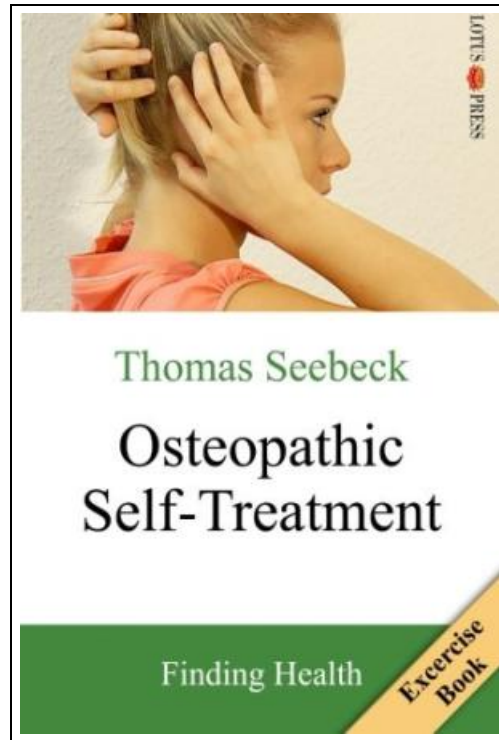


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Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).
(Payton Miller)

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Lotus-Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Osteopathy is on everyone's lips. In order to detect their patients problems, osteopaths employ comprehensive skill and knowledge regarding the structure and function of the human body. A little-known fact, however, is that the osteopathic techniques and principles are wonderfully suited for self-treatment, as only the patient himself has a direct link to his inner self. The first part of the book explains the principles of osteopathic treatment. The book's main part is then the osteopathic medicine cabinet with 45 exercises for all areas of the body, from headaches to ankle sprains. Contents Prologue Introduction Your first osteopathic self-treatment The three planes of movement Part 1: Osteopathic Principles Unlike you would think Direct and indirect technique Direct and indirect technique in nature Osteopathy - supporting nature's healing powers Activating Forces Two special techniques Strain-Counterstrain (SCS) Myofascial Release (MFR) The onion of discomfort Part 2: The osteopathic medicine cabinet Head Chronic Sinusitis (sinus infection) Impaired vision / eye muscles / vertigo Accommodation (accommodating near and far sight) Tired eyes Headaches Sensitive points Discomforts in the area of the forehead Discomforts on the side of your head - parietal bone exercise Discomforts on the side of your head - temporal bone exercise Discomforts at the back of your head Mandibular joint / teeth Discomforts in the jaw-area Discomforts in the area of your teeth Discomforts in the throat area Difficulties swallowing Voice problems Spine Cervical spine Discomforts in the neck radiating into the head The area of the thoracic spine/chest/ribs - sitting down The area of the thoracic spine/chest/ribs - standing The counterstrain exercise for the chest area Exercise with stronger pain Discomforts of the lumbar spine The waves on the ocean...



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