

# The Beginner's Guide to Acupressure

DIY Steps for Self-Care

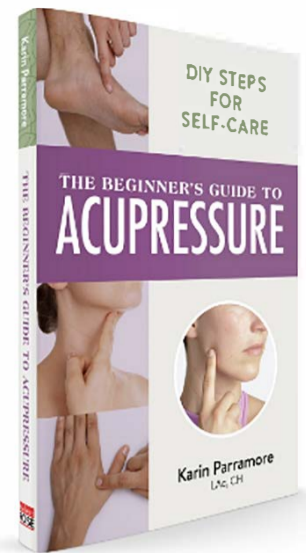
By Karin Parramore

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Paperback / 7" x 10" / 140+ step-by-step photographs



*The Beginner's Guide to Acupressure* adapts the most common **Traditional Chinese Medicine** acupressure techniques to create an **easy-to-use program** for people to use at home. Acupressure, rooted in the same philosophy as acupuncture, involves applying pressure with the hand or fingers to specific acupoints across the body. This pressure can help **unblock and balance your body's physiological energy flow, or qi**, restoring the energy your body needs to deal with health issues.

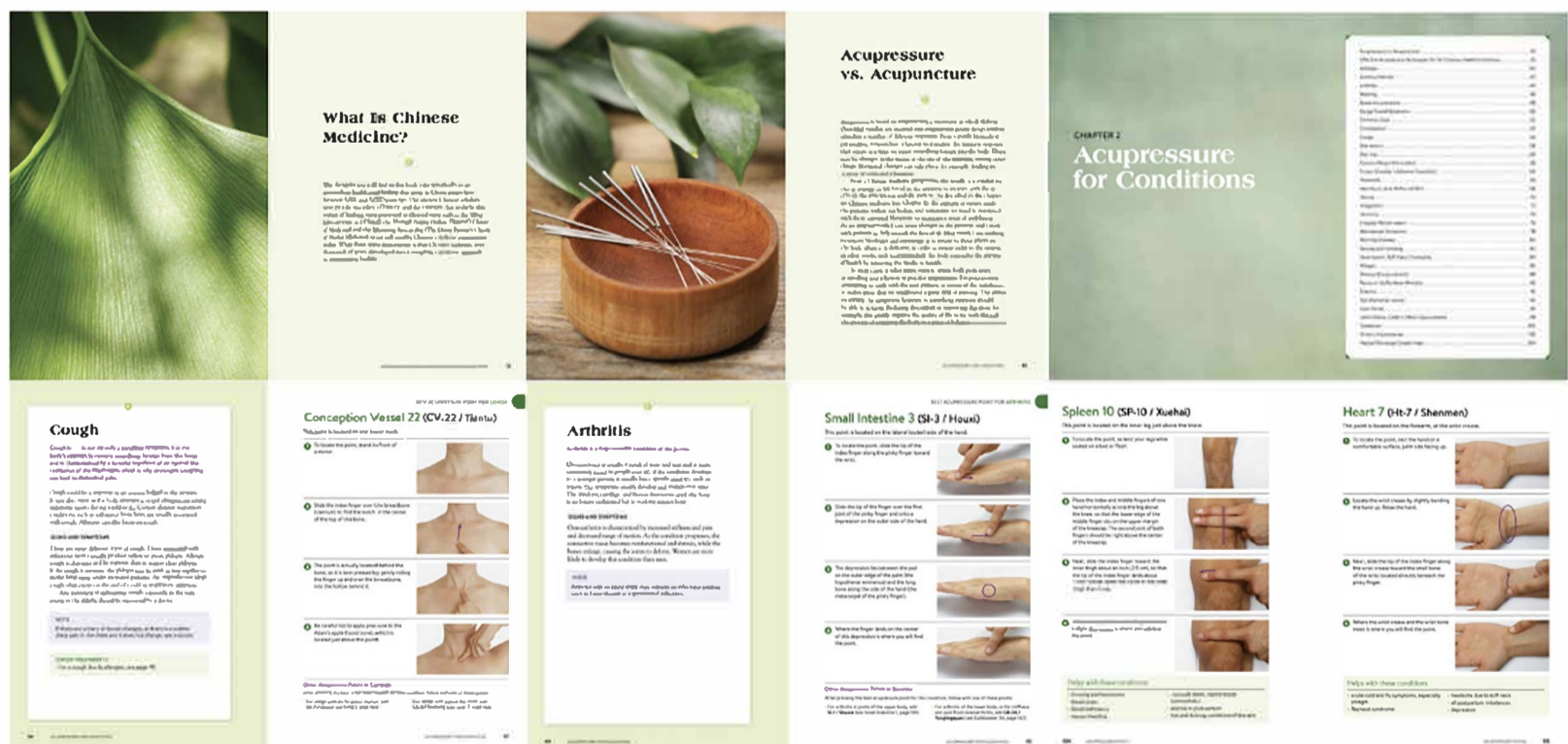
In this book, you'll find **140+ full-color photographs** and **step-by-step instructions** for acupressure self-treatment and learn how to use this technique for reducing symptoms of common ailments like **bloating, the common cold, constipation, indigestion, insomnia, sore throat, vertigo and more.**

## Key Takeaways:

- Strategically designed for beginners interested in **DIY self-acupressure.**
- Includes easy-to-follow directions and more than **140 step-by-step photographs.**
- Includes a short history of **a cupressure, Chinese medicine and associated therapies.**
- Describes how to apply basic acupressure techniques to more than **40 pressure points** to ease symptoms associated with ailments & conditions like **depression, allergies, carpal tunnel syndrome, constipation, sciatica, the common cold** and more.
- Full-color photography throughout, with sections such as **Acupressure for Conditions, Acupressure Points** and more.

## About the Author

**Karin Parramore**, PhD candidate, MSOM, LAc, CH, has been a Chinese medicine practitioner since 2012 and is the dean of the Master of Science in Traditional Chinese Medicine program in Oakland, California. She is currently pursuing a PhD at the California Institute of Integral Studies in San Francisco.



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