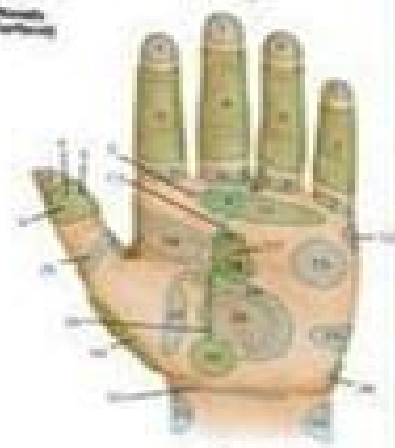


Reflexology is an alternative health therapy that uses knowledge of reflex points to stimulate the body's natural processes. It is based on the principle that there are correspondences between the organs of the body and parts of the feet, hands and ears. Reflexology is a non-invasive therapy that aims to improve the circulation of blood, lymph and energy, thereby supporting the body's natural healing processes. The technique of reflexology involves massaging these reflex points with the fingers, thumbs and palms in order to treat them, and thereby cause organs connected to the pathway.

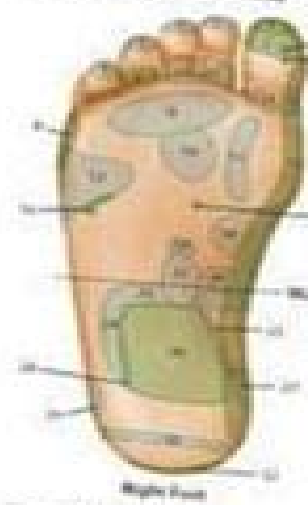


Figure 1: Right Hand (Palmar Surface)

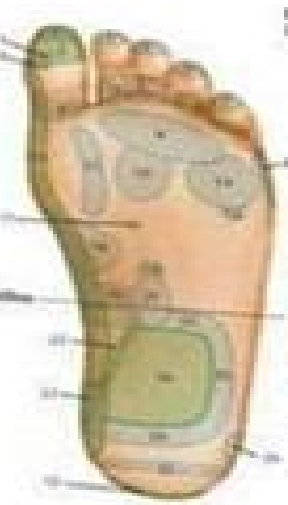


Left Hand

Figure 3: Right Foot (Plantar Surface)

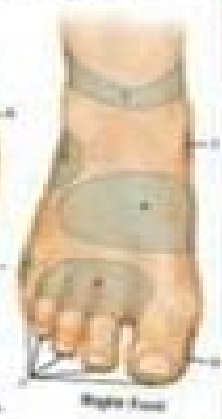


Right Foot



Left Foot

Figure 5: Right Foot (Dorsal Surface)



Right Foot

Figure 6: Reflexology Chart

Reflex Point	Organ/System
1	Head and Neck
2	Upper Respiratory Tract
3	Heart and Lungs
4	Liver and Gallbladder
5	Kidneys and Bladder
6	Stomach
7	Spleen
8	Pancreas
9	Small Intestine
10	Large Intestine
11	Uterus and Ovaries
12	Prostate and Seminal Vesicles
13	Testes
14	Thyroid and Parathyroid Glands
15	Adrenal Glands
16	Pituitary Gland
17	Hypothalamus
18	Brain
19	Spinal Cord
20	Peripheral Nerves
21	Muscles
22	Bones
23	Joints
24	Skin

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RS Peters



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The Complete Guide to Foot Reflexology Kevin Kunz, Barbara Kunz, 2010-12-03 The best made better this the Third Edition of The Complete Guide to Foot Reflexology up dates with new materials the classic text that launched the reflexology industry in 1980 Both a reference work and a teaching tool best selling The Complete Guide to Foot Reflexology Third Edition includes fully illustrated tools about reflexology s history theory charts how to do techniques and follow along step by step instructions for how to provide a session A newly expanded section serves as an illustrated reference for where to apply techniques for 90 specific health concerns such as diabetes heart and constipation New here is how to become a reflexology sleuth deciphering the foot through the eyes of the reflexology chart The reflexology chart comes alive as you are lead through observation of each part of the foot and consideration of each reflex area as projected onto the foot Follow along instructions provide step by step guidance Photographs of real feet real people are included for comparison to feet you observe Also included and usable for reference are characteristics of each reflex area enabling you to determine the stress of each part of the body such as kidneys heart lungs and brain

