

TUTTLE ALTERNATIVE HEALTH

Reflexology



ANYA GORE

Reflexology Tuttle Alternative Health

Anne McIntyre



Reflexology Tuttle Alternative Health:

Hypnosis Ursula Markham, 1993 Hypnotherapy is the use of hypnosis to bring the mind to a state of heightened sensitivity and awareness A therapeutic method with a history arching back over the centuries to the Ancient Egyptians hypnosis is a practice with vast medical and psychological possibilities from the curing of phobias and addictions to the treatment of physical ailments and diseases Hypnosis addresses many of the questions and fears that a patient may have dispelling rumor and superstition in favor of substantive professional advice and information **Herbal Medicine** Anne McIntyre, 1993 this book explores the philosophy and process that guide an herbalist in a diagnosis and treatment that cures disease and maintains health with the natural bounty of the earth Reflexology Anya Gore, 1993 Reflexology is an ancient healing art using pressure especially on certain points on the feet Its central idea is that the body is divided into ten vertical zones with an energy link between all parts of the body falling within a particular zone and that by applying pressure to one area pain can be reduced in other areas within that zone Reflexology thoroughly discusses the development of reflexology in the West its underlying premises what to expect during a visit to a therapist s office and do it yourself reflexology *The Complementary and Alternative Medicine Information Source Book* Alan Rees, 2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments This unique volume brings together in one volume print and electronic resources pertaining to an in demand topic provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies will fill the information gap in the rapidly growing field of CAM 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 **DK**

Encyclopedia of Healing Therapies Anne Woodham, David Peters, 1997 More than 90 key therapies Features every type of therapy from acupuncture to yoga with details of how each one works and step by step photographs of typical treatment The best treatment options Highlights the most effective ways to treat more than 200 health problems from asthma to high blood pressure in an easy to consult ailments section Unique ratings system At a glance ratings based on the latest scientific research evaluate individual therapies and highlight their suitability for different ailments Definitive reference guide

Authoritatively written by a respected health author with a leading doctor and complementary practitioner in conjunction with a team of specialists

Fundamentals of Complementary and Alternative Medicine Marc S. Micozzi, 2001 The unique approach in this book provides the historical background of alternative healing systems in addition to the most up to date information on scientific research plus basic clinical applications Intended as an introduction to the topic of alternative medicine this book has become a standard among medical and health care professionals

Your Best Medicine Mark A. Goldstein, Myrna Chandler Goldstein, Larry P. Credit, 2009-03-17 Integrative medicine the practice of combining remedies from various therapeutic disciplines to optimize relief and speed healing is transforming both how health professionals treat disease and how patients manage their own care Your Best Medicine introduces the reader to this new world of healing options for everyday ailments like dry skin fatigue and indigestion as well as more serious conditions like diabetes heart disease and obesity All of the treatments and techniques in Your Best Medicine have been handpicked by two practitioners one a conventionally trained MD the other a specialist in complementary therapies based on established therapeutic protocols research evidence and clinical experience Conventional and complementary remedies appear side by side so readers can evaluate at a glance the remedies relative effectiveness safety and ease of use Every entry in Your Best Medicine also provides important information on risk factors symptoms and diagnostic techniques as well as preventive measures Armed with this knowledge readers can make decisions wisely and confidently at every stage of their care **Subject**

Guide to Books in Print, 2001 **Medical and Health Care Books and Serials in Print**, 1997

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