

Self Examination: Diagnose your health by self observation. (Free Cure Book 2) (English Edition)



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Description :

Prsentation de l'diteurBefore visiting doctor for diagnosis it is important that you scan your own body for possible causes of disease. You should stand before a mirror and view your face, tongue, nails, and eyes and see their colour and any other abnormalities as it will give you a broad spectrum of your problem. You should also press each and every point of your hand, any hard, or soft point will disclose the part of your affected body as each part of the hand is connected to specific part of your body. This method of hand checking is known as reflexology and is widely used in china. Chinese/ Ayurvedic testing of pulses also

shows you the affected part of body. There are many methods of self/natural diagnosis. Nails, Tongue, Eyes, Pulses (note plural), and Ear can be used as indicators for diagnosing of diseases. These methods are being widely used through centuries in countries like China and India. Ears resemble inverted fetus and have about 130 points that are connected to various body parts. In India and China people wear ornaments in their ears and nose. Besides the ornamental value it has also curative action. I myself got pin inserted from acupuncturist as treatment for anxiety. Acupuncturing of certain points of ears have been shown for stopping alcoholism and smoking. Acupressure/acupuncture is widely used throughout the world now for diagnosis and cure. It has been recognized as alternative therapy even by WHO. Even holistic methods of treatment like Reiki can help diagnosis and cure. This book deals with most of these extraordinary methods of diagnosis and can help readers in their pursuit for healthy life.

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