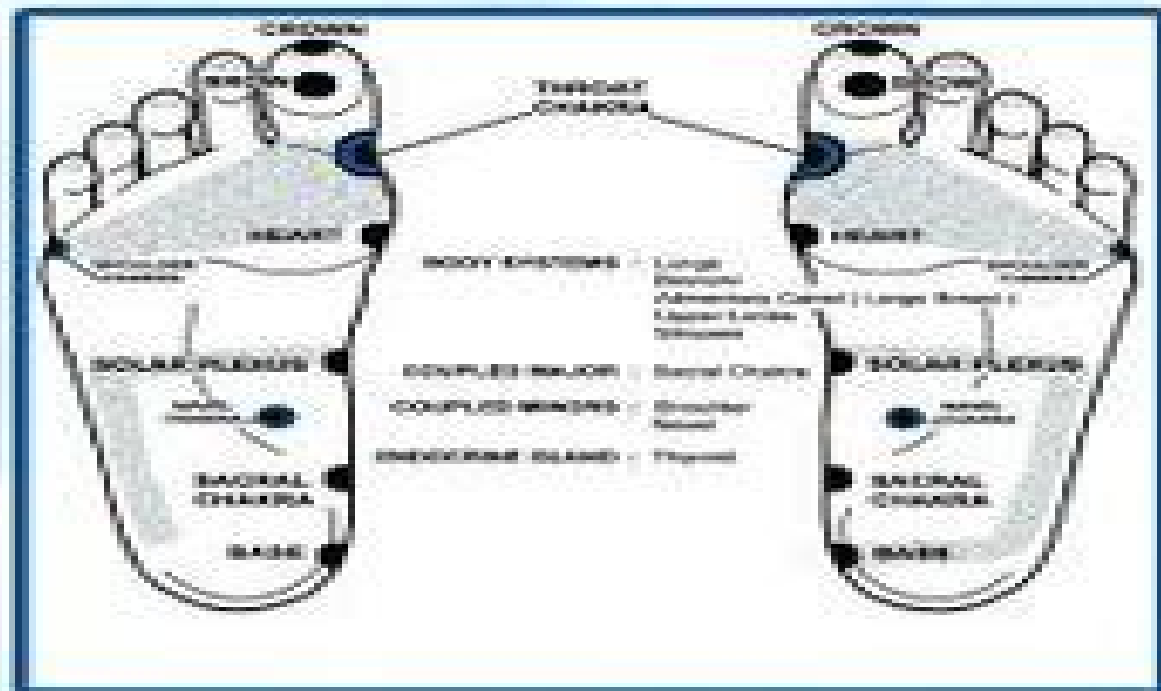


LIGHT TOUCH REFLEX THERAPY

A New Way Forward for Reflexologists



J O H N R . C R O S S

Light Touch Reflextherapy A New Way Forward For Reflexologists

Beryl Crane



Light Touch Reflextherapy A New Way Forward For Reflexologists:

LIGHT TOUCH REFLEXOTHERAPY John R. Cross, 2012-04-26 Written in accessible language Light Touch Reflextherapy is a wonderfully illustrated practical workbook for reflexologists and physical therapists who work with the body's reflexes. This pioneering book gives reflexology a complete makeover from the standard approaches of using moderate to heavy massage on the reflexes. This new approach is one of working with the client or patient by utilizing their own built-in self-healing properties. The book discusses how both acute and chronic conditions may be treated. Treatment of acute pain syndromes uses foot reflexes with acupoints; the author sees no discernible difference between reflexes and acupoints. Treatment of chronic conditions utilizes the reflections of the chakra energy system on the feet, hands, arms, and legs. By using the chakras, the author shows how the aetiology of imbalance may be addressed. A large full-colour A1 size poster is available to accompany this book. Full details on www.johncrossclinics.com

The Complete Illustrated Guide to Reflexology Beryl Crane, 2011 The reflex points on the foot represent a map of the rest of the body and by applying pressure to different points on the foot you can positively affect the corresponding organ. Armed with the practical knowledge and illustrations in *The Complete Illustrated Guide to Reflexology* you can become your own healer, learning how reflexology works and using it to treat common ailments. Beryl Crane gives easy-to-access step-by-step sequences and information on this traditional healing art form to help users relax and improve their health and well-being.

Rethinking Reflexology John C. F. Moorhouse, 2003

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