

And Podiatry Instruction Simple Alternative Foot Use Learn To Ball Tennis Reflexology Easy Acupressure Hand Techniques With How Massage

[#Acupressure hand techniques](#) [#Reflexology foot massage](#) [#Easy foot pain relief](#) [#Alternative foot use](#) [#Learn podiatry instruction](#)

Learn simple and easy alternative techniques for foot and hand care, combining the benefits of acupressure and reflexology massage. This guide provides clear instructions on how to use these methods effectively, offering a unique approach to podiatry and overall well-being for your feet and hands.

Each research document undergoes review to maintain quality and credibility.

We would like to thank you for your visit.

This website provides the document Acupressure Reflexology Guide you have been searching for.

All visitors are welcome to download it completely free.

The authenticity of the document is guaranteed.

We only provide original content that can be trusted.

This is our way of ensuring visitor satisfaction.

Use this document to support your needs.

We are always ready to offer more useful resources in the future.

Thank you for making our website your choice.

Thousands of users seek this document in digital collections online.

You are fortunate to arrive at the correct source.

Here you can access the full version Acupressure Reflexology Guide without any cost.

Reflexology

Do you want to learn more about reflexology? Would you like to know how to self-perform reflexology and practice it on others? The history of reflexology is fairly broad and fairly extensive. What it comes down to is the fact that there is a lot history that is loaded with the application of physical touch to make people cope with their suffering, whether physical, mental, or spiritual It wasn't until the modern era that people started putting a name to the idea that you could apply pressure on areas of your body that would influence the feeling of other parts. It was often joked that a person who had a toothache should squeeze their toe to get some relief from it. During the 16th century, the idea of Zone Therapy began to become more and more prominent. This idea, that there are zones in the bodies and that there are ways to access them from different places in the body became more and more popular and more and more time was dedicated to the research of it. Here Is A Preview Of What You'll Learn... What Is Reflexology? The Basics of Reflexology The Basics of the Foot The Basics of the Hands The Massage Tags: reflexology, hand reflexology, foot reflexology, total reflexology, reflexology guide, reflexology manual, reflexology diagram, reflexology chart, reiki, acupuncture, acupressure, flexology, foot map, 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

Hand and Foot Reflexology

Here's a revolutionary way to fine-tune your relationship with your body, reduce stress, and feel better all over: Stimulate the reflexes in your hands and feet! It's all in this hands-on encyclopedia of personal reflexology information. Here, Kevin and Barbara Kunz (authors of The Complete Guide to Foot Reflexology) bring you their unique self-health approach to wellness. Through reflexology, they teach you how to free and channel your pent-up energy -- and to prevent and correct common health problems. With more than 500 detailed instructions, this book includes: * Why your feet and hands are "important sensory organs," and their "special relationship" with your whole body. * Why reflexology works. * Specially designed pressure and movement techniques that reduce stress and actually alter the body's tension level. Fully illustrated, with step-by-step procedures, for quick and easy application! * Treatment plans for specific ailments, from acne to whiplash. * Stride Replication, the Kunzes' latest program of foot and hand relaxation. * A more in-depth look at body parts and their corresponding areas in the hands and feet -- all conveniently indexed. Whether you are using it as a quick reference or as the basis for further study. Hand and Foot Reflexology: A Self-Help Guide tells you what you need to know about the simple but potent experience of reflexology -- by yourself and for yourself.

Reflexology for Beginners

Provides the history of the alternative therapy known as reflexology along with step-by-step instructions for practicing the various techniques of foot massage.

Reflexology

Discover How To Let Your Body Heal Itself With Reflexology Restore Balance, Boost Sluggish Circulation, and Terminate Pain Related Disorder With The Use Of Reflexology!!! Reflexology is an amazing alternative therapy, that primarily focuses on the feet and hands, and has been practiced by practitioners for thousands of years. This alternative therapy can help you solve and get rid of many pain related disorders, but however this therapy will be useless if you do not know how to properly perform the massage techniques and this is where this guide book can help you. The information and techniques found in this book will teach you how to properly and effectively use reflexology and heal parts of your body that you would have never thought imaginable. There are all types of misguided information out there on the web and also in books that could be detrimental to your health when it comes to properly using the practice of reflexology. By using this book you will fast track your way to success with Reflexology, and have the pain free life that you have always desired!!!! 7 Reasons Why You Must Have This Book 1. Learn why the human reflexes are so vital to our everyday lives. 2. Discover which reflexes corresponds with which organ, 3. In this book you will learn about the primary benefits of reflexology and why it is better than modern medication. 4. This book will give you information about how to perform calculated pressure to the feet and hands. 5. Discover some of the problems with the feet. 6. This book also teaches you about the pressure points on the ear. 7. Reflexology is alternative therapy that can help alleviate any pain in their body whether it is physical or mental. Here Is A Preview Of What You'll Learn... The History of Reflexology Muscle Relaxation Detoxification and Cleansing The Nerve Impulse Theory How Does Reflexology Work Foot Reflexology Chart Map The Structure of Feet Structures of Hand and Wrist Hand Reflexology Chart Map Problems Relating to the Hand Techniques and Tips Method for Achieving Quicker Results Much, much more! Want To Learn More? Take action today and download this book for a limited time discount of only \$3.99! Download Your Copy Right Now! ----- TAGS: reflexology, reiki, acupuncture, acupressure, flexology, foot map, chart, map, learn reflexology, relieve tension,

