

Reflexology

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The Reflexology Workout - Stephanie Rick 1995

With more than 66,000 copies sold, *The Reflexology Workout* is a perennial favorite among readers interested in holistic and alternative medicine. With a striking new cover design, it will capture fresh attention on the shelves. Black-and-white photographs.

Reflexology - Linda Serpico 2016-02-10

At Last...What Everyone Should Know About Reflexology REVEALED If you are looking to learn about the fascinating world of Reflexology then this could be the most important message you have read all day. Here is why: This book "REFLEXOLOGY: The Absolute Beginners Guide To Reflexology" written by Linda Serpico was recently commissioned with the challenge of succeeding where other books have, so far, failed. You see, there is simply no book out there that brings together the world of Reflexology so clearly, so powerfully and in such an easy and entertaining manner. This is a compact guide, designed in mind for the earnest seeker looking for perhaps the first time into the world of Reflexology. The idea of course is simple: Your Feet Contain Reflexes That Correspond To Every Part Of The Body The significance of this may not make sense to you right now but read further into this subject in this captivating and thorough book and you will be enlightened. Get this book today. Make sure it is the very next thing you do. Why wait while secrets of your body could start to open up to you. At this reasonable price if you even only get one great idea from this book (and you will likely get many, many more) you will have made a sound investment.

Total Reflexology of the Hand - Martine Faure-Alderson 2016-05-17

How to apply the precise treatment techniques of Total Reflexology, which combines craniosacral therapy and foot reflexology, to the hands • Explains the special relationship between the hand and the brain, making hand reflexology ideal for treatment of neurological, mental, and emotional disorders • Details how to use the occipital zones of craniosacral therapy to pinpoint which zones and points on the hands to treat • Includes full-color detailed maps of the pressure points and zones of the hands One of the most defining physical characteristics of humanity, the hands contain reflex zones and pressure points related to the systems and organs of the body just like the feet. The reflex zones and points of the hands present the most effective means of treating psychological and neurological disorders due to their sophisticated relationship with the brain. Applying her ground-breaking combination of reflexology and craniosacral therapy to the hands, Dr. Martine Faure-Alderson explains how to use hand reflexology to treat the brain and each of the body's systems, from the digestive system to the human energetic system. She provides precise full-color mapped hand diagrams illustrating the exact placement of the points according to the bones of the hands, the result of more than 40 years of research and clinical practice. She explains how to use the occipital zones of craniosacral therapy to pinpoint which zones and points on the hands to treat. Examining the psychological level of brain-hand interactions, the author reveals how neurological dysfunctions and mental disorders respond more readily to hand reflexology than to other forms of therapies. She explains how many physical ailments have a psychological component and how reflexology automatically triggers the release of endorphins by working directly on the autonomic nervous system. The author explores the role of nutritional supplements, including Omega 3s, as a support to reflexology therapy and shows how finely tuned reflexology stimulates the body's self-healing abilities and cellular regeneration, making this an indispensable resource for holistic health practitioners and for home self-care.

The Reflexology Manual - Pauline Wills 1995-10-01

An ancient therapy used in China, Egypt, and India, reflexology provides effective, holistic treatment for both common and more serious disorders. According to reflexology, the hands and feet are microcosms of the body, containing points or zones that relate to individual glands, nerves,

muscles, and organs. Reflexology harnesses the body's healing energy by stimulating specific pressure points on the hands and feet, alleviating the energy blocks that can cause pain or disability and restoring optimum health. In *The Reflexology Manual*, the practical text guides the reader in mastering these self-help techniques, and color photographs illustrate a full reflexology treatment step by step. Full-color illustrations throughout. Detailed diagrams of pressure-point zones on the hands and feet. Clear explanations of how to work with the energy meridians. Ideal for beginners as well as experienced students of reflexology.

