

Reflexology is an alternative health therapy that uses knowledge of reflex points to stimulate the body's natural processes. It is based on the principle that there are correspondences between the organs of the body and reflex points on the hands, feet and ears. Reflexology is a non-invasive therapy that aims to improve the circulation of blood and lymph, and to release tension in the body. The technique of reflexology involves massaging these reflex points with the fingers and thumbs in order to treat them, and thereby cause organs connected to the reflexes.

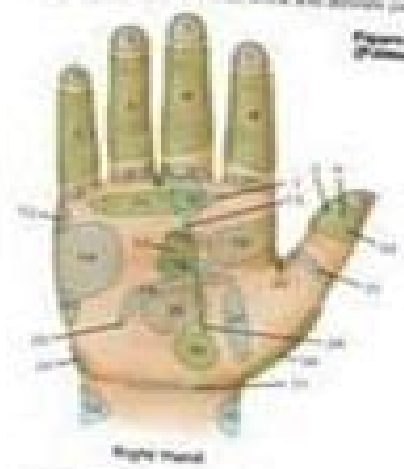
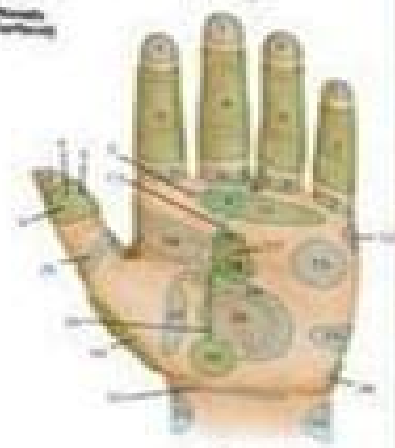
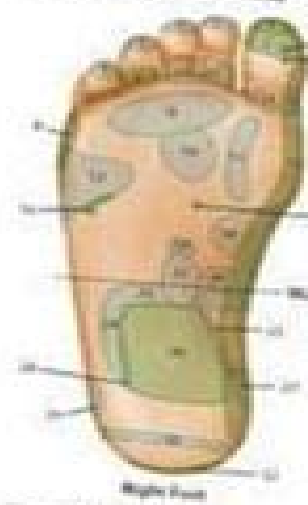


Figure 1: Right Hand (Palmar Surface)

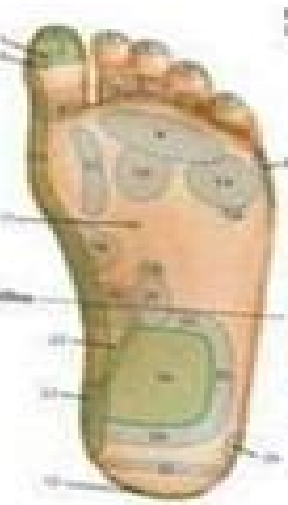


Left Hand

Figure 3: Right Foot (Plantar Surface)



Right Foot



Left Foot

Figure 5: Right Foot (Dorsal Surface)



Right Foot

Figure 6: Reflexology Chart

Reflex Point	Organ/System
1	Head and Neck
2	Heart and Lungs
3	Liver and Gallbladder
4	Spleen and Pancreas
5	Kidney and Bladder
6	Stomach
7	Small Intestine
8	Large Intestine
9	Lungs
10	Prostate and Uterus
11	Thyroid and Parathyroid
12	Adrenal and Pituitary
13	Testes and Ovaries
14	Brain and Spinal Cord
15	Endocrine System
16	Immune System
17	Nervous System
18	Circulatory System
19	Respiratory System
20	Digestive System
21	Excretory System
22	Musculoskeletal System
23	Skin and Hair
24	Reproductive System

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Milady



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The Complete Guide to Foot Reflexology Kevin Kunz, Barbara Kunz, 2010-12-03 The best made better this the Third Edition of The Complete Guide to Foot Reflexology up dates with new materials the classic text that launched the reflexology industry in 1980 Both a reference work and a teaching tool best selling The Complete Guide to Foot Reflexology Third Edition includes fully illustrated tools about reflexology s history theory charts how to do techniques and follow along step by step instructions for how to provide a session A newly expanded section serves as an illustrated reference for where to apply techniques for 90 specific health concerns such as diabetes heart and constipation New here is how to become a reflexology sleuth deciphering the foot through the eyes of the reflexology chart The reflexology chart comes alive as you are lead through observation of each part of the foot and consideration of each reflex area as projected onto the foot Follow along instructions provide step by step guidance Photographs of real feet real people are included for comparison to feet you observe Also included and usable for reference are characteristics of each reflex area enabling you to determine the stress of each part of the body such as kidneys heart lungs and brain

Foot Reflexology (Quick Reference Guide) Quick Charts, 2014-06-26 The most beneficial aspect of reflexology is its completely natural and systematic approach to healing The majority of modern medicines involve surgery and harsh prescriptions Reflexology pinpoints abnormalities in the body and works toward controlling them using precise massage and musculoskeletal responses True reflexology incorporates modern physiologic understanding with ancient and proven methods of non invasive treatment

Reflexology Michele Gilbert, 2015-09-18 Do you want to learn more about reflexology Would you like to know how to self perform reflexology and practice it on others The history of reflexology is fairly broad and fairly extensive What it comes down to is the fact that there is a lot history that is loaded with the application of physical touch to make people cope with their suffering whether physical mental or spiritual It wasn t until the modern era that people started putting a name to the idea that you could apply pressure on areas of your body that would influence the feeling of other parts It was often joked that a person who had a toothache should squeeze their toe to get some relief from it During the 16th century the idea of Zone Therapy began to become more and more prominent This idea that there are zones in the bodies and that there are ways to access them from different places in the body became more and more popular and more and more time was dedicated to the research of it Here Is A Preview Of What You ll Learn What Is Reflexology The Basics of Reflexology The Basics of the Foot The Basics of the Hands The Massage Tags reflexology hand reflexology foot reflexology total reflexology reflexology guide reflexology manual reflexology diagram reflexology chart reiki acupuncture acupressure flexology foot map chart map learn reflexology relieve tension treat illness treat pain reduce pain alleviate pain foot reflexology what is reflexology does reflexology work facial reflexology reflexology headache headache headaches reflexology techniques reflexology therapy alternative therapies foot therapy natural therapy reflexology map hand reflexology chart foot reflexology chart reflexology charts reflexology

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Reflexology Poster (22 X 28 Inches) - Laminated Vincent Perez,2014-05-31 Reflexology or zone therapy regions mapped on multiple views of the hands and feet showing the surface anatomy with beautifully illustrated and colored zone areas This tool can help with learning or teaching the practice or as reference for those being worked on with reflexology **Foot Reflexology** Milady,2003-07-01

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