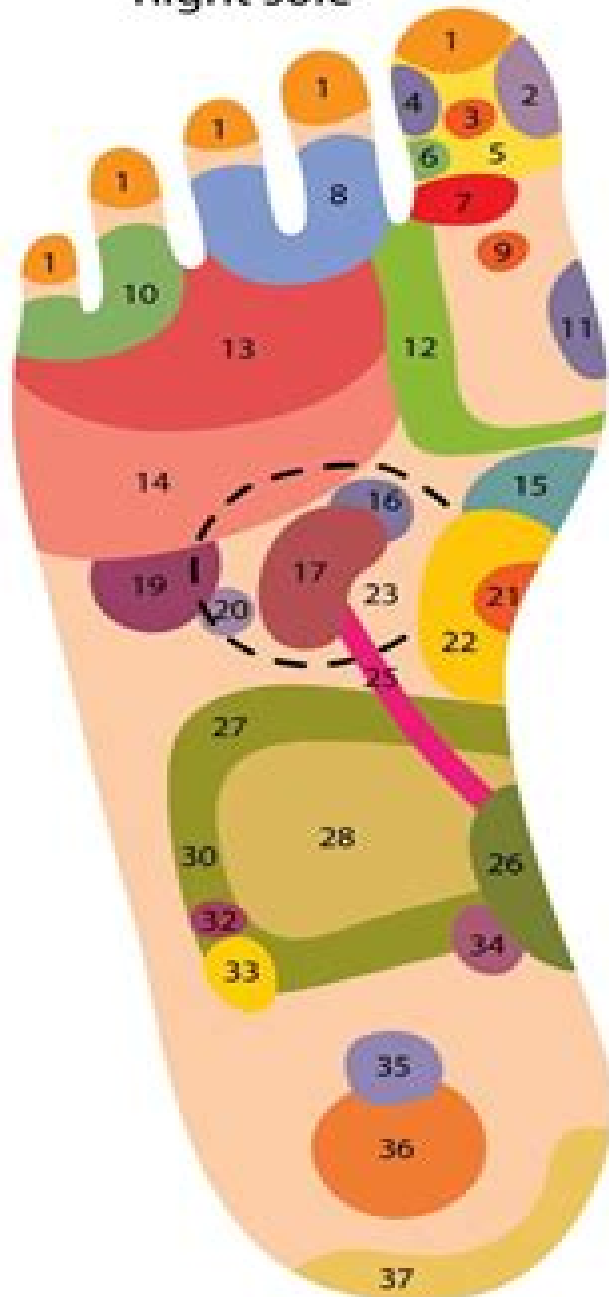
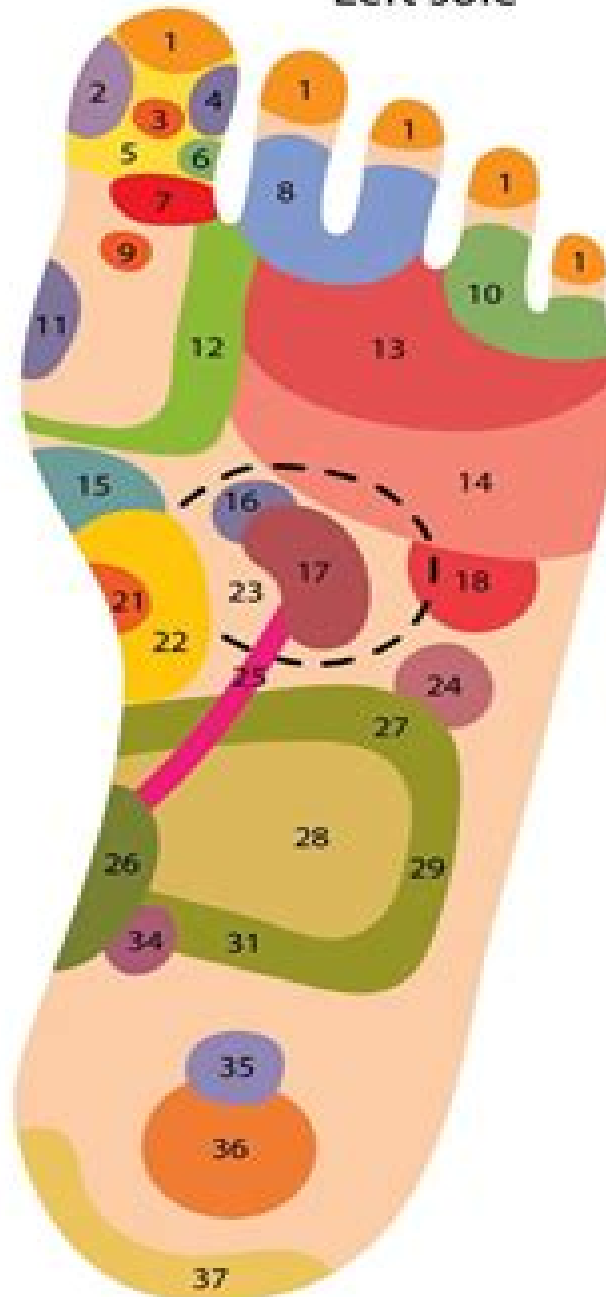


Right sole



Left sole



1. Frontal sinus
2. Nose
3. Pituitary
4. Trigeminal nerve
5. Cerebrum
6. Cerebellum brain stem
7. Neck
8. Eyes
9. Hypertension point
10. Ears
11. Parathyroid gland
12. Thyroid gland
13. Trapezius muscle
14. Right lung, bronchi
15. Stomach
16. Suprarenal gland
17. Kidneys
18. Heart
19. Liver
20. Gallbladder
21. Pancreas
22. Duodenum
23. Celiac plexus
24. Spleen
25. Ureters
26. Bladder
27. Transverse colon
28. Small intestine
29. Descending colon
30. Ascending colon
31. Sigmoid colon, rectum
32. Ileocecal valve
33. Caecum, appendix
34. Anus
35. Insomnis point
36. Gonads
37. Sciatic nerve

Reflexology A Patients Guide

Mirka Knaster



Reflexology A Patients Guide:

Reflexology Nicola M. Hall,1986 *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 **Secrets of Reflexology** Chris McLaughlin,Nicola Hall,2017-08-15 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 **N101 - Foot Reflexology Course** Donald A. Bisson,Ontario College of Reflexology,2001 *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 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 II (Speedy Study Guides)* Speedy Publishing,2014-07-03 Reflexology is a form of therapeutic massage concerning the feet that involves applying pressure to particular areas such as the arch Each specific area on the sole of a foot is aligned to a particular area of the internal or exterior of the human body By applying pressure to a specific part of a foot clients feel relief from health conditions such as stress or anxiety A reference guide is necessary for students learning about reflexology in a massage school

Complementary Medicine for Nurses, Midwives and Health Visitors Brian Booth,Joanna Trevelyan,1994-11-11 The most up to date and comprehensive overview of the 14 therapies that nurses midwives and health visitors have expressed particular interest in Each therapy is discussed in detail and the implications for use in health care are examined The vexed question of research is dealt with throughout and the book ends with a look at likely future trends This text written in response to the growth of interest in complementary medicine amongst health professionals and the general public is a must

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