

# Reflexology Hand

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*Hand Reflexology & Acupressure* - Feisong Chen  
2019-12-31

Though practices like acupuncture have become popular in the West over the last few decades, they have been a part of Traditional Chinese Medicine for thousands of years. Hand reflexology and acupressure are two techniques that can achieve similar results to more complicated practices like acupuncture, but can be done at home, on yourself, without

any tools. This book acts as a beginner's guide to these pressure-based practices. Through illustrations and easy-to-understand language, readers can learn a variety of useful pressure points, how to properly utilize them and daily care that can be done to address certain health concerns. Through recent studies, hand reflexology and acupressure have been shown to help with a variety of issues, including nausea, stress, tension and anxiety, insomnia,

headaches, chronic pain, digestive issues, muscle and joint injury. The safe, reliable techniques outlined in this book are easy for anyone to master and, importantly, can be used anywhere.

### Complete Guide to Reflexology

- Ruth Hull 2020-11-30

Written in a clear, no-nonsense style, this is the ideal textbook for students of reflexology up to levels 2 and 3. Designed for use both in the classroom and as a home study resource, it provides all the information necessary to meet or exceed the curriculum requirements of all the major awarding bodies. Its benefits include: i meets the current National Occupational Standards for reflexology; i meets the standards required by all the main awarding bodies; i suitable for levels 2 and 3; i outlines each body system, explaining how, when, and why to work the reflexes; i includes chapters on hand reflexology and meridian therapy; i comprehensive pathology of all body systems; i detailed and accurate anatomical drawings;

i revision and multiple choice questions for each chapter; i study outline at the end of each chapter; i case studies; i covers current theories and philosophies; i explores other complementary therapies. This book is the perfect complement to Ruth Hull's companion text, The Complete Guide to Reflexology Workbook, which guides students through a series of self-revision notes, exercises and mock exam papers all designed to encourage revision, understanding and confidence in practising reflexology.

**Hand Reflexology** - Vidya Fischer 2015-02-28

Our fast-paced world is forcing us to become more and more aware of the dangers posed by stress to our mental and physical well-being. In the search for natural and healthy stress relieving techniques, people are increasingly turning to the skills and wisdom of ancient Eastern cultures, such as is the case with hand reflexology. Hand reflexology is a technique which employs self-massage of certain focal

points in the hands that can directly and immediately boost your health and revitalize your energy and bloodflow. In this book, I'm going to help you thoroughly understand hand reflexology and exactly how it works. You'll learn all about the benefits, apart from just tension relief, including improved blood circulation, cell growth, relaxation of muscles, reduced pain, a better functioning digestion and immune system, and overall detoxification of the body. I'll also show you how to perform this massage technique on yourself or others, including a diagram of pressure points and the corresponding organs, and I'll point out the safety measures that must be practiced along the way. I hope that you decide to take full advantage of this quick, easy, and inexpensive - yet powerful - method of staying healthy and eliminating stress.

**Press Here! Hand Reflexology for Beginners** - Stefanie Sabouchian  
2021-03-16  
With fun, modern illustrations

and an intuitive organization, Press Here! Hand Reflexology for Beginners introduces a powerful and simple form of self-care for a new generation of wellness seekers.

**In Focus Reflexology** - Tina Chantrey 2020-08-04  
Complete with a framable poster, In Focus Reflexology contains everything you need to know to get started in this classic subject.  
[Essential Guide to Foot and Hand Reflexology](#) - Ann Gillanders 2002-02-01

*Hand Reflexology* - Michael Keet 2003

A guide that shows how to perform a complete hand reflexology treatment on yourself or others.

**Total Reflexology of the Hand** - Martine Faure-Alderson 2016-05-17  
How to apply the precise treatment techniques of Total Reflexology, which combines craniosacral therapy and foot reflexology, to the hands • Explains the special relationship between the hand and the brain, making hand

reflexology ideal for treatment of neurological, mental, and emotional disorders • Details how to use the occipital zones of craniosacral therapy to pinpoint which zones and points on the hands to treat • Includes full-color detailed maps of the pressure points and zones of the hands One of the most defining physical characteristics of humanity, the hands contain reflex zones and pressure points related to the systems and organs of the body just like the feet. The reflex zones and points of the hands present the most effective means of treating psychological and neurological disorders due to their sophisticated relationship with the brain. Applying her ground-breaking combination of reflexology and craniosacral therapy to the hands, Dr. Martine Faure-Alderson explains how to use hand reflexology to treat the brain and each of the body's systems, from the digestive system to the human energetic system. She provides precise full-color mapped hand diagrams illustrating the exact

placement of the points according to the bones of the hands, the result of more than 40 years of research and clinical practice. She explains how to use the occipital zones of craniosacral therapy to pinpoint which zones and points on the hands to treat. Examining the psychological level of brain-hand interactions, the author reveals how neurological dysfunctions and mental disorders respond more readily to hand reflexology than to other forms of therapies. She explains how many physical ailments have a psychological component and how reflexology automatically triggers the release of endorphins by working directly on the autonomic nervous system. The author explores the role of nutritional supplements, including Omega 3s, as a support to reflexology therapy and shows how finely tuned reflexology stimulates the body's self-healing abilities and cellular regeneration, making this an indispensable resource for holistic health practitioners and for home self-

care.

