

# [PDF] The Healer Within: Using Traditional Chinese Techniques To Release Your Body's Own Medicine, Movement, Massage, Meditation, Breathing

Roger Jahnke - pdf download free book

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**Books Details:**

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Author: Roger Jahnke

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**Description:**

Essentially an all-in-one beginner's guide to self-healing techniques, *The Healer Within* examines four practices: movement, massage, meditation, and breathing. The movement section focuses on gentle motions, more like tai chi than yoga, and might be especially useful for those who suffer from

back pain. The self-massage chapter involves stimulating acupuncture points that traditional Asian medicine believe can help heal organs and improve bodily functions. A section on breathing (a seemingly natural process that is often retaught as part of alternative-medicine regimens) includes techniques intended to help you take in more oxygen and get rid of tension. And the meditation chapter provides an easy introduction to various meditative techniques and deep relaxation. Jahnke, an acupuncturist and doctor of Chinese medicine, makes a persuasive argument for using these mind-body healing techniques both to recover from illness and to remain healthier and happier all the time. --*Ben Kallen* --This text refers to an out of print or unavailable edition of this title.

**From** In the last decade, even health agencies of the U.S. government have agreed that 70 percent of all disease is preventable and that 60 percent of adults are insufficiently active and, therefore, at risk for premature death. Jahnke, a doctor of oriental medicine, translates Asian traditions of self-healing (such as Qigong and yoga) into a graded four-part program of self-healing for daily practice by the sick or well. The first component, gentle movement of the body, consists of five rhythmic exercises described and illustrated with clear line drawings. The second, self-applied massage, combines massage of the ears, hands, and feet--each area a microsystem of the body that relates to specific, distant body areas or organs--with general self-massage. Next are breathing practices using abdominal breathing in specific techniques such as the "sigh of relief." Concluding the program are several methods of deep relaxation and meditation, crucial to calming and focusing the mind. The reader can experiment and choose among the varied practices to tailor an individual program. An easy-to-implement regime. *Penny Spokes* --This text refers to an out of print or unavailable edition of this title.

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