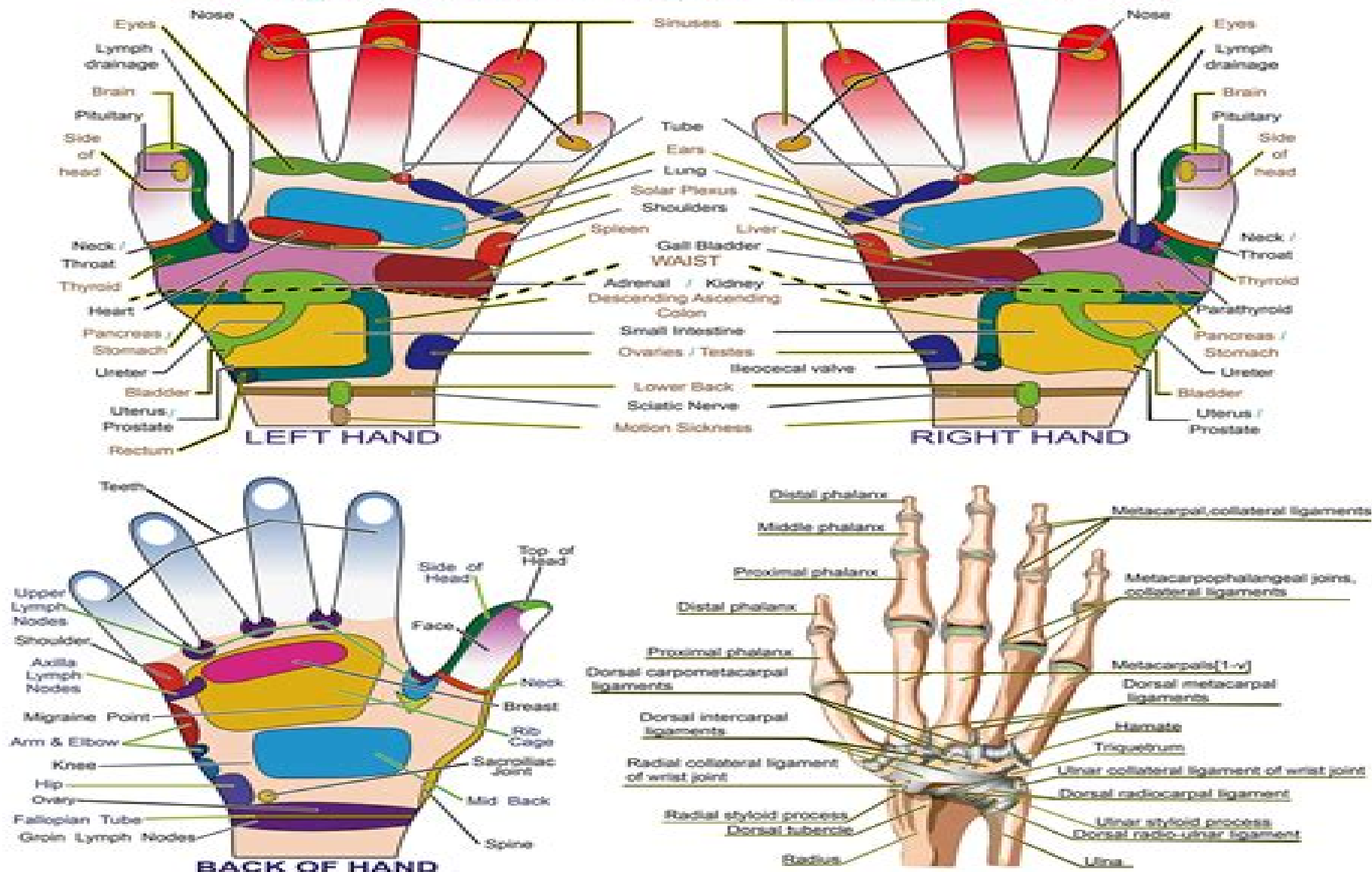


Acupressure Reflexology Chart



Reflexology or Acupressure massage is an ancient hands-on-modality that harmonizes health and well-being through precise points found in the hands and feet. Reflexology can be used to help restore and maintain the body's natural equilibrium via the meridians. By relieving congestion or tension in any part of the hand, a stimulation of life force is mirrored in the corresponding part of the body. By gently rubbing the hand and applying pressure to desired points, the tension areas and acidic waste buildup will loosen. Gently manipulate while slowly working up to firmly kneading the pressure points. This will also increase blood flow to the areas. Lessen pressure if pain is felt but gently continue in that area if permitted. Protein balanced alkaline vegetarian diets with regular vigorous exercise are best suited for gentle cellular aging and lessening for capillary acidic waste buildup. Drink half your body weight in ounces each day in alkaline water e.g. if you weigh 200lbs, drink 100 ounces a day.

