

Reflexology

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.

Find out how to give the healing touch! Reflexology is a safe and gentle therapy that combats stress, boosts the immune system, and stimulates our natural healing processes. 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. A detailed directory provides instructions on relieving common ailments, and there are specialized treatments for children, couples, and the elderly.

Hand reflexology is a non-invasive natural health approach, perfect for anyone to use on the go. In Press Here! Hand Reflexology for Beginners, colorful illustrations and clear instructions show simple but powerful techniques to add to your daily routine. Practicing hand reflexology on yourself can help you achieve your goal of natural, holistic healthcare without the expensive weekly treatments. Hand reflexology, unlike the more common foot reflexology, is easy to incorporate into your wellness routine because it can be used anywhere—from riding the bus or listening to a lecture in class to enjoying a party. This fun, easy, and accessible introduction to self-care through hand reflexology teaches the fundamental principles of reflexology and guides you through the reflex map of the hands, where every part of our body has a corresponding reflex point. Follow the illustrations and simple instructions to quickly learn techniques to use daily for overall good health and a balanced body and mind. In addition, guided techniques help you learn how to use reflexology for specific health issues, organized by ailments. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, reiki, and acupressure.

This comprehensive guide teaches you how to work reflexology into your busy daily routine. Featuring fully-illustrated reflexology sequences for all ages and different scenarios, this calming, relaxing technique will help you forge stronger bonds with everyone in your life, and bring about gentle healing through touch. Complete Reflexology for Life includes reflexology routines for every age, from babies to great-grandparents and everyone in between. This guide shows you how to use reflexology to relieve stress, reduce pain, and recover from injuries. Pressing reflex points on the feet and hands is ideal for encouraging health and overall well-being. Complete Reflexology for Life covers over 30 common ailments, from sore throats to diabetes. Featuring step-by-step sequences with unique arrow illustrations to highlight techniques, you'll learn how to treat all kinds of conditions, from asthma and allergies to high blood pressure and stress. Whether playfully squeezing the toes of tiny tots to help them relax, or helping to relieve arthritis, this book gives you the tools to discover the power of healing feet.

Press Here! Hand Reflexology for Beginners

Hand and Foot Reflexology

Ancient Secrets of Chinese Reflexology to Heal the Body, Mind, Heart, and Spirit

Total Reflexology of the Hand

Healing at Your Fingertips, Revised and Updated Edition

Reflexology Guide

The body reflexology techniques have helped close to a million people live happy, healthy lives, gloriously free of pain and discomfort. Simple, safe, and effective, these time-tested methods of rubbing, pressing, stroking, and massaging away illness provide relief from more than 50 distressful health problems. Now Mildred Carter and her daughter Tammy Weber have updated and expanded this landmark book of do-it-yourself healing. New chapters have been added that describe easy massage and healing reflex therapies that you can do in your own home to relieve the pain of ailments from carpal tunnel syndrome to premenstrual syndrome. You'll even learn how to improve sports performance, lose weight quickly, and more!

Shows how massage of the toes and arch of the foot affects other body organs and offers a fitness program which emphasizes foot reflexology, diet, exercise, breathing, and herbal therapy

This title covers the VTCT Diploma in Reflexology, and has a section on setting up a business.

This guide to the ancient art of reflexology features step-by-step sequences, incredible photographic foot and hand reflex charts, and computer-generated artwork to show which reflexes to press and which techniques to use. Full-color illustrations.

DIY Reflexology

The Self-Help Reflexology Handbook

The Reflexology Handbook

Total Reflexology

A Practice for Promoting Self-Care

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.

This book succinctly introduces the benefits of foot reflexology and acupressure, the required tools and the theory behind the science. With 77 reflex zones and 66 acupressure points, the soles of the feet are essentially a map to the human body—each one corresponds to an organ, muscle or other potential problem area. By implementing reflexology and acupressure techniques, you may be able to alleviate pain and discomfort, fatigue, stress and symptoms of chronic disease. These techniques can be done anytime and anywhere, and require just a few minutes a day. With easy-to-understand language and more than 200 color photos and diagrams—including computer-generated maps to help you locate the points on your own feet—this book is a comprehensive introduction to reflexology and acupressure for beginners (or for those who don't have time to go to reflexology or acupuncture appointments). Can be used in conjunction with Hand Reflexology & Acupressure.

