

Handbuch Reflextherapie

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mit energetischen verfahren behandeln lernen shiatsu akupunkt massage nach penzel tuina machen sie sich mit drei bewährten therapiemethoden der östlichen medizin vertraut ihre gemeinsamen grundlagen und die jeweiligen anwendungsprinzipien finden sie hier verständlich und anschaulich aus der sicht westlicher anwender beschrieben die autorinnen vertreterinnen der führenden fortbildungsträger bieten ihnen eine konsequent praxisorientierte einföhrung in die jeweiligen verfahren ihre methodenspezifischen grundlagen die grifftechniken anwendungen und möglichen methoden der selbstbehandlung in prägnanten farbigen fotoserien konkret umsetzbare therapeutische anleitungen für befund und behandlung aus energetischer sicht behandlungsindikationen und kontraindikationen abgerundet wird die darstellung durch ein einföhrungskapitel über die grundlagen der traditionellen chinesischen medizin tcm mit informationen über die chinesische meridianlehre und die bedeutung der funktionskreise in diagnostik und therapie auf jeden fall das richtige buch für sie für einen orientierenden überblick über die ganzheitlichen behandlungsmöglichkeiten der verschiedenen energetischen verfahren als profundes lernbuch und nachschlagewerk das sie bei ihrer fortbildung begleitet zur vergleichenden gegenüberstellung der drei methoden ihrer anwendung und wirkmechanismen als quelle praktischer und weiterführender anregungen wenn sie bereits erfahrungen

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