeable discomfort and over time frequently lead to more severe injuries In *Trigger Point Self Care Manual* Donna Finando presents methods for the healing and prevention of musculature injuries She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self care techniques including precise self massage stretching and the use of wet heat and or ice In the fully illustrated reference section organized by body part she identifies the pain associated with trigger points in each muscle of the body and provides instructions for palpating treating and stretching the muscle in order to release it

*The Concise Book of Trigger Points, Third Edition* Simeon Niel-Asher, 2014-09-16 Since publication almost ten years ago *The Concise Book of Trigger Points* has been translated into over twenty languages and become a best seller worldwide This new edition has been completely updated with current research evidence and advanced techniques for manual therapy practitioners and includes simple self help protocols that the layperson can do at home Containing full color illustrations this compact reference guide explains how to treat chronic pain through trigger point tender painful nodules that form in muscle fibers and connective tissues The easy reference format presents useful information about the trigger points relating to the

main skeletal muscles which are central to massage bodywork and physical therapy The first six chapters provide a sound background to the physiology of trigger points and the general methods of treatment Chapters 7 through 12 are organized by muscle group with the information about each muscle presented in a uniform accessible style Each two page spread gives detailed anatomical information referred pain patterns plus key trigger point information practitioner protocols and self help information and drawings This book wonderfully describes the syndromes of myofascial pain that affect the skeletal muscles The text is clear with detailed information about the presentation of syndromes in each body region and the illustrations show the referred pain patterns clearly Individuals suffering from myofascial pain will find it useful in understanding and managing their symptoms Dr Bob Gerwin MD FAAN Medical Director and President Johns Hopkins University School of Medicine Baltimore Maryland Simeon Niel Asher has improved on an already wonderfully descriptive book on myofascial pain trigger points and syndromes The text is clear the diagrams excellent and the overall result is an excellent resource Dr Simon Vulfsons MD Board Certified in Internal Medicine and Pain Management Director the Institute for Pain Medicine Rambam Health Care Campus Haifa Israel This book is a must have for manual therapists serious about their craft as well as for serious self treaters who want to take their level of understanding and treatment independence to a higher level The book is extremely well organized well written and concise The illustrations are beautiful and accurate Jonathan Reynolds PhD PT co owner and founder of Reynolds Rehabilitation Enterprises

*Crystal and Stone Massage* Michael Gienger, 2015-01-24 A full color guide to crystal massage for healing energy balance and stress release in the physical emotional and energetic bodies Illustrates full body massage techniques with crystal wands crystal spheres polished stones and amber Details the healing properties of more than 50 crystals and gemstones and how to select the proper one for a specific condition Explains how to cleanse and recharge crystal gemstone and amber after each massage so energies are not transferred from one person to another In this full color illustrated guide Michael Gienger along with contributors Hildegard Weiss and Ursula Dombrowsky details the energetics and healing properties of more than 50 crystals and gemstones for use in massage The book explains how to select the proper crystal or stone to aid healing of a specific condition as well as for relaxation and stress release It illustrates specific massage techniques with crystal wands crystal spheres and polished stones that best utilize the crystal or stone s properties and shows how to perform a full body massage that works on several levels physical ethereal mental and spiritual depending on how the crystals are applied Explaining how crystals absorb energy and information during a massage the guide shows how to cleanse and recharge their energetic fields so energies are not transferred from one person to another It also details how to rebalance and replenish your own energy after giving a massage The book also includes a detailed chapter on the harmonizing effects of amber massage complete with a step by step illustrated massage sequence Amber s unique electromagnetic vibrations make it especially conducive to creating homeostasis in the body and thus a beneficial addition to any crystal or stone massage practice With this complete illustrated guide anyone can enhance their

