

《对症足部按摩(英文版)》

书籍信息

版次：1

页数：158

字数：

印刷时间：

开本：16开

纸张：

包装：平装

是否套装：

国际标准书号ISBN：9787508524771

编辑推荐

导语_点评_推荐词

内容简介

According to traditional Chinese medicine (TCM), many channels and collaterals run downward from the organs and tissues of the human body into corresponding areas on the feet and, therefore, stimulating these areas can help regulate the functioning of these organs and tissues and cure diseases.

Contemporary research in human anatomy has revealed that the feet have more blood vessels and nerves than any other part of the human body and that the numerous nerve endings at the feet have a special relationship with the head, hands and several tissues and organs of the body. Thanks to this relationship, foot massage has emerged as a miraculous curative and health-preserving therapy.

Today, it is an accepted fact that regular foot massage not only improves the functioning of all organs and the flow of qi in channels and collaterals, and invigorates blood circulation, but also cures diseases and helps to preserve health and life.

According to traditional Chinese medicine (TCM), many channels and collaterals run downward from the organs and tissues of the human body into corresponding areas on the feet and, therefore, stimulating these areas can help regulate the functioning of these organs and tissues and cure diseases.

Contemporary research in human anatomy has revealed that the feet have more blood vessels and nerves than any other part of the human body and that the numerous nerve endings at the feet have a special relationship with the head, hands and several tissues and organs of the body. Thanks to this relationship, foot massage has emerged as a miraculous curative and health-preserving therapy.

Today, it is an accepted fact that regular foot massage not only improves the functioning of all organs and the flow of qi in channels and collaterals, and invigorates blood circulation, but also cures diseases and helps to preserve health and life.

This book provides readers with simple, economical, quick, effective and green therapies which boast both curative and health-preserving effect. It is a popular and practical guide to health preservation, suitable for readers of different knowledge levels of traditional Chinese Medicine. The launch of the book, so to speak, will equip readers with the golden key to the door of health.

[显示全部信息](#)

目录

第一章 足部按摩好在哪

足?D?D第二心脏

足是多条经脉的起点与终点

足腿部的特效穴位

双脚状况，反映身体健康

第二章 看看脚，健康情报早知道

观足色，知健康

看足型，测异常

足部压痛是警报

从足姿中判断疾病

脚趾甲也能预示疾病

第三章 在家按摩这样做

按摩前的准备

足部按摩的常用手法

按摩顺序有讲究

按摩的注意事项

按摩后的正常反应

对症按摩效果好

第四章 常见病症对症按摩法

头痛

感冒

咳嗽

中暑

呃逆(打嗝)

头晕

坐骨神经痛

第五章 慢性病、中老年痴症对症按摩

糖尿病

高血压病

心悸

冠心病

中风后遗症

肥胖症

第六章 脊柱、关节相关疾病对症按摩

落枕

颈椎病

肩周炎

急性腰扭伤

腰椎间盘突出症

痛风

腕管综合征

第七章 消化系统疾病对症按摩

胃痛

食欲不振

胃脘胀满(腹胀)

慢性胰腺炎

腹泻

便秘

胆囊炎、胆石症

第八章 泌尿生殖系统疾病对症按摩

前列腺炎

性功能减退

阳痿、早泄

痛经

闭经

盆腔炎

更年期综合征

第九章 儿童常见病对症按摩

发热

荨麻疹

急性扁桃体炎

鼻窦炎

厌食症

遗尿

近视

第十章 日常养生按摩法

消除疲劳

缓解压力

提神醒脑

安神催眠

美白养颜

附录 足部反射区名称及定位

足部穴位名称及定位

前言

序言

媒体评论

评论

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

[更多资源请访问www.tushupdf.com](http://www.tushupdf.com)