

# REFLEXOLOGY

An introductory guide to its uses



ANYA GORE

# Reflexology An Introductory Guide To Its Uses

**Elaine Stillerman**



## **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     **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

[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

**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,2001-09-01 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     **The Art of Thai Foot Massage** Simon Piers Gall,2012-06-01 Both professional practitioners and casual massage enthusiasts will learn to raise their practice to an art with this step by step guide to foot massage as traditionally taught in Thailand The practical sections of the book clearly cover the different parts of the massage process and color photos and graphics provide clear explanations to help learners utilize the techniques with confidence The book also covers the history and theory behind Thai foot massage including discussions about the reflex points on the feet and the concept of Sen energy lines that flow throughout the body to help explain how this ancient healing art works Though Thai foot massage is not a curative in itself the featured techniques can promote general health and well being     **The Pocket Encyclopedia of Healing Touch Therapies** Skye Alexander,Anne Schneider,2010-11-01 The Pocket Encyclopedia of Healing Touch Therapies is a convenient reference that will guide you in the art of healing yourself and others through 136 of the best healing touch techniques from reiki reflexology and acupressure Easy to understand and immediately applicable to everyday health concerns from migraines and upset stomach to anxiety and muscle aches this guide gives readers an inexpensive D I Y approach to healing themselves     *Whitaker's Books in Print* ,1998     *The Menopause Maze* Dr Megan A. Arroll,Liz Efiang,2016-05-19 With practical hints and tips for relieving symptoms of the menopause this book gives an honest account of the pros and cons of HRT bioidentical HRT and alternative therapies based on research evidence It is the essential guide for navigating your way through the barrage of information and options to find the best approach for you     *Oh Mama ...* Kathy Fray,2021-03-08 Oh

Mama is the ground breaking handbook for Birth Practitioners overviewing perinatal integrative medicine holistic maternal fetal neonatal wellness It outlines all the major naturopathic maternity health therapies covering pre conception antepartum intrapartum postpartum and the neonate While written for clinicians Oh Mama is still highly readable for expectant mothers to be as a succinct guide to integrative medicine relating to pregnancy childbirth the postnatal period and newborns For anyone seeking awareness of all the natural health options available during the maternity journey Oh Mama is the definitive go to encyclopedic style international reference resource

**Foundations of Nursing - E-Book** Kim Cooper, Kelly Gosnell, 2014-07-24 NEW Reorganized chapters make it easier to follow and understand the material NEW Icons in page margins indicate videos audios and animations on the Evolve companion website that may be accessed for enhanced learning UPDATED illustrations include photographs of common nursing skills

Modalities for Massage and Bodywork Elaine Stillerman, 2014-12-18 Ideal for both classroom and practice Modalities for Massage Bodywork 2nd Edition presents 23 modalities of bodywork their history development effects benefits contraindications basic curricula and certification requirements Updated photos and illustrations critical thinking questions and flash cards give you a better picture of today's massage best practices Evolve companion website provides matching activities flash cards answers to multiple choice questions weblinks and video demonstrations of various modalities covered in the text to make learning more interactive Case histories in each chapter illustrate the effects of the modality within a therapeutic context creating the opportunity for integrative clinical reasoning that helps prepare you for work in the various modalities Student objectives and key terms at the start of each chapter provides a framework for what to expect and what to focus on with each chapter In My Experience boxes provide personal insights about specific techniques from experts in the field Full color design and techniques shown with photos and illustrations enhance understanding and comprehension of each modality Multiple choice test questions at the end of each chapter with answers on the Evolve website help you measure your understanding of the modality and obtain instant feedback from the answer key that includes rationales Suggested readings resources and references in each chapter offer robust resources for you to further research each modality Clinically relevant boxes and tables highlight important information NEW Modalities chapters provide you with a greater awareness of the opportunities and options available as they pursue a massage therapy career and practitioners with more practical information they can apply to their work NEW Student resources on Evolve supplement the classroom experience and ensures you retain the material in the text 23 different body techniques are introduced to help you learn about different modalities you may want to pursue and reaffirm your knowledge of techniques More than 2 hours of video on the Evolve website bring the modalities to life and help put the text instructions in perspective NEW Updated content photos and illustrations equip you with the latest information and visuals on modalities from experts in the field that reflect current practices in the field and the needs and wants of massage therapy practitioners and students NEW Critical thinking questions added to each chapter actively engage and challenge

your reasoning skills NEW Additional review questions added to each chapter supply you with more opportunities to review what you have learned and test your knowledge

**Introduction to Spirituality** Nicola Hayley, 2024-04-27 Get a guided tour of the world of new age spirituality Ever wondered what channelling is Or wanted to understand how meridians work Maybe you ve struggled with meditation or found yourself contemplating your karma Whatever you re curious about whether it s breathwork qigong energy work or astrology you ll discover more enlightening details within these pages Dive into the world of spiritual practices and new age beliefs in this visual guide packed full of simple explanations and practical exercises that you can begin using in your life right away Emerge with a solid understanding of the basics of over 100 topics including manifestation life purpose journaling yoga auras and Reiki Other subjects you ll encounter in this book include Soul mates and twin flames Angels and guides Vision boards Chakras Meridian tapping Intuition and psychic abilities Astral projection Shadow work Spiritual bypassing Clear explanations and practical guides Each topic begins with a simple plain English explanation and includes things like Definitions of key concepts Concrete examples How things work Helpful diagrams Step by step processes Tips and traps Benefits and risks Common questions and finishes with simple practical actions you can take to explore the topic further and begin applying it in your life What this book is not This book is not complete That s an impossible task because spirituality can be very nebulous and is extremely subjective This book is not deep There s simply not enough space in a book like this to cover anything in depth This book is not objective Spirituality is a highly personal subjective experience so you may disagree with some ideas and that s OK This book is not right Nobody has all the answers Forget right and wrong and instead focus on figuring out what s right for you What you will need To get the most out of this book here s what you ll need Pen and paper An open mind Plenty of time and patience Self acceptance You may also find it helpful to skip concepts that are too out there right now and swap out words you don t like Kickstart your spiritual exploration When you re done reading this book you ll have a solid foundation for exploring the world of spirituality You ve satisfied your curiosity about one or more topics and you ve decided what to keep and what to ignore You re also itching to explore one or more topics in more detail using the many other amazing resources available to you You re starting to construct a model of the world beyond the five senses and you feel more equipped to take your life in the right direction for you You re excited to apply the ideas and practices you ve learned to your everyday experience and craft a form of spirituality that works for you Everyone s spiritual journey is unique including yours You get to choose what you believe and what s true for you No one else gets to tell you what to think what to feel or what choices to make including me You are free to pick and choose what you please from the pages of this book Take what works for you and ignore the rest Every step you take on this journey is helping you grow and there s no right or wrong way to do it Move at the pace that works for you and gradually you ll create your own unique approach to spirituality Your approach won t look exactly like anyone else s and that s OK In fact that s exactly how it s supposed to be

**Forthcoming Books** Rose Arny, 1997-12      **Reflexology Today** Doreen E.

Bayly, 1984-05 Stimulating the body's healing forces through massage of the reflex areas of the feet helps to increase blood circulation and relax tension in the nervous system and can do much to retard the ageing process. Ailments that respond to reflexology include glaucoma, migraine, liver disease, cataracts, asthma, neuritis, shingles, herpes zoster, arthritis, and sinus trouble.



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