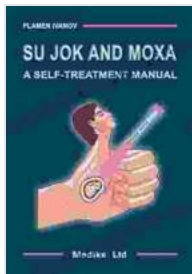


Su Jok and Moxa Self Treatment Manual: Your Gateway to Healing and Empowerment

Unlock the Secrets of Ancient Healing Wisdom

Welcome to the world of Su Jok and Moxa, ancient healing modalities that have been used for centuries to promote health and well-being. This comprehensive manual empowers you with the knowledge and techniques to harness the healing power of these therapies, right from the comfort of your own home.



Su-Jok and moxa: a self-treatment manual by Tessa Cason

★★★★☆ 4.2 out of 5

Language : English

File size : 18712 KB

Screen Reader : Supported

Print length : 124 pages

Lending : Enabled



What is Su Jok?

Su Jok is a system of acupressure based on the principle that the entire body is mapped onto the hands and feet. By stimulating specific points on these 'reflex zones', you can address imbalances and promote healing throughout the body.

What is Moxa?

Moxa is a traditional Chinese medicine technique involving the burning of dried mugwort leaves to stimulate acupuncture points. This gentle heat

therapy warms the body, promotes circulation, and helps alleviate pain and tension.

The Power of Combination: Su Jok and Moxa

When combined, Su Jok and Moxa create a synergistic healing effect. Su Jok helps locate the root imbalances, while Moxa amplifies the healing response. Together, they form a powerful duo for treating a wide range of ailments.

Benefits of Su Jok and Moxa Self-Treatment

- Reduce pain and inflammation
- Improve digestion and metabolism
- Boost immune function
- Enhance sleep quality
- Promote relaxation and stress relief

Step-by-Step Instructions and Visual Aids

This manual provides clear, step-by-step instructions for both Su Jok acupuncture and Moxa therapy. Detailed diagrams and high-quality images accompany the text, making it easy to follow along and master the techniques.

Comprehensive Coverage

The manual covers a wide range of topics, including:

- Basic principles of Su Jok and Moxa

- Detailed reflex zone maps for hands and feet
- Treatment protocols for specific health conditions
- Safety guidelines and contraindications
- Case studies and testimonials

Empower Your Health Journey

With the Su Jok and Moxa Self Treatment Manual, you have the power to take charge of your health. By mastering these ancient healing techniques, you can alleviate pain, enhance well-being, and embark on a transformative journey of self-care.

Free Download Your Copy Today

Free Download your copy of the Su Jok and Moxa Self Treatment Manual today and embark on a path to healing and empowerment. Embrace the wisdom of ancient medicine and unlock the key to a healthier, happier you.

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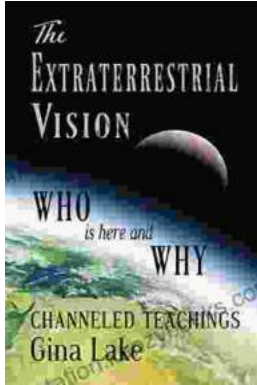
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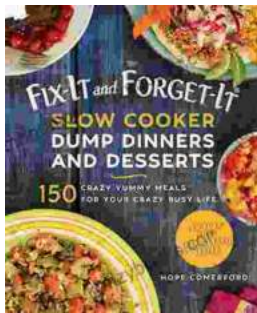
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