
Health In Your Hands Devendra Vora Pdf Free BETTER

the practice of acupressure was once performed only by masters and the patients were from the most affluent classes. with the advent of the ayurvedic system of medicine, though, the practice has fallen into the hands of a larger number of people and those who are merely interested in health. one reason for the popularity of these therapies is that they are non-invasive, yet effective. another is that they combine eastern and western healing techniques with the benefits of western medicine. health in your hands: book one, gives a complete idea of how to use pressure in the body. it has been designed to guide acupressure users and even assist them in diagnosing the ailments and predicting the future. this book contains the most comprehensive information on acupressure ever written. in this book you will learn how to cure all kinds of health problems. it also teaches you about the different points of your body and how to use them. world renowned acupressurist dr. devendra vora has analysed that 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 diseases like common cold, diabetes, high blood pressure, migraine, heart attack, paralysis and even cancer. dr. devendra vora has proved that all dreaded diseases like allergy, cancer, thalassaemia and hiv/aids are only paper dragons which can be easily defeated. health in your hands: book two, guides the reader on how to identify all the points on the body and how to use them to heal oneself. it also contains a chapter on pregnancy and gives complete instructions on how to use pressure to treat various ailments during pregnancy. it also gives a detailed list of the points on the body where one can find an acupressure point.

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