



A Guide to Better Health for You and Your Children: Do It Yourself

Yehonatan Sraya

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Draws from both the Western "scientific/objective" perspective of medicine as well as the Eastern "philosophical/Chinese" perspective and cure. The author uses a step-by-step approach designed to help the reader work on him/herself to become a healer in the true holistic sense.

Includes charts and diagrams relating to:

- Reflexology
- Meridian Channels
- Shiatsu
- Chinese Massage
- Acupressure

Special sections on Children's Ailments, Nutrition, Medicinal Herbs, and Exercise.

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