

Reflexology The Ancient Answer To Modern Ailments

KJ Lindholm-Leary

Reflexology The Ancient Answer To Modern Ailments:

The New Reflexology Inge Dougans, 2006-04-11 With practical examples throughout The New Reflexology is a complete teaching handbook perfect for all levels This revolutionary method will help you get the best from reflexology to relieve stress alleviate pain and combat illness BOOK JACKET Reflexology INGE DOUGANS, 2016-01-28 Reflexology is a form of therapeutic foot massage based on the tried and tested theory that the human body has its own internal energy lines or acupuncture meridians In this clearly written introduction to the subject Inge Dougans shows how to find and use the reflexology points and the associated meridians on the foot in order to restore the body to its state of natural balance prevent ill health and assist relaxation Learn how reflexology and the meridian theory work Follow the illustrated step by step reflexology techniques Use reflexology to balance the body s functions Improve the body s circulation and general health

The Complete Guide to Precision Reflexology 2nd Edition Jan Williamson, 2014-09-08 This edition provides a complete guide to precision reflexology covering the basic techniques and knowledge and now includes a new chapter on the latest advanced techniques which have developed in recent years by the author Redesigned into a user friendly format Photos have been updated throughout This text is appropriate for those practitioners already using this technique and for those who have yet to discover it Precision Reflexology holds the same rationale as other forms of reflexology It focuses on stimulating reflex points on the feet to maintain good health Precision work connects to a person energetically responds to the needs of each individual and aims to maintain natural balance It does not rely on physical pressure but at the same time it can be powerful and effective It can be taught in its own right or it can be adapted to enhance other forms of reflexology in post graduate training It provides an added dimension to a treatment and reflects an Eastern approach to healthcare This book offers a step by step guide with illustrations and charts for its application The Complete Illustrated Guide to Reflexology Inge Dougans, 1996 This volume introduces the art and science of reflexology describing the typical treatments and including many practical examples and case studies Reflexology is an alternative medicine involving the physical act of applying pressure to the feet hands or ears with specific thumb finger and hand techniques without the use of oil or lotion It is based on what reflexologists claim to be a system of zones and reflex areas that they say reflect an image of the body on the feet and hands with the premise that such work effects a physical change to the body Caring for the Dying Patient and the **Family** Janet Moscrop, Joy Robbins, 2013-11-11 This third edition of a popular textbook has been completely revised by the joint editors Janet Moscrop and Joy Robbins As in previous editions the focus is on the person dying at home in residential care or in hospital and the emphasis is on teamwork in caring for the individual and their relatives and friends Experts in all aspects of care have contributed to this complete revision of the previous text and each chapter is written by a different member of the multiprofessional team The chapter on the terminal care of people suffering from AIDS has been enlarged and consideration is also given to care of those in the term inal stages of other non malignant diseases Other new material

includes chapters on complementary therapy the use of the day centre the value of volunteers diversional therapy and respite care The chapter on bereavement covers many aspects of grief and loss and there is a sensitive approach to the need for supporting staff in this spe cialized work Consideration is also given to the needs of dying and grieving people from differing ethnic backgrounds with varying cultural expectations in a pluralistic society. The third edition offers a broad overview of the support given to the dying person and the carers by medical and nursing staff physiothera pists pharmacists social workers the chaplaincy and members of the pastoral care team Students of all these disciplines should find this book both readable The Art of Reflexology Inge Dougans, Suzanne Ellis, 1992 Shows how to find and use the reflexology points on the foot which relate to different parts of the body in order to restore the balance of energy to prevent ill health and also to assist relaxation Acupuncture & Electro-therapeutics Research ,1994 The Complete Book of Family Aromatherapy Joan Radford, 1993 The ancient arts of aromatherapy are at the center of today's enlightened move towards natural healing As a tonic or a sedative these safe home treatments are proved to work wonders for countless ailments from lumbago and migraine to ulcers and indigestion Choose the blend that suits you best from the tang of cinnamon to the sweetness of rosewater or the warm woody feel of cedar And learn to cure yourself and others by nature s own method helped by this comprehensive new guide from Foulsham Reflexologia Para Mulheres, Modern Ailments, Ancient Remedies Gillian Kerr (N.D.), Yvonne Bloomfield, 1999 Americans are increasingly using natural remedies to treat physical ailments buying herbs like St John s wort echinacea and ginkgo biloba in record quantities and spending over 27 billion per year on alternative heath care Now Modern Ailments Ancient Remedies brings alternative medicine home This easy to follow beautifully illustrated A to Z healing manual is filled with descriptions history uses and helpful hints about using over 30 popular herbs from alfalfa to yarrow to treat over 40 contemporary ailments from allergies to varicose veins Consumers everywhere will want to add this terrific book to their reference shelf Whitaker's Book List .1987 **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 carpel tunnel syndrome to premenstrual syndrome You ll even learn how to improve sports performance lose weight guickly and more 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 Reflexology Ann Gillanders, 1987 La antigua tecnica china de la reflexologia es hoy en dia el metodo de curación natural mas popular de todos los conocidos Basada en las conexiones de ciertas partes del

