



TERAPIAS ALTERNATIVAS

Guía práctica de, **REFLEXOLOGÍA**



**Curar el cuerpo
con masajes en
pies y manos**



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Reflexologia Guia Practica

Maurice P. Lachèret

Reflexología Guía Práctica:

Guía Práctica de Reflexología Carlos Alberto Cuevas, Pilar Ferreyra, 2006 Written in Spanish GUIA PRACTICA DE REFLEXOLOGIA is a practical guide to Reflexology. Reflexology is an ancient healing art which aims to treat various ailments in addition to being very effective in relieving stress. It is a massage that takes place mainly on the feet and hands stimulating the different reflex points in your body that help to alleviate many diseases. Inside are instructive images that depict how to practice this beneficial healing technique.

Reflexología Maurice P. Lachèret, 2003 **Guía práctica de masaje y automasaje** Jean-Paul Sérényi, 2003 **Nuevo manual de Reflexología** Alicia López Blanco, 2017-03-01 Este manual de absoluta referencia revisado y actualizado nos presenta el curso completo del Método Lpez Blanco de Reflexología Holística una terapia que contribuye al bienestar calidad de vida y salud integral de la persona. La obra de lectura sencilla y claridad conceptual posee una estructura didáctica que facilita el aprendizaje propiciando la incorporación de conocimientos de forma gradual y segura. Est dirigida tanto a profesionales de la salud como a toda persona que centre su interés en este tipo de abordajes. El lector podrá acceder a contenidos temáticos y técnicas ilustradas con una detallada descripción práctica de sus formas de aplicación localización de reas reflejas sesiones generales y específicas para tratar problemas puntuales formas de organización de tratamiento y técnicas diagnósticas una interpretación holística de los sistemas corporales y una guía detallada para la realización de la lectura de los pies tanto para el reflexólogo como para cualquier persona interesada en acceder a este saber. La filosofía del holismo y su desarrollo en la reflexología podal. Aproximación reflexológica a la anatomía humana. Interpretación holística de los distintos sistemas y trastornos. Aplicación de las técnicas manuales verbales y diagnósticas para la curación. Orientación para la realización de programas reflexológicos aplicados a problemas de salud concretos sesiones generales y sesiones específicas. Cómo leer e interpretar el mensaje de los pies. Un libro de referencia para descubrir en profundidad las más modernas técnicas reflexológicas y su implicación con la salud cuerpo mente. La filosofía holística es una forma de entender al ser humano como una unidad de cuerpo mente energía cultura historia personal y todo aquello que ha determinado su estado actual.

Reflexología Podal China Carlos Tabares, 2021-05-13 A lo largo de 2500 años la medicina china ha sorprendido a la comunidad científica y médica por la aportación y descubrimientos para la conservación y mejoramiento de la salud. Su filosofía y manipulaciones han asentado las bases para el desarrollo de un sin número de técnicas de masajes y nuevos tratamientos médicos. Esta obra ha sido escrita con el firme propósito de aportar los conocimientos básicos de la medicina tradicional china las manipulaciones más utilizadas los puntos específicos y zonas reflejas en la planta de los pies. Esta técnica mejor conocida como Kíng tāi mó o reflexología podal es de uso común en China para el bienestar y mantenimiento de la salud.

Guía práctica de naturopatía Jaume Rosselló, Dra. Carme García Gomila, 2021-04-12 Este completo libro te hará descubrir de forma sencilla y educativa lo que es la naturopatía y lo que puede aportarte en tu vida diaria. ¿Qué debo comer si estoy estresado? ¿Qué plantas pueden ayudarme en caso de estreñimiento o insomnio? Cuáles son los

mejores suplementos diet ticos para la fatiga cr nica Tantas preguntas a las que nos enfrentamos diariamente sobre nuestra salud y a las que encontrar respuestas simples y concretas para convertirse en un palad n de su bienestar Este libro es una referencia ineludible que puede guardar y consultar toda la familia en cualquier ocasi n as como los profesionales del mbito de las terapias naturales para descubrir los principios fundamentales de la naturopat a sus principales remedios y t cnicas para combatir todo tipo de dolencias cotidianas Una valiosa gu a para la buena salud durante todo el a o Salud y vida natural La alimentaci n ecol gica Terapias manuales quiromasaje reflexolog a drenaje linf tico manual digitopuntura quiropraxia osteopat a La depuraci n del organismo Fitoterapia El poder de las plantas medicinales Aromaterapia Medicina energ tica y Medicina integrativa La valiosa aportaci n de la hidroterapia

Reflexología Maurice P. Lachèret,2004 **Guía práctica de reflexología podal** Enrique Rodríguez Mirón,2004

