

Reflexology

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.

Discover the healing art of reflexology! The healing art of reflexology uses specific thumb and finger techniques to teach the body to redirect and release the blocked energy that causes pain and illness. In *Yoga Journal Presents: Your Guide to Reflexology*, you'll find expert information on this therapeutic method of pressure-point massage to relieve pain, reduce stress, and heal a variety of ailments. This accessible and comprehensive guide teaches you how to: Locate the healing zones of the feet that correspond to specific organs, systems, and body parts Use thumb-walking, knuckle presses, clapping, and other techniques to balance energy flow Use reflexology to improve immunity, treat illnesses, and reduce pain Integrate reflexology into your daily routine for a healthier, happier, more fulfilling life With this informative and inspiring guide, you'll be able to use the healing power of touch to bring relief and comfort to yourself and others, while restoring balance throughout the body, mind, and spirit.

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.

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.

ReflexologyHealth at Your FingertipsPenguin Books, Limited (UK)

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.

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.

Having healing hands is no miracle: Reflexology is the visual guide to the powerful health benefits of this holistic therapy. Every organ in our bodies has nerve endings that reach the feet and hands; learn how to stimulate them to tackle a range of ailments from stress to pain relief with this simple step-by-step reference. Reflexology has been given a fresh, new look with detailed up-to-date reflexology charts which show exactly where and how to apply pressure, with more than 100 techniques and treatment sequences. Also includes a directory for 30 common ailments such as back pain, constipation, arthritis and high blood pressure. Gentle, unobtrusive and suitable for all the family, this ancient therapy is ideal for modern times. (Previous edition ISBN: 9780751364484)

A simple guide to learning the basic techniques for hand, foot and ear reflexology *Idiot's Guides: Reflexology* is the perfect guide for learning how to alleviate your aches and pains, with the power of reflexology. This guide is ideal for the absolute beginner, with step-by-step instructions that are easy to follow you'll find relief in no time. *Idiot's Guides: Reflexology* covers reflexology techniques for the hands, feet, and ears, with tips on learning how to perform reflexology on yourself, on someone else and children, perfect if your child wants to join in too. You will learn about the key zones, discover which parts of the body each zone targets and master the technique of learning how to apply pressure correctly with simple steps on how to place your hands. There's also help on how to use reflexology to combat specific ailments

such as head aches, back pain and asthma and tips on how to read reflexology charts. *Idiot's Guides: Reflexology* is the ultimate guide for anyone looking for a quick start to the basics of reflexology therapy techniques.

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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.

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

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.

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*.

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

Foot reflexology is gaining worldwide attention as more and more people discover its astounding benefits for their health and in their everyday lives. It's also being introduced into almost all fields of treatment as an inexpensive and convenient method to prevent and cure various diseases. With the rising cost of therapeutic drugs and doctors' fees, foot reflexology is a perfect alternative that you can use conveniently at home. It doesn't require gadgets or lengthy training to perform massage or reflexology on your own feet. It only requires your knowledge on what focal points must be massaged to cure or prevent illnesses in certain parts of your body. If you're looking for a natural, inexpensive and effective method to prevent damage to your body, this book will teach you all about food reflexology and how to do it on your own, and in the comfort of your own home.

By concentrating on the basics, this book allows anyone to practise and enjoy reflexology as quickly and easily as possible.

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.

Though practices like acupuncture have become popular in the West over the last few decades, they have been a part of Traditional Chinese Medicine for thousands of years. Hand reflexology and acupressure are two techniques that can achieve similar results to more complicated practices like acupuncture, but can be done at home, on yourself, without any tools. This book acts as a beginner's guide to these pressure-based practices. Through illustrations and easy-to-understand language, readers can learn a variety of useful pressure points, how to properly utilize them and daily care that can be done to address certain health concerns. Through recent studies, hand reflexology and acupressure have been shown to help with a variety of issues, including: Nausea Stress, tension and anxiety Insomnia Headaches Chronic pain Digestive issues Muscle and joint injury The safe, reliable techniques outlined in this book are easy for anyone to master and, importantly, can be used anywhere.

