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Sujok Therapy Guide

In other words, Sujok therapy is all about treating the body using the pressure points in the hands and feet. Some of the conditions that can be alleviated by Sujok therapy include a headache, dizziness, migraine, ulcer, gastritis, diabetes, asthma, and depression, to name a few.

What is Sujok Therapy ? Benefits and Acupressure Points chart

24 Guide Su Jok Colors Color therapy in Su-Jok and TCM methods, sujok Twist therapy treatment for paralysis combined with color therapy, Books, tools Su-Jok and moxa, a self-treatment manual. Richly illustrated, interactive guide for using su jok therapy. In english. Over 800 color illustrations.

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Sujok therapy can help you to cure certain diseases like eyes, headache, thyroid, knee pain, bronchitis, asthma, acid reflux, ulcer, constipation, migraine, vertigo, irritable intestine syndrome ...

Explore the benefits of sujok therapy | by RoberT D'souza ...

Apart from so many other benefits; Sujok therapy also has a tremendous benefit and that is; it aids in healing all types of injuries related to neck, feet, hands, joints etc. Sujok therapy is in fact an excellent treatment for inflammation-based disorders such as arthritic pain, carpal tunnel syndrome and gout. The therapy also eases several skin disorders and reproductive problems as well as sporting injuries.

7 Amazing Benefits of Sujok Therapy - ePainAssist

Which seeds you use is up to you. Larger seeds can be used for larger organs (pumpkin seeds for the stomach, apricot seeds for the intestines) and smaller seeds for the smaller organs. Or buy A Guide To Su Jok Therapy by Jae Woo Park for more details. I've noticed that the seeds blacken and shrivel after use.

Sujok Seed Therapy | Shoba Narayan

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SU JOK THERAPY PRACTICE You can use su jok without a problem parallel with other treatment which is controlled by a doctor. In this case practice su jok therapy without worries - it will considerably shorten the time needed for the healing. Remember that the su jok therapy doesn't have contra-indications and secondary effects.

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Benefits of Sujok therapy Sujok therapy works wonder in healing various kinds of mental disorder like phobia, depression, anxiety, addiction etc. It helps by enhancing physical and mental health and restoring all over balance. Sujok therapy greatly benefits of all type of injuries related to neck, feet, hands, joints etc.

Sujok Therapy: Explore the many Benefits of Sujok Therapy

April 18, 2020 by Hema Jhaver SUJOK IS AN ALTERNATIVE THERAPY USED TO TREAT DISEASES WITHOUT ANY MEDICINES OR SIDE EFFECTS IT IS INVENTED BY PROFESSOR PARK JAE WOO.HE IS A KOREAN PHILOSOPHER AND GUIDE HE PRESENTED THIS SCIENCE IN SUCH A SIMPLE WAY THAT EVEN A LAYMEN CAN UNDERSTAND VERY EASILY IN SUJOK TREATMENT IS DONE ONLY ON OUR HANDS ...

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Facial hair(unwanted)-colour therapy by Dr Ajay Mishara

Besides the hand acupuncture, Professor Park also taught me Twist Therapy and Smile Meditation. A part of Onnuri medicine, Su Jok is a treatment system comprised of a variety of techniques that prevent and cure illness and restore health without any drugs. Our hands ("su" in Korean) and feet ("jok") represent our entire body in miniature.

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