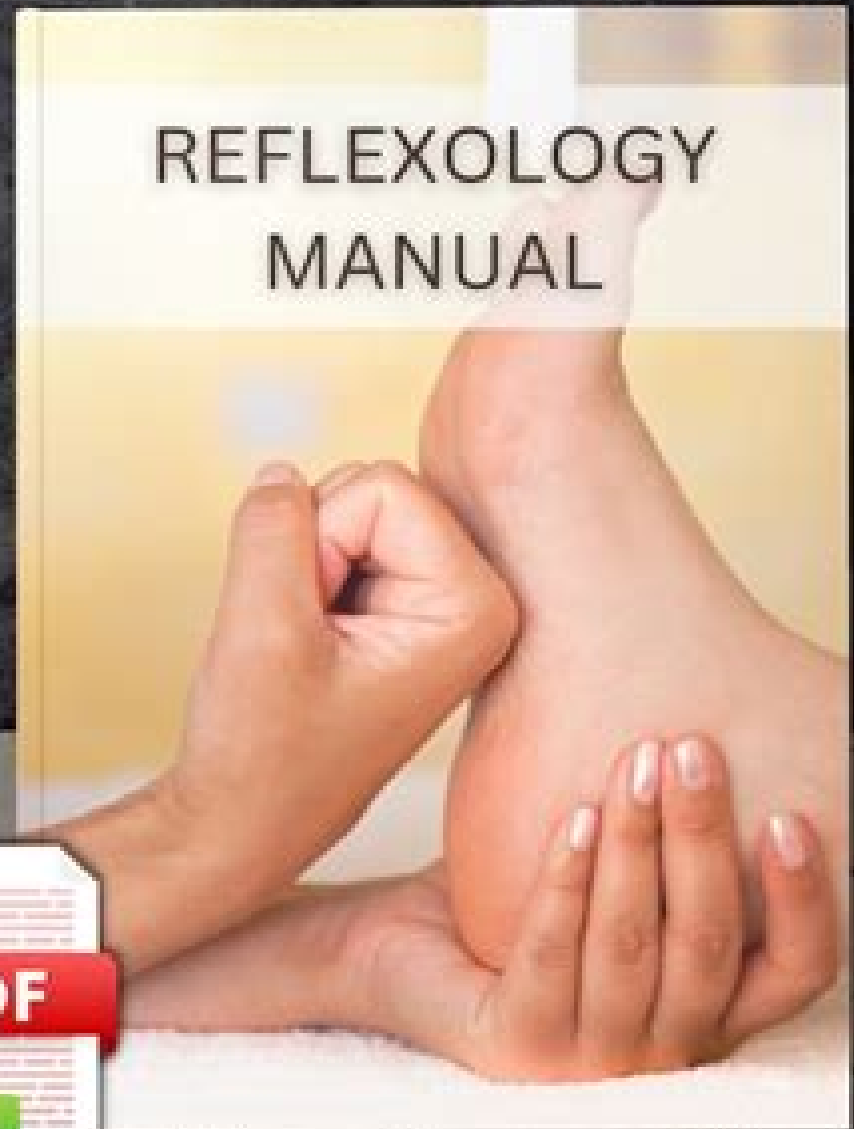
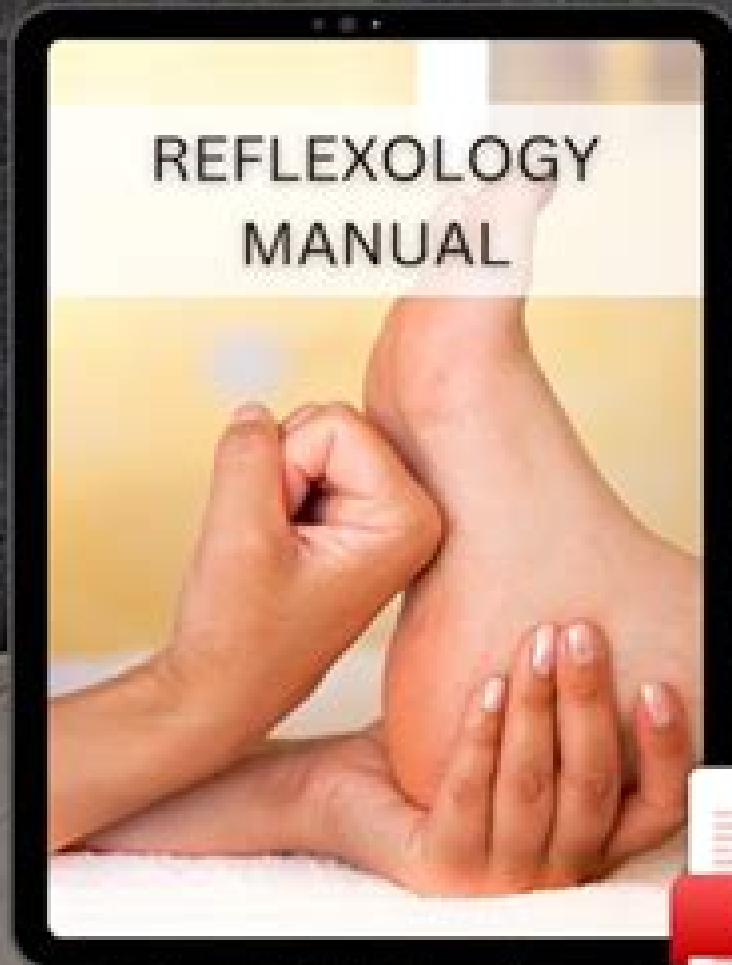


