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Reflexology The Ancient Answer To Modern Ailments

Inge Dougans



Reflexology The Ancient Answer To Modern Ailments:

The New Reflexology Inge Dougans, 2006-04-11 With practical examples throughout The New Reflexology is a complete teaching handbook perfect for all levels This revolutionary method will help you get the best from reflexology to relieve stress alleviate pain and combat illness BOOK JACKET *Reflexology* INGE DOUGANS, 2016-01-28 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

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 The Complete Illustrated Guide to

Reflexology Inge Dougans, 1996 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 **Caring for the Dying Patient and the Family** Janet Moscrop, Joy Robbins, 2013-11-11 This third edition of a popular textbook has been completely revised by the joint editors Janet Moscrop and Joy Robbins As in previous editions the focus is on the person dying at home in residential care or in hospital and the emphasis is on teamwork in caring for the individual and their relatives and friends Experts in all aspects of care have contributed to this complete revision of the previous text and each chapter is written by a different member of the multiprofessional team The chapter on the terminal care of people suffering from AIDS has been enlarged and consideration is also given to care of those in the terminal stages of other non malignant diseases Other new

material includes chapters on complementary therapy the use of the day centre the value of volunteers diversional therapy and respite care The chapter on bereavement covers many aspects of grief and loss and there is a sensitive approach to the need for supporting staff in this specialized work Consideration is also given to the needs of dying and grieving people from differing ethnic backgrounds with varying cultural expectations in a pluralistic society The third edition offers a broad overview of the support given to the dying person and the carers by medical and nursing staff physiotherapists pharmacists social workers the chaplaincy and members of the pastoral care team Students of all these disciplines should find this book both readable and informative

The Art of Reflexology Inge Dougans, Suzanne Ellis, 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

Acupuncture & Electro-therapeutics Research, 1994

The Complete Book of Family Aromatherapy Joan Radford, 1993 The ancient arts of aromatherapy are at the center of today's enlightened move towards natural healing As a tonic or a sedative these safe home treatments are proved to work wonders for countless ailments from lumbago and migraine to ulcers and indigestion Choose the blend that suits you best from the tang of cinnamon to the sweetness of rosewater or the warm woody feel of cedar And learn to cure yourself and others by nature's own method helped by this comprehensive new guide from Foulsham

Reflexologia Para Mulheres, Modern Ailments, Ancient Remedies Gillian Kerr (N.D.), Yvonne Bloomfield, 1999 Americans are increasingly using natural remedies to treat physical ailments buying herbs like St John's wort echinacea and ginkgo biloba in record quantities and spending over 27 billion per year on alternative health care Now Modern Ailments Ancient Remedies brings alternative medicine home This easy to follow beautifully illustrated A to Z healing manual is filled with descriptions history uses and helpful hints about using over 30 popular herbs from alfalfa to yarrow to treat over 40 contemporary ailments from allergies to varicose veins Consumers everywhere will want to add this terrific book to their reference shelf

Whitaker's Book List, 1987

Body Reflexology Mildred Carter, Tammy Weber, 2002-07-01 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

Reflexology Ann Gillanders, 1987 La antigua tecnica china de la reflexologia es hoy en dia el metodo de curacion natural mas popular de todos los conocidos Basada en las conexiones de ciertas partes del cuerpo con otras de los pies y de las manos su mision es reflejar nuestra salud a traves precisamente de esas zonas reflejas presionandolas y sondeandolas con el fin de localizar las causas del dolor y del estres Pues bien en este libro una

introduccion simple y accesible al tema escrita por una de las mas importantes especialistas en la materia no solo se evidencian las principales ventajas de este metodo infalible no requiere instrumental alguno y puede ponerse en practica en cualquier sitio y a cualquier hora sino que tambien se especifican sus mas acuciantes objetivos desde determinadas tecnicas para aliviar el dolor de espalda hasta diversos tratamientos para los problemas digestivos pasando por metodos de relajacion y distension Ilustrado con numerosos dibujos y graficos de las zonas reflejas mas importantes se trata de una obra que acaba erigiendose en la guia mas practica que concebirse pueda sobre la mas ideal de las terapias Ann Gillanders ejerce la practica privada en el terreno de la reflexologia desde 1976 pronunciando a la vez numerosas conferencias y apareciendo en varios programas de radio y television Desde 1980 y junto con su hermano dirige un ambicioso programa internacional destinado a la ensenanza de la reflexologia **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 *Whitaker's Books in Print* ,1998 *Braddom's Physical Medicine and Rehabilitation E-Book* David X. Cifu,2020-08-01 Thoroughly updated to reflect the latest advances and technologies Braddom's Physical Medicine and Rehabilitation 6th Edition remains the market leader in the field of PM R For more than 20 years this bestselling reference has been the go to resource for the entire rehabilitation team providing in depth coverage of essential core principles along with the latest research technologies and procedures that enhance patient care and facilitate optimal return to function In this edition lead editor Dr David X Cifu and his team of expert associate editors and contributing authors employ a more succinct format that emphasizes need to know material incorporating new key summary features including high yield information and study sheets for problem based learning Focuses more heavily on rehabilitation with case studies throughout and more comprehensive coverage of stroke evaluation rehabilitation and therapies Provides expanded information on key topics such as interventional pain management options gait and prosthetics USG fluoroscopy electrodiagnosis and more Features a new chapter on Occupational Medicine and Vocational Rehabilitation plus enhanced coverage of the neurogenic bladder rehabilitation and prosthetic restoration in upper limb amputation and acute medical conditions including cardiac disease medical frailty and renal failure Discusses quality and outcome measures for medical rehabilitation practical aspects of impairment rating and disability determination integrative medicine in rehabilitation and assistive technology Offers highly illustrated templated chapters that are easy to navigate without sacrificing coverage of key topics Includes access to dozens of even more practical videos and hundreds of integrated self assessment questions for more effective learning and retention Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices Holism in Ancient Medicine and Its Reception Chiara Thumiger,2020-11-30 This volume aims at exploring the ancient roots of holistic approaches in the specific field of medicine and the life sciences without however overlooking the larger theoretical implications of these discussions Therefore

