

An illustration on the left side of the book cover. It features a large, stylized yellow foot with several small spiral patterns on its top and side, set against a red background. Below the foot is a blue hand, also with a spiral pattern on its palm. The entire illustration is framed by a decorative blue border with yellow and red accents.

THE SELF-HELP REFLEXOLOGY *Handbook*

Easy
routines for
hands and feet
to enhance
health
and vitality

SONIA DUCIE

Self Help Reflexology Handbook

**Donald A. Bisson, Ontario College of
Reflexology**



Self Help Reflexology Handbook:

The Self-Help Reflexology Handbook Sonia Ducie, 2012-05-31 Reflexology is a complementary healing technique second only to aromatherapy in popularity. The feet and hands are a map of the organs of the body. Reflexology can be used to relieve symptoms and as a preventative health measure. It involves applying pressure to reflex points on the hands and feet, each point relating to a part of the body. The book explains how easy it is to use reflexology techniques every day at home without a practitioner to enhance your health and well-being. Part 1 illustrates basic reflexology techniques and explains how to apply them. Part 2 includes easy step-by-step routines especially devised to help improve confidence, build strength, relax, increase vitality, enjoy better sex, boost metabolism, and speed up detoxification. Part 3 includes 22 common health problems such as headaches, toothache, backache, travel sickness, and panic attacks and provides techniques for dealing with them. Devised with everyday health in mind, this book has something for everyone.

Acupressure Self-Care Handbook Roger Dalet, 2023-11-28 A guide to acupressure treatments for more than 150 common illnesses and conditions. Shares step-by-step treatment protocols for illnesses such as cold/flu or digestive problems, chronic conditions such as arthritis, diabetes, and thyroid disorders, and nervous system and emotional complaints such as depression, shingles, Bell's palsy, and stage fright. Includes detailed diagrams of the commonly known and prescribed acupressure points as well as important new acupoints discovered by contemporary Chinese medical researchers. Explains how acupressure stimulates the body's natural healing ability. With the simple touch of your fingertips, you can quickly and easily bring comfort and relief from pain and illness. In this illustrated guide to acupressure for self-care and care of your loved ones, Roger Dalet M.D. shares step-by-step treatment protocols for more than 100 diseases and disorders, from illnesses such as cold/flu or digestive upset to chronic conditions such as arthritis, diabetes, thyroid disorders, and heart problems to nervous system and mental health disorders such as depression, epilepsy, and bipolar disorder. Exploring how acupressure works, the author explains how massaging specific healing points stimulates the body's own natural healing ability. Within each treatment protocol, he offers guidance on how acupressure can best help the situation, whether it is capable of completely curing a condition or whether it should be used to support other healing modalities. In addition to detailed diagrams of the commonly known and prescribed acupressure points, Dr. Dalet includes important new acupoints discovered by contemporary Chinese medical researchers that address ailments resulting from our more sedentary lifestyles and use of computers, such as obesity and eye strain. A valuable resource for any home, the acupressure treatments presented in this handbook can provide immediate relief for pain and injuries as well as be used preventively. Most important, they offer an effective method of self-care and a way to provide comfort and relief to ailing loved ones and especially for the delicate immune systems of children.

N101 - Foot Reflexology Course Donald A. Bisson, Ontario College of Reflexology, 2001

The Reflexology Manual Pauline Wills, 1995-10-01 An ancient therapy used in China, Egypt, and India, reflexology provides effective holistic treatment for both common and more serious disorders.

According to reflexology the hands and feet are microcosms of the body containing points or zones that relate to individual glands nerves muscles and organs Reflexology harnesses the body s healing energy by stimulating specific pressure points on the hands and feet alleviating the energy blocks that can cause pain or disability and restoring optimum health In *The Reflexology Manual* the practical text guides the reader in mastering these self help techniques and color photographs illustrate a full reflexology treatment step by step Full color illustrations throughout Detailed diagrams of pressure point zones on the hands and feet Clear explanations of how to work with the energy meridians Ideal for beginners as well as experienced students of reflexology *The Natural Health Guide to Headache Relief* Paula Maas, Deborah Mitchell, 1997

