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Reflexology Healing At Your Fingertips

Mirka Knaster



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Reflexology Barbara Kunz, Kevin Kunz, 2003 This book provides a stylish accessible guide to the natural therapeutic benefits of reflexology At its heart is a complete step by step reference demonstrating how to carry out a full foot and hand treatment with clear annotated photographs that show exactly where to apply pressure and which technique to use where There are explanations of how to adapt treatments to suit the whole family including children babies and the elderly and treatments for 60 common ailments ranging from arthritis to colic plus quick fix tips such as a de stressing treatment for use in a supermarket queue or busy office

Body Reflexology Mildred Carter, Tammy Weber, 2002-07-01 The body reflexology techniques have helped close to a million people live happy healthy lives gloriously free of pain and discomfort Simple safe and effective these time tested methods of rubbing pressing stroking and massaging away illness provide relief from more than 50 distressful health problems Now Mildred Carter and her daughter Tammy Weber have updated and expanded this landmark book of do it yourself healing New chapters have been added that describe easy massage and healing reflex therapies that you can do in your own home to relieve the pain of ailments from carpal tunnel syndrome to premenstrual syndrome You ll even learn how to improve sports performance lose weight quickly and more

Body Reflexology Mildred Carter, 1983

Hand Reflexology Mildred Carter, Tammy Weber, 2000-02-01 Learn simple reflex massage techniques to relieve aches pains and discomfort This revised and updated edition of Hand Reflexology includes clear easy to understand instructions and over 100 illustrations This modern health classic helps you access the reflex centers where pain begins and shows you how to make it disappear with a touch of a finger all without resorting to expensive drugs difficult therapies or invasive surgery You ll also learn how to apply these health restoring therapies to other adults small children and even pets Reflex massage unlocks the healing energies already present in your body to relieve a wide variety of conditions including allergies headaches insomnia nausea and stress

New Choices In Natural Healing Bill Gottlieb, 1999-07-22 The first book to take alternative medicine out of its mystical fringe and into the mainstream New Choices in Natural Healing features more than 20 unique alternative remedies for each of 160 health problems from acne to wrinkles plus practical explanations of 20 natural therapies from aromatherapy to vitamin therapy Including 440 illustrations New Choices in Natural Healing also covers Acupressure pinpoint pain relief Aromatherapy relieve stress and tension Ayurveda a customized system of better health Flower Therapy heal the mind and the body will follow Food Therapy harness the power to erase disease Herbal Therapy a healing partnership with Mother Nature Homeopathy medicines perhaps more powerful than prescriptions Hydrotherapy bathe yourself in natural healing Imagery picture yourself perfectly healthy Juice Therapy the curative essence of fruits and vegetables Massage hands on healing for yourself and your family Reflexology speed restorative energy to organs and body parts Relaxation and Meditation achieve a higher state of health Sound Therapy soothe your body with music s gentle waves Vitamin and Mineral Therapy natural prescriptions for healing Yoga stretches for better health

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Health Detective's 456 Most Powerful Healing Secrets (Volume 1 of 2) (EasyRead Edition) , Cancer at Your Fingertips Val Speechley, Maxine Rosenfield, 2001 Cancer the at your fingertips guide is an invaluable reference guide which gives clear authoritative and practical information about cancer Two experts in the field answer the most commonly asked about cancer in plain English It deals thoroughly with common concerns regarding the causes of cancer the treatment options available and ways of living with and after treatment for cancer Contains practical information about benefits and services available

The Health Detective's 456 Most Powerful Healing Secrets (Volume 2 of 3) (EasyRead Super Large 20pt Edition) , The Health Detective's 456 Most Powerful Healing Secrets Nan Kathryn Fuchs, 2009-06-16 The Health Detective s 456 Most Powerful Healing Secrets There s a tug of war going on and your health is at risk Business interests are pulling on one end and science is tugging at the other Veteran nutritionist and health writer Nan Kathryn Fuchs knows how confusing and frustrating this is She knows that it takes time to sift through current information and separate hype from the real deal Aware that very few people actually have the time to read technical scientific studies and to question researchers and doctors to better understand the validity of their conclusions this health detective has done it for you There are truly miraculous substances and diagnostic tools out there that can help improve how you look how you feel and even how long and how well you live Dr Fuchs has uncovered hundreds of these health secrets over nearly a dozen years of writing for Women s Health Letter In The Health Detective s 456 Most Powerful Healing Secrets Dr Fuchs has gathered the most relevant healing secrets she s come across in her years of detective work From fighting diseases reversing chronic illness and ending stomach problems to losing weight looking younger relieving fatigue controlling pain and much more Dr Fuchs reveals the natural and safe ways to go about it This book makes these healing secrets easy to use and accessible to any woman in search of better or continued health

Discovering the Body's Wisdom Mirka Knaster, 2010-12-29 In an attractive oversized format enlivened with illustrations sidebar quotes personal accounts techniques to try and profiles of leaders in the field Discovering the Body s Wisdom is a basic resource for well being and natural health Body disciplines and therapies have enjoyed phenomenal growth in the past decade becoming a major alternative to mainstream medicine and traditional psychotherapy But with more than 100 000 practitioners and dozens of methods available in the United States alone how can consumers choose the right one for themselves Mirka Knaster s richly informative guide provides an overview of the principles and theories underlying the major Eastern and Western body therapies or bodyways It shows readers how to befriend their own bodies getting back in touch with their internal sources of health and wisdom It also describes more than 75 individual approaches answering such questions as How does each therapy work What can we expect from one session or a series What are the reasons for selecting this method How do we find a qualified practitioner What if any are the consumer bewarees

