

Foot Reflexology A Guide

Samuel Hayes

Foot Reflexology Samuel Hayes,2014-11-13 Foot reflexology is gaining worldwide attention as more and more people discover its astounding benefits for their health and in their everyday lives. It's also being introduced into almost all fields of treatment as an inexpensive and convenient method to prevent and cure various diseases. With the rising cost of therapeutic drugs and doctors' fees, foot reflexology is a perfect alternative that you can use conveniently at home. It doesn't require gadgets or lengthy training to perform massage or reflexology on your own feet. It only requires your knowledge on what focal points must be massaged to cure or prevent illnesses in certain parts of your body. If you're looking for a natural, inexpensive and effective method to prevent damage to your body, this book will teach you all about food reflexology and how to do it on your own, and in the comfort of your own home.

The Complete Guide to Foot Reflexology Kevin Kunz,Barbara Kunz,1993

Feet First Laura Norman,1988-11-15 Argues that the healing powers of the body can be tapped by applying pressure to the feet, and discusses the practice of reflexology.

Foot Reflexology Jurgen Jora,1991-09-15 The healing and rejuvenating art of foot reflexology works on the principle that every part of the body is connected to the soles of the feet by nerve pathways and subtle energy channels. By massaging the foot, you can stimulate these connections, bringing soothing relief to the corresponding body part, whether the sinuses, back and neck, lungs, stomach, shoulder, hip, or other area of stiffness or pain. Conversely, massaging points on your hand is an effective way to treat foot injuries. A centuries-old form of medicine that has become one of today's most accepted healing arts, foot reflexology can help alleviate a broad range of acute and chronic health problems, including asthma, hypertension, headaches, and kidney trouble, as well as help ensure general well-being and relaxation. Simple, effective, and completely safe, reflexology massages are a wholly beneficial alternative to traditional medical methods, and a valuable skill to complement conventional treatments. This easy-to-use guide enables you to perform healing foot massage in your own home-on yourself or with the help of a friend. Forty-six unique, full-color diagrams show exactly where to find the foot's various reflex zones that contain important pain centers, and the clearly written text explains exactly how to perform massages that deliver immediate, satisfying relief.

Happy Feet ,1996 Let the educational and whimsical illustrations teach you and your child how to do foot reflexology. This wonderful healing tool can eliminate headaches, flu, colds, sinus problems, earaches, stomachaches, sore throats, and more.

Hand and Foot Reflexology Kevin Kunz,Barbara Kunz,1984-10-25 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.

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.

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.

The Complete Guide to Foot Reflexology Kevin Kunz,Barbara Kunz,1993-02-01

Foot Reflexology (Quick Reference Guide) Quick Charts,2014-06-26 The most beneficial aspect of reflexology is its completely natural and systematic approach to healing. The majority of modern medicines involve surgery and harsh prescriptions. Reflexology pinpoints abnormalities in the body and works toward controlling them using precise massage and musculoskeletal responses. True reflexology incorporates modern physiologic understanding with ancient and proven methods of non-invasive treatment.

The Complete Illustrated Guide to Reflexology Inge Dougans,1996 Clearly illustrates this remarkable therapy with charts and photographs.

Press Here! Reflexology for Beginners Stefanie Sabouchian,2017-09-15 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.

Foot Reflexology James Heath,2015-01-24 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

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Reflexology Michele Gilbert,2015-09-18 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

Foot Reflexology Jurgen Jora,1991-09-15 The healing and rejuvenating art of foot reflexology works on the principle that every part of the body in connected to the soles of the feet by nerve pathways and subtle energy channels. By massaging the foot, you can stimulate these connections, bringing soothing relief to the corresponding body part, whether the sinuses, back and neck, lungs, stomach, shoulder, hip, or other area of stiffness or pain. Conversely, massaging points on your hand is an effective way to treat foot injuries. A centuries-old form of medicine that has become one of today's most accepted healing arts, foot reflexology can help alleviate a broad range of acute and chronic health problems, including asthma, hypertension, headaches, and kidney trouble, as well as help ensure general well-being and relaxation. Simple, effective, and completely safe, reflexology massages are a wholly beneficial alternative to traditional medical methods, and a valuable skill to complement conventional treatments. this easy-to-use guide enables you to perform healing foot massage in your own home-on yourself or with the help of a friend. Forty-six unique, full-color diagrams show exactly where to find the foot's various reflex zones that contain important pain centers, and the clearly written text explains exactly how to perform massages that deliver immediate, satisfying relief.

Reflexology Barbara Kunz,Kevin Kunz,2003-04-21 Reflexology is a global best-seller by two of the most-recognized authorities on this holistic therapy. This comprehensive yet approachable guide explains how reflexology works: by applying pressure to reflex points on the hands and feet, you can help to stimulate the body's natural powers of self-healing. Reflexology features more than 100 step-by-step techniques and treatment sequences, detailed foot and hand reflex charts, and a directory of treatment for 30 common ailments, from back pain to constipation, arthritis to high blood pressure. Visualizations and meditations are suggested throughout, to enhance the healing treatments. As the first fully-illustrated step-by-step guide, Reflexology remains one of the most trusted resources on this ancient art.

The Reflexology Manual Pauline Wills,1995-10-01 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.

The Reflexology Bible Louise Keet,2009 From zone maps of the hands and feet to techniques for working the reflex points to illustrated step-by-step sequences, this guide provides all the information necessary for treating the whole body.

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

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