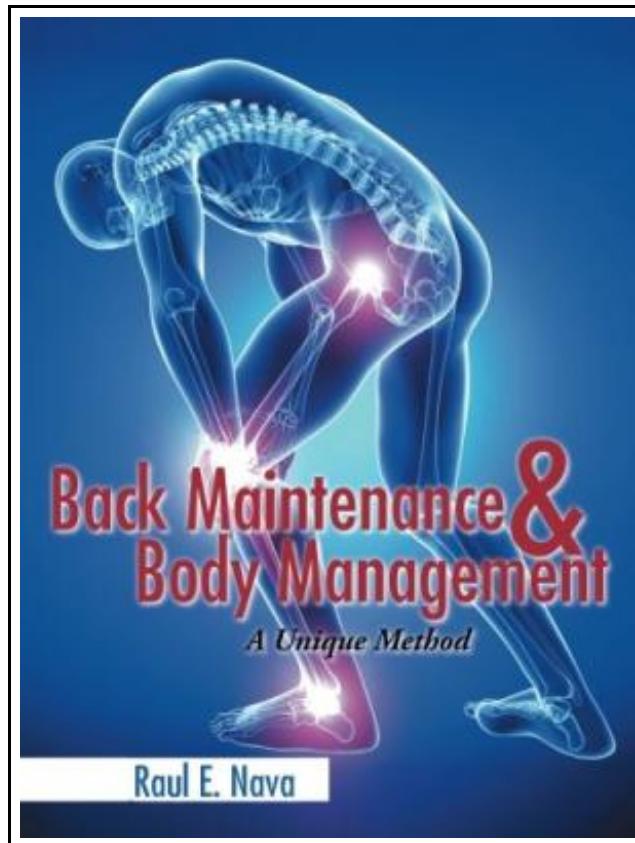


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Partridge Singapore, United States, 2015. Paperback. Book Condition: New. 279 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****.Raul E. Nava always considered Lola Iska to be his true grandmother, even though she joined his family as household help. She sparked his interest in relieving the pain of others, but she was never accepted as a healer because that role could only be passed down from father to son. But that didn t stop Raul from learning everything he could from her about herbal treatments, oil massages, and other methods to heal the body and spirit. As he grew older, he delved into the finer details of Tuina (a form of massage) and acupuncture - and soon he was helping relieve people of back pains and other body aches they never thought they d eliminate. Over time, he developed a system of back maintenance and body management exercises to help people keep fit. The detailed instructions and photographs included in this self-help book will help you master his method. By boosting physical fitness and bringing the body into alignment with spirit, you ll not only ease back pain, but you ll find relief for the neck, arms, legs, and other areas.



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