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Reflexology The Ancient Answer To Modern Ailments

Jan Williamson



Reflexology The Ancient Answer To Modern Ailments:

The Complete Guide to Precision Reflexology 2nd Edition Jan Williamson, 2014-09-08 This edition provides a complete guide to precision reflexology covering the basic techniques and knowledge and now includes a new chapter on the latest advanced techniques which have developed in recent years by the author Redesigned into a user friendly format Photos have been updated throughout This text is appropriate for those practitioners already using this technique and for those who have yet to discover it Precision Reflexology holds the same rationale as other forms of reflexology It focuses on stimulating reflex points on the feet to maintain good health Precision work connects to a person energetically responds to the needs of each individual and aims to maintain natural balance It does not rely on physical pressure but at the same time it can be powerful and effective It can be taught in its own right or it can be adapted to enhance other forms of reflexology in post graduate training It provides an added dimension to a treatment and reflects an Eastern approach to healthcare This book offers a step by step guide with illustrations and charts for its application **The New Reflexology** Inge

Dougans, 2006-04-11 With practical examples throughout The New Reflexology is a complete teaching handbook perfect for all levels This revolutionary method will help you get the best from reflexology to relieve stress alleviate pain and combat illness **BOOK JACKET** **Reflexology** INGE DOUGANS, 2016-01-28 Reflexology is a form of therapeutic foot massage based

on the tried and tested theory that the human body has its own internal energy lines or acupuncture meridians In this clearly written introduction to the subject Inge Dougans shows how to find and use the reflexology points and the associated meridians on the foot in order to restore the body to its state of natural balance prevent ill health and assist relaxation Learn how reflexology and the meridian theory work Follow the illustrated step by step reflexology techniques Use reflexology to balance the body's functions Improve the body's circulation and general health *The Complete Illustrated Guide to*

Reflexology Inge Dougans, 1996 This volume introduces the art and science of reflexology describing the typical treatments and including many practical examples and case studies Reflexology is an alternative medicine involving the physical act of applying pressure to the feet hands or ears with specific thumb finger and hand techniques without the use of oil or lotion It is based on what reflexologists claim to be a system of zones and reflex areas that they say reflect an image of the body on the feet and hands with the premise that such work effects a physical change to the body *Caring for the Dying Patient*

and the Family Janet Moscrop, Joy Robbins, 2013-11-11 This third edition of a popular textbook has been completely revised by the joint editors Janet Moscrop and Joy Robbins As in previous editions the focus is on the person dying at home in residential care or in hospital and the emphasis is on teamwork in caring for the individual and their relatives and friends Experts in all aspects of care have contributed to this complete revision of the previous text and each chapter is written by a different member of the multiprofessional team The chapter on the terminal care of people suffering from AIDS has been enlarged and consideration is also given to care of those in the terminal stages of other non malignant diseases Other new

material includes chapters on complementary therapy the use of the day centre the value of volunteers diversional therapy and respite care The chapter on bereavement covers many aspects of grief and loss and there is a sensitive approach to the need for supporting staff in this specialized work Consideration is also given to the needs of dying and grieving people from differing ethnic backgrounds with varying cultural expectations in a pluralistic society The third edition offers a broad overview of the support given to the dying person and the carers by medical and nursing staff physiotherapists pharmacists social workers the chaplaincy and members of the pastoral care team Students of all these disciplines should find this book both readable and informative

The Art of Reflexology Inge Dougans, Suzanne Ellis, 1992 Shows how to find and use the reflexology points on the foot which relate to different parts of the body in order to restore the balance of energy to prevent ill health and also to assist relaxation

Acupuncture & Electro-therapeutics Research, 1994

The Complete Book of Family Aromatherapy Joan Radford, 1993 The ancient arts of aromatherapy are at the center of today's enlightened move towards natural healing As a tonic or a sedative these safe home treatments are proved to work wonders for countless ailments from lumbago and migraine to ulcers and indigestion Choose the blend that suits you best from the tang of cinnamon to the sweetness of rosewater or the warm woody feel of cedar And learn to cure yourself and others by nature's own method helped by this comprehensive new guide from Foulsham

Reflexologia Para Mulheres, *Reflexology* Ann Gillanders, 1987 La antigua tecnica china de la reflexologia es hoy en dia el metodo de curacion natural mas popular de todos los conocidos Basada en las conexiones de ciertas partes del cuerpo con otras de los pies y de las manos su mision es reflejar nuestra salud a traves precisamente de esas zonas reflejas presionandolas y sondeandolas con el fin de localizar las causas del dolor y del estres Pues bien en este libro una introduccion simple y accesible al tema escrita por una de las mas importantes especialistas en la materia no solo se evidencian las principales ventajas de este metodo infalible no requiere instrumental alguno y puede ponerse en practica en cualquier sitio y a cualquier hora sino que tambien se especifican sus mas acuciantes objetivos desde determinadas tecnicas para aliviar el dolor de espalda hasta diversos tratamientos para los problemas digestivos pasando por metodos de relajacion y distension Ilustrado con numerosos dibujos y graficos de las zonas reflejas mas importantes se trata de una obra que acaba erigiendose en la guia mas practica que concebirse pueda sobre la mas ideal de las terapias Ann Gillanders ejerce la practica privada en el terreno de la reflexologia desde 1976 pronunciando a la vez numerosas conferencias y apareciendo en varios programas de radio y television Desde 1980 y junto con su hermano dirige un ambicioso programa internacional destinado a la ensenanza de la reflexologia

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