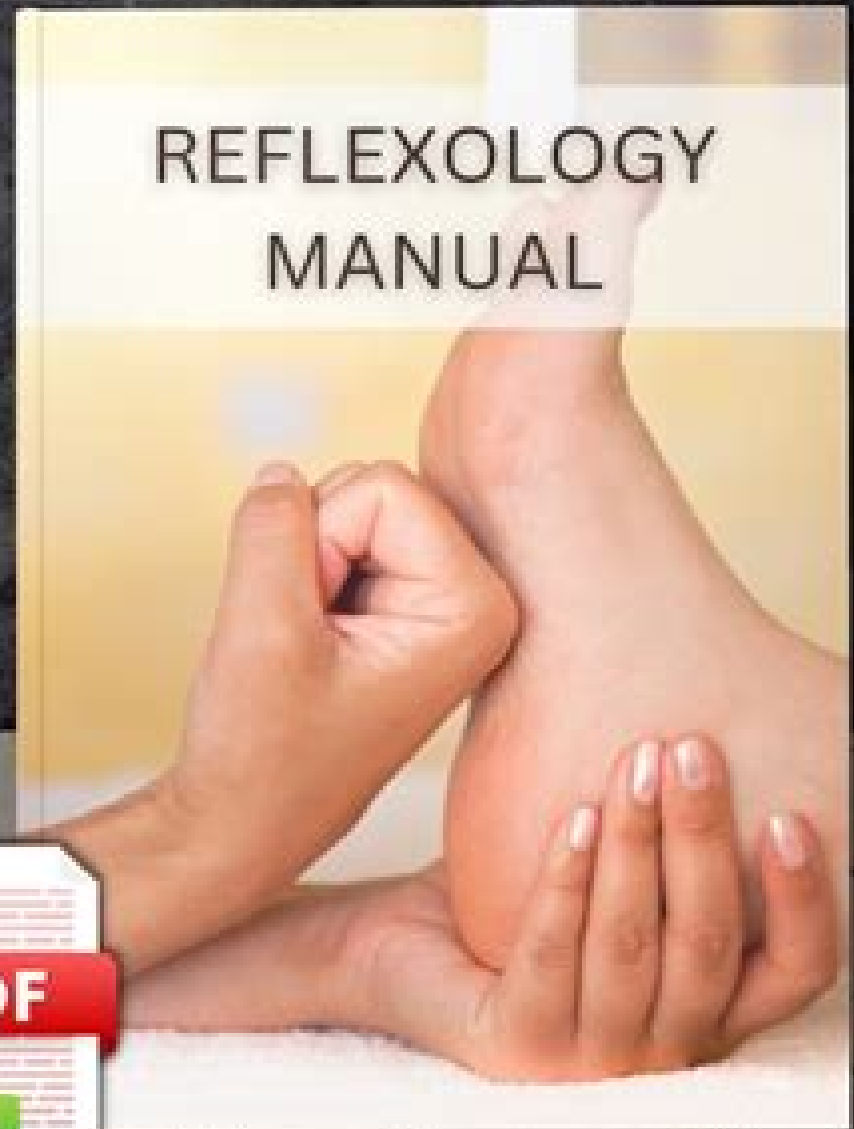
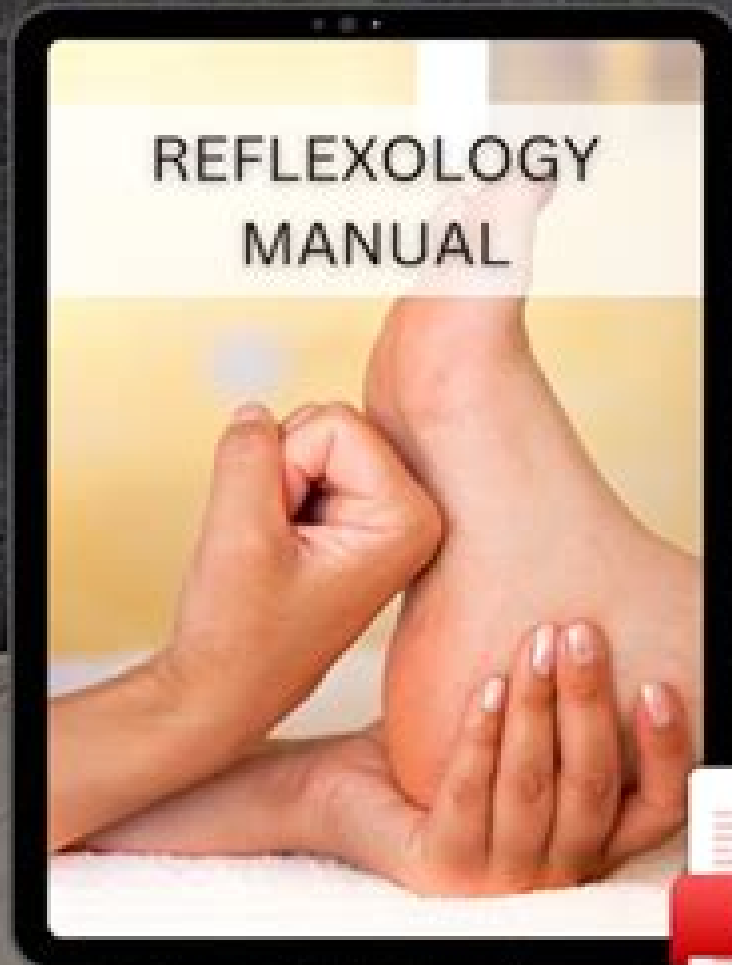


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Practical Manual Of Plantar Reflexology Maria Enelsi Gomez Gutierrez,2023-05-12 Feet are a masterpiece of structural engineering beautifully designed in perfect coordination with many muscles In a very small space they include 26 bones 33 joints 114 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

Foot Reflexology Stuart Wright,Patricia Bradshaw,1977 *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

Sedona Reflexology Foot Massage Manual Shiatsu Tom,Reiki Marie,2012 Sedona Reflexology Foot Massage Manual Sedona Reflexology Foot Massage A Healing Arts Teaching Manual For Beginners By Shiatsu Tom Co Author Reiki Marie

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 *The Reflexology Handbook* Laura Norman,Thomas Cowan,1989 This guide explains the use of reflexology to relieve a wide range of troublesome physical symptoms It describes how this holistic technique can be employed to relieve common conditions such as headaches respiratory ailments osteoporosis gallstones sports injuries insomnia high blood pressure and weight problems Reflexology can also reduce stress and increase one s energy Details are given of reflex points and the four basic reflexology techniques

A chart of common ailments and special reflexology techniques is also included 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 **The Complete Guide to Foot Reflexology** Kevin Kunz, Barbara Kunz, 1993 *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 *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 **Maternity Reflexology Manual** Susanne Enzer, 2004

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