THE REFLEXOLOGY GUIDE



Step By Step Practical
Guide to Basics and Techniques
of Hands-On and Foot
Reflexology and Body Massage

Maynard Alpert

Reflexology A Practical Guide

Patricia Furness-Smith

Reflexology A Practical Guide:

Emotional Reflexology a Practical Guide 2nd Edition Jenny Talkington, 2021-02-15 Emotional Reflexology A practical Guide second edition by Jenny Talkington Jenny is a reflexologist workshop leader and artist with over 20 years of experience After completing her initial reflexology training at The Oxford School of Reflexology in 1998 she had an excellent grounding in reflexology that covered not only the physical aspects of Reflexology but it s emotional aspects too Since then through treating her colleagues it became apparent that the basic one year training available no longer incorporated what Jenny took for granted regarding the emotional links and she was constantly being asked about them She was asked by many to write down what she clearly and accurately saw and felt on the feet So she published her first book in 2010 and has run workshops on her first book As a result Jenny has developed and tested her theories on the emotional links even further In this second edition Jenny explains her theories and ideas on the deeper dimensions to a reflexology treatment and offers suggestions and tips to help your clients even more This book is written to help my fellow reflexology colleagues and anyone who is interested in reflexology to gain a deeper understanding of the emotional links that can be found on the feet and how to help balance them More information is available via www jennytalkington co uk Emotional Reflexology Jenny Talkington, 2010-03 This guide is for any student or highly qualified and experienced Reflexologist The emotional balance of a client is as important as any physical imbalances In her extensive training and experience Jenny has noticed and tested her theories on hundreds of individuals and after over a decade of experience has distilled and now shares with you her findings This clear step by step guide will show the reflexes on the feet or hands that relate to particular emotional states and then offers suggestions and ideas as how to best help the client regain their own equilibrium Reflexology Rosalind Oxenford, 2007 By applying finger pressure as illustrated in this book everyone can learn to reduce stress relieve pain and enhance both their own bodies and their partner's There is an introduction to the history and theory behind reflexology as well as clear foot and hand charts **The Reflexology Guide** Maynard Alpert, 2020-09-15 which indicate the reflex zones and points for the reader to follow THE REFLEXOLOGY GUIDEStep By Step Practical Guide to Basics and Techniques of Hands On and Foot Reflexology and Body Massage Reflexology is a sort of back rub that includes applying various measures of strain to the feet hands and ears It depends on a hypothesis that these body parts are associated with specific organs and body frameworks Despite the fact that reflexology is tutilized to analyze or fix infection a great many individuals around the globe use it to supplement different medicines when tending to conditions like tension asthma disease treatment cardiovascular issues diabetes cerebral pains kidney capacity PMS and sinusitis In this book everything you need to know about basics and techniques of hands on and foot Reflexology and body massage is discussed GET YOUR COPY TODAY Reflexology Carol Gilbey, 1997 Reflexology Nathan B. Strauss, 1999 Ancient and modern healing techniques are given new life in this series of practical guides from Astrolog Covering such diverse methods as treating the body s aura applying the art of feng shui to the confines of a city

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Clinical Reflexology does this expanding and exploring concepts introduced in the first edition Many CAM books have been written for therapists working in private practice but many of these practitioners are also now working in healthcare settings This book allows both groups to facilitate the greater integration of clinical reflexology in clinical practice. The book is divided into two sections The first deals with key themes including an up to date review of the research evidence and appropriate methodology safe and supported practice and integration issues All these themes are explored and discussed utilizing the available literature analysis of models and concepts and are related specifically to health care practice. The second section focuses on the clinical application of reflexology and how it can be best adapted to the context The contributors are committed pioneers in their field with a track record of integrating reflexology within clinical settings Many are teachers coordinators of therapy services and supervisors ABOUT THE AUTHORS Dr Peter Mackereth is the Clinical Lead for Complementary Therapies and Smoking Cessation Services at The Christie NHS Foundation Trust Manchester He is a registered nurse and has worked in intensive care neurology and oncology Peter has an MA in Medical Ethics and has completed a PhD project examining reflexology vs relaxation training for people with Multiple Sclerosis An author and renowned speaker Peter has held academic post in number of universities most recently as Reader in Integrative Health at the University of Derby Denise Tiran a midwife lecturer and reflex zone therapist is an internationally acclaimed authority on complementary therapies in pregnancy and childbirth She is Director of Expectancy the leading provider of professional education on the safe use of complementary therapies in maternity care including a special pregnancy course for reflexologists Her latest book Reflexology for Pregnancy and Childbirth was published in January 2010 Handbook of New Age James Lewis, Daren Kemp, 2007-05-30 The Handbook of New Age is a comprehensive survey of alternative spiritualities their history their global impact their cultural influence and how they are understood by scholars Chapters by many of the leading scholars of the movement give the latest analysis of contemporary spiritual trends and present up to date observations of the interaction between the New Age movement and many different fields of knowledge and research

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