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# The Beat Fatigue Workbook: How to Identify the Cause & Discover New Vitality

Leon Chaitow

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# Beat Fatigue Workbook

**J Spring**



## **Beat Fatigue Workbook:**

**The Beat Fatigue Workbook** Leon Chaitow,1989-09-01      **Beat Fatigue Workbook** Leon Chaitow,1988      The Beat Fatigue Workbook Leon Chaitow,1988 A study to help readers identify the causes of physical psycho social and other fatigue related problems through the use of questionnaires A good diet exercise stress reduction and emotional coping techniques are some of the suggestions given for enhancing levels energy without using drugs      **18 Natural Ways to Beat Chronic Tiredness** Norman D. Ford,1993      **Physical Fitness Workbook : Fit for Democracy -- Fit to Fight** Thomas Kirk Cureton,1942      **Modern Neuromuscular Techniques** Leon Chaitow,2010-08-25 Fully updated throughout this popular book explains the history rationale and detailed descriptions of the class of soft tissue manipulation methods known collectively as NMT techniques Complete with accompanying website [www.chaitowonline.com](http://www.chaitowonline.com) which contains film sequences of the author demonstrating the techniques this book will be ideal for bodyworkers and acupuncturists in Europe the USA and beyond Facilitates the rapid and accurate identification of local soft tissue dysfunction Explains the origin of soft tissue distress Provides diverse maps and explanations for the patterns of tender and trigger points seen daily in clinical practice Includes guidance on the use of NMT for the treatment of the symptoms of fibromyalgia and abdominal dysfunction Gives important guidance on the treatment of trigger points in treating lymphatic dysfunction Discusses the use of NMT in the management of pain and hyperventilation Explains the diagnostic and therapeutic value of tender reflex points related to viscerosomatic and somatic visceral reflexes Describes both European and North American versions of NMT Provides a clear set of treatment options for all bodywork therapists and acupuncture practitioners Authored by a highly respected internationally known teacher practitioner and author with contributions from three leading practitioners from the U S and Europe Contains a new chapter on the value of Thai Yoga massage associated with NMT methodology Contains source material and commentary on the contribution of Raymond Nimmo DC in the evolution of NMT Website [www.chaitowonline.com](http://www.chaitowonline.com) containing updated video clips demonstrating the application of NMT      **Forthcoming Books** Rose Army,2001-06

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