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comprehensive study guide for reflexology Provides detailed and accurate anatomical drawings zone and reflex maps and muscle tables Offers extensive basic pathology of all body systems including case studies Ideal for students of reflexology up to levels 2 and 3 exceeds the curriculum requirements of all the major awarding bodies Includes a study outline for each chapter as well as review and multiple choice questions Reflexology is a gentle non invasive therapy that encourages the body to balance and heal itself It involves applying finger or thumb pressure to specific points on the hands and feet Called reflexes these points reflect or mirror the organs and structures of the body as well as a person s emotional health In this way the hands and feet are mini maps or microcosms of the body that can be used to encourage holistic healing Presenting the most complete reflexology study guide available this full color illustrated textbook is designed for use both in the classroom and as a home study resource Ideal for students of reflexology up to levels 2 and 3 it exceeds the curriculum requirements of all the major awarding bodies as well as meeting the current National Occupational Standards for reflexology Providing detailed and accurate anatomical drawings zone and reflex maps and muscle tables the book outlines each body system explaining how when and why to work the reflexes It explores foot reflexology hand reflexology as well as meridian therapy and offers extensive basic pathology of all body systems including case studies allowing the student to develop interpretive diagnostic and treatment planning skills Each chapter also includes a study outline as well as review and multiple choice questions Offering a comprehensive guide to the theory philosophies and history of reflexology this book will encourage students to develop understanding and confidence in their reflexology practice [The Everything Reflexology Books](#) Valerie Voner,2003-10-01 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 [Reflexology, Orion Plain and Simple](#) Sonia Jones,2018-01-25 A practical guide on using the ancient healing system of reflexology to relieve existing health conditions and detect future ailments Sonia Jones introduces the history and basics of this form of ancient healing from beginner s techniques to more specialised treatments and the use of aromatic oils Discover which areas of the feet and hands correspond to the body s tissues glands and organs how much pressure to apply and when not to proceed at all Jones easy and straightforward approach includes detailed instructions that will guide you through each step of the process and her helpful hints throughout provide additional insight to this ancient practice [The Complete Book Of Food Combining](#) Kathryn Marsden,2011-07-07 Explains everything you need to know to help you overcome allergies and digestive problems and lose weight without counting calories BBC GOOD FOOD MAGAZINE Food combining enhances the quality of your diet increases your intake of vitamins and minerals and improves the way the body digests and absorbs nourishment It is one of

the safest and most successful ways to lose weight as well as being an invaluable natural remedy for a variety of health problems In this definitive guide Kathryn Marsden explains everything you ll ever need to know about food combining in one easy to follow volume The book is divided into 4 parts Part 1 Essential basics including principles short cuts food charts etc Part 2 Food combining for specific reasons ie weight loss food allergies fluid retention low blood sugar stress etc Part 3 Four weeks of food combining recipes and menu plans Part 4 Alphabetical check list for specific foods For more information on Kathryn Marsden please visit www.kathrynmarsden.com

Change Your Mood With Aromatherapy: Teach Yourself Denise Whichello Brown,2010-01-29 Using 40 essential oils and offering step by step guidance Denise Whichello Brown introduces you to the full benefits of aromatherapy in this practical and clear book By discovering the basic techniques and principles of each oil with simple exercises and some straightforward massage routines you can relieve stress in yourself and those around you and quickly treat a wide range of common ailments NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of aromatherapy FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you ve learnt and how to use it

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Alternative Treatments for Fibromyalgia & Chronic Fatigue Syndrome Mari Skelly,Andrea Helm,1999 Describes the effectiveness of tai chi yoga acupuncture massage andhiropractic

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