



Equine Acupressure: A Working Manual

By Nancy A. Zidonis, Amy Snow, Marie K. Soderberg

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This user-friendly guide to acupressure is filled with easy to follow photographs, charts and illustrations. The acupressure meridian system, acupoints and treatment plans are explained in detail along with complete charts showing the location of the points.

Acupressure is a safe, noninvasive and powerful way to participate in your horse's optimal health. This book includes the basics of equine acupressure, plus 15 specific treatments for common equine physical and training conditions.

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Editorial Review

Review

If you are looking for a working manual on equine acupressure, it has been published! The third edition of "Equine Acupressure, A Working Manual" is just that. A nicely presented, easy-to-reference book for those who want to try their fingers at acupressure for horses.

The background information on acupressure is nicely translated for the equine-interested. The meridian system is clearly defined and displayed.

This book is a must buy for those interested in therapy work on horses. -- *Holistic Horse June 1999*

If you have ever wished for health care or medical treatment for you or your animals that is free, sage and simple to use, available night and day, and wherever you are, be assured that it exists, and it is right at your fingertips. It is called Acupressure. "Equine Acupressure, A Working Manual" provides a thorough overview of the origins of acupressure (TCM), explains its effectiveness and describes its benefits.

The meridian system is pictured and described in detail, including each meridian's function, how it relates to the internal organs and other parts of the body, and the indicators for treatment.

This book teaches the reader how to perform acupressure treatments, what to do before, during and after, and when not to perform acupressure. It stresses that attunement to the horse and allowing him to be the guide throughout the treatment is of utmost importance. This book teaches how to observe the horse and what to expect.

"Equine Acupressure, A Working Manual" provides a wealth of valuable information. It is written in clearly understandable language and presents practical information in a well-organized format. Its purpose is to provide comfort and healing for the horse, through acupressure, by teaching the reader to actively participate in his horse's health and well-being. It does just that. -- *Natural Horse Magazine March 99*

This book puts you in touch with the horse. An excellent resource!! -- *Potato Richardson, 1998 Tevis Cup Winner*

About the Author

Nancy Zidonis, Co-Founder of Tallgrass Animal Acupressure Institute Nancy Zidonis began her career in Equine Acupressure over 25 years ago. She is the co-founder of Tallgrass Animal Acupressure Institute and co-author of three animal acupressure texts, DVDs, and meridian charts. Nancy has studied Traditional Chinese Medicine, equine homeopathy, and essential oils. She is the Director of Programs for Tallgrass and teaches worldwide. Nancy is responsible for developing equine acupressure and Traditional Chinese Medicine online and hands-on training courses for the 330-hour Practitioner Certification training program. She is Adjunct Faculty in the Equine Health Care & Complementary Therapies Program at Hocking College and a Founding Board Member of the National Board of Certification for Animal Acupressure & Massage (NBCAAM).

Amy Snow has combined her professional publications background and experience in the healing arts with her love of all animals in co-authoring this book. When growing up in New York City she longed for a time and place to devote her life to the care and welfare of gentle animals. Teaching acupressure allows her the

opportunity to offer people and animals a meaningful way to care for each other.

Users Review

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Jack Lau:

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