massage practice or self healing through the powerful effects of crystals gemstones and amber      **Holistic Reflexology**  
Ewald Kliegel, 2018-10-16 A guide to reflexology treatments combined with complementary therapies to restore energetic balance relieve pain and support healing Provides more than 30 full color maps of reflex zone systems from head to toe including the ears mouth tongue fingernails and torso Explains how to incorporate supportive therapies such as essential oils crystal wand massage and visualization to maximize healing Examines the history and evolution of reflexology revealing both its Eastern and Western roots as well as recent international advancements Expanding the practice of reflexology beyond the feet and hands Ewald Kliegel illustrates how to precisely and quickly treat different emotional and physical disorders with an integrated combination of reflexology and complementary therapies Applying the fundamental principles of reflexology to the entire body he provides more than 30 full color maps of reflex zones from head to toe including reflex zone systems of the ears mouth tongue fingernails and torso The author details reflexology techniques for each reflex zone and discusses how to incorporate essential oils and gemstones during active touch and reflexology sessions including the benefits of crystal massage for post stroke recovery Drawing on international advancements in reflexology including the work of craniosacral reflexologist Martine Faure Alderson Russian researcher Alexander Kachan Chinese biologist Zhang Yingqing and Korean physician Tae Woo Yoo Kliegel examines how to integrate Yin Yang massage strokes metacarpal reflexology techniques Korean Hand treatments and craniosacral massage principles into reflexology treatments to restore energetic balance relieve pain and support healing He outlines specific treatment protocols including holistic reflexology treatments for headache digestive problems and back pain Providing step by step instructions for diagnostic testing he also outlines supportive approaches such as visualization to balance the energies of the body and an active meditation to troubleshoot congested locales in the body Examining the history and evolution of reflexology the author reveals not only the ancient Eastern medical practices that played a role in reflexology's genesis but also its ancient European roots Providing a truly holistic and integrative approach to reflexology Kliegel reveals many different hands on paths to healing that embrace the energetic interconnections of mind and body      The Foundations of Iridology Gustau Pau, 2019-01-15 A complete guide to decoding the iris to reveal health predispositions for prevention and early treatment Details the fundamental reflex signs of iridology and how to identify constitutional strengths and weaknesses in the stroma pigments and capillaries of the eyes as well as read energy patterns in pupil tone Explores the history and development of iridology from the 18th century to today Includes analysis of real case studies with full color photos and illustrations The iris of your eye is a personal and unique identifier that expresses much more about us than we can imagine Through detailed observation of the irises stroma pigments and capillaries you can determine a person's constitutional strengths and weaknesses and gain insight into their genetic predisposition to certain illnesses as well as preventive and treatment options that would be most effective By reading the iris practitioners of natural medicine can interpret the signs that reveal a client's lifestyle choices and use this knowledge to

make enlightened decisions regarding the client's health plan and how to help them realize their full potential. In this full color guide, Gustau Pau, an iridologist with more than 35 years of experience, details the chromatic scale and signs expressed in the eyes and how to use them to identify organs and their function as well as susceptibility to specific ailments. He explores the history and development of iridology from Hildegard von Bingen's work on healing to 18th century European scientists including Ignaz von Peczely, the father of modern iridology. He reveals recent iridology developments on identifying genetically inherited physical traits, explaining how individuals can use this insight to make nutritional and lifestyle choices that will offset inherited weaknesses and bolster strengths. Focusing on the digestive system, he shows how the pupillary zone can reveal digestive function and demonstrates how diet is responsible for causing many diseases. The author also explores miasmas in the eyes, includes methods for reading energy patterns in pupil tone, and offers the scientific explanation for the old contention that the eyes are the windows of the soul. Illustrating the fundamental signs that iridologists use for reference, Pau provides sample iridographies and real case studies with photos and diagrams. Explaining how scientific research on the eye has not yet caught up with the innovations of iridology, he shows how the eyes reveal both our internal state and future health and have a much broader role in the body than we are only now just discovering.

