

THE ESSENTIAL
HEALING ARTS



THE A-Z GUIDE TO HEALING
WITH PRESSURE POINTS

Reflexology



- Relax the Entire Body
- Improve Circulation
- Reduce Headaches of Common Illnesses
- Rejuvenate the Body's Muscles
- Stimulate the Nervous System
- Soothe Aches and Pains
- ...and more

Judith Sachs and Judith Berger

Reflexology The A Z Guide To Healing With Pressure Points

Janet Wright



Reflexology The A Z Guide To Healing With Pressure Points:

Reflexology Judith Sachs, Judith Berger (reflexologist.), 1997 Lift your mood and ease depression speed the healing of fractures achieve fast relief of back pain alleviate fatigue these are a few of the results that can be gained from the powerful techniques of reflexology This hands on way to healing uses the sensitive pressure points on the bottom top and sides of the foot to balance energy and enhance healing *Yoga Journal Presents Your Guide to Reflexology* Yoga Journal (Firm), 2016 An exercise and explanatory guide to reflexology **Feet and Footwear** Margo DeMello, 2009-09-10 **COSTUME CLOTHES FASHION** This one of a kind A to Z reference work contains over 150 fascinating entries and intriguing sidebars that look at feet and adornment of feet across the many cultures of the world throughout time A wide range of international and multicultural topics are covered including footbinding fetishes diseases customs and beliefs shoe construction myths and folktales the history of footwear iconic brands and types of shoes removing shoes upon entering a house covering feet up for social customs and the types of footwear worn around the world **Traditional Chinese Medicine** Carol A. Hart, Magnolia Goh, 1998 Traditional Chinese medicine has existed for thousands of years It reflects the Eastern philosophical view that time and the universe are cyclical rather than linear in nature For this reason a person's mind body and spirit are all interrelated This book will explain the theories and philosophies behind traditional Chinese medicine as well as explanations of acupuncture and acupressure descriptions of Chinese herbal and pulse therapy a guide to finding a qualified practitioner when professional care is needed and an A to Z guide of treatments for a multitude of maladies **Aromatherapy for Natural Health** Judith White, Karen Downes, 2011-06-15 Aromatherapy for Natural Health is an ideal and comprehensive source of reference for every home Safe and effective remedies will assist in the relief and prevention of a number of common ailments from acne and arthritis to varicose veins and warts The easy to follow alphabetical format identifies essential oils methods of use and ailments and assists you in using the healing force of nature at home and in the workplace Complementary natural therapies which work in harmony with aromatherapy are also included Discover a wealth of optimum natural health options **Introduction to Massage Therapy** Mary Beth Braun, Stephanie J. Simonson, 2008 This introductory textbook instills the skills and knowledge needed to become and excel as a professional massage therapist Enhanced by full color illustrations and photographs the text integrates functional anatomy physiology and pathology with massage therapy techniques and offers extensive 3D anatomical information Communication documentation safety self care and business practices are also covered This edition features expanded coverage of hydrotherapy Eastern techniques sanitation and hygiene HIPAA and key topics tested on the National Certification Exam Other new features include critical thinking exercises and boxes highlighting contraindications to massage or specific strokes A bound in Real Bodywork DVD features outstanding video clips of massage sequences **Reflexology and Acupressure** Janet Wright, 2000 Here is a practical guide to these two very ancient and effective drug free therapies The section on reflexology presents both foot and

hand charts showing the reflex points and explains the massage techniques to increase energy flow to corresponding areas of the body The section on acupressure diagrams a simplified Chinese body chart locating the main meridians and pressure points with treatment techniques for many common ailments Detailed color photographs guide the reader through every step

Medical and Health Care Books and Serials in Print ,1997 *Acupressure and Reflexology For Dummies* Synthia

Andrews,Bobbi Dempsey,2007-09-04 Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch Searching for alternative treatments for pain This friendly do it yourself guide introduces you to the basics and benefits of acupressure and reflexology showing you step by step how to nurture your emotional and physical well being and that of someone else You ll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well being Understand basic healing principles Relieve your specific aches and pains Boost your immune system Address age related ailments Find professional help **Yoga Journal** ,1981-12 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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