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2 of 2 review helpful This book offers insight into this system and provides easy to follow home care techniques for each body type By wimoto Jeonhees rsquo s Muscle and Skin Meridian Therapy has helped me resolve my chronic neck pain and imbalances in my digestive and circulation systems She uses the Six Body Type System to analyze the root causes and the interconnectedness of the imbalances and then applies the appropria Body Reshaping through Muscle and Skin Meridian Therapy An Introduction to 6 Body Types shows you how your weight and body shape can be a direct result of ill health and explains the structures and functions involved It explores much more than just what your scale and the fit of your clothes might tell you It looks at skin fat muscles diaphragm historical illnesses or injuries body posture body clock or circadian rhythm digestion blood vess About the Author Jeonhee Jang works at her acupuncture clinic and wellness center in San Francisco California She has more than 20 years of comprehensive exposure to both Eastern and Western medicine through her formal and extensive education

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