Reflexology

Reflexology Learn How to Use Reflexology With Easy Techniques and Simple Instruction When referring to reflexology people are talking about the process of applying pressure to specific areas of the hands and feet or even the ear. In essence, it is a form of therapeutic massage, based on the theory that there are pathways from the hands, feet and ears to other parts of our body, through which we can direct positive, healing energy. Neither lotion nor oil is used in the practice and the ways by which the pressure is applied depends upon the area you are trying to address. The idea is that certain areas of the ears, feet and hands, known as reflex points, correspond to organs and limbs on the body. Massaging the correct spots on the ear, foot or hand in the right way is believed to relieve pain in those matching areas of the body. Reflexology Here Is A Preview Of What You'll Learn... Understanding Reflexology Reflexology Basics How to Get Started The Foot Reflexology Map The Hand Reflexology Map The Ear

Reflexology Map Five DIY Techniques Self Practice With All Pressure Points Much, much more! Thank You for Choosing This Book

Reflexology

Reflexology is an amazing alternative therapy, that primarily focuses on the feet and hands, and has been practiced by practitioners for thousands of years. This alternative therapy can help you solve and get rid of many pain related disorders, but however this therapy will be useless if you do not know how to properly perform the massage techniques and this is where this guide book can help you. The information and techniques found in this book will teach you how to properly and effectively use reflexology and heal parts of your body that you would have never thought imaginable. Here Is A Preview Of What You'll Learn... Understanding Hand Reflexology The Benefits of Hand Reflexology How to Perform Hand Reflexology Other Techniques in Hand Reflexology Precautions in Performing Hand Reflexology Learn about how far back in history this goes and how it was brought into the modern world by medical pioneers. Get an understanding of how it affects the different systems of the body and the fundamentals that make it work. As you progress through the book and begin to learn about techniques for common problems expand your mind and work on your body they way only you know it needs to be worked on. There is no one else that understands your body like you. You don't have to have pain to use reflexology there are reflexes that will just in general help you have a healthier body and mind.

Reflexology

Now you can bring relief and comfort to yourself and others with easy-to-follow reflexology techniques. The Everything Reflexology Book walks you through the basic principles of this ancient practice and teaches you how to use the healing power of touch right in your own home. Provides professional instruction on how to: Utilize thumb-walking, knuckle presses, clapping, and other touch techniques Identify the zones and meridians that correspond to specific body parts Alleviate ailments through foot reflexes Balance energy flow throughout the body

The Everything Reflexology Books

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

Reflexology

Most of us spend much of our lives on our feet -- a part of the body that takes a huge amount of stress. We all know just how much better we feel about ourselves if our feet are in good shape, and yet few of us take proper care of them. Mind-blowing Foot Massage offers a comprehensive range of ways to keep your feet in tip-top condition. Many books have been written on reflexology, and countless massage books contain small sections on foot massage. However, this book brings together not just reflexology and a wealth of foot massage techniques, but also aromatherapy, acupressure, and simple home remedies. There is something here for everyone -- no matter how much time you have -- and you can discover how to treat others as well as yourself. The book begins with a thorough grounding in all the necessary principles, plus basic routines and a full reflexology treatment -- all clearly explained and photographed step by step. Further chapters deal with routines for pleasure and relaxation, for maintaining your well-being, and for tackling everyday complaints. Learn how to use foot therapy to send you off into a peaceful sleep, detox your body, get closer to a partner, and warm up and wind down when you visit the gym. Discover how to use your feet to diagnose and treat problems all over your body and see which instant treatments can be used at home or work to ease a headache or back pains. Mind-blowing Foot Massage also provides advice on appropriate aromatherapy oils and on pampering foot treats -- from easy foot exercises to indulgent home-made potions, lotions, and scrubs -- and gives tips on keeping feet healthy all the time. This is the perfect book for someone interested in really caring for this vital part of the body. Book jacket.

