

# REFLEXOLOGY

An introductory guide to its uses



ANYA GORE

# Reflexology An Introductory Guide To Its Uses

**Nicola Hall, Elisabeth Shaw**



## **Reflexology An Introductory Guide To Its Uses:**

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      *Introduction to Massage Therapy* Mary Beth Braun,2013-08-29 Practical concise and well illustrated Introduction to Massage Therapy 3rd Edition provides everything you need to build strong foundation skills that will carry you throughout your studies help you prepare for the national exam and launch you into a successful career as a massage therapist This proven book includes step by step instructions for massage techniques assessments and treatments along with striking photos that illustrate difficult to understand concepts As the most concise introductory book on the market Introduction to Massage Therapy makes it easy for you to find the information you need when you need it while coverage of anatomy and physiology pathology and pharmacology integrated with techniques helps you understand the science behind the practice The Third Edition is enhanced by new evidence based references and new online videos that demonstrate common procedures techniques and flow sequences You ll also find practical information that will help you create and maintain a successful massage therapy practice including communication and documentation tips safety and self care practices and essential business concepts

Principles of Reflexology Nicola Hall,Elisabeth Shaw,2013 Each book offers an overview of a particular type of alternative medicine in a concise format that will not overwhelm readers new to the subject Original      Alternative Medicine Resource Guide Francine Feuerman,Marsha J. Handel,1997 Contains information on resources and publications in the general field of alternative medicine and thirty two specific modalities      *Clinical Reflexology* Denise Tiran,Peter A. Mackereth,2010-12-01 Clinical Reflexology takes the practitioner on a journey of examination critical review and debate prior to making recommendations for best practice in reflexology The phenomenal rise in interest by health professionals in Complementary and Alternative Medicine CAM and in particular touch therapies has led to a need for texts that relate and integrate theory and practice to health care settings 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

**Subject Guide to Books in Print** ,1993      *An Introductory Guide to Reflexology* Louise Tucker,Jane Foulston,2008 The Introductory Guide to Reflexology provides a concisely explained and thoroughly illustrated introduction to a complex subject Aimed specifically at students it is designed to be easy to use informative and readable The book includes the required material for many examination syllabuses such as ITEC and covers Study and revision are facilitated with an annotated fold out foot chart detailed illustrations and clearly stated learning objectives The history and development of Reflexology The theory and concept of Reflexology Techniques and applications How to create specific conditions How to carry out professional consultation      **Breast Cancer Nursing Care and Management** Victoria Harmer,2011-01-25 This book is an excellent resource for nurses working in either a hospital or primary care Breast Cancer Care News This book would be really helpful to other breast cancer nurses and students about to embark on work in this field Journal of Community Nursing This comprehensive handbook is for nurses and other healthcare professionals involved in the care of people with breast cancer It gives up to date evidence based information and practical advice on nursing care throughout diagnosis treatment recovery and end of life care Each chapter is written by an expert in the field Topics include the anatomy of the breast available treatments complementary therapies the psychological care of patients and their families and the role of the specialist nurse This book provides a well balanced approach to all aspects of managing breast malignancy The importance of

writing from a nursing perspective is underlined so that the essence of support and bedside care is maintained This second edition includes Updates on guidelines as well as references to recent trials and changes to the breast screening programme A new chapter on survivorship issues covering the long term consequences and effects of recovering from breast cancer

**The Natural Medicine First Aid Remedies** Stephanie Marohn, 2025-09-12 When faced with common health emergencies many of us automatically turn to over the counter medications But we have another option easy to use safe inexpensive and highly effective natural medicines Natural Medicine First Aid Remedies provides everything you need to know to treat a range of ailments and health concerns including burns muscle cramps hot flashes shock sore throat toothache 100 common health problems in all Next time you get a headache try rubbing peppermint essential oil on your temples before you reach for the aspirin Natural Medicine First Aid Remedies tells how to equip your medicine cabinet with the ten most essential natural remedies including arnica for pain and stiffness echinacea for colds tea tree oil for skin infections aloe vera gel for burns activated charcoal for food poisoning and more It explains how homeopathy herbs diet essential oils flower essences nutritional supplements reflexology and gem therapy can provide healing benefits for various conditions Written by health journalist Stephanie Marohn Natural Medicine First Aid Remedies is based on medical research and draws upon protocols used by dozens of health care practitioners Informative and unique it is a reference that you will want to consult whenever faced with one of life s everyday medical emergencies injuries or discomforts

## Whispering the Secrets of Language: An Emotional Journey through **Reflexology An Introductory Guide To Its Uses**

In a digitally-driven world wherever screens reign supreme and quick conversation drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within phrases frequently go unheard. Yet, located within the pages of **Reflexology An Introductory Guide To Its Uses** a charming literary prize blinking with natural feelings, lies a fantastic quest waiting to be undertaken. Penned by a talented wordsmith, this wonderful opus attracts visitors on an introspective journey, delicately unraveling the veiled truths and profound impact resonating within the very fabric of each and every word. Within the psychological depths of the emotional evaluation, we will embark upon a heartfelt exploration of the book is key styles, dissect its fascinating publishing model, and fail to the strong resonance it evokes deep within the recesses of readers hearts.

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