An Introductory Guide to Reflexology - Louise Tucker 2008

The Introductory Guide to Reflexology provides a concisely explained and thoroughly illustrated introduction to a complex subject. Aimed specifically at students, it is designed to be easy to use, informative and readable. The book includes the required material for many examination syllabuses, such as ITEC and covers: Study and revision are facilitated with an annotated fold-out foot chart, detailed illustrations and clearly stated learning objectives. The history and development of Reflexology The theory and concept of Reflexology Techniques and applications How to create specific conditions How to carry out professional consultation

Facial Reflexology - Marie-France Muller 2005-12-19

The first book to present the innovative Vietnamese method of facial reflexology • Includes simple pressure-point massage instructions that can be self-administered and that provide immediate results • Fully illustrated with easy-to-follow diagrams of 57 facial pressure points and their correspondences within the body It is possible to rub certain zones of your face to relieve a backache or the beginnings of a migraine. It is likewise possible to stop a common cold from developing in less than a minute. Facial reflexology, one of the simplest and most effective healthcare methods, provides rapid relief for many of these common ailments. Developed in 1980 by Vietnamese doctors in Ho Chi Minh City as a less invasive alternative to facial acupuncture, facial reflexology uses healing principles based on the I Ching and Buddhist teachings. The therapy is simple enough that it can be self-administered by a beginner with immediate results and is also a valuable tool for healthcare professionals. In *Facial Reflexology* Marie-France Muller introduces this healing practice to the English-speaking world for the first time. She describes the mechanics of facial reflexology--facial diagnosis, facial pressure points, reflex zones, massage and pressure techniques--and provides healing routines both for treating acute ailments and maintaining overall good health. Included is an extensive dictionary of more than 200 common ailments, accompanied by therapeutic instructions and easy-to-follow diagrams of the points to be stimulated, for complaints such as indigestion, asthma, pinched nerves, fatigue, insomnia, menstrual cramps, migraines, high blood pressure, sprains, pulled muscles, and even the common cold.

The Reflexology Handbook - Laura Norman 2006

Clinical & internal medicine.

The Reflexology Bible - Louise Keet 2009

From zone maps of the hands and feet to techniques for working the reflex points to illustrated step-by-step sequences, this guide provides all the information necessary for treating the whole body.

Reflexology Today - Doreen E. Bayly 1984-05

Stimulating the body's healing forces through massage of the reflex areas of the feet helps to increase blood circulation and relax tension in the nervous system, and can do much to retard the ageing process. Ailments that respond to reflexology, include glaucoma, migraine, liver disease, cataracts, asthma, neuritis, shingles (herpes zoster), arthritis, and sinus trouble.

Reflexology - Christine Issel 2013-09-09

This classic originally published in 1990 and often quoted source has been completely revised with 165 new pages added to cover the events and

new research in the field since 1990. Added are 18 mini-biographies of international reflexologists contributing to advances in reflexology.

The Art of Reflexology - Inge Dougans 1992

Shows how to find and use the reflexology points on the foot which relate to different parts of the body, in order to restore the balance of energy, to prevent ill health, and also to assist relaxation.

Reflexology-laminated - Barcharts, Inc. 2014-05-31

Reflexology Guide - Stefan Mager 2009

Reflexology Lymph Drainage - Sally Kay 2019-06-27

Reflexology Lymph Drainage in its entirety. Learn from Sally's personal journey of inspiration to innovation, from the ancient art of reflexology to the research & development of RLD, a modern evidence-based method of reflexology. A groundbreaking step change tool for the reflexology tool box!

Foot Reflexology - What Is It? What Good Is It? - Amzah A. Raheem 2015-06-30

Foot Reflexology is a natural and drugless way of stimulating the internal organs, thereby increasing the circulation and restoring bodily functions to normal.

Reflexology For Fertility - Barbara Scott 2016-04-26

Reproductive reflexology is a minefield for practitioners with much conflicting advice being given in terms of what we can and cannot do. Many practitioners choose not to work with clients who are having difficulties conceiving or who are undertaking IVF etc as, either they feel too inexperienced or think it is too complex for them and are not sure when and how to treat. The book provides a step-by-step guide, giving practitioners a structured format on how to obtain the information they will need from their clients, how to interpret it, how to plan treatment, and what techniques they will need to use. This allows practitioners to work, not only with clients who are trying to conceive, but with a wide range of reproductive conditions.

