

The Holistic Baby Acupressure System is a complete acupressure program for sleep improvement and wellness support for children from birth up until the age of five. Comprised of just 12 acupressure points it is easy for parents and caregivers to learn and put into practice, and is safe, effective and completely noninvasive! The first branch of this two-fold system is the Holistic Baby Sleep System. It includes the following: * 5 acupressure sleep improvement protocols * General 24-Hour Protocol to regulate the circadian rhythms * 4 Alternative Sleep Protocols to balance the 5 Elements * Use of the General 24-Hour Protocol for jet lag prevention * Use of the General 24-Hour Protocol for Daylight Saving Time The second branch of this two-fold system is the Holistic Baby Wellness System. It includes the following: * 19 acupressure wellness protocols for the most common childhood health conditions: allergies, asthma, colic, conjunctivitis, constipation, cough, diarrhea, eczema, ear infections, fever, hyperactivity, lack of appetite, oral thrush, reflux, rhinitis, sore throat, teething pain, urinary tract infections, and vomiting. * A Well-Baby protocol to strengthen digestive and immune health In this revolutionary new book parents and caregivers learn everything they need to provide simple, effective and safe acupressure protocols to children from birth until the age of five. The history of Chinese pediatrics is explained and the origins of many childhood illnesses are explored through the framework of Traditional Chinese Medicine. Twelve key acupressure points are illustrated and methods for their use in both sleep and wellness protocols are presented. Acupressure massage techniques are illustrated and hints for providing the best pediatric treatments are given. Possible benefits of putting the Holistic Baby Acupressure System into practice: * Increase in nap duration and nighttime sleep duration * Decrease in night wakings * Improved overall pattern of sleep * Improved digestion and appetite * Decrease in teething discomfort * Decrease in number or duration of colds, flus and coughs * Adjunctive support for the treatment of allergies, asthma and eczema * Effective treatment for constipation * Ease the pain of colic and reduce night crying Jennifer Chellis Taveras, L.Ac. is a New York City acupuncturist and health educator whose professional mission is the expansion of pediatric acupuncture and the improvement of children's health. The creator of the Holistic Baby Acupressure System, her work has reached parents in 20 countries and all throughout the United States. A 2000 graduate of the Pacific College of Oriental Medicine she maintains a busy acupuncture practice at Triangle Wellness in NYC while also teaching and promoting Holistic Baby.

Population and Community Health Nursing (6th Edition), Political Regimes and the Media in Asia (Routledge Media, Culture and Social Change in Asia), An Atlantic Trilogy: Tales Of Survival And Tragedy, Introduction to High-Temperature Superconductivity (Selected Topics in Superconductivity), Be Glad This Festive Day: A Winter Roundelay, Psychoanalytic Theory and Clinical Relevance: What Makes a Theory Consequential for Practice?, Mathematik kompakt: fur Ingenieure und Informatiker (Springer-Lehrbuch) (German Edition),

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