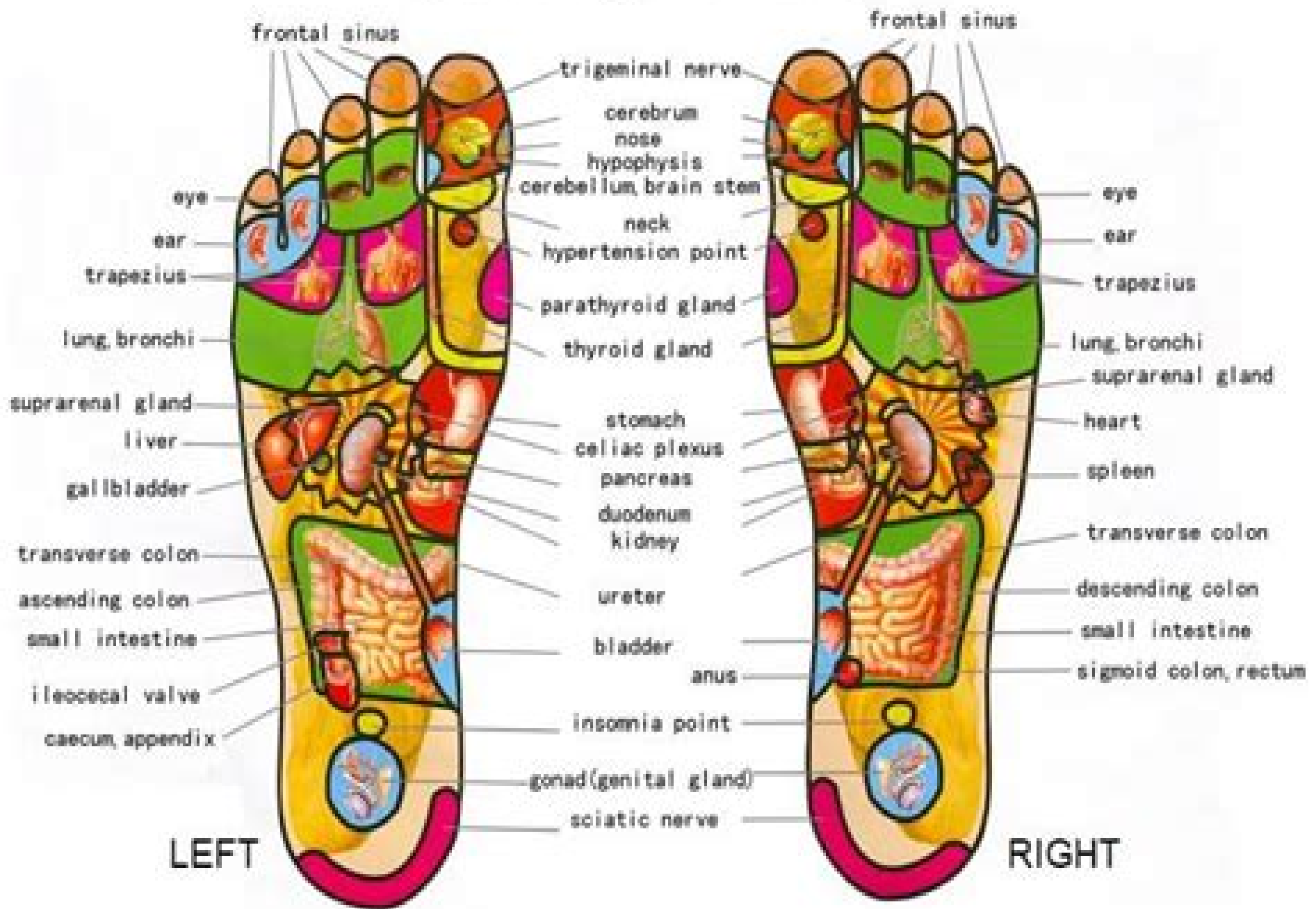


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Reflexology Intro Guide To Foot Massage For Total Health

Anne Woodham, David Peters



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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. *Reflexology for Beginners* David Vennells, 2001 Provides the history of the alternative therapy known as reflexology along with step by step instructions for practicing the various techniques of foot massage. *Thrive on Stress* Jan Sutton, 2000 Not all stress is bad. Readers can discover how to conquer negative stress and use positive pressure to boost self esteem and confidence. Supported by numerous illustrations, activities and comprehensive case studies, this fascinating book could quite literally transform their lives. **The Complementary and Alternative Medicine Information Source Book** Alan Rees, 2001-03-30 From acupuncture to yoga, the increasing popularity of unconventional medical therapies has risen sharply during the past decade. Consumers are turning to complementary and alternative medicine (CAM) for a variety of reasons and are spending billions annually for treatments. Recognizing the growing need to locate authoritative CAM information, award winning author Alan M. Rees has compiled a first stop resource for those seeking information to guide their decisions. Noted health information expert Alan Rees organizes the best of complementary and alternative medicine (CAM) information resources in this new guide for librarians and patients. The book is divided into twelve sections beginning with an overview of CAM terminology, safety concerns, ongoing research and education and the movement towards integrative medicine. Best of lists of books, magazines, newsletters, CD ROMs and professional publications are augmented with contact information for several hundred CAM associations and professional groups, an extensive section on the Internet as a source of CAM related information and reviews of 355 popular books on CAM. Librarians will use the Source Book as a collection development tool. Consumers and students will find it an easy to use guide for locating hard to find resources about the latest in alternative medical therapies and treatments. This unique volume brings together in one volume print and electronic resources pertaining to an in demand topic, provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies, will fill the information gap in the rapidly growing field of CAM. **Subject Guide to Books in Print**, 1997

The Art of Thai Foot Massage Simon Piers Gall, 2012-06-01 Both professional practitioners and casual massage enthusiasts will learn to raise their practice to an art with this step by step guide to foot massage as traditionally taught in Thailand. The practical sections of the book clearly cover the different parts of the massage process and color photos and graphics provide clear explanations to help learners utilize the techniques with confidence. The book also covers the history

and theory behind Thai foot massage including discussions about the reflex points on the feet and the concept of Sen energy lines that flow throughout the body to help explain how this ancient healing art works Though Thai foot massage is not a curative in itself the featured techniques can promote general health and well being [Press Here! Hand Reflexology for Beginners](#) Stefanie Sabouchian,2021-03-16 With fun modern illustrations and an intuitive organization Press Here Hand Reflexology for Beginners introduces a powerful and simple form of self care for a new generation of wellness seekers

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