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Concise Handbook of Alternative Therapies (Hardback)

By Mark Evans

Anness Publishing, United Kingdom, 2015. Hardback. Condition: New. Language: English . Brand New Book. This is a practical guide to natural treatments and what they do. It includes choosing and using natural methods for physical and mental wellbeing. It explains exactly what the options in alternative therapy are, and how to choose the right one for you. It includes step-by-step routines for exercise, massage, reflexology, yoga, shiatsu, makko ho, meditation, hypnotherapy and moxibustion. It offers help and advice on how to combat the stresses and strains of modern life. It features over 300 photographs and illustrations. This book explores the natural techniques and methods we can use to counteract the strains of our busy, stressful lives and to strengthen our minds and bodies. All the main therapies are discussed - from herbalism, naturopathy and stress management to yoga, shiatsu and meditation. All are explained in simple terms. This is a chance to explore and expand your knowledge of natural medicine and to acquire a basic understanding on which to build. Whichever therapy you feel you can relate to, this book will help you explore and utilize its benefits and become a healthier, more balanced individual with focused energies and a...



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