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Maria Enelsi Gomez Gutierrez



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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 **Practical Manual Of Plantar Reflexology** Maria Enelsi Gomez Gutierrez,2023-05-12 Feet are a masterpiece of structural engineering beautifully designed in perfect coordination with many muscles In a very small space they include 26 bones 33 joints 114 ligaments 20 muscles and an intricate network of nerves and blood vessels Wonderful structures that fully reflect our State of Health The fact that the Foot Plant like eyes and skin communicates directly with the Central Nervous System it is a basic element of the Postural System makes us realize the complex system of relationships that occurs within the most disparate parts of the Body Here s how targeted Reflexology Massage can help our body to get rid of toxins accumulated in some parts of it The Reflexology Massage is based on Pressures in specific parts of the Foot which result to have correspondences with each organ of the Body and thereby determining Reactivation States and improvement of the related physiological functions Plantar reflexology acts on the whole organism stimulating all the positive forces influencing the various organs and corporeal systems Circulatory Nervous Digestive and so on normalizing and balancing its functioning Starting from my experience as a Massotherapist and Bioenergetist I can say that my clients family members and friends have found well being and an improvement in health from their feet massage From the very first moment I met this Practice many years ago I remember having always wanted to have a nice Foot Massage done every evening The results have always been of well being and a sense of rest This is one of the things that led me to want to share this experience with you because our Feet are our base the Base of our Life **Reflexology: The Definitive Practitioner's Manual: Recommended by the International Therapy Examination Council for Students and Practitioners** Beryl Crane,2012-08-30 This reflexology text includes coverage of such topics as the art and practice of reflexology the physiological and energetic theories of reflexology the mapping of organs and body systems onto the foot hand reflexology taking case histories and patient care and running a successful practice **Foot Reflexology** Stuart Wright,Patricia Bradshaw,1977 **The Reflexology Bible** Louise Keet,2009 From zone maps of the hands and feet to techniques for working the reflex points to illustrated step by step sequences this guide provides all the information necessary for treating the whole body *The Complete Guide to Foot Reflexology* Kevin Kunz,Barbara Kunz,1993 [Reflexology Manual](#) Dr Raleigh Kanga,2021-08-23 Reflexology is a sort of treatment that utilizes moderate tension on unique components close by your toes and maybe on your hands or ears also to help you to travel a higher life The idea is that this facilitates pressure and that helps your body work better It s additionally analyzed as area treatment **Reflexology Manual** Dr Axel Amir,2022-02-23 Reflexology is a kind of rub down that entails making use of extraordinary quantities of strain to the feet hands and ears It s primarily based on a concept that these

physique components are linked to sure organs and physique systems People who exercise this method are known as reflexologists Reflexology is the software of strain to areas on the ft or the hands Reflexology is commonly enjoyable and may additionally assist alleviate stress Maternity Reflexology Manual Susanne Enzer,2004 *Reflexology Manual for Beginners* Oliver Mason,2021-09-07 Reflexology is the utilization of strain to regions on the feet or the hands Reflexology is by and large unwinding and may assist with easing pressure The hypothesis behind reflexology is that spaces of the foot relate to organs and frameworks of the body The pressing factor applied to the foot is accepted to carry unwinding and recuperating to the comparing space of the body Reflexologists use foot outlines to direct them as they apply strain to explicit regions Reflexology is now and then joined with different active treatments and might be offered by alignment specialists and actual advisors among others **An Introductory Guide to Reflexology** Louise Tucker,Jane Foulston,2008 The Introductory Guide to Reflexology provides a concisely explained and thoroughly illustrated introduction to a complex subject Aimed specifically at students it is designed to be easy to use informative and readable The book includes the required material for many examination syllabuses such as ITEC and covers Study and revision are facilitated with an annotated fold out foot chart detailed illustrations and clearly stated learning objectives The history and development of Reflexology The theory and concept of Reflexology Techniques and applications How to create specific conditions How to carry out professional consultation

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