Mindluster Platform

About the course Acupressure for Adrenal Stress

Acupressure course, in this course participants will delve into the ancient healing art of acupressure, which involves applying pressure to specific points on the body to promote relaxation, alleviate pain, and enhance overall well-being. Through comprehensive instruction and hands-on practice, students will learn about the meridian system, acupressure points, and various techniques for addressing common ailments. Whether for personal use or professional development, this course offers valuable insights into harnessing the therapeutic benefits of acupressure for holistic health and vitality.

Medical Category's Courses

Course Lesson(49)

Lesson 1 : **Sciatic Nerve Pain Be Gone Dr Berg s Quick Fix Solutions**

Lesson 2 : **Best Psoas Stretch Techniques â€“ Dr Berg**

Lesson 3 : **How to Fix Knee Pain Fast â€“ REALLY WORKS â€“ Dr Berg**

Lesson 4 : **Why It s Hard To Turn Stress Cortisol Off â€“ Dr Berg**

Lesson 5 : **Drain Sinuses and Clear a Stuffy Nose with This Technique**

Lesson 6 : **Correct Forward Head Posture with 3 Things Dr Berg**

Lesson 7 : **How to Boost Your Energy Webinar**

Lesson 8 :
The Singer s Cure For Laryngitis Hoarseness Vocal Cord Paralysis and Sore Throats â€“ Dr Berg

Lesson 9 : **Acupressure for Adrenal Stress â€“ Dr Berg**

Lesson 10 : **How to Fix Tennis Elbow â€“ Best Self Stretches â€“ Dr Berg**

Lesson 11 : **How to Get Rid of Sinus Congestion â€“ Acupressure for Sinus â€“ Dr Berg**

Lesson 12 : **The BEST Acupressure Technique for Stress Relief Part 1 Dr Eric Berg DC**

Lesson 13 : **The FASTEST TMJ Relief with this Do It Yourself Technique**

Lesson 14 : **Quick Fix for Knee Pain Relief â€“ Dr Berg**

Lesson 15 : **Neck Pain Relief Easy Stretches Exercise â€“ Dr Berg**

Lesson 16 : **The BEST Acupressure Technique for Relieving Stress of Your Adrenals**

Lesson 17 : **The Fastest Way to Hip Pain Relief â€“ Dr Berg**

Lesson 18 : **The Best Remedy for Foot Pain Morton s Neuroma â€“ Dr Berg**

Lesson 19 : **How To Get Rid of Low Back Pain Fast â€“ Dr Berg**

Lesson 20 : **How to Fix a Short Leg â€“ Dr Berg**

Lesson 21 :
Thyroid Acupressure Techniques for Cold Hands and Feet â€“ Acupressure Therapy Dr Berg

Lesson 22 : **Knee Pain Relief Tips Before and After â€“ Dr Berg**

Lesson 23 : **Bunion Pain Relief â€“ The Simple Best Technique by Dr Berg**

Lesson 24 : **How To Do Acupressure â€“ Try Dr Berg s Effective Techniques**

Lesson 25 : **Dr Berg s Massage Tool what is it used for**

Lesson 26 : **How to do a Health Evaluation Dr Berg s Doctor Training Video**

Lesson 27 : **How to Correct Posture â€“ The Best and Simple Stretch â€“ Dr Berg**

Lesson 28 : **How to Fix Flat Feet â€“ Best Stretch Exercise â€“ Dr Berg**

Lesson 29 : **Reducing Stress Sleep Hygiene â€“ Dr Berg s Webinar on Stress Pain Sleep**

Lesson 30 : **Dr Berg s Acupressure Technique**

Lesson 31 : **Amazing Skull Massage for a Deep Restful Sleep â€“ Dr Berg**

Lesson 32 : **How to Fix Mid Back Pain â€“ Dr Berg on Acupressure for Back Pain**

Lesson 33 : **Dr Berg s Stress Relieving Technique for a Stiff Neck Relief MUST TRY**

Lesson 34 : **Fibromyalgia Pain Relief Using Acupressure Points â€“ Dr Berg**

Lesson 35 : **Head Injury and Concussion Do This Acupressure for Head Trauma â€“ Dr Berg**

Lesson 36 : **Dr Eric Berg s Case Study 4 Pots of Coffee to 1 Cup**

Lesson 37 : **Dr Berg s Stress Relieving Acupressure Technique for Mid back Tightness**

Lesson 38 : **Stress Your Immune System**

Lesson 39 : **Wonderful Neck Stretch For Whole Body Relaxation â€“ Dr Berg**

Lesson 40 : **Emotional testimonial regarding diabetes Dr Berg s Office**

Lesson 41 : **Dr Berg s Stress Relieving Technique for Upper Neck Tightness**

Lesson 42 : **Interesting SINUS Treatment Using Acupressure Points â€“ Dr Berg**

Lesson 43 : **Major Stress Relief With Acupressure â€“ Dr Berg s CASE STUDY**

Lesson 44 : **Dr Berg s Stress Relieving Technique for Occipital Tension**

Lesson 45 : **Head Injuries Acupressure the Quality of Your Sleep â€“ Dr Berg**

Lesson 46 : **Summary of Dr Berg s Webinar on Stress Pain Sleep 6 45 minutes**

Lesson 47 : **The BEST Acupressure Technique For Neck Tension**

Lesson 48 :
Relief with Reflex Sympathetic Dystrophy RSD and Complex Regional Pain Syndrome CRPS

Lesson 49 : **Karen Crock talks about her success with Dr Berg with sleep**

Related courses

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