Unsurpassed in scope and effectiveness this is a unique and comprehensive collection of natural headache remedies that will help sufferers discover how to identify the headache type and explore a wealth of soothing therapies that can be used alone or in combination with conventional medical care *Healing Yourself with Foot Reflexology, Revised and Expanded* Mildred Carter, Tammy Weber, 2002-07-01 Mildred Carter s reflexology techniques have helped millions of people all over the world live happy healthy lives gloriously free of pain and discomfort Simple safe and effective her time tested methods of rubbing pressing stroking and massaging away illness provide blessed relief from dozens of ailments Now you too can join over 550 000 readers who have already benefited from Mrs Carter s natural way to good health in *Healing Yourself with Foot Reflexology* Revised and updated with seven completely new chapters and over 100 illustrations this easy to use guide reveals how you can utilize simple foot reflex massage techniques to achieve quick natural relief from such common ailments as Arthritis Back pain Bronchitis Eye problems Fatigue Heart problems Leg cramps Menopause problems Prostate problems Sciatica Sore throat Stress Ulcers And many more Dozens of helpful charts and line drawings pinpoint the strategic reflex points in the foot that connect to the heart the major organs the glands and the nervous system and show you step by step how to employ foot reflexology to both relieve specific illnesses as well as boost your general health and vitality Read remarkable case histories of men and women who eliminated their pain and suffering with the help of Mrs Carter s natural science techniques As thousands of satisfied people can attest the powerful healing forces of reflex therapy will put you on the road to renewed health vigor and youthfulness **Five-Minute Healer** Jane Alexander, 2000 For busy people who want to maximize their health and vitality without revamping their daily schedules this beautifully illustrated guide offers quick tricks for boosting energy feeling your best and looking terrific Full color photos illustrations **Reflexology Today** Doreen E. Bayly, 1984-05 Stimulating the body s healing forces through massage of the reflex areas of the feet helps to increase blood circulation and relax tension in the nervous system and can do much to retard the ageing process Ailments that respond to reflexology include glaucoma migraine liver disease cataracts asthma neuritis shingles herpes zoster arthritis and sinus trouble **Do It Yourself Numerology** Sonia Ducie, 2012-01-01 The previous edition of this practical guide sold more than 100 000 copies and it still provides the best hands on introduction to numerology available Based on your birth date this

age old science can reveal essential information about your work relationships health life even your looks Discover the essential significance of the Personality Numbers 1 to 31 rather than the 1 to 9 of most books and the strengths challenges physical traits and childhood influences associated with each number Do simple calculations to figure out Master Collective and Personal Year numbers which enhance intuition and self understanding And of course examine the numbers of friends and family to gain extraordinary insight into their personalities and propensities too Starting with a simple formula for determining your personality number based on the date on which you were born this book reveals the keys to career relationships and health Among the fascinating information you will learn is the significance of the personality numbers the influence of numerology on health romance and childhood issues and personality profiles of famous people through the ages

The Complete MS Body Manual Susie Cornell,1996 **Numerology** Sonia Ducie,2012-01-01 The ancient practice of numerology offers us insight and guidance for dealing with the modern world Internationally recognized numerology expert Sonia Ducie Dip explains how each of us has numbers that dramatically impact our lives By breaking down the numbers in our birthdates and our names we can determine our key numbers Dip provides simple strategies for turning these numbers to our advantage in our careers at home and in our relationships with loved ones Further she explains how numerology can help us become more intuitive aware of our subconscious and in tune with our place in the world **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 beautiful cycles of life *Applied Kinesiology* Tom Valentine, Carole Valentine, 1985-10-01 A practical and reliable diagnostic tool that has emerged over the past twenty five years kinesiology is the study of the mechanics of bodily motion especially muscle movements and their relationship to our body systems Viewing the body as a balanced triad of structure chemistry and mentality applied kinesiology gauges muscle response to pinpoint underlying physical problems Within 30 minutes a competent kinesiologist can evaluate bodily functions and provide a readout on the workings of the glands organs lymphatic system circulatory and nervous systems circulation and muscle bone structure Applied Kinesiology demonstrates how this technique can be of practical use for everyone **The New Chinese Medicine Handbook** Misha Ruth Cohen, 2015-10-15 Take control of your healing process and balance your mind body and spirit with these lessons in Chinese Medicine