The Complete Guide to Foot Reflexology

An ancient therapy used in China, Egypt and India, reflexology provides effective, holistic treatment for both common and more serious disorders. This guide illustrates a step-by-step treatment, while the text guides the reader in mastering these self-help techniques. Color photos and illustrations.

Acupressure and Reflexology For Dummies

An ancient therapy used in China, Egypt, and India, reflexology provides effective, holistic treatment for both common and more serious disorders. According to reflexology, the hands and feet are microcosms of the body, containing points or zones that relate to individual glands, nerves, muscles, and organs. Reflexology harnesses the body's healing energy by stimulating specific pressure points on the hands and feet, alleviating the energy blocks that can cause pain or disability and restoring optimum health. In *The Reflexology Manual*, the practical text guides the reader in mastering these self-help techniques, and color photographs illustrate a full reflexology treatment step by step. Full-color illustrations throughout. Detailed diagrams of pressure-point zones on the hands and feet. Clear explanations of how to work with the energy meridians. Ideal for beginners as well as experienced students of reflexology.

Mind Blowing Foot Massage

Foot Reflexology - The Ultimate Foot Reflexology Guide* LimitedTime Offer! ***** Whether it's about going on a usual errand or standing for hours at work, your feet have to bear with all kinds of pressure, tension and trouble all the time. But, do you ever give this important body part a chance to breathe? Have you ever considered relaxing your feet to release the tension that has built up over the years? Did any tell you that you can become more energetic, healthy and active by seeking the help of foot reflexology? From healing your tired heels to relaxing the tiny tips of your toes, foot reflexology is an excellent wellness approach that relies on scientific principles to care for your feet. From addressing circulatory issues, sports injuries, heal spurs to taking care of the diabetic foot, this art of foot reflexology offers countless healing benefits to your feet. As they say, "The foundation of a tree depends on its roots, and the stronger the roots, the stronger the tree". Similarly, the healthier your feet, the healthier your body. By employing the most effective natural oils to relax your feet, foot reflexology heals your body, mind and soul. Preview Of The BookYou will learn: A Bit About The The Background The Real Benefits of Foot Reflexology Understanding The Basic Meridians Found in Your Feet How to Perform Foot Reflexology Yourself How to Perform Foot Reflexology Yourself DIY Foot Massage Techniques Different Types of Foot Massages Foot Massage For Common Problems Foot Massage Techniques For Common Problems Grab Your Copy Now!----- Tags: Reflexology, Foot Reflexology, Foot Massage, Massage Therapy, Self Massage, Foot Reflexology Guide

The Reflexology Manual

Reflexology Guide: Learn about pressure points of the hands & feet using this superb reflexology chart color-coded and mapped from multiple views. It indicates foot reflexology with key trigger points that you need to know. If you are interested in reflexology massage then this pamphlet is critical for quick reference and study developed by Speedy Publishing LLC. The chart is uses detailed illustrated diagrams, distinctly labeled for easy identification and use for study. The perfect reflexology map that is designed by expert illustrators. Find critical diagrams of the plantar foot, lateral foot, palmar hand, lateral hand and other aspects. Reflexology is a type of alternative medicine which involves applying pressure to the feet, hands, or ears with the thumb, finger, and hand. These techniques are used without lotion or oil and are based on the claim that our body is a system of zones and reflex areas, with the image of the body on the feet and hands, and that stimulating these areas can cause a physical change in the body. One theory of this therapy is that it works with the central nervous system, based on research that has shown that there exists a neurological relationship between the skin and the internal organs. By stimulating these systems with touch and massage in the correct zones people have seen changes in their bodies ranging from pain relief to increased blood supply. Get this guide - and learn much more!

The Reflexology Manual

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"

Foot Reflexology

This book sets forth a program that can help you achieve lasting relief from aches, pains and illness. Already known and used by many throughout the centuries, reflex massage works by releasing the healing energies latent in the body itself, curing ailments in a completely natural, non-medicinal way. Reflexology is one of the most miraculous means of utilizing nature's own healing methods for maintaining the body in peak operating condition and probably one of the least familiar to us. It requires no pills, drugs, tranquilizers or mutilating surgery, can be self-administered with perfect safety anywhere or anytime and can be used with people of all ages. Step by step, the author teaches you how to massage away headaches, backaches, sinus problems, vision problems, coughs, colds, respiratory problems, hemorrhoids, etc. by learning techniques that can be learned in minutes.