[The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching - E-Book](#) Joseph E. Muscolino, 2022-03-25. Build the clinical reasoning and clinical judgment skills you need for effective muscle palpation. The Muscle and Bone Palpation Manual with Trigger Points, Referral Patterns and Stretching, 3rd Edition, provides an in-depth guide to the art and science of palpation along with clear instructions for massage assessment and treatment techniques. It describes how to palpate, how to stretch, and how to utilize trigger points, preparing you for practice with coverage of ligaments, all major massage strokes, and draping methods, and a thorough chapter on body mechanics. Written by noted lecturer and educator Joseph Muscolino, this text includes access to an Evolve website with more than four hours of video demonstrating muscle palpations. Step by step muscle palpation coverage makes it easy to understand and remember each step of palpation techniques. UNIQUE Coverage of stretching describes the role of stretching as part of effective treatment, with drawings of self-care stretches presented alongside therapist-assisted stretches. General muscle information includes attachments, actions, and a drawing of the individual muscle. Full color photos and illustrations show palpation of muscles exactly how the muscles look and where the muscle is located underneath the skin as it is being palpated. Illustrations of trigger points and referral patterns make it easier to identify locations, showing where trigger points lie on the muscle and where pain radiates when an injury is felt. Coverage of bone palpation teaches you to identify and palpate bones and bony landmarks. Assessment and massage treatment strokes are shown in illustrations and in the Palpation Notes, moving you from theory and assessment to practical application. Case studies in each chapter emphasize critical thinking and clinical reasoning, allowing you to apply your knowledge to the practice setting. Deeper Thoughts questions challenge your reasoning skills. Measurable objectives at the

start of each chapter identify key goals and are accompanied by a chapter overview outline and key terms NEW and UNIQUE Chapter on orthopedic assessment is added to this edition NEW video lessons on the Evolve website feature Dr Joe demonstrating bone and muscle palpation protocols

**The Thompson Method of Bodywork** Cathy Thompson, Tara Thompson Lewis, 2018-01-16 An illustrated manual for using physical movement and alignment to resolve chronic pain and tension and work with the emotions Includes 90 exercises to work with emotions through the body and support the neck shoulders lower back feet and overall posture as well as breathing and voice Explains how to listen to the body's signals to discover our physical and emotional blindspots the weaknesses and misalignments at the root of our discomfort Draws on Zen shiatsu Rolfing yoga and Gestalt psychotherapy to explain how transformation of physical structure corrects imbalances in the unconscious mind Developed by Cathy Thompson through her many years as a bodywork therapist the Thompson Method incorporates Zen shiatsu Rolfing yoga and Gestalt psychotherapy to heal pain in the physical body both through bodywork and by recognizing the emotional blockages that often underlie chronic pain tension and poor alignment In this practical manual Thompson and her protégé daughter Tara Thompson Lewis provide a deep understanding of body mechanics and how to work with emotions through the body They explore how to listen to the body's signals to discover our physical and emotional blindspots the weaknesses and misalignments at the root of our discomfort and explain how transformation of your physical structure can correct imbalances in the unconscious mind caused by repressed memories and emotional traumas Offering illustrated instructions for 90 corrective alignment exercises the authors show how to release body tensions realign the body's dynamic structure work with the deep postural muscles and support the neck shoulders lower back and feet to strengthen the emotional and physical body as well as improve singing dancing yoga and posture while sitting at the computer They also explore breathing and bodywork practices to release the vocal mechanism and free the voice for more fluid and powerful self expression By recognizing and releasing the deeper emotional triggers beneath our physical complaints the Thompson Method allows you to resolve chronic pains increase body awareness and free movement and create the foundation for good health and well being

Overcoming Acute and Chronic Pain Marc S. Micozzi, Sebhia Marie Dibra, 2016-12-15 Find the holistic treatment that will work best for you based on your emotional type and specific pain condition Provides an easy questionnaire to determine your emotional type and an interactive self assessment for finding the right pain treatment for your condition Explores mind body treatments for many common pain conditions including arthritis back pain fibromyalgia irritable bowel migraines carpal tunnel and PTSD Reviews the scientific evidence in support of acupuncture biofeedback hypnosis massage chiropractic yoga herbs and essential oils Throughout history many healing traditions have focused on analgesia the alleviation of pain an area in which modern medicine provides few options beyond narcotics steroids and surgery For those seeking drug and surgery free alternatives or complements to conventional pain management the choices can be overwhelming How do you know which method will work for you In this guide to safe and

