



Acu-Yoga: Designed to Relieve Stress & Tension

Michael Reed Gach, Carolyn Marco Matzkin

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Originally published in 1981 and now in its 21st printing, *Acu-Yoga* is the only book to explain the relationship between two ancient health regimens yoga and acupressure and how they can be combined for maximum effectiveness in relieving stress and finding energy and vibrant health. This powerful, practical program offers self-help techniques to treat back problems, headaches, hypertension, colds, constipation, depression, menstrual discomfort and aches and tension throughout our bodies.

CONTAINS SELF HELP TECHNIQUES FOR:

- BACK PROBLEMS
- HEADACHES
- BODY TENSIONS
- HYPERTENSION
- COLDS
- NECK TENSION
- CONSTIPATION
- MENSTRUAL TENSION
- DEPRESSION
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Brandon Adams:

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