Reflexology

Are you tired of living in pain, but can't afford professional massage therapy? Whether you want to (1) feel better (2) learn exactly how to massage all the different areas of your body, or (3) relieve stress and eliminate pain, then this is the book for you. How much longer are you willing to suffer? You'll be amazed at how much you can do on your own to relieve pain, dissolve muscle tension and release stress. The increased blood circulation provided by massage therapy can enhance healing and boost your immune system. Whether you slept wrong and woke up with a kink in your neck, or you're dealing with chronic emotional or physical pain, massage therapy can help. Easily learn from step-by-step instructions. You don't have to spend hundreds of dollars on professional massages! Learn how to take care of yourself and your loved ones like a pro, and on your own time schedule! Detailed instructions will walk you through the process of finding a specific location to work on and then performing the appropriate therapeutic treatment. Detailed instructions are included for muscle relaxation, how to use trigger points, and how to perform acupressure therapy. Treat yourself and others to a top-of-the-line massage experience. Wouldn't you like to treat your close friends or loved ones to the restorative refreshment of massage? Once you have learned how to perform these therapeutic treatments on your own body, it's a simple matter to offer the same benefits to others. Whether you massage them directly or provide them instructions on how they can massage their own tight muscles and release their painful trigger points, you will be offering them a priceless gift of increased joy and health. Learn simple skills that have been proven to work effectively. With a bit of time investment, you will be able to come up with your own massage routine that benefits your specific needs. Each time you discover a new treatment option, you will have another tool in your arsenal for living a happy and healthy life. What will you learn about massage therapy? Detailed instructions for massaging yourself and others.. A step-by-step guide for treating key body trouble spots. The locations of critical trigger points and acupressure points. The best products to enhance and enjoy your massage experience. Aromatherapy and essential oils for massage use. You Will Also Discover: How to give yourself and others a top-of-the-line massage from home. Secrets of pain management and stress relief. How to combine what you've learned into a workable strategy for boosting your health and well-being. Treatments designed to relieve or totally eradicate your suffering. Get the relief you need: Buy It Now!

Practical Manual Of Plantar Reflexology

Did You Know that your feet are a reflection of your health? Where you've been and where you're going are recorded on your soles. Make MyReflexologist your reflexologist. Learn how to read your feet and take effective preventive measures to live a healthier, happier life. Internationally known reflexologists and authors Kevin and Barbara Kunz are your reflexologists giving you the benefit of their twenty-five years of experience. Book jacket.

Hand Reflexology

Our Online Professional Foundation Level Acupressure Training Course is an in-depth self-study course providing you with an abundance of information regarding the health benefits of acupressure and this will form the solid foundations of practice. An ancient healing art, acupressure requires the use of fingers pressing upon key points on the body rather than using acupuncture needles to stimulate any healing abilities. As pressure is applied to specific points, blood circulation increases and this then promotes the release of any muscular tension. It is worth noting that within acupressure, the

same points are used as would be within an acupuncture session but, by comparison to this more well-known therapy, there are no needles used at all. In many ways, this makes acupressure much more appealing, certainly to those clients who require the benefits of acupuncture but who may have an aversion to needles. There is a great deal of information contained within and each aspect must be studied until it becomes second nature. On completion, you will have the knowledge to practice, you must take an instinctive role toward healing, understanding and utilising the benefits of acupressure while incorporating the principles into your everyday life. Our easy to learn modules include: Introduction to your Professional Foundation Level Acupressure Course What is Acupressure? Massage Techniques Trigger Points Fingertip Medicine Meridians Auriculotherapy Scalp Therapy Reflexology Treatment Considerations Final Assessment Bonus Lecture Upon the successful completion of a final assessment, you will then receive a Diploma in Professional Acupressure. Our courses are accredited by CTAA. You can contact us for the video content for this course

Massage Therapy

If you've ever uttered the words 'my feet are killing me', you need this book. This informative guide will teach you how to pamper your feet and enjoy the total body benefits of good foot health, even when you're always on the go. With its easy-to-follow advice and in-depth information on reflexology and massage, this book shows you how to soothe aching feet to reduce stress, promote relaxation and restore energy. Discover how to use the ancient art of reflexology to diagnose and treat problems all over your body. Advice on using aromatherapy oils is also provided in this title from one of the world's leading practitioners.

