

Sujok Therapy Guide

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Sujok Therapy Guide

How long does it take to perform a Sujok therapy? A usual Sujok therapy session lasts for 15 minutes. If you are suffering from physical or metaphysical illness, you will need a total of 16 Sujok therapy sessions. (3, 4) What to keep in mind? Sujok therapy may help in the treatment and management of various medical illnesses.

What is Sujok Therapy ? Benefits and Acupressure Points chart

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Sujok Therapy Guide - Mental Beans!

In Sujok therapy, palm and foot represent all the organs/meridians in the body. Su means hand while jok means palm. Sujok can be done with other therapies also and it produces no side effects.

Sujok Therapy: Explore the many Benefits of Sujok Therapy

Guide to Su Jok Therapy by Jaewoo Park Price: 18.00 Fingertoe Therapy by Jaewoo Chinese Medicine Times is the trade name of Chinese Medicine Times Ltd. Benefits of Sujok therapy Sujok therapy works wonder in healing various kinds of mental disorder like phobia, depression, anxiety, addiction etc.

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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.

The Power of Su Jok Therapy | Goop

Sujok Seed Therapy: Seeds are known to be natural stimulators to the acupressure points and are also a part of Sujok therapy. Sujok seed therapy involves using acupressure treatment and tying seeds, pulses and legumes at the treated acupressure point so as to produce further vitality in order to facilitate fast healing.

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Benefits of Sujok Therapy in Treating Mental Disorders. Sujok therapy helps in treating many kinds of mental disorders. Depression, extreme phobia, anxiety, addiction etc are some of the mental disorders which can be treated by Sujok therapy. The principle of Sujok therapy is to restore balance and enhance physical as well as mental health.

7 Amazing Benefits of Sujok Therapy - ePainAssist

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 ... read more sujok therapy

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Sujok Acupuncture & Acupressure - Sujok Instruments ...

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Su Jok is a fascinating field of therapy that brings the popular Reflexology method of treatment to a whole new level. It has many similarities with the Western Reflexology, which is also very popular in Korea.

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Prof. Park Jae Woo | sujok

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Sujok Therapy Guide - Ultimatesecuritycourse

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