Maternity Reflexology Manual - Susanne Enzer 2004

The Complete Guide to Precision Reflexology 2nd Edition - Jan Williamson 2014-09-08

This edition provides a complete guide to precision reflexology, covering the basic techniques and knowledge and now includes a new chapter on the latest advanced techniques which have developed in recent years by the author. Redesigned into a user friendly format. Photos have been updated throughout. This text is appropriate for those practitioners already using this technique and for those who have yet to discover it. Precision Reflexology holds the same rationale as other forms of reflexology. It focuses on stimulating "reflex points" on the feet to maintain good health. Precision work connects to a person energetically, responds to the needs of each individual and aims to maintain natural balance. It does not rely on physical pressure but, at the same time, it can be powerful and effective. It can be taught in its own right or it can be adapted to enhance other forms of reflexology in post-graduate training. It provides an added dimension to a treatment and reflects an Eastern approach to healthcare. This book offers a step-by-step guide, with illustrations and charts for its application.

Sole Guidance - Holly Tse 2016-07-26

What if you could reverse disease - or learn how to avert it before its onset? What if, instead of aging, you could feel younger, stronger, and happier with each passing year? What if you could maintain your health for your entire life? What if all the secrets to health and longevity were on the soles of your feet? The wisdom in this book has been passed down from master to student for thousands of years, but now you too can benefit from the powerful Eastern practice of Chinese reflexology. This ancient therapeutic art of foot massage offers you a way to harness Universal Qi, a limitless source of healing energy, and restore yourself to balance, harmony, and health. Holistic healer and reflexologist Holly Tse brings new light to this millennia-old practice and reveals the curative power of Chinese reflexology in a friendly and contemporary way. Using clear illustrations and delightful step-by-step instructions, she'll embolden you to use this extraordinary process and take you on a journey through the three catalysts to incredible healing that encompass mind, body, and soul: shifting the mind, healing with energy, and following your heart and soul. Sole Guidance is a fun, vibrant, and easy-to-understand guide to complete self-transformation from the inside out. Learn how to hear your inner guidance, connect with your "Dragon Spirit," discover what your body needs to heal and thrive, and revolutionize your life - simply by massaging your feet!

Energy: The New Frontier in Reflexology - Christine Issel 2020-02-05

This is a journey into the dynamics of identified energies by science to our unseen subtle energy bodies. The information contained within easily applies to all forms of manual or energetic disciplines, methods and spiritual persuasions. There is so much more to what we do than we understand; what we've accepted as the ways things have been for years. The focus of this work is "energy" with the question to be answered: Can the concept of energy be explained in terms from a scientific, intellectual, critical thinking viewpoint and at the same time apply to the work of those using it in the context of a therapeutic or esoteric approach?

Moving the Energy - Lilian Tibshraeny-Morten 2006-07

This unique and exciting book integrates three ancient concepts into a contemporary and effective method of assessment and treatment. Reflexology, Meridian Therapy and Five Element are presented using a unique approach with the use of symbols and diagrams to enhance the learning process by "branding" in the readers' minds specific learning materials. With more than 100 diagrams, tables, charts, and quick reference guides, readers will learn how to apply principles of therapy as they incorporate knowledge of organ functions, pathology, assessments, and acupuncture theory. An overview: Meridians and Five Elements - a detailed account, including beginning and ending points of meridians; face/tongue/pulse and Client assessment; core constitutional coordinates and effective treatment planning. Reflexology - in-depth reviewed of the biomechanics of the feet. Techniques are illustrated, with an accompanying step-by-step explanation. An exciting component is Lilian's innovative treatment method: WAND REFLEX(TM) System. Anatomy, Physiology, and Pathology A detailed account of all body systems. Treatment options - the aim of this book is to determine the Client's constitutional type and the WAND REFLEX(TM), which addresses the underlying element/organ imbalance, causing the dis-ease. Treatment options include basic Reflexology, Acupressure and a combination known as Acu-Reflex Therapy.