My Reflexologist Says Feet Don't Lie

Reflexology is a safe and gentle therapy that uses pressure points to combat stress, boost the immune system, and stimulate the natural healing process. *Idiot's Guides: Reflexology* is geared to the absolute beginner and uses dozens of full-color, step-by-step photographs to teach techniques for the hands, feet, and ears. Readers will learn how to treat specific ailments (headaches, back pain, asthma, and more) by using easy-to-understand, expert methods. Coverage also includes how to read a reflexology chart, how to perform the techniques on children, and more.

Foundation Level Acupressure Diploma Course

Reflexology is a complementary healing technique, second only to aromatherapy in popularity. The feet and hands are a 'map' of the organs of the body. Reflexology can be used to relieve symptoms and as a preventative health measure. It involves applying pressure to reflex points on the hands and feet, each point relating to a part of the body. The book explains how easy it is to use reflexology techniques every day at home, without a practitioner, to enhance your health and well-being. Part 1 illustrates basic reflexology techniques and explains how to apply them. Part 2 includes easy step-by-step routines especially devised to help improve confidence, build strength, relax, increase vitality, enjoy better sex, boost metabolism and speed up detoxification. Part 3 includes 22 common health problems such as headaches, toothache, backache, travel sickness and panic attacks and provides techniques for dealing with them. Devised with everyday health in mind, this book has something for everyone.

Foot Massage

Describes the techniques of reflex massage and explains their therapeutic value.

Reflexology

Reflexology is for everyone: It's a simple, natural, and noninvasive therapy that employs the power of touch to heal, physically and spiritually. Using this straightforward, abundantly illustrated handbook, even beginners can achieve amazing results. In easy-to-follow form, it covers both foot and the less widely practiced hand reflexology, and explains the wide-ranging benefits of each. Who would have imagined that a form of massage could do so much, from improving circulation and relieving stress to aiding joint mobility and alleviating respiratory problems? With detailed charts as a guide, learn all the basic techniques, the correct sequence of moves, the reflexes of the left and right feet and hands, treatments for common ailments, and ways to enhance a session. Tip boxes throughout provide lots of extra advice.

The Self-Help Reflexology Handbook

Originally practiced by the ancient Chinese and Native Americans, Press Here! Reflexology for Beginners shows how to use massage pressure on the feet to heal holistically. Every part of your body has a corresponding reflex point on the feet; applying pressure to these specific points, you will naturally and non-invasively send relief to the corresponding part of your body. It's no wonder that reflexology has become one of the most popular alternative forms of healing. An overall healthy lifestyle is a huge part of staying healthy, but the powerful touch of reflexology will give you a leg up in the health department. While the principles of reflexology are simple, reflexology charts can be overwhelming for the beginner. Press Here! Reflexology for Beginners gives a clear explanation of where to find the reflex point on the foot, how it relates to the body, and how to apply the correct pressure for the strongest effect. Organized by reflex points from the top of the body to the bottom—one at a time on a double page—makes this guide a breeze to follow, and a fun and easy way to explore the art of foot reflexology. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, reiki, and acupressure.

Helping Yourself with Foot Reflexology

This fully illustrated guide traces the history and explains the basic techniques for both reflexology and acupressure, with easy-to-follow combined treatments for common ailments. The book provides a thorough introduction and reference to these techniques.

Reflexology

Simple techniques for everyone: from birth to 90 Pressing reflex points on the feet and hands is ideal for encouraging health and overall well being. Find out how everyone in the family, from pregnant women to babies and seniors, can benefit from this gentle form of therapy. Easy-to-follow step-by-step photos show you how treat all kinds of conditions, from asthma and allergies to high blood pressure and stress. Whether playfully squeezing the toes of tiny tots to help them relax, or helping to relieve arthritis, find the perfect treatment for all ages. Pick up all the techniques you'll need from reflexology experts Barbara and Kevin Kunz, including how to fit it into a busy lifestyle. Have a go and discover the power of healing feet.

Press Here! Reflexology for Beginners

"This new edition contains updated information on reflexology and acupressure, two popular, drug-free, hands-on therapies that stem from the science of pressure points and complement orthodox medicine. The section on reflexology presents both foot and hand charts and explains massage techniques used to increase energy flow to corresponding areas of the body. The section on acupressure features a simplified Chinese body chart locating the main meridians and pressure points, with treatment techniques for many common ailments. Practical step-by-step advice to suit everyone, including children and the elderly. Detailed color photographs guide the reader through every step."--Publisher's description.

