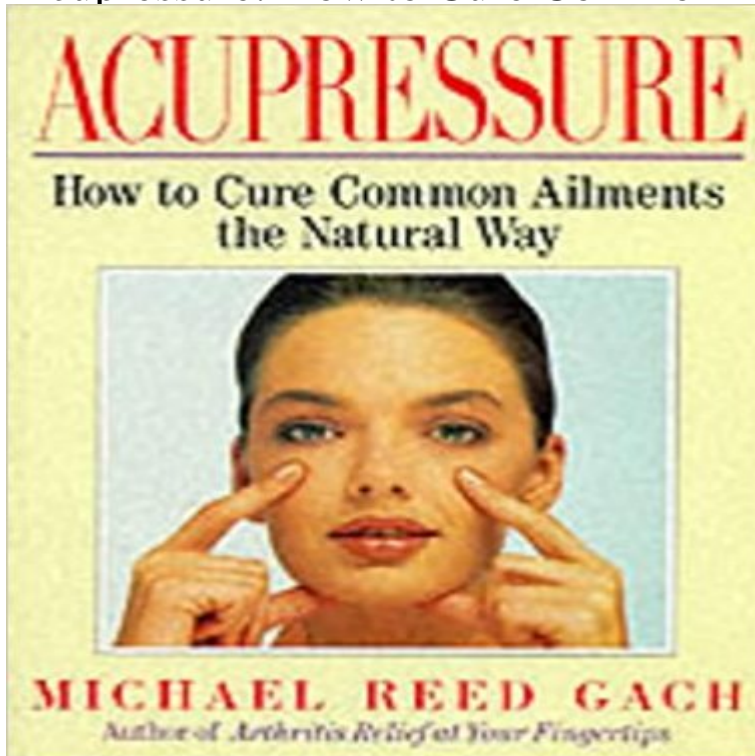


Acupressure: How to Cure Common Ailments the Natural Way



Acupressure is an ancient healing art which uses the fingers to press key points on the surface of the skin and stimulate the body's natural self-curative abilities. Safe and easy to learn, with no drug-induced side effects, acupressure is an excellent way to complement conventional medical care. It improves your health and increases your vitality. This book includes simple techniques to relieve over 40 health problems, such as headaches, arthritis, colds, fatigue, insomnia, backache and depression. It features pressure point diagrams and exercises to relieve pain. A five-minute acupressure routine to maintain health and relieve stress is included. Michael Reed Gash is the founder and director of the Acupressure Institute of America. He also wrote *Arthritis Relief At Your Fingertips*.

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