Reflexology - Inge Dougans 2005

This complete self-teaching guide is the perfect handbook for beginners and students alike. Fully updated, this bestselling title uniquely links Eastern and Western approaches to reflexology and health, making this a comprehensive guide to using the meridians and pressure points of the feet to treat a wide range of ailments. Reflexology, the gentle but highly effective form of therapeutic foot massage, has gained wide acceptance as a powerful, natural healing art. Remarkable results have been achieved with ailments such as back pain, chronic fatigue (ME), digestive problems, eczema, insomnia and migraine. Inge Dougans's new book includes her latest research into the benefits of her unique techniques and is a complete self-teaching guide suitable for beginners and students alike. Bringing together East and West by making clear the close connection between reflexology and Chinese meridian theory, internationally respected reflexologist Inge Dougans shows how the human body has its own internal energy lines -- or acupuncture meridians -- and reveals how to find and use the reflexology points and associated meridians on the foot to restore the body to its natural balance, prevent ill h

The New Reflexology - Inge Dougans 2009-03-17

Reflexology has always been an effective way to relieve stress, alleviate pain, and combat ailments, but in *The New Reflexology*, internationally acclaimed instructor Inge Dougans shows readers a unique and proven method for getting even better results. Her system — an integration of traditional Chinese medicine (particularly the 5 elements and their 12 meridians), diet, and standard Western reflexology practice — allows practitioners to treat a much wider variety of ailments with greater accuracy and success. In simple and straightforward terms, Dougans explains why the meridians are essential for reflexology, how to use meridian therapy and the 5 elements for effective assessment and treatment, how to relate structural foot problems to imbalances in the rest of the body, and much more. Illustrated with dozens of line drawings that guide readers step-by-step through the treatments, this fresh and highly effective approach is sure to revolutionize the practice of reflexology as we know it.

Hand Reflexology - Mildred Carter 2000-02-01

Now you can achieve lasting relief from your aches, pains, and illness by unlocking the healing energies already present within your body—quickly and easily, with the help of the centuries-old secrets of reflex message. Completely revised and updated, *Hand Reflexology* guides you step-by-step through the simple finger-pressure techniques that send soothing relief surging to the sources of pain and discomfort. This modern health classic helps you access the reflex centers where pain begins, and shows you how to make it disappear with a touch of a finger - all without

resorting to expensive drugs, difficult therapies or invasive surgery. You'll also learn how to apply these health-restoring therapies to other adults, small children, even pets. Presented in clear, easy-to-understand language and accompanied by over 100 new illustrations, these techniques have long been proven effective in relieving a wide variety of ailments and conditions.

Compl Illust Gde Reflexology - Inge Dougans 2002

Reflexology is a unique system of foot massage based on the same Chinese holistic principles as acupuncture. This practical guide offers the reader a window into this remarkable therapy that can treat and prevent a whole variety of ailments.

The Healing Power of Reflexology - Adams Media 2019-08-06

Dive into the healing art of foot and hand reflexology, with this complete guide that includes essential information on how tapping into this ancient practice can improve blood circulation, fight depression, help you relax, promote better sleep, aide in digestion, and relieve body pains.

Reflexology is a type of massage used to release emotional, physical, and mental pain through the hands and feet. In *The Healing Power of Reflexology*, you will learn the basics of reflexology, how to find the trigger points, the history of this practice, and how the right touch can lead to a life of happiness and balance. Reflexology has been proven has been to reduce stress, promote healing, and enhance quality of life. Now you can master the ancient healing power of reflexology and improve your overall well-being and outlook on life.

The Complete Guide to Reflexology - Ruth Hull 2022-10-11

- Provides detailed and accurate anatomical drawings, zone and reflex maps, and muscle tables
- Offers extensive basic pathology of all body systems, including case studies
- Ideal for students of reflexology up to levels 2 and 3; exceeds the curriculum requirements of all the major awarding bodies
- Includes a study outline for each chapter as well as review and multiple choice questions

Reflexology is a gentle, non-invasive therapy that encourages the body to balance and heal itself. It involves applying finger or thumb pressure to specific points on the hands and feet. Called "reflexes," these points reflect, or mirror, the organs and structures of the body as well as a person's emotional health. In this way, the hands and feet are "mini maps" or "microcosms" of the body that can be used to encourage holistic healing. Presenting the most complete reflexology study guide available, this full-color illustrated textbook is designed for use both in the classroom and as a home study resource. Ideal for students of reflexology up to levels 2 and 3, it exceeds the curriculum requirements of all the major awarding bodies as well as meeting the current National Occupational Standards for reflexology. Providing detailed and accurate anatomical drawings, zone and reflex maps, and muscle tables, the book outlines each body system, explaining how, when, and why to work the reflexes. It explores foot reflexology, hand reflexology, as well as meridian therapy and offers extensive basic pathology of all body systems, including case studies, allowing the student to develop interpretive diagnostic and treatment planning skills. Each chapter also includes a study outline as well as review and multiple choice questions. Offering a comprehensive guide to the theory, philosophies, and history of reflexology, this book will encourage students to develop understanding and confidence in their reflexology practice.

