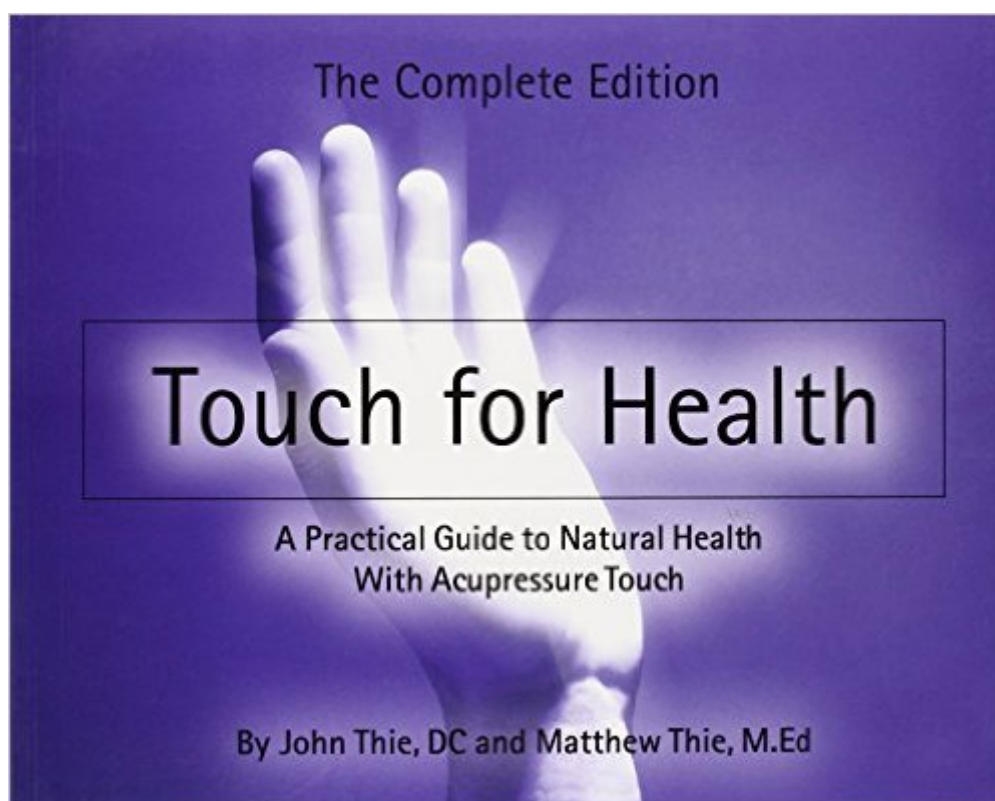


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# Touch For Health - Paperback Edition



## Synopsis

The Complete Edition: A Practical Guide to Natural Health with Acupressure Touch and Massage Same text - new sturdy paperback edition. Includes Updated Color Photographs and Illustrations. With over 1 million copies in print since 1973, John Thie's Touch for Health started a phenomenon that has flourished worldwide to help more than 10 million people in over 40 countries restore their natural healing energies and enjoy vibrant health through his unique treatment of posture and muscle balancing that combines simple aspects of acupressure touch and massage. From this book, you will learn the techniques that chiropractors, alternative health specialists, athletic trainers, and massage therapists have found invaluable in preventive health-care treatment.

## Book Information

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Average Customer Review: 4.6 out of 5 stars See all reviews (54 customer reviews)

Best Sellers Rank: #149,510 in Books (See Top 100 in Books) #102 in Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #224 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #849 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

## Customer Reviews

Dr. Thie's books on Touch for Health have sold in excess of 500,000 copies. No chiropractor has ever developed a patient education program that has had the influence that Touch for Health has. Touch for Health caught the attention of many laymen and other health professionals in several disciplines, and spawned national and international workshops and certification programs. It has spread some of the methods of applied kinesiology (particularly the Traditional Chinese Medicine, somatovisceral and viscerosomatic reflexes, and emotional methodologies) to "hundreds of thousands, if not millions of people around the globe." (Keating, 2005) The importance of Traditional Chinese Medicine has been shown to countless people in the West using the Touch for Health methods (based on the bridge provided by the manual muscle test and the early applied kinesiology

reflex diagnostic and treatment techniques of Dr. George J. Goodheart, Jr.). The clinical sections include detailed descriptions of treatment approaches for the cervical region, the cranium, the shoulder and upper extremity, the thorax, the low back and pelvis, the thighs, legs and feet. The artwork and illustrations are superb, some of the best ever produced in the kinesiomy kingdom. There are not many scientific references in the textbook, but rather "best practices" are taken from anecdotal sources rather than from scientific peer-reviewed journals, which may undermine the book's overall scientific credibility. In this age of evidence-based medicine, some scientists and clinicians may consider that this book contains only personal, speculative opinions, presented with a high degree of authority.

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