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## ACUPRESSURE'S POTENT POINTS: A GUIDE TO SELF-CARE FOR COMMON AILMENTS

**ACUPRESSURE'S  
POTENT  
POINTS**  
A Guide to Self-Care  
for Common Ailments



MICHAEL REED GACH  
author of 1001 Acupressure Points

Bantam, U.S.A., 1990. Soft cover. Condition: New. 1st Edition. Pristine- Synopsis: With your hands you have potential to relieve everyday aches, pains and ailments without taking drugs, to improve your health, and to increase your vitality. Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing processes. With this book, it is a skill you can learn now--and use in your own home. In Acupressures...

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