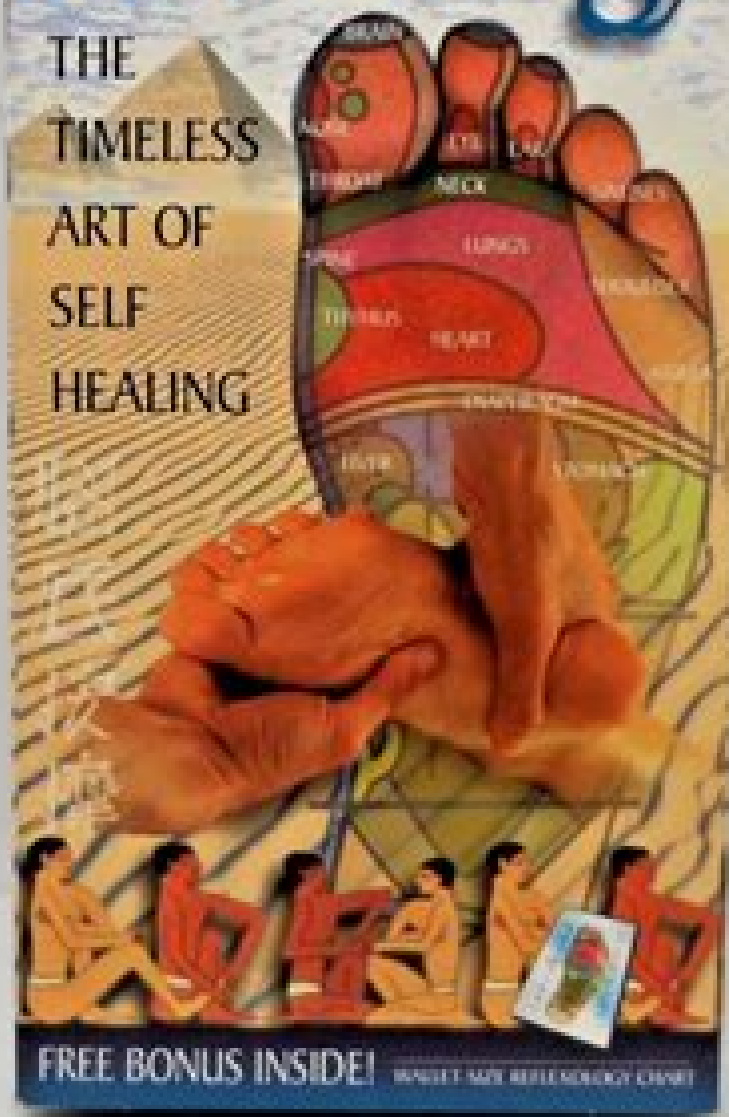


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Reflexology Barbara Kunz,Kevin Kunz,2003-04-21 Reflexology is a global best seller by two of the most recognized authorities on this holistic therapy This comprehensive yet approachable guide explains how reflexology works by applying pressure to reflex points on the hands and feet you can help to stimulate the body's natural powers of self healing Reflexology features more than 100 step by step techniques and treatment sequences detailed foot and hand reflex charts and a directory of treatment for 30 common ailments from back pain to constipation arthritis to high blood pressure Visualizations and meditations are suggested throughout to enhance the healing treatments As the first fully illustrated step by step guide Reflexology remains one of the most trusted resources on this ancient art

Discover Reflexology Rosalind Oxenford,1997 Describes techniques for the traditional form of foot massage while exploring the physical benefits and holistic applications of the treatment

The Ancient Science of Reflexology Louis Hawkins,2015-07-08 Stop Pain Immediately and Naturally Just like many other alternative healing therapies reflexology therapy was also viewed with skepticism for a very long time However it amazed people with how it actually works and if you are looking for answers and solutions this book will be your guide about how it exactly works and why is this alternative therapy one of the most effective ones practiced to date The practice of applying pressure to specific points on the hands and feet to relieve stress and to influence health is what reflexology is all about This simple act can actually make your life better and stress free if you know how to do it This comprehensive yet approachable guide explains how reflexology works simply by applying pressure to reflex points on your feet and hands This helps stimulate the natural powers of the body to begin self healing

Master the Healing Art of Foot Reflexology Susan Watson,2003-06-01 A work book to train students or a self help workbook It is a step by step work book What is Reflexology Anatomy for each systems of the human body How to perform Reflexology on the feet How to alleviate foot problems 4 colored reflexology foot charts

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 **The Reflexology Self-Help Techniques** David C Clark,2024-06-21 Discover the transformational realm of reflexology with Reflexology Self Help Techniques Unlock the Healing Power within You This comprehensive guide is intended to provide you with the knowledge and skills necessary to harness the ancient art of reflexology bringing balance relaxation and improved well being into your daily life through the simple yet powerful application of pressure to specific reflex points on your feet hands and ears Reflexology Self Help Techniques Unlock the Healing Power within You is the definitive guide to incorporating reflexology s profound advantages into your daily life Whether you re a novice or have some expertise this book offers clear simple directions extensive pictures and practical ideas to help you on your self healing path

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