



# Acupressure Chart - Points & Meridians

By Michael Reed Gach, Ph.D.

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**Acupressure Chart - Points & Meridians** By Michael Reed Gach, Ph.D.

**Acupressure Point Chart** - beautifully designed full-color point reference chart, showing organ meridian pathways and the 365 traditional acupressure/acupuncture points.

This acupressure chart highlights the most effective potent acupressure points but presents all 365 traditional points, illustrates all 12 meridians, source points, alarm points, and chi control points. Front, back and side views all in one chart. Includes five element affirmations and laws. **Discover Anatomical Point Locations** on both a women's and man's body. Most Acupuncture charts do not show points on a woman's body.

**Learn Traditional Chinese Medicine (TCM)** from this acupressure chart which illustrates the following point functions:

**Source Points:** balance energy within each meridian **Alarm Points:** vital for assessing a meridian's condition **Gates of Chi Points:** a tonic for immune system boosting **Yu Points:** benefit the nervous system and each internal organ **Master Extraordinary Points:** powerful energy balancing points

**Point Recipe Booklet for Common Complaints** - This Acupressure Chart comes with 16-page point reference booklet, containing a comprehensive article on Acupressure Therapy. Inside the booklet you'll find point recipes for relieving:

\* Headaches \* Backaches \* Neck pain \* Insomnia \* Colds & flus \* Knee pain  
\* Arthritis \* Asthma \* Menstrual tension \* Emotional balancing \*  
Stomachaches/Indigestion \* Upper and lower body pain

**Presents the Five-Elements:** Discover five element seasons, tastes, smells, fluids, symptoms, and organs. All five element information integrated into useful healing affirmations. (Acupressure.com - Item # C104)

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## **Acupressure Chart - Points & Meridians** By Michael Reed Gach, Ph.D. Bibliography

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## **Editorial Review**

### Review

#### **Excellent Reference Chart** January 4, 2007

Acupressure Point Reference Laminated Chart/Poster (Health & Beauty)

This chart is thorough and well documented. It covers the 5 elements regarded as essential to the craft of Asian acupressure, as well as the organs and systems associated with each element and coordinating meridians.

I highly recommend this acupressure chart for the novice or professional alike as it is clearly marked and beautifully designed. I have found the "Point Recipe Booklet," available through the Acupressure Institute, to be a wonderful accompaniment tool. --By Sonya M. Baity "reikihypnotherapy.com" (AZ) - See all my reviews

#### **Excellent Chart!** July 7, 2011

Acupressure Point Reference Laminated Chart/Poster (Health & Beauty)

**"I love this poster.** My clients love it too, they ask me tons of questions about it and it has been very educational for them; thank you!!" --By Cyndi Lundberg Singh (Western North Carolina) - See all my reviews

### About the Author

Michael Reed Gach, Ph.D. National Self-Care Expert on Acupressure Therapy

In 1976, Michael Reed Gach founded the Acupressure Institute, one of the leading international training schools in Asian bodywork. He directed the Institute for over 30 years and has taught over 100,000 people from all over the world. The Institute now has over 40 highly qualified instructors and is owned by Michael's dear friend and colleague, Joseph Carter, L.Ac.

**Best Selling Acupressure Author:** Michael's seven books, CDs, and instructional DVDs have sold over a half million copies bringing hands-on healing to thousands. Michael Gach is the author of the best selling book Acupressure's Potent Points (Bantam Books), Acu-Yoga, The Bum Back Book, Greater Energy, Arthritis Relief, Acupressure for Lovers, and Acupressure for Emotional Healing (Bantam Books). Gach has appeared on hundreds of radio and television shows. He has produced over forty instructional booklets, CDs and DVDs featured in his Acupressure.com website containing instructional healing resources.

**Michael Gach** is the originator of Acu-Yoga, a self-healing system of exercises that integrates the knowledge of two ancient methods of health maintenance, Acupressure and Yoga. Increased effectiveness results from combining these two powerful forms of holistic healing. In 1997, Sounds True produced a comprehensive Acu-Yoga Audio Package narrated by Gach. A year later, Michael produced a three part video series on Acu-Yoga.

Michael Reed Gach received a B.A. degree from Immaculate Heart College in Social Relations and a Ph.D. from Columbia Pacific University in Health and Human Services. Michael also received advanced acupressure training from Ron and Iona Teeguarden, Traditional Chinese Medicine from Frank Chung, and training in Zen Shiatsu from Japanese Zen Priest Reuho Yamada.

\* \* \*

**Michael Reed Gach, Ph.D.** is an excellent, inspiring teacher who combines a friendly, warm, accessible teaching style with precise technical skill. Through his thirty-five years of experience, his groundbreaking self-treatment techniques have brought pain relief and healing to thousands of people.

## **Users Review**

### **From reader reviews:**

#### **Milford Garrett:**

A lot of people always spent their very own free time to vacation or even go to the outside with them family or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity here is look different you can read a new book. It is really fun for you. If you enjoy the book that you read you can spent the entire day to reading a publication. The book Acupressure Chart - Points & Meridians it doesn't matter what good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. If you did not have enough space to bring this book you can buy the actual e-book. You can m0ore quickly to read this book from a smart phone. The price is not to cover but this book has high quality.

#### **Charles Carey:**

Reading a book to become new life style in this year; every people loves to learn a book. When you learn a book you can get a large amount of benefit. When you read publications, you can improve your knowledge, simply because book has a lot of information on it. The information that you will get depend on what types of book that you have read. If you want to get information about your study, you can read education books, but if you act like you want to entertain yourself read a fiction books, this kind of us novel, comics, and soon. The Acupressure Chart - Points & Meridians provide you with a new experience in reading a book.

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