Total Reflexology The Reflex Points for Physical, Emotional, and Psychological Healing Simon and Schuster

An innovative and holistic approach that combines the healing powers of gemstones with reflexology therapy • Presents a synergistic therapy that can help numerous mental and physical disorders • Includes illustrated instructions for determining the specific needs of a disorder and how to apply the therapy Combining the healing energy of crystals and reflexology therapy, Gemstone Reflexology offers a holistic approach to triggering the body's self-healing energies to deal with a large number of mental and physical disorders, ranging from heartache to heart disease. The treatment is based on using eight gemstone wands--agate, amethyst, fluorite, heliotrope, rock crystal, rose quartz, rutilated quartz, and sodalite--that allow users to direct the healing power of the crystals to activate designated pressure points. Every gemstone has specific healing properties. When crafted into wands, these gems enable the patient to apply the perfect amount of pressure on the appropriate acupressure point. The

energies of the crystal combine with the energies released by the pressure on the reflexology point to produce a powerful force for healing. Readers are provided a system of kinetic analysis to determine the appropriate stone and pressure point for their specific condition. Sodalite, for example, has a beneficial effect on mental health, which is increased when applied to the pressure points corresponding to the head; agate helps in the treatment of skin disorders; and amethyst restores vigor. The book contains illustrated instructions that show the treatment areas for a wide range of conditions, including earaches, headaches and migraines, back and joint pain, colds and flu, low blood pressure, intestinal cramps, cardiovascular disease, and depression.

Reflexology Lymph Drainage

How the Restorative Power of Reflexology Can Help You Live a Balanced Life

An Advanced Guide to the Integration of Craniosacral Therapy and Reflexology

The Definitive Illustrated Reference to Reflexology for All Ages—from Infants to Seniors

Happy Feet

Illustrated Step by Step Guide to the Sally Kay Method

A work book to train students or a self-help workbook. It is a step by step work book; What is Reflexology?; Anatomy for each systems of the human body; How to perform Reflexology on the feet; How to alleviate foot problems; & 4 colored reflexology foot charts

Complete with a framable poster, In Focus Reflexology contains everything you need to know to get started in this classic subject.

An instant course in reflexology for stress relief, this title presents simple techniques shown in 100 step-by-step photographs. The book includes specially devised sequences to energize or relax the body, alleviate stress, relieve pain, and aid restful sleep.

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

A Child's Guide to Foot Reflexology

Reflexology Deck

Body Reflexology

An Introductory Guide to Reflexology

Maternity Reflexology Manual

The New Reflexology

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.

Reflexology is a complementary healing technique, second only to aromatherapy in popularity. The feet and hands are a 'map' of the organs of the body. Reflexology can be used to relieve symptoms and as a preventative health measure. It involves applying pressure to reflex points on the hands and feet, each point relating to a part of the body. The book explains how easy it is to use reflexology techniques every day at home, without a practitioner, to enhance your health and well-being. Part 1 illustrates basic reflexology techniques and explains how to apply them. Part 2 includes easy step-by-step routines especially devised to help improve confidence, build strength, relax, increase vitality, enjoy better sex, boost metabolism and speed up detoxification. Part 3 includes 22 common health problems such as headaches, toothache, backache, travel sickness and panic attacks and provides techniques for dealing with them. Devised with everyday health in mind, this book has something for everyone.

Learn Reflexology In Few Easy Steps! Discover the power of your hands. Are you stressed out? Does your body feel old and rusty? Do you feel like all the hard work you do is taking its toll on your body? If you answered YES, then read on! We work everyday. It's a no brainer that once in a while, our mind and our body is subjected to the different stresses of life. May it be at work or at home, our hands, hips, and feet can only take too much before it goes winding down the slope of exhaustion. The usual response to these kinds of stress is to book an appointment with a masseur. However, we know that's gonna cause you quite a lot of money, would you agree? Why spend, if you can give your self a good massage?

DIY Reflexology: Learn the Simple Techniques of Self Massage In Order to Relieve Stress, Reduce Pain and Feel Better Today is your ultimate guide to giving yourself the pampering it needs. Here, You'll Learn About:* The Significance of Touching* Reflexology Concept* Ancient Reflexology* Legends of Reflexology* Main Charts of Reflexology* The Techniques behind Reflexology* Reflexology the Solution for Stress Relief* Reflexology for Weight Loss* Learn Reflexology Using Reflexology Socks* Ear Reflexology All these in one book! The best person who can make you feel good is no other than yourself because you know where and how to be touched! The goal of this book is to help you know your body better and feed it with the caress that it desires. So start feeling good today and simply grab your own copy of DIY Reflexology: Learn the Simple Techniques of Self Massage In Order to Relieve Stress, Reduce Pain and Feel Better Today! Simply scroll up and hit the "Buy" Button. Do it NOW!

