

Ann C. Sanders

REFLEXOLOGY

for Back Pain

Healing your back in a
safe and successful way



Reflexology For Back Pain Healing Your Back In A Safe And Successful Way

Scott C. Dulebohn



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Reflexology: Master the Healing Art Pasquale De Marco, 2025-05-01 In this book Pasquale De Marco will teach you everything you need to know to get started with reflexology including The history of reflexology The benefits of reflexology How to give a reflexology session Reflexology for different conditions You ll also learn about the different reflex points on the feet hands and ears and how to use them to improve your health and well being Reflexology is a safe and effective way to improve your health and well being It is a complementary therapy that can be used alongside conventional medical treatment or as a stand alone therapy If you are interested in trying reflexology Reflexology Master the Healing Art is the perfect place to start With clear instructions and easy to follow diagrams Pasquale De Marco will guide you through everything you need to know to give yourself or others a relaxing and healing reflexology session Reflexology Master the Healing Art is the most comprehensive guide to reflexology available It is the perfect resource for anyone who wants to learn more about this ancient healing art Here is what you ll learn in Reflexology Master the Healing Art The history of reflexology The benefits of reflexology How to give a reflexology session Reflexology for different conditions The different reflex points on the feet hands and ears How to use reflexology to improve your health and well being Reflexology Master the Healing Art is the perfect resource for anyone who wants to learn more about reflexology With clear instructions and easy to follow diagrams Pasquale De Marco will guide you through everything you need to know to give yourself or others a relaxing and healing reflexology session If you like this book write a review on google books

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The Publishers Weekly, 2005

Back Pain: What Really Works Arthur Klein, 2012-10-25 At last the self help treatments for backache that really work This

bestselling book grew out of an extensive survey of what those with back problems experience and the treatments they have found that really work Are drugs or surgery the answer What about the many complementary therapies available Or should you try a change of diet daily routine and exercise Answers to these and many more questions are answered with honesty by those who have actually tried them Why suffer longer with this miserable and debilitating problem when you can almost certainly find something here to relieve the problem and improve your quality of life This book covers complementary treatments posture surgery and drugs and also features an illustrated section of effective exercises you can perform in your own home

Alternative Medicine, Second Edition Larry Trivieri, John W. Anderson, 2013-03-27 The Bible of Alternative Medicine Learn the health secrets that millions of readers have discovered in the book that is revolutionizing health care in the United States Alternative Medicine The Definitive Guide is packed with lifesaving information and alternative treatments from 400 of the world's leading alternative physicians Our contributors M D s Ph D s Naturopaths Doctors of Oriental Medicine and Osteopaths offer the safest most affordable and most effective remedies for over 200 serious health conditions from cancer to obesity heart disease to PMS This guide is easy enough to understand to make it perfect for home reference while it would also make a fine resource for health care providers interested in learning more about alternative medicine 70% of Americans currently use some form of alternative medicine This 1 136 page encyclopedia puts all the schools of alternative medicine 50 different therapies under one roof Highlights dozens of actual patient stories and physician treatments

Foot Reflexology Jurgen Jora, 1991-09-15 The healing and rejuvenating art of foot reflexology works on the principle that every part of the body is connected to the soles of the feet by nerve pathways and subtle energy channels By massaging the foot you can stimulate these connections bringing soothing relief to the corresponding body part whether the sinuses back and neck lungs stomach shoulder hip or other area of stiffness or pain Conversely massaging points on your hand is an effective way to treat foot injuries A centuries old form of medicine that has become one of today's most accepted healing arts foot reflexology can help alleviate a broad range of acute and chronic health problems including asthma hypertension headaches and kidney trouble as well as help ensure general well being and relaxation Simple effective and completely safe reflexology massages are a wholly beneficial alternative to traditional medical methods and a valuable skill to complement conventional treatments this easy to use guide enables you to perform healing foot massage in your own home on yourself or with the help of a friend Forty six unique full color diagrams show exactly where to find the foot's various reflex zones that contain important pain centers and the clearly written text explains exactly how to perform massages that deliver immediate satisfying relief

One Touch Healing Mildred Carter, Prentice Hall PTR, 1998-04 Explains the use of reflexology as a natural healing technique

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