

Sujok Therapy Guide

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Sujok Therapy Guide

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. The author, Dr. Park Jae-Woo (recently deceased), has spent years ironing out some of the "kinks" in Reflexology, and Su Jok is the result of his research and hard work.

A Guide to Su Jok Therapy: Park, Jae Woo: 9785900810591 ...

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

The guide to su jok therapy The book dwells on the structure of standard correspondence systems of the hands, feet, fingers, toes and their phalanges and the ways of treatment through their Books, tools Su-Jok and moxa, a self-treatment manual. Richly illustrated, interactive guide for using su jok therapy. In english.

Sujok Therapy Guide - Mental Beans!

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A Guide to Su Jok Therapy. by Jae Woo Park | Jun 30, 2003. 4.0 out of 5 stars 35. Paperback ACS Acupressure Reflexology Magnetic Pyramidal Therapy Energy Pain Relief Power Foot Health Mat + 5pcs Sujok Finger Massager Rings L X W X H - 30 X 30 X 6 Cm. 4.5 out of 5 stars 7.

Amazon.com: sujok therapy

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. Sujok Therapy Alleviates Physical Disorders

7 Amazing Benefits of Sujok Therapy - ePainAssist

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. Developed by Professor Park Jae Woo, this therapy is 100% safe, simple and easy to perform even by the patients.

Sujok Therapy: Explore the many Benefits 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. Sujok seed therapy makes use of green grams, peas, kidney beans etc.

What is Sujok & How Does It Work? - ePainAssist

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3.0 out of 5 stars The information is great but the overall quality is terrible. 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. The author, Dr. Park Jae-Woo (recently deceased), has spent years ironing out some of the "kinks" in Reflexology, and Su Jok is the result of his research and hard work.

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Sujok therapy is an alternate therapy system of treatment to heal disease by stimulating certain pain points in the hands and feet with the combined use. Anyone can master can easily basics of Su Jok therapy in many cases, do not go to Manual therapy and diagnostics - manual techniques to correct or remove.

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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

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MD Sujok Lesson 9: 11: Seed Therapy : Treatment through energy points, as per directions of plants, various "Sujok" is divided into many fields such as: Acupressure Therapy, Acupuncture Therapy, Seed Therapy, Magnet Therapy, Colour Therapy, Chakra Healing, 5 Element Therapy, Yin & Yang Principle etc; Sujok is the most effective therapy and can Treat any Problems related to Kidney, Heart, Lungs, Brain, Liver or any other organ of a human body.

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