Reflexology And Acupressure

**Janet Wright, B. K. Heather, Sara
Mokone**



Reflexology And Acupressure:

Acupressure and Reflexology For Dummies Synthia Andrews,Bobbi Dempsey,2011-02-10 Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch Searching for alternative treatments for pain This friendly do it yourself guide introduces you to the basics and benefits of acupressure and reflexology showing you step by step how to nurture your emotional and physical well being and that of someone else You ll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well being Understand basic healing principles Relieve your specific aches and pains Boost your immune system Address age related ailments Find professional help *Foot Reflexology and Acupressure* Zha Wei,2020 This book succinctly introduces the benefits of foot reflexology and acupressure the required tools and the theory behind the science With 77 reflex zones and 66 acupressure points the soles of the feet are essentially a map to the human body each one corresponds to an organ muscle or other potential problem area By implementing reflexology and acupressure techniques you may be able to alleviate pain and discomfort fatigue stress and symptoms of chronic disease These techniques can be done anytime and anywhere and require just a few minutes a day With easy to understand language and more than 200 color photos and diagrams including computer generated maps to help you locate the points on your own feet this book is a comprehensive introduction to reflexology and acupressure for beginners or for those who don t have time to go to reflexology or acupuncture appointments Can be used in conjunction with Hand Reflexology Acupressure **Reflexology and Acupressure** Janet Wright,1999 This fully illustrated guide traces the history and explains the basic techniques for both reflexology and acupressure with easy to follow combined treatments for common ailments The book provides a thorough introduction and reference to these techniques **Hand Reflexology & Acupressure** Chen Feisong,Gai Guozhong,2020-01-14 Though practices like acupuncture have become popular in the West over the last few decades they have been a part of Traditional Chinese Medicine for thousands of years Hand reflexology and acupressure are two techniques that can achieve similar results to more complicated practices like acupuncture but can be done at home on yourself without any tools This book acts as a beginner s guide to these pressure based practices Through illustrations and easy to understand language readers can learn a variety of useful pressure points how to properly utilize them and daily care that can be done to address certain health concerns Through recent studies hand reflexology and acupressure have been shown to help with a variety of issues including Nausea Stress tension and anxiety Insomnia Headaches Chronic pain Digestive issues Muscle and joint injury The safe reliable techniques outlined in this book are easy for anyone to master and importantly can be used anywhere *Foot Reflexology & Acupressure* Zha Wei,2020-06-02 This book succinctly introduces the benefits of foot reflexology and acupressure the required tools and the theory behind the science With 77 reflex zones and 66 acupressure points the soles of the feet are essentially a map to the human body each one corresponds to an organ muscle or other potential problem area By implementing reflexology and

acupressure techniques you may be able to alleviate pain and discomfort fatigue stress and symptoms of chronic disease These techniques can be done anytime and anywhere and require just a few minutes a day With easy to understand language and more than 200 color photos and diagrams including computer generated maps to help you locate the points on your own feet this book is a comprehensive introduction to reflexology and acupressure for beginners or for those who don't have time to go to reflexology or acupuncture appointments Can be used in conjunction with Hand Reflexology Acupressure

Reflexology & Acupressure Janet Wright, 2003 This new edition contains updated information on reflexology and acupressure two popular drug free hands on therapies that stem from the science of pressure points and complement orthodox medicine The section on reflexology presents both foot and hand charts and explains massage techniques used to increase energy flow to corresponding areas of the body The section on acupressure features a simplified Chinese body chart locating the main meridians and pressure points with treatment techniques for many common ailments Practical step by step advice to suit everyone including children and the elderly Detailed color photographs guide the reader through every step Publisher's description

Reflexology and Acupressure Janet Wright, B. K. Heather, Sara Mokone, 2001 *Hand Reflexology and Acupressure* Chen Feisong, Gai Guozhong, 2019-09-24 Acting as a beginner's guide to hand reflexology and acupressure this book features illustrations and easy to understand language to teach readers how to properly utilize them to address certain health concerns

Dog Reflexology and Acupressure Vivian Birlie, 2016-11-23 Books about reflexology for humans have been known for many years Now this book makes it possible to gain knowledge about reflexology for dogs as well The book describes the technique and where the dog's reflex areas are located on the paws All content is carefully described and complemented with illustrated figures The dog's urinary passages nervous system digestion senses respiratory passages immune system circulation detox system endocrine system bones and muscles are some of the content you will find described in the book Furthermore the book provides practical tools to support reflexology treatment such as face reflexology acupressure treatments of meridians and homeopathy In order to understand the location of the reflex areas on the paws the reader is guided through the principles of human reflexology and how the reflex areas on humans have come to be It is then shown why and how this knowledge can be transferred to dogs and how the reflex areas are adjusted to fit the dog's anatomy and physiology i.e. the reflex areas are mapped out with regard to the differences between humans and dogs anatomies Several experts in the veterinary field have contributed to the book with the necessary western knowledge The reader is introduced to TCM Traditional Chinese Medicine which constitutes the theoretical background for both reflexology and acupressure It consists of the 5 Elements meridians acupressure points yin and yang and mental aspects including the dog's behavior Vivian Birlie a member of the Danish Author's Society is an acupuncturist and reflexologist and has treated both humans and dogs since 1997 As a longtime educator she has authored a great deal of teaching material This background along with 16 years of experience in journalism technique and web at the Danish Broadcasting Corporation has

made this book possible The book forms the basis of the education for dog reflexologists at Sano Canis Institute for Reflexology for dogs educational institution and treatments Number of pages 224 **Acupressure In Daily Life** Savitri Ramaiah,2012-06 Alternative therapies are becoming increasingly popular the world over The toxic effects of medication and the sheer expense of conventional modes of treatment of diseases have prompted people to turn to natural and time tested healing methods Acupressure is a system of healing that originated in the East It is based on the theory that the body possesses remarkable forces of energy that can be used to cure itself Acupressure focuses on stimulating specific reflex points in the body in order to provide relief from pain or other symptoms This book explains in a simple easy to follow language the basic techniques of acupressure that can be used to treat several disorders and restore physical fitness

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