Oxford Handbook of Palliative Care Max Watson, Rachel Campbell, Nandini Vallath, Stephen Ward, Jo Wells, 2019 This practical guide briefly covers the historical and epidemiological background of palliative care and the growth of palliative medicine as a specialty before dealing with major physical psychological spiritual and symptom management issues from diagnosis to bereavement care *Oxford Handbook of Clinical Immunology and Allergy* Gavin Spickett, 2019-10-30 This new edition of Clinical Immunology and Allergy is a practical and clinically based guide for clinicians and laboratory staff to aid diagnosis and management of immunological and allergic disease and provides examples of the correct selection and interpretation of immunological tests for a wide range of conditions Fully updated from the previous edition with the addition of new diseases recently identified from the use of genetic testing and novel biological therapies and autoantibody tests this title covers the entire breadth of the field with the information at your fingertips Split into two sections the first covering individual diseases and allergies with diagnosis and management strategies and the second describing appropriate laboratory tests and their interpretation the Oxford Handbook of Clinical Immunology and Allergy is an invaluable reference text and works as a succinct revision guide for the FRCPATH in Immunology Filled with cross references to create a cohesive overview of a complex subject and presented in concise bullet points for detailed direction to the key facts this handbook provides everything you need to help you in clinical practice *The Foundations of Iridology* Gustau Pau, 2019-01-15 A complete guide to decoding the iris to reveal health predispositions for prevention and early treatment Details the fundamental reflex signs of iridology and how to identify constitutional strengths and weaknesses in the stroma pigments and capillaries of the eyes as well as read energy patterns in pupil tone Explores the history and development of iridology from the 18th century to today Includes analysis of real case studies with full color photos and illustrations The iris of your eye is a personal and unique identifier that expresses much more about us than we can imagine Through detailed observation of the

irises stroma pigments and capillaries you can determine a person's constitutional strengths and weaknesses and gain insight into their genetic predisposition to certain illnesses as well as preventive and treatment options that would be most effective. By reading the iris practitioners of natural medicine can interpret the signs that reveal a client's lifestyle choices and use this knowledge to make enlightened decisions regarding the client's health plan and how to help them realize their full potential. In this full color guide Gustau Pau an iridologist with more than 35 years of experience details the chromatic scale and signs expressed in the eyes and how to use them to identify organs and their function as well as susceptibility to specific ailments. He explores the history and development of iridology from Hildegard von Bingen's work on healing to 18th century European scientists including Ignaz von Peczely the father of modern iridology. He reveals recent iridology developments on identifying genetically inherited physical traits explaining how individuals can use this insight to make nutritional and lifestyle choices that will offset inherited weaknesses and bolster strengths. Focusing on the digestive system he shows how the pupillary zone can reveal digestive function and demonstrates how diet is responsible for causing many diseases. The author also explores miasmas in the eyes includes methods for reading energy patterns in pupil tone and offers the scientific explanation for the old contention that the eyes are the windows of the soul. Illustrating the fundamental signs that iridologists use for reference Pau provides sample iridographies and real case studies with photos and diagrams. Explaining how scientific research on the eye has not yet caught up with the innovations of iridology he shows how the eyes reveal both our internal state and future health and have a much broader role in the body that we are only now just discovering.

Choose the Perfect Baby Name Sonia Ducie, 2012-01-01 Every parent wants to give their child the best start in life but choosing the perfect name can be difficult. With this book discover how the power of numbers can positively influence your child for their whole lifetime.

Alternative Medicine Burton Goldberg Group, 1993 Four hundred of the world's leading alternative physicians contribute safe, affordable and effective remedies for more than 200 medical conditions ranging from common health problems like allergies, asthma and obesity to serious illnesses like cancer, heart disease and AIDS. Illustrations. Copyright Libri GmbH. All rights reserved.

The Complete Guide to Healing Fibromyalgia Deborah Mitchell, 2011-03-01 The most comprehensive up to date information available including the latest preliminary diagnosis guidelines from the American College of Rheumatology. A to Z lists of prescription medications, herbal remedies and natural supplements. Proven strategies for relieving symptoms: muscle pain, stiff joints, fatigue, sleep problems, depression, irritable bowel syndrome, fibrofog, sexual dysfunction and more. Alternative mind/body therapies: acupuncture, acupressure, chiropractic, hypnotherapy, light therapy, massage, neurofeedback and other methods. Crucial information on dealing with doctors, health insurance, employment issues, disability, getting pregnant, child rearing, weight control, support groups and much more. Plus an easy to follow program of diet, exercise and sleep that will help relieve your pain and restore your quality of life.

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