effective natural therapies for acute and chronic pain authors Marc S Micozzi M D Ph D and Sebhia Marie Dibra explain how your emotional boundary style how you react to emotional social environmental and physical stresses affects which complementary treatments will work best for you Providing an easy questionnaire to determine your emotional type and an interactive self assessment for finding the right pain treatment for your condition they explore the effectiveness of mind body treatments for each emotional type and for many common pain disorders including arthritis back pain fibromyalgia irritable bowel ulcer migraine headaches carpal tunnel anxiety PTSD and other chronic pain conditions They review the available research and scientific evidence in support of each therapy suggesting only well established safe and clinically proven alternative treatments such as acupuncture biofeedback hypnosis massage chiropractic yoga herbs and essential oils Approaching pain holistically they reveal how pain should be understood as a dynamic condition an interaction between mind and body as well as between patient and therapy and how your emotional type is key to long lasting and successful results

**Trigger Point Therapy for Low Back Pain** Sharon Sauer, Mary Biancalana, 2010 This book presents Sauer's trigger point therapy protocols for lumbar buttock and ilio sacral pain These gentle techniques are easy to learn and administer at home and include compression stretching and range of motion exercises for the muscles that refer pain to the lower back and hip areas

**Trigger Point Therapy for Myofascial Pain** Donna Finando, Steven Finando, 2005-08-22 A clinical reference manual for the evaluation and treatment of muscle pain Contains detailed illustrations of pain patterns and trigger point locations 15 000 copies sold in first hardcover edition Myofascial pain syndromes are among the fastest growing problems that physicians osteopaths acupuncturists and physical occupational and massage therapists encounter in their patients In Trigger Point Therapy for Myofascial Pain Donna and Steven Finando have organized vast amounts of information on treating myofascial pain into an accessible user's manual for healthcare practitioners They examine a wide range of pain patterns and present evaluation and palpation techniques for reducing trigger points and thereby alleviating pain in the most clinically significant musculature of the body This comprehensive yet easy to use reference guide to treatment of muscle pain begins with chapters on the concept of Qi and its relationship to myology specific trigger point location and activation and palpatory skill building techniques Subsequent sections provide detailed information on each muscle to teach clinicians to locate quickly and accurately individual points of pain and compensation A visual index allows easy identification of the muscles that may be involved Trigger Point Therapy for Myofascial Pain provides necessary and invaluable information for sufferers and any professional involved with myofascial disorders

*The Pain Handbook* Rajat Chauhan, 2016-11-10 Back pain affects 80 per cent of people and remains the toughest ailment to treat Dr Rajat Chauhan gets to the heart of the problem and explains how pain works why we develop back neck and knee problems and how to heal This book is sure to resonate with any person who has ever suffered from pain

**Integrative Therapies for Fibromyalgia, Chronic Fatigue Syndrome, and Myofascial Pain** Celeste Cooper, Jeffrey Miller, 2010-02-05 A guide to coping with fibromyalgia myofascial pain and

chronic fatigue syndrome Reveals how to deal with each disorder and how treatments can interact or aggravate if more than one disorder is present Offers techniques to dispel the side effects created by these illnesses Fibromyalgia chronic myofascial pain and chronic fatigue syndrome are often seen as interchangeable conditions a belief held even by many health care providers Nothing could be further from the truth however they do often coexist Knowing if more than one of these disorders is present is extremely important because the treatment for one of them can often exacerbate the problems caused by the others Written by a registered nurse and a psychologist who has been treating these conditions since 1994 this book presents an integrative medical approach to these three disorders with a strong emphasis on utilizing and strengthening the mind body connection to restore well being The authors provide a thorough guide to numerous treatment options from diet exercise and herbs to mindfulness meditation chi kung and nonsteroidal anti inflammatory drugs NSAIDs They also offer techniques to dispel the brain fog that these disorders often create and show how to overcome the resultant obstacles to effectively communicating with your doctor The additional information included on the psychological issues that accompany these chronic pain disorders allows this integrative treatment guide to open the door not only to physical recovery but also emotional and mental well being *Your Best Medicine* Mark A. Goldstein, Myrna Chandler Goldstein, Larry P.

