

Reflexology



CHRIS STORMER

Reflexology is an ancient and gentle form of healing which has been passed down from generation to generation all over the world. Using reflex points on the feet to stimulate the body's natural ability to heal itself, it is highly effective in maintaining health as well as in relieving symptoms of stress and disease.

Teach Yourself Reflexology gives a clear introduction to both the theory and practice of this intriguing therapy. The step-by-step instructions and many illustrations give even the complete beginner the confidence and all the information to get started right away.

Chris Stormer is an acknowledged authority on reflexology and is the founder of the Reflexology Academy of Southern Africa. Her international reputation and popularity attract invitations to present papers, lecture and hold workshops worldwide.

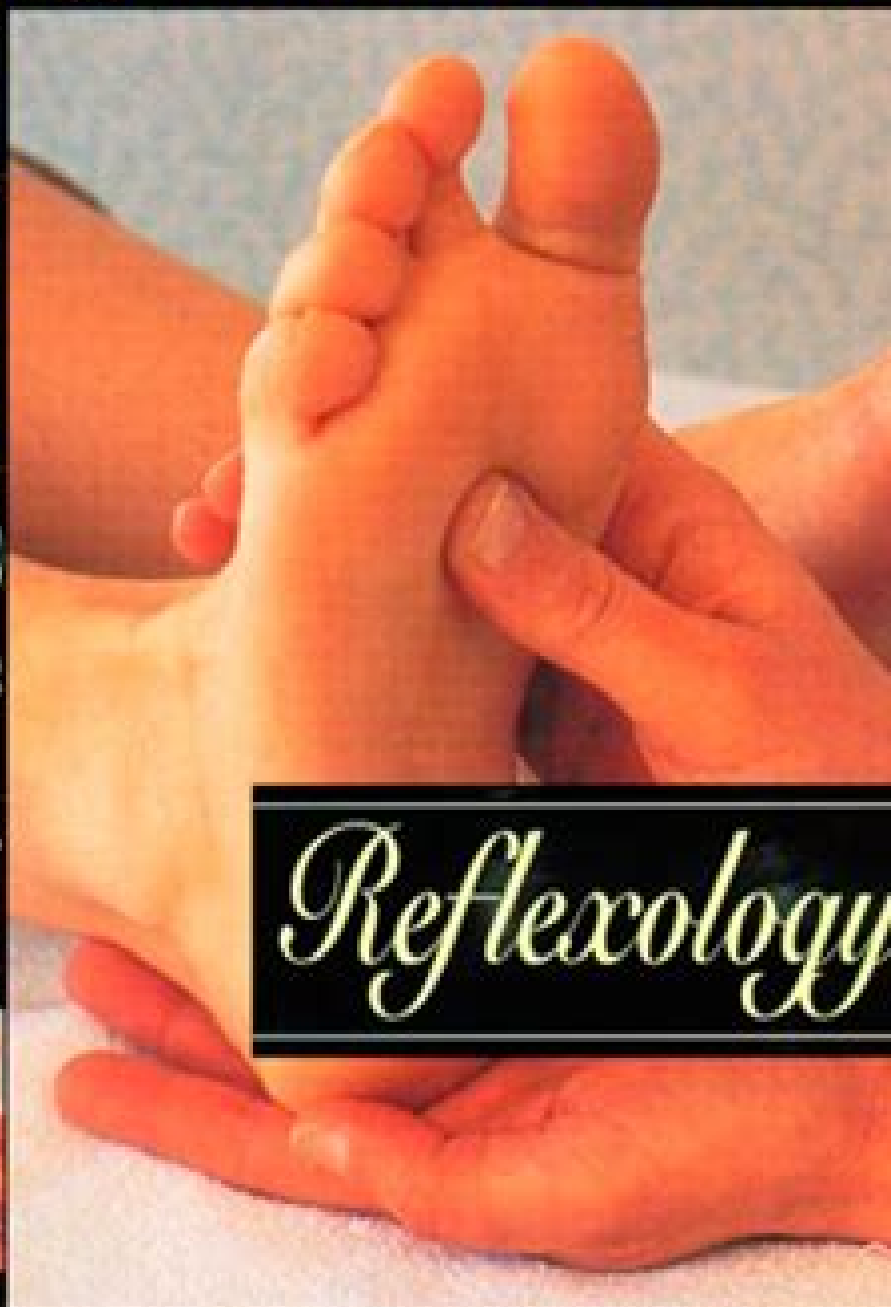


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Teach Yourself Massage Denise Whichello Brown, 2004-08-30 A good massage does more than just relax a person Done right it can relieve stress sports injuries and even sexual dysfunction Teach Yourself Massage New Edition covers the history of massage and offers step by step methods complemented by informative diagrams Perfect for both the general reader and serious student it provides important insight into the relationship between mind and body along with the necessary skills for giving safe effective massages

Take Charge Of Your Fertility: Teach Yourself Heather Welford, 2010-01-29 Take Charge of Your Fertility explains everything the prospective parent may need to know as they face the physical emotional and practical challenges of trying for a baby It covers health issues in full from basic biology and an explanation of fertility and cycles to outlining what supplements are useful and what aren't and how you can maximise your chances by following a healthy diet and cutting alcohol or nicotine intake There are plenty of resources and guidelines for parents facing difficulties including a guide to the medical options and advice on how to seek further help It will help couples to deal with the emotional issues faced when trying for a baby and will also give practical information on who you should tell and who you must tell and when With coverage of all aspects of very early pregnancy from do it yourself tests to the very first scan it will be a useful resource which will help all prospective parents whether looking to start or to expand their family NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author's many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of your fertility FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you've learnt and how to use it

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