**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 Everything Reflexology Books** - Valerie Voner

2003-10-01

Forms of reflexology have been in existence for thousands of years yet the average Westerner is only now recognizing its positive effects. This helpful book provides step-by-step instruction for manipulating special zones in the hands and feet to alleviate common ailments, reduce stress, and improve circulation.

Hand Reflexology and Acupressure - Chen Feisong

2019-09-24

Acting as a beginner's guide to hand reflexology and acupressure, this book features illustrations and easy-to-understand language to teach readers how to properly utilize them to address certain health

concerns.

**Reflexology** - Barbara Kunz  
2003

This book provides a stylish, accessible guide to the natural therapeutic benefits of reflexology. At its heart is a complete step-by-step reference, demonstrating how to carry out a full foot and hand treatment with clear, annotated photographs that show exactly where to apply pressure and which technique to use where. There are explanations of how to adapt treatments to suit the whole family - including children, babies and the elderly - and treatments for 60 common ailments ranging from arthritis to colic, plus quick-fix tips such as a de-stressing treatment for use in a supermarket queue or busy office.

*Reflexology* - Vicki Pitman 2002

This book is an essential guide written for all students and practitioners of Reflexology. Completely revised, the new edition includes a two-colour design to further enhance its user-friendly approach. It provides extensive coverage

and a balanced account of the fundamentals of practice in one readable and accessible volume.

**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

### **Yoga Journal** - 1989-03

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.

### **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.

### **Hand Reflexology** - Mildred

Carter 2000-02-01

Now you can achieve lasting relief from your aches, pains, and illness by unlocking the healing energies already

present within your body—quickly and easily, with the help of the centuries-old secrets of reflex message. Completely revised and updated, *Hand Reflexology* guides you step-by-step through the simple finger-pressure techniques that send soothing relief surging to the sources of pain and discomfort. This modern health classic helps you access the reflex centers where pain begins, and shows you how to make it disappear with a touch of a finger - all without resorting to expensive drugs, difficult therapies or invasive surgery. You'll also learn how to apply these health-restoring therapies to other adults, small children, even pets. Presented in clear, easy-to-understand language and accompanied by over 100 new illustrations, these techniques have long been proven effective in relieving a wide variety of ailments and conditions.

### **Total Reflexology of the Hand**

- Martine Faure-Alderson 2016-07-28

How to apply the precise

treatment techniques of Total Reflexology, which combines craniosacral therapy and foot reflexology, to the hands • Explains the special relationship between the hand and the brain, making hand reflexology ideal for treatment of neurological, mental, and emotional disorders • Details how to use the occipital zones of craniosacral therapy to pinpoint which zones and points on the hands to treat • Includes full-color detailed maps of the pressure points and zones of the hands One of the most defining physical characteristics of humanity, the hands contain reflex zones and pressure points related to the systems and organs of the body just like the feet. The reflex zones and points of the hands present the most effective means of treating psychological and neurological disorders due to their sophisticated relationship with the brain. Applying her ground-breaking combination of reflexology and craniosacral therapy to the hands, Dr. Martine Faure-Alderson explains how to use

hand reflexology to treat the brain and each of the body's systems, from the digestive system to the human energetic system. She provides precise full-color mapped hand diagrams illustrating the exact placement of the points according to the bones of the hands, the result of more than 40 years of research and clinical practice. She explains how to use the occipital zones of craniosacral therapy to pinpoint which zones and points on the hands to treat. Examining the psychological level of brain-hand interactions, the author reveals how neurological dysfunctions and mental disorders respond more readily to hand reflexology than to other forms of therapies. She explains how many physical ailments have a psychological component and how reflexology automatically triggers the release of endorphins by working directly on the autonomic nervous system. The author explores the role of nutritional supplements, including Omega 3s, as a support to reflexology

therapy and shows how finely tuned reflexology stimulates the body's self-healing abilities and cellular regeneration, making this an indispensable resource for holistic health practitioners and for home self-care.

**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.

**Weekly World News** -  
1981-12-29

Rooted in the creative success of over 30 years of supermarket tabloid

publishing, the Weekly World News has been the world's only reliable news source since 1979. The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site.

Hand Reflexology & Acupressure - Chen Feisong  
2020-01-14

Though practices like acupuncture have become popular in the West over the last few decades, they have been a part of Traditional Chinese Medicine for thousands of years. Hand reflexology and acupressure are two techniques that can achieve similar results to more complicated practices like acupuncture, but can be done at home, on yourself, without any tools. This book acts as a beginner's guide to these pressure-based practices. Through illustrations and easy-to-understand language, readers can learn a variety of useful pressure points, how to properly utilize them and daily care that can be done to address certain health concerns. Through recent

studies, hand reflexology and acupressure have been shown to help with a variety of issues, including: Nausea Stress, tension and anxiety Insomnia Headaches Chronic pain Digestive issues Muscle and joint injury The safe, reliable techniques outlined in this book are easy for anyone to master and, importantly, can be used anywhere.