Encourage well-being in yourself and others with reflexology, an age-old, hands-on therapy. Using gentle pressure on specific spots of the hands, feet, and ears, the practice of reflexology relieves the tensions of everyday ailments and promotes energy flow throughout the body. Featuring maps of reflexology regions and flows, easy-to-follow sequences, and color-coded instruction pages, this ebook helps you to achieve good health and natural balance.

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!

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.

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.

How reflexology works and how it can help with healing.

Advanced book on reflexology book, Trusted by more than 13000 patients re searchable data. Get Use this book and get fastest result with perfect diagnosis. Foot and Hand Jain Reflexology. Using with Micro Magnets.

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.

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.

Here is an exciting new series focused on today's most popular healing approaches and spiritual insights. Presented in a clear, concise format, the Secrets of Series demystifies popular alternative approaches and teaches proper application, providing a perfect balance of theory and practice. Learn how to balance negative emotions with Bach Flower Remedies or study the use of pressure points in Reflexology. Perfect for new or casual readers, these handbooks are simple to follow yet thorough and authoritative. Covering a wide range of topics, they appeal to readers from every background.

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.

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.

A guide to reflexology treatments combined with complementary therapies to restore energetic balance, relieve pain, and support healing • Provides more than 30 full-color maps of reflex zone systems from head to toe, including the ears, mouth, tongue, fingernails, and torso • Explains how to incorporate supportive therapies such as essential oils, crystal wand massage, and visualization to maximize healing • Examines the history and evolution of reflexology, revealing both its Eastern and Western roots, as well as recent international advancements Expanding the practice of reflexology beyond the feet and hands, Ewald Kliegel illustrates how to precisely and quickly treat different emotional and physical disorders with an integrated combination of reflexology and complementary therapies. Applying the fundamental principles of reflexology to the entire body, he provides more than 30 full-color maps of reflex zones from head to toe, including reflex zone systems of the ears, mouth, tongue, fingernails, and torso. The author details reflexology techniques for each reflex zone and discusses how to incorporate essential oils and gemstones during active touch and reflexology sessions, including the benefits of crystal massage for post-stroke recovery. Drawing on international advancements in reflexology, including the work of craniosacral reflexologist Martine Faure-Alderson, Russian researcher Alexander Kachan, Chinese biologist Zhang Yingqing, and Korean physician Tae Woo Yoo, Kliegel examines how to integrate Yin-Yang massage strokes, metacarpal reflexology techniques, Korean Hand treatments, and craniosacral massage principles into reflexology treatments to restore energetic balance, relieve pain, and support healing. He outlines specific treatment protocols, including holistic reflexology treatments for headache, digestive problems, and back pain. Providing step-by-step instructions for diagnostic testing, he also outlines supportive approaches such as visualization to balance the energies of the body and an active meditation to troubleshoot congested locales in the body. Examining the history and evolution of reflexology, the author reveals not only the ancient Eastern medical practices that played a role in reflexology's genesis, but also its ancient European roots. Providing a truly holistic and integrative approach to reflexology, Kliegel reveals many different hands-on paths to healing that embrace the energetic interconnections of mind and body.

This book teaches all areas of core reflexology knowledge for students in classes or programs at all levels. Paula S. Stone takes a medically sound, anatomical and physiological viewpoint, while acknowledging other holistic paradigms. Beginners will learn the foundations of reflexology history and theory; as well as techniques and sequences carefully supported by case studies and clinical research. Tips, notes, and graduated learning sequences help practitioners progress smoothly to intermediate and advanced clinical skills. A companion Professional DVD demonstrates a wide spectrum of reflexology techniques and practices, from table and chair set-ups to master-level techniques shown in no other package. Some additional features include: Professionally Produced, Full-Color Reflex Maps More than 200 Color Figures Technique Boxes 18 Step-by-Step Illustrated Protocols 50+ "Information-at-a-Glance" Tables More than 450 Key Terms, Organized Into Specialized Glossaries Teaching DVD with Cross-References in the Book Tips, Suggestions, Hints, and Insider Knowledge

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.

Forms of reflexology have been in existence for thousands of years yet the average Westerner is only now recognizing its positive effects. This helpful book provides step-by-step instruction for manipulating special zones in the hands and feet to alleviate common ailments, reduce stress, and improve circulation.

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

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.

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.

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

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.

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