Credit, 2009-03-17 Integrative medicine the practice of combining remedies from various therapeutic disciplines to optimize relief and speed healing is transforming both how health professionals treat disease and how patients manage their own care *Your Best Medicine* introduces the reader to this new world of healing options for everyday ailments like dry skin fatigue and indigestion as well as more serious conditions like diabetes heart disease and obesity All of the treatments and techniques in *Your Best Medicine* have been handpicked by two practitioners one a conventionally trained MD the other a specialist in complementary therapies based on established therapeutic protocols research evidence and clinical experience Conventional and complementary remedies appear side by side so readers can evaluate at a glance the remedies relative effectiveness safety and ease of use Every entry in *Your Best Medicine* also provides important information on risk factors symptoms and diagnostic techniques as well as preventive measures Armed with this knowledge readers can make decisions wisely and confidently at every stage of their care **The Muscle and Bone Palpation Manual with Trigger Points, Referral**

**Patterns and Stretching - E-Book** Joseph E Muscolino, DC, 2013-05-29 Muscolino's comprehensive and visually engaging coverage takes an in depth look at palpation of muscle and bone along with trigger points and their pain referral patterns stretching specific muscle treatment and more Amazing four color artwork shows palpation of the muscle with illustrations drawn over full color photos New additions such as review questions Deeper Thoughts case studies and an Interactive Muscle Program help you develop integrative clinical reasoning skills and successfully apply palpation techniques in massage therapy Step by step muscle palpation coverage with clear reasoning provided for each step presents content in a way that is easily understood and remembered rather than just memorized Amazing four color artwork shows palpation of the muscle

with muscle and bone illustrations drawn over full color photos offering you a better sense of exactly how the muscles look and where the muscle is located underneath the skin as it is being palpated UNIQUE Stretching coverage provides more information on this effective treatment technique and helps you understand the role of stretching in treatment Trigger Points and Referral Patterns illustrations show where trigger points lie on the muscle and where pain radiates when an injury is felt so you can effectively identify trigger points and referral patterns in a clinical setting UNIQUE Palpation photos help students and practitioners learn to identify muscles when the body is positioned the way they will encounter it in the massage setting Specific massage related assessment and treatment strokes are shown through illustrations and in the Palpation Notes moving you from theory and assessment to practical application Bone Palpation coverage teaches you to identify and palpate bones and bony landmarks Chapter overviews and outlines introduce each chapter so you can preview the content and direction of the chapter at the major concept level Measurable chapter objectives at the start of each chapter identify key goals as well as information that should be mastered NEW Interactive Muscle Program available on Evolve allows you to see muscle attachments and the relationship among the muscles of the region easing the process and aiding in retention of material NEW Drawings of therapist assisted stretches added to the third section of the text supplies you with a comprehensive look at stretching with both the existing self stretches and the assisted stretches presented side by side NEW Case studies keep your interest level high with the opportunity for integrative clinical reasoning NEW Reformatted Bone Palpation and Ligaments section offers content in a narrative format consistent with the rest of the text for easier navigation NEW Deeper Thoughts questions actively engage and challenge your reasoning skills NEW Review questions allow you to discuss concepts and synthesize important chapter information

**The Book of Tapping** Sophie Merle, 2017-03-16 A step by step guide to the simple acupressure self care technique of tapping for acute and chronic emotional psychological and physical ailments Effective for emotional conditions such as panic attacks anxiety depression PTSD grief anger jealousy and phobias such as stage fright or fear of flying providing immediate results in many cases Shows how this method can treat chronic pain nausea and headaches alleviate insomnia and nightmares encourage the release of painful memories boost self confidence support weight loss and improve concentration Offers the full tapping protocol as well as a shortened version for acute situations Illustrates easily accessible points to tap and in what order Tapping or Emotional Freedom Technique EFT is a simple form of acupressure that treats the energetic roots of emotional and physical suffering By tapping on specific meridian points you can quickly and easily dissolve blockages in the body's energy system caused by past traumas and suppressed emotions such as grief and anger and restore the natural flow of energy in your body the key to optimal health and overall well being In this step by step guide to EFT Sophie Merle details the practice of tapping illustrating the easily accessible points on the face hands and torso to tap and in what order Explaining how to open your energetic system to EFT treatment for fast and long lasting results she reveals how the energy psychology practice of tapping can be applied to any

