

# THE HEALER WITHIN

The Four *Essential* Self-Care Methods  
for Creating Optimal Health

*Movement*  
*Massage • Meditation*  
*Breathing*

*Roger Jabnke, Doctor of Oriental Medicine*

# Healer Within The Four Essential Self Care Techniques For Optimal Health

**David Baud**



## **Healer Within The Four Essential Self Care Techniques For Optimal Health:**

**The Healer Within** Roger O.M.D. Jahnke, 1997-05-09 A doctor of acupuncture and Oriental medicine presents a complete easy to follow program of optimal health maintenance that incorporates gentle movement self applied massage breathing exercises and relaxation or meditation Tour *Everyone's Guide to Cancer Therapy; 4th Edition* Malin Dollinger, 2002-12-02 Every chapter of this comprehensive guide has been updated and revised to include the latest medical breakthroughs and advice about cancer treatment Line drawings [T'ai Chi For Dummies](#) Therese Iknoian, 2001-08-30 For nearly 5 000 years people have practiced T ai Chi as a way to prolong life build strength and stamina improve concentration and achieve psychological balance Hundreds of millions of satisfied customers can t be wrong Whether you already dabble in T ai Chi and would like to get a deeper understanding of the basics or you re only thinking about trying it and want to find out more before you take the plunge T ai Chi For Dummies is for you In plain English Therese Iknoian and Manny Fuentes demystify T ai Chi principles and practices for Westerners They unravel exotic sounding terms and concepts and break down movements in ways that more traditional instructors and authors either can t or won t And with the help of crystal clear illustrations and step by step instructions they get you on track with a T ai Chi fitness program guaranteed to help you Increase balance and flexibility Combat fatigue and reduce stress Tone muscles Unlock your power centers and boost energy Improve focus and concentration Breathe mindfully and meditate Enhance your sense of inner peace and well being Discover just how easy it can be to make T ai Chi and its sister discipline Qigong part of your everyday life With this friendly reference as your guide you ll quickly master the basic movements and forms as well as T ai Chi s Yang 24 Movement Form Qigong and Push Hands techniques Techniques that help speed recovery from specific injuries T ai Chi movements for aerobic exercise Exercise is good for the body and soul Now let Therese Iknoian and Manny Fuentes show you how to energize find inner peace and tone your muscles with the gentle art of T ai Chi [Mind-Body Fitness For Dummies](#) Therese Iknoian, 2011-04-27 Mind Body Fitness For Dummies is the complete guide to the world of holistic fitness from Yoga and Tai Chi to Pilates and Qigong Get started the smart way with expert advice on the essentials such as breathing posture and choosing a program that best fits you and your fitness goals Filled with instructional photos and illustrations this book also features expert advice on warming up and cooling down as well as taking your workout program beyond the basics with coverage of bodywork techniques including NIA and the Alexander technique Mind Body Fitness For Dummies will also help answer common questions about equipment and space needs as well as other issues to consider before committing to a new fitness plan

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