the project plans to broaden the perspective to include larger cultural discussions and in a comparative spirit reach out to some examples from non Graeco Roman medical cultures As such it constitutes a fundamental contribution to history of medicine philosophy of medicine cultural studies and ancient studies more broadly The wide ranging selection of chapters offers a comprehensive view of an exciting new field the interrogation of ancient sources in the light of modern concepts in philosophy of medicine as justification of the claim for their enduring relevance as object of study and at the same time as means to a more adequate contextualisation of modern debates within a long historical process Contributors are Hynek Barto Sean Coughlin Elizabeth Craik Brooke Holmes Helen King Giouli Korobili David Leith Vivian Nutton Julius Rocca William Michael Short P N Singer Konstantinos Stefou Chiara Thumiger Laurence Totelin Claire Trenery John Wee Francis Zimmermann

Modalities for Massage and Bodywork Elaine Stillerman, 2014-12-18 Ideal for both classroom and practice Modalities for Massage Bodywork 2nd Edition presents 23 modalities of bodywork their history development effects benefits contraindications basic curricula and certification requirements Updated photos and illustrations critical thinking questions and flash cards give you a better picture of today s massage best practices Evolve companion website provides matching activities flash cards answers to multiple choice questions weblinks and video demonstrations of various modalities covered in the text to make learning more interactive Case histories in each chapter illustrate the effects of the modality within a therapeutic context creating the opportunity for integrative clinical reasoning that helps prepare you for work in the various modalities Student objectives and key terms at the start of each chapter provides a framework for what to expect and what to focus on with each chapter In My Experience boxes provide personal insights about specific techniques from experts in the field Full color design and techniques shown with photos and illustrations enhance understanding and comprehension of each modality Multiple choice test questions at the end of each chapter with answers on the Evolve website help you measure your understanding of the modality and obtain instant feedback from the answer key that includes rationales Suggested readings resources and references in each chapter offer robust resources for you to further research each modality Clinically relevant boxes and tables highlight important information NEW Modalities chapters provide you with a greater awareness of the opportunities and options available as they pursue a massage therapy career and practitioners with more practical information they can apply to their work NEW Student resources on Evolve supplement the classroom experience and ensures you retain the material in the text 23 different body techniques are introduced to help you learn about different modalities you may want to pursue and reaffirm your knowledge of techniques More than 2 hours of video on the Evolve website bring the modalities to life and help put the text instructions in perspective NEW Updated content photos and illustrations equip you with the latest information and visuals on modalities from experts in the field that reflect current practices in the field and the needs and wants of massage therapy practitioners and students NEW Critical thinking questions added to each chapter actively engage and challenge your reasoning skills NEW Additional review questions added to each

chapter supply you with more opportunities to review what you have learned and test your knowledge **deWit's Fundamental Concepts and Skills for Nursing -Second South Asia Edition, E-Book** Ambika Ravindran, Sonali Banerjee, 2022-09-26 Fundamental Concepts and Skills for Nursing 6th Edition prepares students to learn the basic concepts and fundamental skills that LPNs LVNs need to practice in a number of care settings including hospitals long term care facilities medical offices clinics surgery centres and home care agencies This second South Asia Edition of DeWit's Fundamental Concepts and Skills for Nursing is a uniquely featured textbook designed to make a worthy impact on its readers The book is customised as per the revised B Sc Nursing curriculum prescribed by the Indian Nursing Council INC to meet the learning requirements of undergraduate students Nursing professionals aspiring for higher education or career progression will also find this book useful for reference The full colour text contains theoretical nursing concepts step by step skills and procedures and clinical applications to build a strong foundation in the patient care experience The underlying framework of all the chapters pivots around the nursing process and also portrays the concepts like psycho social aspects critical thinking communication skills inter professional collaborations patient family education and cultural integrity Discusses more than 80 essential skills and around 30 petite forms of skills with step by step format supported with coloured illustrations along with action rationale format Each chapter starts with key terms objectives and has supportive glossary Enhanced with stimulating highpoints such as Special Clinical Cues Cultural Considerations Lifespan Considerations Focused Assessment Health Promotion Legal Ethical Considerations Patient Education QSEN Considerations Safety Alert and Think Critically boxes Includes nursing process framework featuring the application of the nursing process and nursing care plans reinforcing its application in the clinical setting More than 20 Nursing Care Plans illustrating each step of the nursing process Includes Concept Maps that help students visualise concepts addressed in the text and learn how a condition or response relating to symptoms treatments and side effects can affect more than one body system [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

The book delves into Reflexology The Ancient Answer To Modern Ailments. Reflexology The Ancient Answer To Modern Ailments is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Reflexology The Ancient Answer To Modern Ailments, encompassing both the fundamentals and more intricate discussions.

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