

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 pathway.

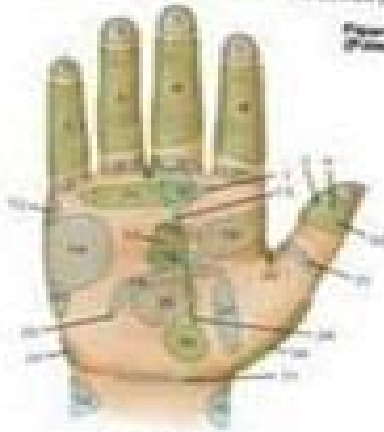
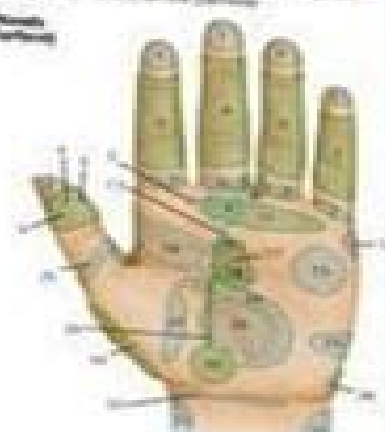


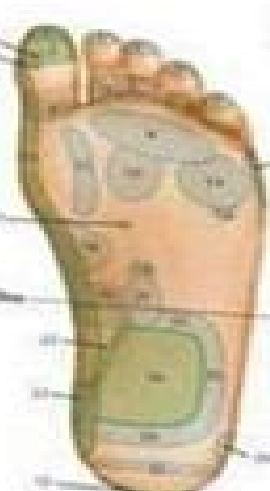
Figure 1: Right Hand (Palmar Surface)



Left Hand



Right Foot



Left Foot



Right Foot

Figure 2: Reflexology Points on the Hand and Foot

Point	Organ/System
1	Head
2	Neck
3	Lungs
4	Heart
5	Liver
6	Gallbladder
7	Stomach
8	Small Intestine
9	Large Intestine
10	Kidney
11	Bladder
12	Reproductive Organs
13	Head
14	Neck
15	Lungs
16	Heart
17	Liver
18	Gallbladder
19	Stomach
20	Small Intestine
21	Large Intestine
22	Kidney
23	Bladder
24	Reproductive Organs
25	Head
26	Neck
27	Lungs
28	Heart
29	Liver
30	Gallbladder
31	Stomach
32	Small Intestine
33	Large Intestine
34	Kidney
35	Bladder
36	Reproductive Organs

Reflexology Pockets Perma Charts

Quick Charts



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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

treatment reflexology foot map reflexology hand map reflexology maps *Reflexology* Vincent Perez,2025-05 Zones associated with qi chi or life force used in the practice of Reflexology are mapped over anatomical illustrations of the surface anatomy of the hands feet and ear to better locate the zone needed Many views offer a 360 degree mapping of the zones for reference There are over 10 million QuickStudy anatomy guides in print all with beautiful Illustrations by award winning and best selling medical illustrator Vincent Perez Vincent s life mission is cataloging the beauty and detail of our complicated body systems for medical professionals whether future doctors or medical coders formative students and anyone needing to know human anatomy from personal trainers to yoga instructors Anatomical illustrations include Right Left Plantar Foot Left Right Dorsal Foot Right Left Palmar Hand Left Right Lateral Hand Left Right Dorsal Hand Right Left Medial Hand Left Right Medial Foot Right Left Lateral Foot Suggested uses Reflexologist use as reference when discussing techniques and the process with clients Instructors Students a handy go to reference while learning the zones **Foot Reflexology Chart D.** Barry,1995-12-01 *Reflexology* Vincent Perez,2015-12-31 Zones associated with qi chi or life force used in the practice of Reflexology are mapped over anatomical illustrations of the surface anatomy of the hands feet and ear to better locate the zone needed Many views offer a 360 degree mapping of the zones for reference Suggested uses o Reflexologists use as reference when discussing techniques and the process with clients o Instructors Students a handy go to reference while learning the zones *Reflexology* Speedy Publishing LLC,2013-12-01 Reflexology Guide Learn about pressure points of the hands feet using this superb reflexology chart color coded and mapped from multiple views It indicates foot reflexology with key trigger points that you need to know If you are interested in reflexology massage then this pamphlet is critical for quick reference and study developed by Speedy Publishing LLC The chart is uses detailed illustrated diagrams distinctly labeled for easy identification and use for study The perfect reflexology map that is designed by expert illustrators Find critical diagrams of the plantar foot lateral foot palmar hand lateral hand and other aspects Reflexology is a type of alternative medicine which involves applying pressure to the feet hands or ears with the thumb finger and hand These techniques are used without lotion or oil and are based on the claim that our body is a system of zones and reflex areas with the image of the body on the feet and hands and that stimulating these areas can cause a physical change in the body One theory of this therapy is that it works with the central nervous system based on research that has shown that there exists a neurological relationship between the skin and the internal organs By stimulating these systems with touch and massage in the correct zones people have seen changes in their bodies ranging from pain relief to increased blood supply Get this guide and learn much more

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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