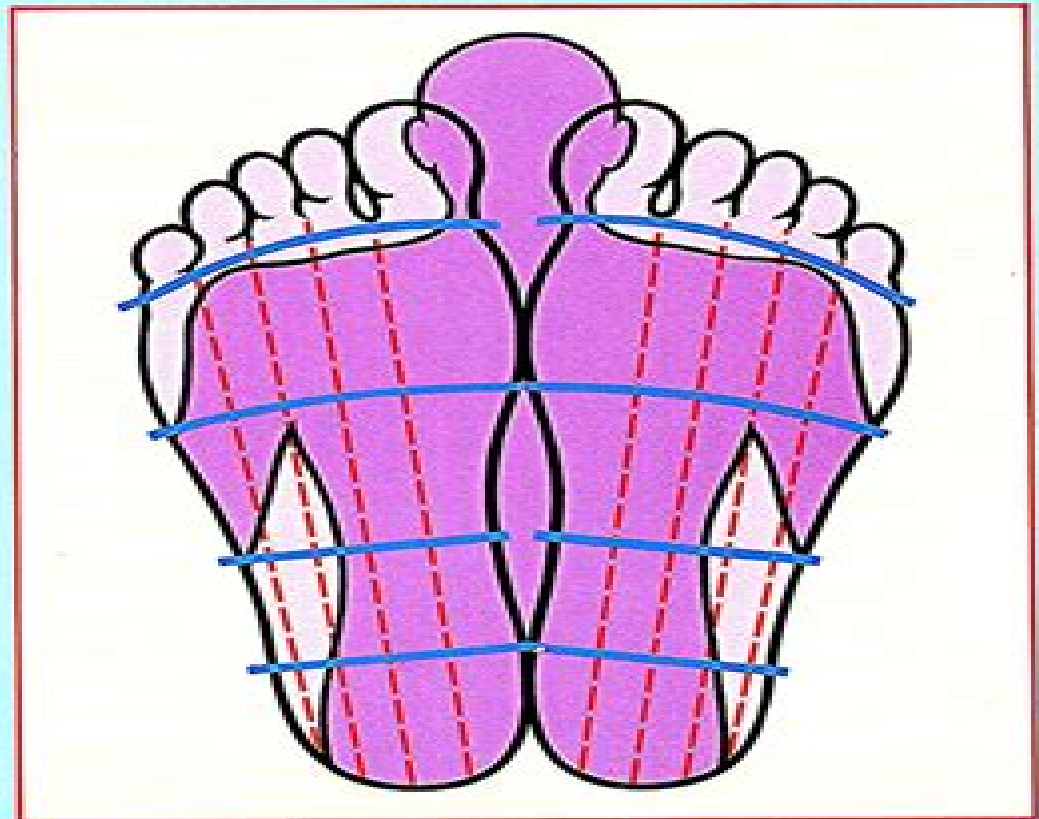


THE REFLEXOLOGY HANDBOOK

A COMPLETE
GUIDE

LAURA
NORMAN

WITH
THOMAS COWAN



Reflexology Handbook

Sonia Ducie



Reflexology Handbook:

The Reflexology Handbook Laura Norman, Thomas Cowan, 1989 This guide explains the use of reflexology to relieve a wide range of troublesome physical symptoms. It describes how this holistic technique can be employed to relieve common conditions such as headaches, respiratory ailments, osteoporosis, gallstones, sports injuries, insomnia, high blood pressure, and weight problems. Reflexology can also reduce stress and increase one's energy. Details are given of reflex points and the four basic reflexology techniques. A chart of common ailments and special reflexology techniques is also included. **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. **The Complete Guide to Reflexology** Ruth Hull, 2023-01-17 A full color illustrated and comprehensive study guide for reflexology. Provides detailed and accurate anatomical drawings, zone and reflex maps, and muscle tables. Offers extensive basic pathology of all body systems including case studies. Ideal for students of reflexology up to levels 2 and 3, exceeds the curriculum requirements of all the major awarding bodies. Includes a study outline for each chapter as well as review and multiple choice questions. Reflexology is a gentle, non-invasive therapy that encourages the body to balance and heal itself. It involves applying finger or thumb pressure to specific points on the hands and feet. Called reflexes, these points reflect or mirror the organs and structures of the body as well as a person's emotional health. In this way, the hands and feet are mini maps or microcosms of the body that can be used to encourage holistic healing. Presenting the most complete reflexology study guide available, this full color illustrated textbook is designed for use both in the classroom and as a home study resource. Ideal for students of reflexology up to levels 2 and 3, it exceeds the curriculum requirements of all the major awarding bodies as well as meeting the current National Occupational Standards for reflexology. Providing detailed and accurate anatomical drawings, zone and reflex maps, and muscle tables, the book outlines each body system, explaining how, when, and why to work the reflexes. It explores foot reflexology, hand reflexology, as well as meridian therapy, and offers extensive basic pathology of all body systems, including case studies, allowing the student to develop interpretive, diagnostic, and treatment planning skills. Each chapter also includes a study outline as well as review and multiple choice questions. Offering a comprehensive guide to the theory, philosophies,

and history of reflexology this book will encourage students to develop understanding and confidence in their reflexology practice

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