Reflexology and Acupressure

This pioneering book in massage therapy provides basic information on the art and science of effective healing massage techniques in quick-learn, easy-to-understand terms. The book contains a thorough description of both Eastern and Western massage skills and explains the effects of massage in physiological as well as holistic perspectives.

Complete Reflexology for Life

Reflexology is a gentle and extremely effective form of therapeutic foot massage. An ancient technique of treating the whole body by pressing reflex points in the foot, reflexology is rapidly becoming one of the most popular complementary therapies. Lavishly illustrated in full-color, *An Illustrated Guide: Reflexology* provides an authoritative introduction to the therapeutic powers of reflexology. Beryl Crane, one of the most respected names in the field of reflexology, provides a full history and clear descriptions of the techniques and methods used. She reveals reflexology treatments for common ailments, and offers self-help techniques for the ear, hand, face and foot.

Reflexology & Acupressure

Reflexology Manual The Complete Beginners Guide - Treat Illness, Eliminate Tension And Lose Weight By Applying Reflexology Techniques Reflexology is an ancient practice that relieves pain throughout the body by massaging the tissue and joints of the feet and hands. As an alternative medicine, it can help reduce stress and anxiety and relieve physical symptoms like headaches and muscle aches. The techniques used in reflexology don't take long to learn and are easy to practice. By reading the information in this book, you can learn: The basic tenets of reflexology and how it can help your body What a foot map is and how to use it to target specific systems in your body The correct massage technique used in reflexology Specific techniques and areas to stimulate to help with conditions like anxiety, headaches, and muscle pain As part of an overall treatment plan, reflexology can be a great benefit to those suffering from a variety of chronic ailments. Even if you're relatively healthy, it can be a great addition to your routine, helping to prevent the physical symptoms that often accompany a stressful lifestyle. By reading this book you can gain all the information you need on how to use this practice to bring yourself into a healthier, pain-free life.

Tappan's Handbook of Healing Massage Techniques

These simple-to-learn techniques combine the best of both the Eastern and Western schools of massage therapy, including reflexology, Thai massage, Indian ayurvedic techniques, shiatsu, and acupressure. And they work in as little as five minutes! 160 color photos and detailed pressure point charts take the mystery out of massage, and offer powerful therapies to relieve more than 30 common ailments, from simple sore feet to tennis elbow, from loss of libido to pregnancy's aches and pains. With a pair of strong hands, plus the expert instruction found here, anyone can stimulate blood flow to sore, overworked muscles; increase bodily energy and mental acuity; banish stress; and even ease sinus congestion and headache.

Reflexology

Explains the simple techniques of Hand Reflexology so clearly, with the aid of illustrations, that within a few days the reader could be competently treating themselves or others.

Reflexology Manual

This book succinctly introduces the benefits of foot reflexology and acupressure, the required tools and the theory behind the science. With 77 reflex zones and 66 acupressure points, the soles of the feet are essentially a map to the human body--each one corresponds to an organ, muscle or other potential problem area. By implementing reflexology and acupressure techniques, you may be able to alleviate pain and discomfort, fatigue, stress and symptoms of chronic disease. These techniques can be done anytime and anywhere, and require just a few minutes a day. With easy-to-understand language and more than 200 color photos and diagrams--including computer-generated maps to help you locate the points on your own feet--this book is a comprehensive introduction to reflexology and acupressure for beginners (or for those who don't have time to go to reflexology or acupuncture appointments). Can be used in conjunction with Hand Reflexology & Acupressure.

5-Minute Massages

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

Healing Hands

Simple techniques for everyone: from birth to 90 Pressing reflex points on the feet and hands is ideal for encouraging health and overall well being. Find out how everyone in the family, from pregnant women to babies and seniors, can benefit from this gentle form of therapy. Easy-to-follow step-by-step photos show you how treat all kinds of conditions, from asthma and allergies to high blood pressure and stress. Whether playfully squeezing the toes of tiny tots to help them relax, or helping to relieve arthritis, find the perfect treatment for all ages. Pick up all the techniques you'll need from reflexology experts Barbara and Kevin Kunz, including how to fit it into a busy lifestyle. Have a go and discover the power of healing feet.

Foot Reflexology and Acupressure

This text provides a complete guide to reflexology points and treatments. Step-by-step instructions cover every aspect of foot reflexology, from basic principles and techniques, to the treatment of specific ailments and full foot therapy.

Reflexology

Clearly illustrates this remarkable therapy with charts and photographs.

Complete Reflexology for Life

Reflexology