

## Collective Reflexology The Complete Edition

The Complete Guide to Foot Reflexology The Complete Guide to Reflexology Complete Reflexology for Life Foot Reflexology The Complete Illustrated Guide to Reflexology The Complete Illustrated Guide to Reflexology The Reflexology Handbook The Complete Guide to Reflexology Workbook N101 - Foot Reflexology Course The Complete Illustrated Guide to Reflexology Reflexology The Complete Guide to Foot Reflexology Hand Reflexology Clinical Reflexology Complete Reflexology Tutor The Complete Illustrated Encyclopedia of Alternative Healing Therapies The Complete Guide to Aromatherapy, Massage and Reflexology The Reader's Digest Complete Encyclopedia of Healing The Complete Guide to Precision Reflexology The Complete Guide to Massage Kevin Kunz Ruth Hull Barbara Kunz Samuel Hayes Inge Dougans Inge Dougans Laura Norman Ruth Hull Donald A. Bisson Beryl Crane INGE DOUGANS Kevin Kunz Vidya Fischer Denise Tiran Ann Gillanders C. Norman Shealy Denise Whichello Brown Sheila Lavery Jan Williamson Carole McGilvery

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a full color illustrated and comprehensive study guide for reflexology 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

simple techniques for everyone from birth to 90 pressing reflex points on the feet and hands is ideal for encouraging health and overall well being find out how everyone in the family from pregnant women to babies and seniors can benefit from this gentle form of therapy easy to follow step by step photos show you how 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 find the perfect treatment for all ages pick up all the techniques you ll need from reflexology experts barbara and kevin kunz including how to fit it into a busy lifestyle have a go and discover the power of healing feet

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 foot reflexology and how to do it on your own and in the comfort of your own home

this volume introduces the art and science of reflexology describing the typical treatments and including many practical examples and case studies reflexology is an alternative medicine involving the physical act of applying pressure to the feet hands or ears with specific thumb finger and hand techniques without the use of oil or lotion it is based on what reflexologists claim to be a system of zones and reflex areas that they say reflect an image of the body on the feet and hands with the premise that such work effects a physical change to the body

the complete guide to reflexology workbook is the perfect study and revision aid for anyone studying reflexology up to level 3 it contains over 80 illustrations to label or color

learning exercises to test knowledge and mock exam papers

this is a textbook that focuses on the basic understanding of anatomy and physiology as it applies to foot reflexology and the practical methodology used in various certification courses

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

our fast paced world is forcing us to become more and more aware of the dangers posed by stress to our mental and physical well being in the search for natural and healthy stress relieving techniques people are increasingly turning to the skills and wisdom of ancient eastern cultures such as is the case with hand reflexology hand reflexology is a technique which employs self massage of certain focal points in the hands that can directly and immediately boost your health and revitalize your energy and bloodflow in this book i'm going to help you thoroughly understand hand reflexology and exactly how it works you'll learn all about the benefits apart from just tension relief including improved blood circulation cell growth relaxation of muscles reduced pain a better functioning digestion and immune system and overall detoxification of the body i'll also show you how to perform this massage technique on yourself or others including a diagram of pressure points and the corresponding organs and i'll point out the safety measures that must be practiced along the way i hope that you decide to take full advantage of this quick easy and inexpensive yet powerful method of staying healthy and eliminating stress

clinical reflexology takes the practitioner on a journey of examination critical review and debate prior to making recommendations for best practice in reflexology the phenomenal rise in interest by health professionals in complementary and alternative medicine cam and in particular touch therapies has led to a need for texts that relate and integrate theory and practice to health care settings clinical reflexology does this expanding and exploring concepts introduced in the first edition many cam books have been written for therapists working in private practice but many of these practitioners are also now working in healthcare settings this book allows both groups to facilitate the greater integration of clinical reflexology in clinical practice the book is divided into two sections the first deals with key themes including an up to date review of the research evidence and appropriate methodology safe and supported practice and integration issues all these themes are explored and discussed utilizing the available literature analysis of models and concepts and are related specifically to health care practice the second section focuses on the clinical application of reflexology and how it can be best adapted to the context the contributors are committed pioneers in their field with a track record of integrating reflexology within clinical settings many are teachers

coordinators of therapy services and supervisors about the authors dr peter mackereth is the clinical lead for complementary therapies and smoking cessation services at the christie nhs foundation trust manchester he is a registered nurse and has worked in intensive care neurology and oncology peter has an ma in medical ethics and has completed a phd project examining reflexology vs relaxation training for people with multiple sclerosis an author and renowned speaker peter has held academic post in number of universities most recently as reader in integrative health at the university of derby denise tiran a midwife lecturer and reflex zone therapist is an internationally acclaimed authority on complementary therapies in pregnancy and childbirth she is director of expectancy the leading provider of professional education on the safe use of complementary therapies in maternity care including a special pregnancy course for reflexologists her latest book reflexology for pregnancy and childbirth was published in january 2010

endorsed by the association of reflexologists this complete course is ideal for anyone looking to start out in the field with 30 years of experience ann gillanders expertly leads novices through the reflex points for the body systems explaining how the treatment works to cure common ailments and how to use it effectively in special cases such as pregnancy mental illness and stress this all encompassing guide is packed with tips on everything from mastering the very basics to setting up your own practice and the extensive case studies add inspirational and helpful advice illustrated in color throughout this is the one stop manual for all students and practitioners of reflexology

determine what type of body and mind centered therapy best suits emotional and physical need in a comprehensive guide to alternative healing practices full color illustrations

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

a good massage is as enjoyable to give as to receive and with the right guidance and a little practice everyone is capable of giving a wonderful therapeutic and pleasurable massage themselves

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