

John R. Cross - Author RSS - Random House

This page displays an RSS 2.0 feed for the Random House author John R. Cross.

http://www.randomhouse.com/author/results.pperl?authorid=82748&max_returns=20&best=

Acupuncture and the Chakra Energy System by John R. Cross

[Acupuncture and the Chakra Energy System](#) Treating the Cause of Disease **Written by John R. Cross** **Trade Paperback**, 208 pages | North Atlantic Books | Health & Fitness - Alternative Therapies; Health & Fitness - Acupressure | **\$19.95** | 978-1-55643-721-2 (1-55643-721-8)

Acupuncture and the chakra energy system have both become increasingly mainstream in the West, but rarely have the two approaches been joined into one practice. *Acupuncture and the Chakra Energy System: Treating the Cause of Disease* does just that. By comparing the traditional approaches of Chinese medicine and modern Western acupuncture with the chakra energy system of Ayurvedic philosophy, author John Cross offers clinically proven strategies for treating the causes of conditions, not just the symptoms.

The book describes the seven major and twenty-one minor chakras in detail and explains how each is related to the body's aura, meridians, Key points, endocrine glands, autonomic nervous system, and varying symptomatology. Focusing on how to use the chakras in the treatment of chronic physical and emotional conditions-osteo-arthritis, rheumatoid arthritis, low back pain with sciatica, insomnia, hypertension, depression, menopausal symptoms, and frozen shoulder, among others-Cross's clear, in-depth explanations make his techniques easy for anyone to follow. Including appendices on how to use the chakras with copper and zinc needles and biomagnets, as well as which types of patients respond to such treatments, *Acupuncture and the Chakra Energy System* is a well-rounded guide for acupuncturists and other practitioners as well as interested students.

<http://www.randomhouse.com/catalog/display.pperl?isbn=9781556437212>

Healing with the Chakra Energy System by John R. Cross

[Healing with the Chakra Energy System](#) Acupressure, Bodywork, and Reflexology for Total Health **Written by John R. Cross**

Foreword by Robert Charman **Trade Paperback**, 332 pages | North Atlantic Books | Health & Fitness - Alternative Therapies | **\$22.95** | 978-1-55643-625-3 (1-55643-625-4)

Written in accessible language for bodyworkers and hands-on therapists, *Healing with the Chakra Energy System* describes the use of very simple nonsuppressive and nonsymptomatic techniques in which the cause of the disease process may be halted and disharmony within the body may be changed into harmony. Each chapter contains case histories and descriptions of how to treat many conditions, including muscular, joint, spinal, organic, and emotional. Based on the author's decades of clinical and teaching experience, this book represents a fresh approach to healing by tapping chakra energy.

<http://www.randomhouse.com/catalog/display.pperl?isbn=9781556436253>