Guía práctica de Hipnosis Horacio Ruiz Iglesias,2006-01-01 Seg n

su autor este libro puede interesar a personas con inquietudes en temas como el autoconocimiento el desarrollo personal que les guste investigar que tengan la inquietud de saber qu somos La verdad En palabras de Horacio Ruiz Iglesias Presidente de la Asociaci n Espa ola de Hipnosis lo bueno de la hipnosis es que es complementaria con cualquier sistema m dico y ayuda a los dem s a mejorar su vida web Psiquiatr a La primera gu a en castellano de hipnoterapia que adem s de explicarnos la hipnosis cient fica e hist ricamente nos da unas pautas pr cticas para poder practicarla nosotros Estos ltimos a os la hipnosis ha quedado un poco denostada son innumerables los casos de hipnosis por puro espect culo que aparecen en los medios de comunicaci n la hipnosis no obstante es un m todo cient fico que tiene numerosas propiedades terap uticas y no s lo en el plano mental sino en el f sico tambi n Gu a pr ctica de hipnosis nos ense a los fundamentos cient ficos y te ricos de la hipnosis y tambi n los fundamentos fisiol gicos las zonas cerebrales de activaci n de la hipnosis y la capacidad terap utica del trabajo sobre ciertas zonas del cerebro Pero en sus cuatro cap tulos nos ense a tambi n c mo podemos practicar nosotros la hipnosis para relajarnos y en el ltimo cap tulo la utilidad de la hipnosis en las regresiones La relevancia de Horacio Ruiz en la psicoterapia espa ola actual es incuestionable este libro es fruto de m s de treinta a os de experiencia en los que ha atendido miles de casos Su convicci n de que el inconsciente tiene muchas de las claves para la resoluci n de problemas f sicos y mentales es lo que le impuls a escribir este libro Redactado con un lenguaje deliberadamente sencillo para que sea accesible a todo el mundo el libro aborda la hipnosis la autohipnosis la relajaci n los distintos modelos de hipnosis terap utica que existen y la regresi n

Técnicas de sanación energética. Guía práctica Karen Frazier,2021-12-03

La sanaci n energ tica es la pr ctica de manipular el flujo de energ a sutil del cuerpo para inducir mejoras en los mbitos f sico mental y emocional Esta gu a nos presenta los conceptos b sicos de la sanaci n energ tica con una serie de ejercicios muy f ciles de realizar que podr s poner en pr ctica desde el primer momento Karen Frazier presenta una amplia variedad de enfoques para que puedas experimentar y encontrar lo que mejor funcione para ti sanaci n con las manos tapping terapia por medio del sonido cristales aromaterapia o meditaci n Incluye tambi n una descripc i n detallada de rituales de autosanaci n de entre 5 y 15 minutos se

trata de rutinas diarias para centrarnos aliviar el dolor y reducir la agitación interior En esta obra encontrarás además las pautas para conseguir aliviar todo tipo de dolencias desde el dolor agudo y crónico hasta cuestiones relacionadas con la prosperidad y las relaciones pasando por un amplio abanico de sentimientos y emociones que puedan estar bloqueando tu mundo emocional Reflexología Doreen E. Bayly, 1985-05 Es una terapia natural que permite mediante el masaje en las reas reflejas de los pies aumentar la circulación de la sangre y aliviar la tensión del sistema nervioso También tiene un efecto estimulante del flujo sutil de la vitalidad por lo que es apropiada para el tratamiento de numerosos trastornos contribuyendo a recuperar el equilibrio normal condición necesaria para aliviar el estrés y lograr una buena salud Guía fácil de homeopatía Peter Adams, 2000-10 *El libro de la Reflexología* Valerie Voner, 2012-02-23 Excelente guía con la que podemos aprender qué es la reflexología y cómo utilizar en casa el poder curativo del tacto A pesar de los grandes avances de la medicina moderna cada vez son más las personas que se vuelcan en la reflexología para aliviar los síntomas del dolor crónico el estrés y los problemas más duros La reflexología terapéutica ha demostrado ser un tratamiento efectivo para innumerables problemas de salud desde los dolores de cabeza y el insomnio hasta la hipertensión y el síndrome premenstrual

