

# REFLEXOLOGY TODAY

A FAMILY AFFAIR



Self Help Family Wellness Guide  
for Pain and Stress Relief

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# Reflexology Today A Family Affair A Self Help Guide For Family Wellness

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**Foot Reflexology** Jurgen Jora, 1991-09-15 The healing and rejuvenating art of foot reflexology works on the principle that every part of the body is connected to the soles of the feet by nerve pathways and subtle energy channels By massaging the foot you can stimulate these connections bringing soothing relief to the corresponding body part whether the sinuses back and neck lungs stomach shoulder hip or other area of stiffness or pain Conversely massaging points on your hand is an effective way to treat foot injuries A centuries old form of medicine that has become one of today's most accepted healing arts foot reflexology can help alleviate a broad range of acute and chronic health problems including asthma hypertension headaches and kidney trouble as well as help ensure general well being and relaxation Simple effective and completely safe reflexology massages are a wholly beneficial alternative to traditional medical methods and a valuable skill to complement conventional treatments this easy to use guide enables you to perform healing foot massage in your own home on yourself or with the help of a friend Forty six unique full color diagrams show exactly where to find the foot's various reflex zones that contain important pain centers and the clearly written text explains exactly how to perform massages that deliver immediate satisfying relief

[The Self-Help Reflexology Handbook](#) Sonia Ducie, 2012-05-31 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

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