cuerpo con otras de los pies y de las manos su mision es reflejar nuestra salud a traves precisamente de esas zonas reflejas presionandolas y sondeandolas con el fin de localizar las causas del dolor y del estres Pues bien en este libro una introduccion simple y accesible al tema escrita por una de las mas importantes especialistas en la materia no solo se evidencian las principales ventajas de este metodo infalible no requiere instrumental alguno y puede ponerse en practica en cualquier sitio y a cualquier hora sino que tambien se especifican sus mas acuciantes objetivos desde determinadas tecnicas para aliviar el dolor de espalda hasta diversos tratamientos para los problemas digestivos pasando por metodos de relajacion y distension Ilustrado con numerosos dibujos y graficos de las zonas reflejas mas importantes se trata de una obra que acaba erigiendose en la guia mas practica que concebirse pueda sobre la mas ideal de las terapias Ann Gillanders ejerce la practica privada en el terreno de la reflexologia desde 1976 pronunciando a la vez numerosas conferencias y apareciendo en varios programas de radio y television Desde 1980 y junto con su hermano dirige un ambicioso programa internacional destinado a la ensenanza de la reflexologia Whitaker's Books in Print ,1998 Holism in Ancient Medicine and Its Reception Chiara Thumiger, 2020-11-30 This volume aims at exploring the ancient roots of holistic approaches in the specific field of medicine and the life sciences without however overlooking the larger theoretical implications of these discussions Therefore the project plans to broaden the perspective to include larger cultural discussions and in a comparative spirit reach out to some examples from non Graeco Roman medical cultures As such it constitutes a fundamental contribution to history of medicine philosophy of medicine cultural studies and ancient studies more broadly. The wide ranging selection of chapters offers a comprehensive view of an exciting new field the interrogation of ancient sources in the light of modern concepts in philosophy of medicine as justification of the claim for their enduring relevance as object of study and at the same time as means to a more adequate contextualisation of modern debates within a long historical process Contributors are Hynek Barto Sean Coughlin Elizabeth Craik Brooke Holmes Helen King Giouli Korobili David Leith Vivian Nutton Julius Rocca William Michael Short P N Singer Konstantinos Stefou Chiara Thumiger Laurence Totelin Claire Trenery John Wee Francis In Focus Reflexology Tina Chantrey, 2020-08-04 Complete with a framable poster In Focus Reflexology Zimmermann contains everything you need to know to get started in this classic subject The Kingfisher Encyclopedia of Ouestions and Answers Brian Williams, 1997 Questions and answers provide information on such topics as general science earth and space **Alternative Answers to Pain** Richard Thomas, 2006 the human body and plants and animals A History of Modern **Psychology in Context** Wade Pickren, Alexandra Rutherford, 2010-02-19 In A History of Modern Psychology in Context the authors resist the traditional storylines of great achievements by eminent people or schools of thought that rise and fall in the wake of scientific progress Instead psychology is portrayed as a network of scientific and professional practices embedded in specific contexts The narrative is informed by three key concepts indigenization reflexivity and social constructionism and by the fascinating interplay between disciplinary Psychology and everyday psychology

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