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Souls to Soles : A Self-Help Exploration of Reflexology

Rude, Paul

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Souls To Soles A Selfhelp Exploration Of Reflexology

Albert A Gayle



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Souls to Soles Paul Rude,1997 Reflexology is being widely accepted as a safe powerful means of reducing stresses as well as promoting vitality and well being Paul Rude masterfully captures the essence of reflexology with beautiful

illustrations and clearly presents guides for using your touch effectively on the feet **Reiki with Gemstones** Ursula Klinger-Omenka,1997 By connecting Reiki and gemstones therapy the powers of self healing are activated in a natural

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Spiritual Beauty Care Jacqueline Sinnige,2003-10-15 ABOUT THE BOOK People are beginning to recognize the link between inner beauty and outer beauty This book provides an introduction to the possibilities of enhancing your natural radiance through integration of practices for inner peace calm and joy **Whitaker's Books in Print** ,1998 **Subject**

Guide to Books in Print ,1991 *Medical and Health Care Books and Serials in Print* ,1997 *Forthcoming Books* Rose Army,1997 *Books In Print 2004-2005* Ed Bowker Staff,Staff Bowker, Ed,2004 **New Woman** ,1997 New Age

Journal ,1995 **The Self-Help Reflexology Handbook** Sonia Ducie,2012-05-31 Reflexology is a complementary healing technique second only to aromatherapy in popularity The feet and hands are a map of the organs of the body Reflexology can be used to relieve symptoms and as a preventative health measure It involves applying pressure to reflex points on the hands and feet each point relating to a part of the body The book explains how easy it is to use reflexology techniques every day at home without a practitioner to enhance your health and well being Part 1 illustrates basic reflexology techniques and explains how to apply them Part 2 includes easy step by step routines especially devised to help improve confidence build strength relax increase vitality enjoy better sex boost metabolism and speed up detoxification Part 3 includes 22 common health problems such as headaches toothache backache travel sickness and panic attacks and provides techniques for dealing with them Devised with everyday health in mind this book has something for everyone **Reflexology Made Easy**

Ewald Kliegel,2015-09-15 Rapid relief for minor ailments Reflex zone massage can be a direct and effective aid for many small daily complaints but you have to learn the how and the where This handy reference book explains just how to find relief from headaches colds and fear of flying along with coping with long car journeys or lengthy days at your computer all with just a few reflex zone massage strokes You ll never want to be without your helpful companion **Sole Guidance** Holly

Tse,2016-07-26 What if you could reverse disease or learn how to avert it before its onset What if instead of aging you could feel younger stronger and happier with each passing year What if you could maintain your health for your entire life What if all the secrets to health and longevity were on the soles of your feet The wisdom in this book has been passed down from master to student for thousands of years but now you too can benefit from the powerful Eastern practice of Chinese reflexology This ancient therapeutic art of foot massage offers you a way to harness Universal Qi a limitless source of healing

energy and restore yourself to balance harmony and health Holistic healer and reflexologist Holly Tse brings new light to this millennia old practice and reveals the curative power of Chinese reflexology in a friendly and contemporary way Using clear illustrations and delightful step by step instructions she ll embolden you to use this extraordinary process and take you on a journey through the three catalysts to incredible healing that encompass mind body and soul shifting the mind healing with energy and following your heart and soul Sole Guidance is a fun vibrant and easy to understand guide to complete self transformation from the inside out Learn how to hear your inner guidance connect with your Dragon Spirit discover what your body needs to heal and thrive and revolutionize your life simply by massaging your feet **Hand and Foot**

Reflexology Kevin Kunz,Barbara Kunz,1984 *Hand and Foot Reflexology* Kevin Kunz,Barbara Kunz,1984 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

Complete Reflexology for Life Barbara Kunz,Kevin Kunz,2007 Complemented by hundreds of full color captioned photographs this visual introduction to the ancient healing art of reflexology presents step by step sequences that demonstrate key techniques for people of all ages reveals the correct methods to use to treat more than thirty common ailments and conditions and shows how it can be used to alleviate stress reduce pain and promote recovery from injury

Reflexology Today - A Family Affair Njideka N. Olatunde,1999-04-01 **Self Help Guide to Reflexology** ,1982

The Reflexology Self-Help Techniques David C Clark,2024-06-21 Discover the transformational realm of reflexology with *Reflexology Self Help Techniques* Unlock the Healing Power within You This comprehensive guide is intended to provide you with the knowledge and skills necessary to harness the ancient art of reflexology bringing balance relaxation and improved well being into your daily life through the simple yet powerful application of pressure to specific reflex points on your feet hands and ears *Reflexology Self Help Techniques* Unlock the Healing Power within You is the definitive guide to incorporating reflexology s profound advantages into your daily life Whether you re a novice or have some expertise this book

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opolopo àlàyé lati owo d o fagunwa isbn 0175112029 author fagunwa d o publisher apapa nigeria nelson 1949 description ix 162 p ill

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