Reflexology is a form of therapeutic foot massage based on the tried and tested theory that the human body has its own internal energy lines, or acupuncture meridians. In this clearly written introduction to the subject, Inge Dougans shows how to find and use the reflexology points and the associated meridians on the foot in order to restore the body to its state of natural balance, prevent ill health and assist relaxation. Learn how reflexology and the meridian theory work Follow the illustrated step-by-step reflexology techniques Use reflexology to balance the body ' s functions Improve the body ' s circulation and general health

Foot Reflexology – What Is It? What Good Is It?

A Concise Guide to Foot and Hand Massage for Enhanced Health and Wellbeing, Shown in Over 200 Photographs

A Natural Way to Health Through Traditional Chinese Medicine

A Unique Blend of Traditional Chinese Medicine and Western Reflexology Practice for Better Health an

The Reflex Points for Physical, Emotional, and Psychological Healing

The Foot Book

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.

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.

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!

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

Your Personal Guide

A Self-Care Manual

Reflexology-laminated

Get Started in Reflexology

In Focus Reflexology

The Healing Power of Reflexology

Reflexology is a safe and gentle therapy that combats stress, boosts the immune system, and stimulates our natural healing processes. But for the beginner, it can be an overwhelming technique to try to learn. With dozens of pressure points on the hands and feet alone, learning not only where they are but how to use them can seem a daunting task. Idiot's Guides: Reflexology is geared for the absolute beginner; in addition to learning about the zones and what part of the body each zone targets, you learn how to perform each technique with beautiful step-by-step color images that clearly outline the hand positions and how to apply pressure correctly. Idiot's Guides: Reflexology not only covers the techniques for the hands and feet, but the ears as well. In addition, the book covers: - How to treat specific ailments (headaches, back pain, asthma, etc.) with reflexology - Sequences that show how to perform the technique on yourself as well as someone else - Information on how to read a reflexology chart - Complete color reflexology charts for the hands, feet, and ears for reference - Tips for performing reflexology on children

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 the 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 su

revolutionize the practice of reflexology as we know it.

This newly updated Introductory Guide to Reflexology, now with FREE learning resource CDROM (including full Reflexology sequence video), 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: the history and development of Reflexology, the theory and concepts of Reflexology, techniques and applications, how to treat specific conditions, a full photographic sequence of the Reflexology routine, and how to carry out a professional consultation. Study and Revision are facilitated with annotated fold-out foot and hand charts, detailed illustrations, and clearly stated learning objectives. It is an essential textbook for all students of this fascinating therapy.

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Easy Home Routines for Hands and Feet to Enhance Health and Vitality

Healing the Body Through Foot Reflexology

Acupressure and Reflexology For Dummies

Basics of the Middle Way

Gemstone Reflexology

Learn the Simple Techniques of Self Massage in Order to Relieve Stress, Reduce Pain and Feel Better Today!

Reflexology - Basics of the Middle Way answers the questions to the mystery surrounding the science and art of reflexology. Moss Arnold, the acclaimed originator and presenter of Chi-reflexology covers the basics of his approach to reflexology as well as beginning the process of establishing a solid foundation upon which reflexology can stand through a re-examination of the theory and practice. "The Challenge for a therapist is to turn the science of reflexology into their own unique art. To achieve this, anyone using reflexology needs an excellent understanding of the basics."

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

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!

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

Read Book Reflexology

bonus, illustrated cards or posters are also included.

The Reflexology Bible

Your Personal Guide - Includes an 18x24-inch Wall Chart

The Definitive Guide to Pressure Point Healing

Sole Guidance

Reflexology

The 5 Elements and Their 12 Meridians : a Unique Approach

Clinical & internal medicine.

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.

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.

Let the educational and whimsical illustrations teach you and your child how to do foot reflexology. This wonderful healing tool can eliminate headaches, flu, colds, sinus problems, earaches, stomachaches, sore throats, and more.

An Introductory Guide to Foot Massage for Total Health

The Complete Guide to Foot Reflexology

The Reflexology Workout

Health at Your Fingertips

Facial Reflexology

Complete Reflexology for Life