The Health Detective's 456 Most Powerful Healing Secrets (Volume 1 of 2) (EasyRead Super Large 18pt Edition) , 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 *Healthy Healing* Linda Page, 2004-09 The Ultimate Resource For Improving Your Health Naturally Over 1 million copies sold In its first edition nearly 20 years ago Dr Linda Page s book *Healthy Healing* was the only one of its kind Now updated and expanded *Healthy Healing* is still the easiest to use bestselling natural health reference book on the market Customize your own personal healing program using natural therapies for more than 300 ailments through diet whole herb supplements and exercise Live Longer feel better and look better naturally **The Health Detective's 456 Most Powerful Healing Secrets (Volume 3 of 3) (EasyRead Super Large 20pt Edition) , The Health Detective's 456 Most Powerful Healing Secrets (Volume 2 of 3) (EasyRead Super Large 24pt Edition) , Complementary Therapies in Nursing Ruth Lindquist, Mary Fran Tracy, Mariah Snyder, 2022-06-22 Doody s Core Selection The ninth edition of this acclaimed resource is completely updated to deliver the newest evidence based research and practice guidelines for commonly used complementary therapies in nursing The book delivers new and expanded international content including information highlighting indigenous culture based therapies and systems of care It features many recent advances in technology including digital resources facilitating effective delivery monitoring and measurement of therapy outcomes This resource presents evidence for using complementary therapies with populations experiencing health disparities and describes a new approach to use of complementary therapies for nurses and patients self care State of the art information also includes expanded safety and precaution content updated legal concerns in regulation and credentialing a discussion of challenges and strategies for implementing therapies and programs and a completely new chapter on Heat and Cold Therapies The ninth edition continues to provide in depth information about each complementary therapy as well as the scientific basis and current evidence for its use in specific patient populations Consistent chapter formats promote ease of access to information and each therapy includes instructional techniques and safety precautions New to the Ninth Edition Expanded information related to technology and digital resources to foster effective delivery monitoring and measuring therapy outcomes New and expanded international content highlighting indigenous culture based therapies and systems of care New information on integrating therapies in practice with abundant case examples Examples of institution wide or organization wide complementary therapy programs New chapter on Heat and Cold Therapies All new content on the use of therapies for Self Care Key Features 80 prominent experts sharing perspectives on complementary therapies from over 30 countries Chapters include a practice protocol delineating basic steps of an intervention along with measuring outcomes Consistently formatted for ease of use Presents international sidebars in each chapter providing rich global perspectives Holistic Nursing Barbara Montgomery Dossey, Lynn Keegan, Cathie E. Guzzetta, 2005 *Holistic Nursing A Handbook for Practice* guides nurses in the art and science of holistic nursing and offers ways of thinking practicing and responding to bring healing to the forefront of healthcare Using self assessments relaxation imagery nutrition and exercise it presents expanded strategies for enhancing psychophysiology**

The Fourth Edition addresses both basic and advanced strategies for integrating complementary and alternative interventions into the clinical practice *The Health Detective's 456 Most Powerful Healing Secrets (Volume 3 of 3) (EasyRead Super Large 24pt Edition)* , **Prescription for Nutritional Healing, Sixth Edition** Phyllis A. Balch CNC,2023-03-28 The nation s 1 bestselling guide to natural remedies totally revised and updated This fully revised edition includes both time honored proven strategies and the latest science to arm you with the best natural therapies for your health In this volume a reference work of unparalleled authority the updated material includes natural ways to lessen the severity of Alzheimer s symptoms cutting edge information about COVID 19 and other viral infections as well as practical ways to help your body cope with acute and long term symptoms nutritional information on menopause and breast and prostate cancers science about chronic fatigue syndrome CFS and fibromyalgia FMS and how you can gain more control over your symptoms Prescription for Nutritional Healing Sixth Edition is the source for accessible evidence based information that serves as a guide for using natural nutritional remedies to achieve and maintain wellness CranioSacral Therapy for Grief and Loss Diego Maggio,2024-09-03 Explains how CranioSacral Therapy and SomatoEmotional Release can help you through the common traumas of the life cycle from birth to death Shares techniques and exercises to help process emotions and experiences assess the functionality of the body s systems and energetic framework and recognize and transform destructive energies into constructive processes Looks at how to enhance CST techniques with other protocols including the Holmes and Rahe Stress Scale and Elisabeth K bler Ross stages of grief Loss abandonment separation and grief many of life s most challenging experiences are also the most common But the trauma created by these experiences does not need to hold us back in life As Diego Maggio shows we can use the techniques of CranioSacral Therapy CST and SomatoEmotional Release SER to understand address and overcome the stress that traumatic events cause and transform the painful experiences inherent in life into opportunities for growth and expanded awareness Sharing Dr Upledger s techniques and his own innovative applications of CST and SER across 20 years of practice Maggio presents tools and exercises to facilitate your inner self healing mechanisms and support yourself and others through the stages of grief and bereavement following a loss whether the loss is large or one of the small deaths such as losing a job or ending a relationship The author explores all of the biological and energetic evolutionary stages of the life cycle through the lens of CST and shares manual therapy techniques and self help exercises to process emotions and experiences assess the energetic framework of the body and the chakras and recognize and transform destructive energies into constructive processes He looks at how to combine CST techniques with other protocols for managing the grieving process including the Holmes and Rahe Stress Scale and Elisabeth K bler Ross s stages of grief He also explores how CST and SER techniques can help support the dying and those around them in the process of transition Revealing how CranioSacral Therapy can help us integrate challenges and traumas whether recent or long past Maggio shows how our experiences can give us the opportunity to evolve and grow as we journey through the

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