



A BUSY PERSON'S GUIDE TO

REFLEXOLOGY



SIMPLE ROUTINES FOR HOME, WORK AND TRAVEL

WRITTEN BY ANN OSKARSEN

The Busy Persons Guide To Reflexology Simple Treatments And Five Minute Routines

Victor M. Corman



The Busy Persons Guide To Reflexology Simple Treatments And Five Minute Routines:

Forthcoming Books Rose Army,2002-04 Acupressure and Reflexology For Dummies Synthia Andrews,Bobbi Dempsey,2011-02-10 Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch Searching for alternative treatments for pain This friendly do it yourself guide introduces you to the basics and benefits of acupressure and reflexology showing you step by step how to nurture your emotional and physical well being and that of someone else You ll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well being Understand basic healing principles Relieve your specific aches and pains Boost your immune system Address age related ailments Find professional help **Library Journal** ,2002 Subject Guide to Books in Print ,1991 Natural Health ,2003 **Books in Print Supplement** ,2002 **Library of Congress Catalog: Motion Pictures and Filmstrips** Library of Congress,1968 **Yoga Journal** ,1995-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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comprehensive charts mapping reflex points Contains detailed hand treatments that bring immediate relief to a wide range of common ailments including headaches back pain low energy levels and indigestion Includes detailed foot treatments for longer term or more serious conditions such as allergies depression sinusitis migraines and high blood pressure Provides general self help advice to complement reflexology including breathing suggestions aromatherapy and energy rich diet ideas

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to help with the stress and strains of today's living Maureen Foers OBE **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

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