In Focus Reflexology - Editors Of Wellfleet Press 2020-08-04

Author Tina Chantrey teaches everything you need to know about reflexology to get your life in balance and alleviate common health problems. Beautiful illustrations and a framable poster of key information combined with easy-to-follow instruction make this the perfect go-to reference. Combining multiple areas of bodywork, reflexology involves applying pressure to the hands and feet to produce beneficial changes in the body. The underlying principle behind reflexology is that there are "reflex points" on the feet and hands that are connected to organs and body parts by energy. When pressure is applied to these areas, energy blockages are removed and better health results. Learn reflexology to relieve: Back pain Previous injuries Insomnia Headaches and migraines Digestive disorders Arthritis Hormone imbalances The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects, using expert authors in their respective fields and featuring relevant visual material to smartly and purposely illustrate key topics within each subject. As a bonus, illustrated cards or posters are also included.

Hand and Foot Reflexology - Kevin Kunz 1984-10-25

Here's a revolutionary way to fine-tune your relationship with your body, reduce stress, and feel better all over: Stimulate the reflexes in your hands and feet! It's all in this hands-on encyclopedia of personal reflexology information. Here, Kevin and Barbara Kunz (authors of *The*

Complete Guide to Foot Reflexology) bring you their unique self-health approach to wellness. Through reflexology, they teach you how to free and channel your pent-up energy -- and to prevent and correct common health problems. With more than 500 detailed instructions, this book includes: * Why your feet and hands are "important sensory organs," and their "special relationship" with your whole body. * Why reflexology works. * Specially designed pressure and movement techniques that reduce stress and actually alter the body's tension level. Fully illustrated, with step-by-step procedures, for quick and easy application! * Treatment plans for specific ailments, from acne to whiplash. * Stride Replication, the Kunzes' latest program of foot and hand relaxation. * A more in-depth look at body parts and their corresponding areas in the hands and feet -- all conveniently indexed. Whether you are using it as a quick reference or as the basis for further study. *Hand and Foot Reflexology: A Self-Help Guide* tells you what you need to know about the simple but potent experience of reflexology -- by yourself and for yourself.

Acupressure and Reflexology For Dummies - Synthia Andrews 2011-02-10

Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch Searching for alternative treatments for pain? This friendly, do-it-yourself guide introduces you to the basics and benefits of acupressure and reflexology, showing you step by step how to nurture your emotional and physical well-being and that of someone else. You'll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well-being. Understand basic healing principles Relieve your specific aches and pains Boost your immune system Address age-related ailments Find professional help

Body Reflexology - Mildred Carter 1994

How reflexology works and how it can help with healing.

Reflexology - Barbara Kunz 2003

This book provides a stylish, accessible guide to the natural therapeutic benefits of reflexology. At its heart is a complete step-by-step reference, demonstrating how to carry out a full foot and hand treatment with clear, annotated photographs that show exactly where to apply pressure and which technique to use where. There are explanations of how to adapt treatments to suit the whole family - including children, babies and the elderly - and treatments for 60 common ailments ranging from arthritis to colic, plus quick-fix tips such as a de-stressing treatment for use in a supermarket queue or busy office.

Better Health with Foot Reflexology - Dwight C. Byers 2001

Excellent training guide to conduct the Ingham Method of Foot Reflexology on yourself and others. This is a newly revised and expanded edition with large color photos, much more educational material and there have been more foot reflexology techniques added. This book is an amazing source for one to learn about the body's functions and how all of the organs and glands can be manipulated through reflexology on the feet. *Better Health With Foot Reflexology* is a best-seller in the alternative health care industry today.

