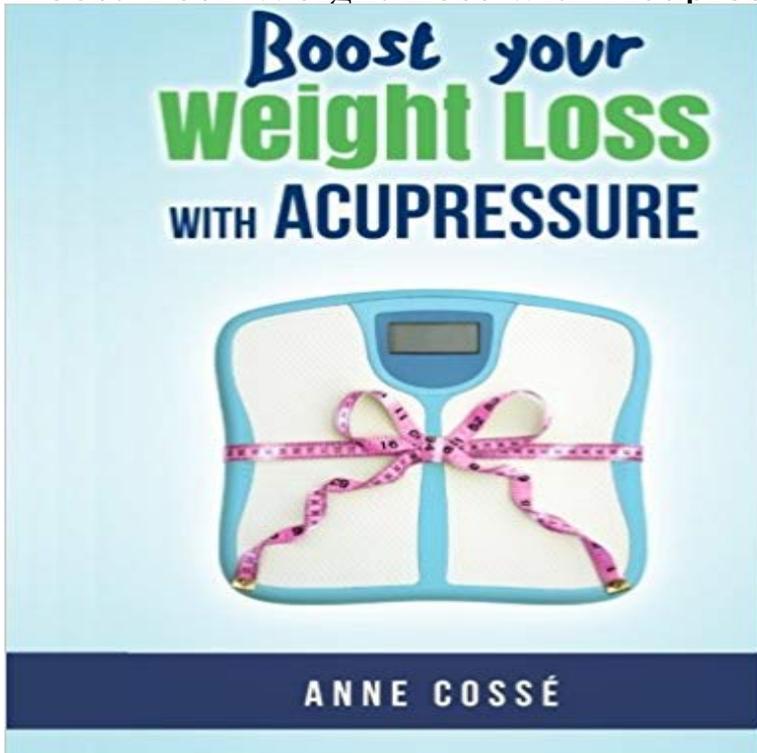


Boost Your Weight Loss with Acupressure



This Program describes all the acupressure points and exercises you need to: Control your cravings Boost your metabolism Improve your digestion Dissolve water retention Boost your energy Manage your stress Losing weight is not easy. Sticking to an actual healthy routine actually entails a change of lifestyle and inner state. Working on specific acupressure points regulates the flow of vital energy through the energy meridians. This energy flow balances your appetite, digestive system, metabolism and compulsive urges to eat. It helps you deal with stress and anxiety, common culprits of weight gain. Acupressure therapy is also effective for healing your bodys self-image and restoring your trust and awareness of its integrity. Finally, on an even higher level, acupressure can make you tune to the messages your body sends. With time it can develop a greater awareness and a deep, natural intuition about when and what to eat. This book explains and illustrates easy exercises so you can practice every day. Make your weight loss program a success, add Acupressure to your daily routine! The author is a Certified Acupressure Practitioner and a Reiki Master.

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