

HAND Reflexology



*A practical
introduction*



Denise Whichello Brown

Hand Reflexology A Practical Introduction

Inge Dougans



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it is often an appropriate complementary treatment The Acupressure points are located between the shoulder blades the spine at the level of the heart the soles of one's feet and palms and all over the body Patients with life threatening diseases and serious medical problems such as a stroke or heart attack or any serious medical condition should always consult their doctor and take treatment before using acupressure therapies Acupressure is not an appropriate sole treatment for cancer contagious skin diseases or sexually transmitted diseases but in conjunction with proper medical attention however gentle acupressure can help soothe and relieve a patient's distress and diseases

The Complete Guide to Reflexology Ruth Hull, 2023-01-17 A full color illustrated and 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

Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle Enhanced Edition Leslie Stager, 2020-06-30 Nurturing Massage for Pregnancy is one of the most comprehensive books available for massage students and licensed massage therapists who treat pregnant laboring and postpartum clients The

author is a highly skilled perinatal massage instructor who is also a registered nurse childbirth educator and doula

American Book Publishing Record ,2005 **Reflexology** Inge Dougans,1998 Reflexology is a form of therapeutic foot massage This book provides instructions for both the basic and more advanced reflexology techniques for restoring balance preventing illness and assisting relaxation **Shamanic Reiki: Expanded Ways Of Working** Llyn Roberts,2010-05-11 Shamanic Reiki introduces techniques that healers and Reiki practitioners can draw on to tap ancient healing wisdom Shamanism and Reiki are by themselves powerful ways to heal Together their power multiplies and healing methods become available that aren't accessible if used separately The purpose of Shamanic Reiki is to introduce you to concepts in both and provide you with detailed proven methods to enhance your own healing practices *Reflexology* Rosalind Oxenford,2015-06 Learn how to relax and to treat common ailments with careful massage of specific reflex points in this expert instructional guide The New York Times Practical Guide to Practically Everything, Second Edition Amy D. Bernstein,Peter W. Bernstein,2009-11-24 All the wisdom of The New York Times experts in every field is packed into one comprehensive volume that has been completely revised and updated Illustrations throughout Introduction to Massage Therapy Mary Beth Braun,2013-08-29 Practical concise and well illustrated Introduction to Massage Therapy 3rd Edition provides everything you need to build strong foundation skills that will carry you throughout your studies help you prepare for the national exam and launch you into a successful career as a massage therapist This proven book includes step by step instructions for massage techniques assessments and treatments along with striking photos that illustrate difficult to understand concepts As the most concise introductory book on the market Introduction to Massage Therapy makes it easy for you to find the information you need when you need it while coverage of anatomy and physiology pathology and pharmacology integrated with techniques helps you understand the science behind the practice The Third Edition is enhanced by new evidence based references and new online videos that demonstrate common procedures techniques and flow sequences You'll also find practical information that will help you create and maintain a successful massage therapy practice including communication and documentation tips safety and self care practices and essential business concepts **Alternative Medicine, Second Edition** Larry Trivieri,John W. Anderson,2013-03-27 The Bible of Alternative Medicine Learn the health secrets that millions of readers have discovered in the book that is revolutionizing health care in the United States Alternative Medicine The Definitive Guide is packed with lifesaving information and alternative treatments from 400 of the world's leading alternative physicians Our contributors M D s Ph D s Naturopaths Doctors of Oriental Medicine and Osteopaths offer the safest most affordable and most effective remedies for over 200 serious health conditions from cancer to obesity heart disease to PMS This guide is easy enough to understand to make it perfect for home reference while it would also make a fine resource for health care providers interested in learning more about alternative medicine 70% of Americans currently use some form of alternative medicine This 1 136 page encyclopedia puts all the schools of alternative medicine 50 different therapies under one roof

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of Natural Healing Deborah Mitchell,2025-08-22 Find out about the newest natural remedies and what they can do for you With the hundreds of complementary treatments available today this new up to the minute A Z reference lets you quickly and easily investigate all the natural approaches for your health needs Whether you ve wondered about the mind body healing methods of SHEN Specific Human Energy nexus and Reiki or been intrigued by alternative approaches to illness such as using glucosamine sulfate or cayenne in arthritis therapy Deborah R Mitchell s Dictionary of Natural Healing gives you all the information you need to know in a concise comprehensive format Filled with fascinating facts and covering over 250 subjects the Dictionary of Natural Healing is an essential volume for anyone interested in alternative therapies and a holistic approach to health Each entry includes Definition Pronunciation and other spellings Conditions for which the therapy or product is used How it is performed or applied Cross references Plus appendices provide helpful facts on Finding a qualified practitioner in dozens of specialties Product information Further reading and reference materials *Evidence-based*

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[The New York Times Practical Guide to Practically Everything](#) Amy D. Bernstein,Peter W. Bernstein,2006-10-17 A collection of information on aspects of daily life and a variety of popular topics such as the home health animals nature sports and entertainment

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