Reflexology





An Illustrated Guide





Beryl Crane

Reflexology Guide To Herbalism

La Stellaire

Reflexology Guide To Herbalism:

The Complete Guide to Reflexology Ruth Hull, 2023-01-17 A full color illustrated and comprehensive study guide for reflexology Provides detailed and accurate anatomical drawings zone and reflex maps and muscle tables Offers extensive basic pathology of all body systems including case studies Ideal for students of reflexology up to levels 2 and 3 exceeds the curriculum requirements of all the major awarding bodies Includes a study outline for each chapter as well as review and multiple choice questions Reflexology is a gentle non invasive therapy that encourages the body to balance and heal itself It involves applying finger or thumb pressure to specific points on the hands and feet Called reflexes these points reflect or mirror the organs and structures of the body as well as a person s emotional health In this way the hands and feet are mini maps or microcosms of the body that can be used to encourage holistic healing Presenting the most complete reflexology study guide available this full color illustrated textbook is designed for use both in the classroom and as a home study resource Ideal for students of reflexology up to levels 2 and 3 it exceeds the curriculum requirements of all the major awarding bodies as well as meeting the current National Occupational Standards for reflexology Providing detailed and accurate anatomical drawings zone and reflex maps and muscle tables the book outlines each body system explaining how when and why to work the reflexes It explores foot reflexology hand reflexology as well as meridian therapy and offers extensive basic pathology of all body systems including case studies allowing the student to develop interpretive diagnostic and treatment planning skills Each chapter also includes a study outline as well as review and multiple choice questions Offering a comprehensive guide to the theory philosophies and history of reflexology this book will encourage students to develop understanding and confidence in their reflexology practice **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 The Complementary and Alternative Medicine Information Source Book Alan Rees, 2001-03-30 From acupuncture to yoga the increasing popularity of unconventional medical therapies has risen sharply during the past decade Consumers are turning to complementary and alternative medicine CAM for a variety of reasons and are spending billions annually for treatments Recognizing the growing need to locate authoritative CAM information award winning author Alan M Rees has compiled a first stop resource for those seeking information to guide their decisions Noted health information expert Alan Rees organizes the best of complementary and alternative medicine CAM information resources in this new guide for librarians and patients The book is divided into twelve sections beginning with an overview of CAM terminology safety concerns ongoing research and education and the movement towards integrative medicine Best of lists of books magazines newsletters CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM Librarians will use the Source Book as a collection development tool

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Women and Psychiatric Treatment Claire Henderson, Catherine Smith, Shubulade Smith, Angela Stevens, 2013-05-24 Women and Psychiatric Treatment provides a practical guide to the challenge of preserving fairness in access and quality of provision of health care and argues that equity is only achievable through greater recognition of gender differences Taking into account the main variables which influence treatment such as setting age and culture clear suggestions are given for the reform of training research and provision of services according to gender differences Divided into seven sections the book discusses the following subjects the background treatment settings treatment of particular groups specific disorders managing the sequelae of trauma therapies the future implications for training research and service provision This comprehensive and practical text offers a thorough investigation of the issues surrounding the treatment of women with mental health problems It will be welcomed by psychiatrists clinical psychologists and other mental health workers

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