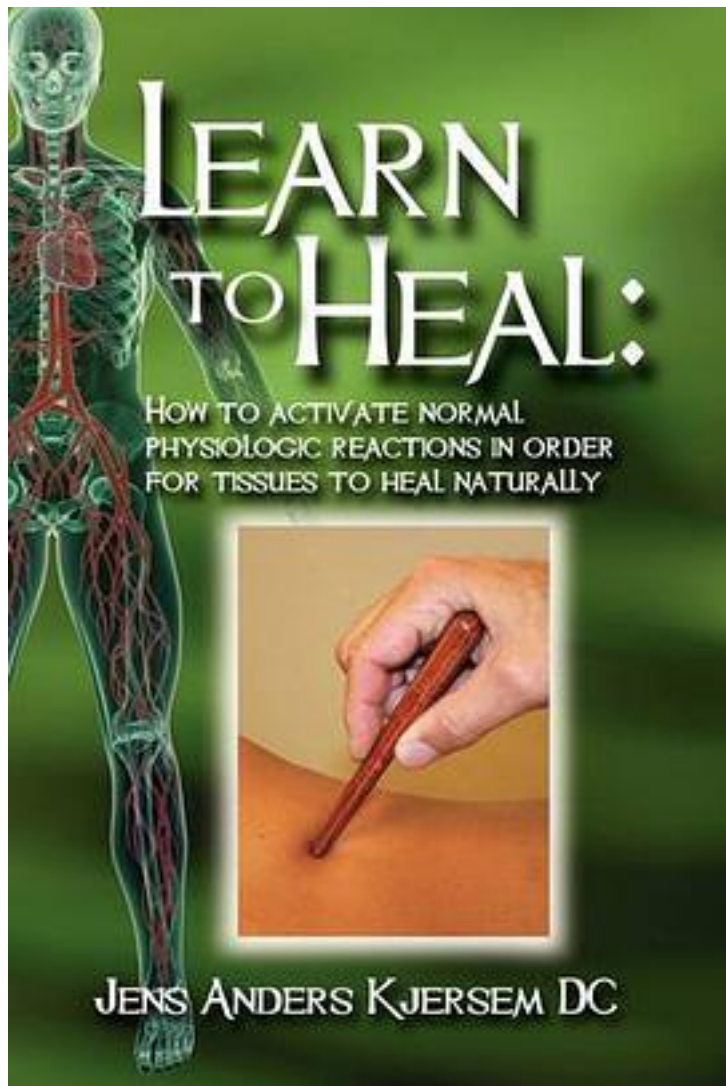


Learn to Heal



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著者:Jens Anders Kjersem

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Author and chiropractor, Jens Anders Kjersem, DC, explains in this book how normal physiologic reactions may be triggered by using a wooden stick or his two new inventions, the TriggerCiser and the Trigger Point Hammer, to compress and percuss against congested tissue nodes. The reader will learn to mobilize, stimulate, and exercise tissues in order to restore normal neurological reflex activity and activate natural self-healing processes in the nervous, immune, and circulatory systems. The book also presents punching, a new method that enhances the old sports massage-technique of using the edges of the hands to hammer against stiff muscles. Punching is a percussion therapy that exercises tissues with high-velocity thrusts to disperse tissue congestions. Cosmetically, punching will also tone tissues and even reduce cellulite deposits, as it provides a boxing-like exercise for building a stronger, tighter, and more fit-looking body. Recent research reports confirm that high-velocity extra-corporal thrusts that shock tendons and bones will stimulate the generation of mesenchymal stem cell in bone marrow. The fact that such percussive thrusts activate natural regenerative processes, plainly explains the healing effects of the high-velocity percussive thrusts of Dr. Kjersem's percussion instruments when performed against inflamed tendons, muscles, and bones. Following basic procedures will allow you to learn to use the Punching Method to improve posture and motion. Simply by using punching thrusts from Dr. Kjersem's instruments to treat tendinopathies, you will be able to restore functions in the neuromuscular and skeletal systems. It will also amazingly reduce or even make complete recoveries of gross postural deficiencies caused by distorted gravitational balancing reflexes disturbing articular alignments. The healing effect from reduced postural loads will ease pain and suffering in muscles and joints. ABOUT THE AUTHOR-Jens Anders Kjersem, DC, currently resides in lesund, Norway where he was born and is still a practicing chiropractor after forty years. He graduated from Palmer College of Chiropractic in Iowa in 1969 after passing the Utah Basic Sciences Examination and final chiropractic college exams. He moved back to Norway and became the tenth member of the Norwegian Chiropractic Association (NCA). As a pioneer chiropractor in Norway, he has served as editor of the NCA Journal and treasurer of the NCA Board. During his forty years of practice, he has developed many supports aiming to reduce postural loads in the spine. Best known is the posture chair called Tilt, which functions as a spinal mobilizer on its elastic wooden lamination and also helps in decreasing slouching and reducing postural loads in sitting position.

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