Foot Reflexology (Quick Reference Guide) Quick Charts, 2014-06-26 The most beneficial aspect of reflexology is its completely natural and systematic approach to healing The majority of modern medicines involve surgery and harsh prescriptions Reflexology pinpoints abnormalities in the body and works toward controlling them using precise massage and musculoskeletal responses True reflexology incorporates modern physiologic understanding with ancient and proven methods of non invasive treatment

Reflexology Michele Gilbert, 2015-09-18 Do you want to learn more about reflexology Would you like to know how to self perform reflexology and practice it on others The history of reflexology is fairly broad and fairly extensive What it comes down to is the fact that there is a lot history that is loaded with the application of physical touch to make people cope with their suffering whether physical mental or spiritual It wasn t until the modern era that people started putting a name to the idea that you could apply pressure on areas of your body that would influence the feeling of other parts It was often joked that a person who had a toothache should squeeze their toe to get some relief from it During the 16th century the idea of Zone Therapy began to become more and more prominent This idea that there are zones in the bodies and that there are ways to access them from different places in the body became more and more popular and more and more time was dedicated to the research of it Here Is A Preview Of What You ll Learn What Is Reflexology The Basics of Reflexology The Basics of the Foot The Basics of the Hands The Massage Tags reflexology hand reflexology foot reflexology total reflexology reflexology guide reflexology manual reflexology diagram reflexology chart reiki acupuncture acupressure flexology foot map chart map learn reflexology relieve tension treat illness treat pain reduce pain alleviate pain foot reflexology what is reflexology does reflexology work facial reflexology reflexology headache headache headaches reflexology techniques reflexology therapy alternative therapies foot therapy natural therapy reflexology map hand reflexology chart foot reflexology chart reflexology charts reflexology

treatment reflexology foot map reflexology hand map reflexology maps *Reflexology Vincent Perez,2025-05 Zones associated with qi chi or life force used in the practice of Reflexology are mapped over anatomical illustrations of the surface anatomy of the hands feet and ear to better locate the zone needed Many views offer a 360 degree mapping of the zones for reference There are over 10 million QuickStudy anatomy guides in print all with beautiful Illustrations by award winning and best selling medical illustrator Vincent Perez Vincent s life mission is cataloging the beauty and detail of our complicated body systems for medical professionals whether future doctors or medical coders formative students and anyone needing to know human anatomy from personal trainers to yoga instructors Anatomical illustrations include Right Left Plantar Foot Left Right Dorsal Foot Right Left Palmar Hand Left Right Lateral Hand Left Right Dorsal Hand Right Left Medial Hand Left Right Medial Foot Right Left Lateral Foot Suggested uses Reflexologist use as reference when discussing techniques and the process with clients Instructors Students a handy go to reference while learning the zones **Foot Reflexology Chart D. Barry,1995-12-01 Reflexology Vincent Perez,2015-12-31 Zones associated with qi chi or life force used in the practice of Reflexology are mapped over anatomical illustrations of the surface anatomy of the hands feet and ear to better locate the zone needed Many views offer a 360 degree mapping of the zones for reference Suggested uses o Reflexologists use as reference when discussing techniques and the process with clients o Instructors Students a handy go to reference while learning the zones Reflexology Speedy Publishing LLC,2013-12-01 Reflexology Guide Learn about pressure points of the hands feet using this superb reflexology chart color coded and mapped from multiple views It indicates foot reflexology with key trigger points that you need to know If you are interested in reflexology massage then this pamphlet is critical for quick reference and study developed by Speedy Publishing LLC The chart is uses detailed illustrated diagrams distinctly labeled for easy identification and use for study The perfect reflexology map that is designed by expert illustrators Find critical diagrams of the plantar foot lateral foot palmar hand lateral hand and other aspects Reflexology is a type of alternative medicine which involves applying pressure to the feet hands or ears with the thumb finger and hand These techniques are used without lotion or oil and are based on the claim that our body is a system of zones and reflex areas with the image of the body on the feet and hands and that stimulating these areas can cause a physical change in the body One theory of this therapy is that it works with the central nervous system based on research that has shown that there exists a neurological relationship between the skin and the internal organs By stimulating these systems with touch and massage in the correct zones people have seen changes in their bodies ranging from pain relief to increased blood supply Get this guide and learn much more***

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Foot Reflexology Milady,2003-07-01

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