Guía práctica de puntos de acupuntura (color) Chris Jarmey, Ilaria Bouratinos, 2016-09-01 Conocer la localización y las funciones de los puntos de acupuntura es crucial para los acupuntores así como para los profesionales del shiatsu los masajistas y el resto de terapeutas corporales En este manual con magníficas ilustraciones y de fácil comprensión Chris Jarmey e Ilaria Bouratinos proporcionan información exhaustiva y actualizada para todos aquellos que utilizan los puntos de acupuntura en su trabajo como terapeutas Mediante detalles que van mucho más allá de todo lo que se ha hecho hasta ahora la Guía práctica de puntos de acupuntura ofrece al especialista la información necesaria para ejercer con una mayor comprensión y confianza Este libro no sólo contiene información esencial sobre la ubicación anatómica de los puntos y las técnicas de acupuntura aplicables sino que también describe otros más todos de tratamiento pertinentes y zonas más amplias en las que se pueden activar los puntos mediante presión manual guasha magnetoterapia moxibustión y ventosas Esta Guía práctica de puntos de acupuntura incluye una gran cantidad de información cuidadosamente investigada y una amplia gama de formas de tratamiento de los puntos de acupuntura Es una guía completa tanto para estudiantes como para profesionales

Aumenta La Autoestima De Tus Hijos. Guía Práctica Antonio Bernal Aragó, La autoestima de los niños es la base para una familia feliz estás basada y garantiza el amor de familia Así pues si aumentas la autoestima de tu hija o de tu hijo les das más poderes le estas reforzando el cerebro del niño le estás diciendo eres especial y le das la oportunidad de conseguir en un futuro su frase favorita de mayor quiero ser Por lo tanto al recuperar la autoestima de tus hijos da como fruto lo que todos te aconsejan quiérete mucho enamorate de ti Pretende dar unas pautas a seguir para los padres o tutores con la finalidad de aumentar la autoestima de los niños sabiendo que la autoestima es la cimentación de toda la estructura emocional de la persona El ayudar a los hijos a desarrollar una buena autoestima es la tarea más importante de la paternidad El niño con

alta autoestima tiene muchas posibilidades de ser un adulto feliz y exitoso La autoestima es el escudo que protege a los niños de los dragones de la vida drogas alcohol delincuencia y relaciones insanas Y atención del daño que puede provocarle el bullying Pedagogía 3000. Guía práctica para docentes, padres y uno mismo Noemí Paymal, 2010

GUÍA PRÁCTICA

DE AUTOHIPNOSIS - Para los que quieren ser expertos en hipnosis Ibnu Sina, 2023-04-07 Como hipnotizador profesional durante muchos años he visto resultados asombrosos y aparentemente milagrosos de individuos que utilizan la autohipnosis Muchos de estos casos parecen increíbles a quienes no están familiarizados con el fenómeno de la hipnosis

Guía Práctica de Masajes Para Tu Pareja Estrella Danielle, 2006-11 **Guía fácil de acupresura** Karola Berger, 1998

Zonas Reflejas del Pie Cupido A.I. Saage, 2025-06-14 Zonas Reflejas del Pie Guía Completa de Reflexología y Terapia Natural es una obra detallada que introduce al lector en el fascinante mundo de la reflexología podal. Este libro presenta de manera clara y accesible los fundamentos anatómicos de las zonas reflejas del pie explicando la correlación entre estas áreas y los órganos del cuerpo. Descubrirás cómo cada punto en la planta del pie se conecta con diferentes sistemas corporales y aprenderás a identificar estas conexiones para aplicar un masaje de zonas reflejas del pie efectivo. La obra aborda la evolución histórica de esta terapia a través de distintas culturas desde sus orígenes hasta su desarrollo moderno ofreciendo una perspectiva completa sobre los principios que sustentan el trabajo en las zonas reflejas del pie. En la sección práctica encontrarás instrucciones paso a paso para preparar adecuadamente una sesión de terapia de zonas reflejas del pie, incluyendo recomendaciones sobre el ambiente materiales necesarios y la preparación personal. Las técnicas fundamentales de masaje de zonas reflejas se explican con detalle desde los movimientos básicos hasta las variaciones de presión según cada área específica. El libro dedica especial atención a las zonas reflejas correspondientes a los sistemas orgánicos hormonales y musculoesqueléticos permitiendo comprender la importancia de cada punto reflejo y su tratamiento adecuado. Además explora diferentes enfoques internacionales de la reflexología incluyendo las particularidades del mundo entero de zonas reflejas del pie y su influencia en Latinoamérica. Finalmente descubrirás los diversos beneficios del masaje de zonas reflejas tanto para aliviar dolencias físicas como para promover el equilibrio emocional junto con técnicas de autoaplicación para incorporar esta terapia natural en tu rutina diaria de bienestar. Para este libro hemos apostado por tecnologías innovadoras incluyendo Inteligencia Artificial y soluciones de software a medida. Estas nos apoyaron en numerosos pasos del proceso: la búsqueda de ideas y la investigación, la redacción y la edición, el control de calidad así como la creación de ilustraciones decorativas. Nuestro objetivo es ofrecerte una experiencia de lectura especialmente armoniosa y contemporánea.

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