Reflexology - BarCharts, Inc. 2015-12-31

Zones associated with qi (chi or life force) used in the practice of Reflexology are mapped over anatomical illustrations of the surface anatomy of the hands, feet and ear to better locate the zone needed. Many views offer a 360 degree mapping of the zones for reference. Suggested uses: o Reflexologists - use as reference when discussing techniques and the process with clients o Instructors & Students - a handy go-to reference while learning the zones

The Complete Guide to Foot Reflexology - Kevin Kunz 1993

Press Here! Reflexology for Beginners - Stefanie Sabouchian 2017-09-15

Originally practiced by the ancient Chinese and Native Americans, *Press Here! Reflexology for Beginners* shows how to use massage pressure on the feet to heal holistically. Every part of your body has a corresponding reflex point on the feet; applying pressure to these specific points, you will naturally and non-invasively send relief to the corresponding part of your body. It's no wonder that reflexology has become one of the most popular alternative forms of healing. An overall healthy lifestyle is a huge part of staying healthy, but the powerful touch of reflexology will give you a leg up in the health department. While the principles of reflexology are simple, reflexology charts can be overwhelming for the beginner. *Press Here! Reflexology for Beginners* gives a clear explanation of where to find the reflex point on the foot, how it relates to the body, and how to apply the correct pressure for the strongest effect. Organized by reflex points from the top of the body to the bottom--one at a time on a double page-- makes this guide a breeze to follow, and a fun and easy way to explore

the art of foot reflexology.

Sexual Reflexology - Mantak Chia 2003-05-22

Moves reflexology beyond the realm of foot massage and into the realm of sexuality. • Offers acupressure methods to build intimacy and heighten sexual pleasure. • Helps couples find their sexual energy potential and physical compatibility. • Provides techniques to perform time-tested Taoist sexual-spiritual exercises. • By Mantak Chia, coauthor of *The Multi-Orgasmic Man*. The most powerful reflex points on the body are on the sexual organs. While the practice of reflexology is normally associated with massage of the feet, in *Sexual Reflexology* Mantak Chia gives applications for using the sexual reflex points in lovemaking, transforming sexual intercourse into a form of ecstatic acupressure. By combining the classic Taoist sexual texts with modern reflexology theory, the author provides a unique opportunity for couples to practice sexual intimacy as an act of healing. Mantak Chia shows how to evaluate a person's sexual energy potential as well as how the size and shape of the sexual organs determine a couple's compatibility. In addition to the specific ecstatic acupressure exercise instructions, he provides thoughtful commentary on ancient Taoist practices that reveal how we can all use our sexual essence to create healthy and loving relationships.

Press Here! Hand Reflexology for Beginners - Stefanie Sabouchian 2021-03-16

With fun, modern illustrations and an intuitive organization, *Press Here! Hand Reflexology for Beginners* introduces a powerful and simple form of self-care for a new generation of wellness seekers.

Total Reflexology - Martine Faure-Alderson 2008-11-26

The first complete book of reflexology to incorporate acupuncture, naturopathy, homeopathy, and the chakra system • Remaps the entire foot to fine-tune the pressure points • Explains how to work with the emotional reactions that may be released when physical conditions are treated • Full-color detailed diagrams provide precise illustrations of pressure points In this groundbreaking work, Dr. Martine Faure-Alderson takes reflexology to a new level by integrating acupuncture, naturopathy, homeopathy, and other holistic healing modalities into the practice. From her background as a physician, she brings a scientific precision to using the foot as a map of the body and all of its systems. She then uses her training in alternative therapies to integrate the mental and psychological issues that may accompany physical conditions, providing the first complete holistic approach to using reflexology for physical, emotional, and mental health. *Total Reflexology* presents each of the major body systems in turn--from the digestive system to the human energetic system--using 25 full-color newly mapped foot diagrams that provide precise indications of pressure points and their correspondences to all areas of the body. The author also includes her latest work using craniosacral therapy and the role of the cerebrospinal fluid in reflexology as well as how to integrate use of the chakra system. She shows how finely tuned reflexology stimulates the body's self-healing abilities, making this an indispensable resource for the layman and professional alike.

[Medical Applications of Reflexology](#) - Kevin Kunz 1999-05