



# **Around the body in 40 points (Plus Vitae) (Spanish Edition)**

*Alejandro Lorente*

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The ancient art of Chinese medicine has been highly efficient at using acupuncture to quickly and safely treat pain and illness for thousands of years. Using fingers to apply pressure to certain points on the body is a simple and highly effective way for you to treat yourself and others.

Based on the science of the meridians and centuries of experience, this unique book teaches the art of acupuncture to anyone who is willing to give it a try.

The author, an internationally known specialist, explains how to locate and use acupuncture on the forty most important points for treating many common illnesses.

Toothaches, headaches and backaches, articulatory problems, digestive or sexual disorders, insomnia, lack of energy, allergies, rhinitis, diarrhea and many other common complaints can be treated and drastically improved just by using this simple practice.

Readers will also gain basic knowledge about Chinese medicine and its view of health and illness. In summary, readers will find this book to be an extremely useful guide to improving their lives and the lives of those around them.

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