

Foot Reflexology Guide for Massage Therapists



- 1 – Brain
- 2 – Pituitary
- 3 – Sinus
- 4 – Neck
- 5 – Lungs

- 6 – Eyes
- 7 – Ear
- 8 – Shoulder
- 9 – Thymus
- 10 – Heart

Better Health With Foot Reflexology

Jack Forem



Better Health With Foot Reflexology:

Better Health with Foot Reflexology Dwight C. Byers, 2001 Excellent training guide to conduct the Ingham Method of Foot Reflexology on yourself and others This is a newly revised and expanded edition with large color photos much more educational material and there have been more foot reflexology techniques added This book is an amazing source for one to learn about the body's functions and how all of the organs and glands can be manipulated through reflexology on the feet **Better Health With Foot Reflexology** is a best seller in the alternative health care industry today

Better Health with Foot Reflexology Dwight C. Byers, 1983 *Reflexology* Nicola M. Hall, 2000 Guide for students and laypersons which provides details on the background and application of reflexology N101 - Foot Reflexology Course Donald A. Bisson, Ontario College of Reflexology, 2001 Foot Reflexology Stuart Wright, Patricia Bradshaw, 1977

Healing Yourself with Foot Reflexology, Revised and Expanded Mildred Carter, Tammy Weber, 2002-07-01 Mildred Carter's reflexology techniques have helped millions of people all over the world live happy healthy lives gloriously free of pain and discomfort Simple safe and effective her time tested methods of rubbing pressing stroking and massaging away illness provide blessed relief from dozens of ailments Now you too can join over 550 000 readers who have already benefited from Mrs Carter's natural way to good health in *Healing Yourself with Foot Reflexology Revised* and updated with seven completely new chapters and over 100 illustrations this easy to use guide reveals how you can utilize simple foot reflex massage techniques to achieve quick natural relief from such common ailments as Arthritis Back pain Bronchitis Eye problems Fatigue Heart problems Leg cramps Menopause problems Prostate problems Sciatica Sore throat Stress Ulcers And many more Dozens of helpful charts and line drawings pinpoint the strategic reflex points in the foot that connect to the heart the major organs the glands and the nervous system and show you step by step how to employ foot reflexology to both relieve specific illnesses as well as boost your general health and vitality Read remarkable case histories of men and women who eliminated their pain and suffering with the help of Mrs Carter's natural science techniques As thousands of satisfied people can attest the powerful healing forces of reflex therapy will put you on the road to renewed health vigor and youthfulness

New Choices In Natural Healing Bill Gottlieb, 1999-07-22 The first book to take alternative medicine out of its mystical fringe and into the mainstream *New Choices in Natural Healing* features more than 20 unique alternative remedies for each of 160 health problems from acne to wrinkles plus practical explanations of 20 natural therapies from aromatherapy to vitamin therapy Including 440 illustrations *New Choices in Natural Healing* also covers Acupressure pinpoint pain relief Aromatherapy relieve stress and tension Ayurveda a customized system of better health Flower Therapy heal the mind and the body will follow Food Therapy harness the power to erase disease Herbal Therapy a healing partnership with Mother Nature Homeopathy medicines perhaps more powerful than prescriptions Hydrotherapy bathe yourself in natural healing Imagery picture yourself perfectly healthy Juice Therapy the curative essence of fruits and

vegetables Massage hands on healing for yourself and your family Reflexology speed restorative energy to organs and body parts Relaxation and Meditation achieve a higher state of health Sound Therapy soothe your body with music s gentle waves Vitamin and Mineral Therapy natural prescriptions for healing Yoga stretches for better health New Choices in Natural Healing Prevention Magazine,1997-09-02 Featuring more than 1 800 self help remedies this indispensable guide puts the healing power of alternative medicine at readers fingertips Organized into two sections Part I provides a complete overview of alternative approaches including acupressure aromatherapy and herbal therapy while Part II contains an A Z listing of common symptoms cross referenced with the appropriate therapy All remedies are doctor tested underscoring natural healing s effectiveness *Overcoming Allergies and Stress-related Illnesses* Chris Greene,1993 **Healing with Pressure Point Therapy** Jack Forem,1999-04-01 This comprehensive guide shows readers how to treat common health problems using a variety of pressure point therapies acupressure shiatsu reflexology acu yoga and trigger point therapy For each condition readers can experiment to discover which of these methods work best for them Forem offers therapies for more than 65 complaints from acne arthritis and weight control to eyestrain headaches and impotence More than 50 clear illustrations show readers exactly what they need to do A section of master drawings show the complete array of points and meridians the same ones used in acupuncture Then each section offers simpler drawings illustrating only the specific points needed for the condition being discussed Concise instructions on pressure techniques accompany the illustrations

Whispering the Strategies of Language: An Emotional Quest through **Better Health With Foot Reflexology**

In a digitally-driven world wherever monitors reign supreme and quick interaction drowns out the subtleties of language, the profound strategies and emotional nuances concealed within phrases frequently move unheard. However, situated within the pages of **Better Health With Foot Reflexology** a charming fictional prize pulsating with fresh feelings, lies an exceptional journey waiting to be undertaken. Written by a talented wordsmith, that charming opus invites viewers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the very fabric of every word. Within the emotional depths of the touching review, we can embark upon a sincere exploration of the book's key subjects, dissect their fascinating publishing style, and succumb to the effective resonance it evokes deep within the recesses of readers' hearts.

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Better Health With Foot Reflexology Introduction

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