area of your life but is particularly effective for emotional and psychological conditions including panic attacks anxiety depression PTSD grief anger jealousy and phobias such as stage fright or fear of flying providing immediate results in many cases She also shows how this method can treat chronic pain nausea and headaches alleviate insomnia and nightmares assist physical healing from illness encourage the release of painful memories boost self confidence support weight loss and improve concentration The author explains how tapping can be done anywhere offering both the full tapping protocol which only takes a few minutes and a short form version which takes less than a minute for acute issues Including remarkable success stories of EFT in practice this comprehensive guide to tapping shows how the solution to many of life s problems is at your fingertips

**Applied Kinesiology** Tom Valentine, Carole Valentine, 1985-10-01 A practical and reliable diagnostic tool that has emerged over the past twenty five years kinesiology is the study of the mechanics of bodily motion especially muscle movements and their relationship to our body systems Viewing the body as a balanced triad of structure chemistry and mentality applied kinesiology gauges muscle response to pinpoint underlying physical problems Within 30 minutes a competent kinesiologist can evaluate bodily functions and provide a readout on the workings of the glands organs lymphatic system circulatory and nervous systems circulation and muscle bone structure Applied Kinesiology demonstrates how this technique can be of practical use for everyone

**Pain Relief Without Drugs** Jan Sadler, 2007-02-07 A practical effective and inspiring guidebook for dealing with chronic pain Explains how to reduce pain s grip on the body and mind by changing your personal reaction to pain Presents successful strategies from the author s 25 years of coping with her own pain Includes 55 minute CD of author s key techniques for controlling pain In 1989 following surgery for a back injury Jan Sadler was left in constant pain with no hope of any further conventional treatment and no adequate prescription drug therapy Rather than settle for a life of chronic suffering she gave up her career teaching English and began an investigation into the self treatment of her pain Building on her skills as a teacher she incorporated the pain management techniques she discovered into programs that would help other sufferers learn how to cope with pain and find truly effective relief from its debilitating effects Sadler shows how we can reduce pain s grip by changing our personal reactions to the pain we are feeling Chronic pain keeps our attention fixed firmly on our anguish which then feeds the painful reaction back into our perception of being in pain creating a vicious cycle By allowing our reaction to become one of relaxation and acceptance the pain is dramatically lessened both by the absence of a negative perception and by the infusion of relaxation into the point of pain In Pain Relief without Drugs Sadler provides easy to use self help techniques that offer support and understanding in breaking pain s cycle from relaxation visualization and breathing techniques to setting goals building self esteem and coping with pain flare ups The author s 25 years of coping with her own pain and 16 years of teaching pain management techniques result in a book that is filled with practical activities and possibilities for a better life The book is accompanied by a 55 minute CD narrated by the author of key techniques for controlling pain

**Rolfing and Physical Reality** Ida P. Rolf, 1990-11-01 A warm and wise

self portrait of the woman who originated the therapy that bears her name Here Ida Rolf tells about her life about the wonder of the human body about life in general and about Rolfing in particular explaining her technique of manipulating muscle tissue to allow the body to come into its correct alignment After Rolfing your body has been encouraged to do what it wants to do you move with ease your lungs take in more air and you are taller and therefore slimmer *Alternative Medicine, Second Edition* Larry Trivieri, John W. Anderson, 2013-03-27 The Bible of Alternative Medicine Learn the health secrets that millions of readers have discovered in the book that is revolutionizing health care in the United States *Alternative Medicine The Definitive Guide* is packed with lifesaving information and alternative treatments from 400 of the world's leading alternative physicians Our contributors M D s Ph D s Naturopaths Doctors of Oriental Medicine and Osteopaths offer the safest most affordable and most effective remedies for over 200 serious health conditions from cancer to obesity heart disease to PMS This guide is easy enough to understand to make it perfect for home reference while it would also make a fine resource for health care providers interested in learning more about alternative medicine 70% of Americans currently use some form of alternative medicine This 1 136 page encyclopedia puts all the schools of alternative medicine 50 different therapies under one roof Highlights dozens of actual patient stories and physician treatments

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