



Acupressure for Women

Susan M. Lark M.D.

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Susan M. Lark, M.D., nationally renowned and respected alternative medicine expert, discusses the theory and model of acupuncture/acupressure and presents many compelling medical and clinical research studies on the benefits of this technique for women's health issues.

Scientific research studies have validated the effectiveness of the ancient Chinese art of acupuncture for more than a hundred conditions ranging from hormonal imbalances and menopause-related problems such as insomnia, depression, and anxiety to hair loss, food cravings, and even easing the side effects of cancer-related chemotherapy.

Acupressure For Women provides you with:

- A step-by-step acupressure program to provide relief for dozens of common women's health issues and symptoms as well as the specific guidelines for how to do an acupressure session.
- Acupressure to help reduce menopause-related symptoms, PMS, menstrual cramps, and other female hormonal issues without causing any of the negative side effects associated with conventional HRT.
- Nutritional therapies, including herbal products and formulas, to help bring you back into hormonal balance.

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