**Reflexology** - Rosalind Oxenford  
2013-06-01

An instant course in reflexology for stress relief, this title presents simple techniques shown in 100 step-by-step photographs. The book includes specially devised sequences to energize or relax the body, alleviate stress, relieve pain, and aid restful sleep.

Reflexology - Susan Cressy  
2003-10

This title covers the VTCT Diploma in Reflexology, and has a section on setting up a business.

**Hand and Foot Reflexology** - Kevin 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.

**Hand Reflexology** - Vidya Fischer 2015-02-28

Our fast-paced world is forcing us to become more and more aware of the dangers posed by stress to our mental and physical well-being. In the search for natural and healthy stress relieving techniques, people are increasingly turning to the skills and wisdom of ancient Eastern cultures, such as is the case with hand reflexology. Hand reflexology is a technique which employs self-massage of certain focal points in the hands that can directly and immediately boost your health and revitalize your energy and bloodflow. In this book, I'm going to help you

thoroughly understand hand reflexology and exactly how it works. You'll learn all about the benefits, apart from just tension relief, including improved blood circulation, cell growth, relaxation of muscles, reduced pain, a better functioning digestion and immune system, and overall detoxification of the body. I'll also show you how to perform this massage technique on yourself or others, including a diagram of pressure points and the corresponding organs, and I'll point out the safety measures that must be practiced along the way. I hope that you decide to take full advantage of this quick, easy, and inexpensive - yet powerful - method of staying healthy and eliminating stress.

**The Complete Guide to Foot Reflexology** - Kevin Kunz 1993

**The Reflexology Workout** - Stephanie Rick 1995

With more than 66,000 copies sold, *The Reflexology Workout* is a perennial favorite among readers interested in holistic and alternative medicine. With

a striking new cover design, it will capture fresh attention on the shelves. Black-and-white photographs.

**Hand Reflexology Workbook** - Barbara Kunz 2001

**Hand Reflexology** - Kristine Walker 2002-05-30

Hand reflexology is now an essential part of reflexology practitioner courses. This book takes the student through the whole treatment, from taking details to follow-up homework for the client.

*Teach Yourself Hand Reflexology* - Denise Whichello Brown 2004-01-26

*Teach Yourself Hand Reflexology* is a complete, step-by-step guide to the therapeutic approach of restoring and sustaining good health through the manipulation of pressure points in the hands. You will learn about the anatomy of the hands and how hands relate to common problems arising throughout the body. With the help of more than 70 illustrations, the book walks you through the full range of

established techniques and sequences for addressing an array of conditions, including headaches, digestive problems, back problems, depression and more.

**Hand Reflexology for Practitioners** - Nicola Hall  
2016-03-21

Focussing specifically on reflexology of the hands, this book covers all the information needed for effective practice, increased understanding of theory, and skill development. Fully illustrated with photographs and diagrams, expert author Nicola Hall describes the positions and functions of the reflex areas in each hand, and covers the basics of body and hand anatomy. She introduces a wide range of techniques and explains how they relate to each reflex area, as well as exploring which reflex areas to target in order to treat common conditions and disorders. In addition to basic hand reflexology, other traditions are described, including Meridian therapy, Korean Hand Reflexology,

Vertical Hand Reflexology, Synergetic Reflexology and Nail Reflexology, giving practitioners and students a complete overview of the modality.

**Linda Page's Healthy Healing** - Linda Page 2004-09

The Ultimate Resource For Improving Your Health Naturally! Over 1 million copies sold! In its first edition nearly 20 years ago, Dr. Linda Page's book, Healthy Healing, was the only one of its kind. Now updated and expanded, Healthy Healing is still the easiest to use bestselling natural health reference book on the market. Customize your own personal healing program using natural therapies for more than 300 ailments through diet, whole herb supplements and exercise. Live Longer, feel better and look better, naturally!

Reflexology - Denise Whichello Brown 2006

Reflexology is a simple, natural, and noninvasive therapy that employs the power of touch to heal, physically and spiritually.

Using this illustrated handbook, even beginners can achieve results. In easy-to-follow form, it covers both foot and the less widely practiced hand reflexology, and explains the wide-ranging benefits of each, from improving circulation and relieving stress to aiding joint mobility and alleviating respiratory problems? With detailed charts as a guide, learn all the basic techniques, the correct sequence of moves, the reflexes of the left and right feet and hands, treatments for common ailments, and ways to enhance a session.--From publisher description.

**Hand Reflexology** - Barbara Kunz 2006

Reflexology is the practice of applying pressure to specific points on the feet and hands to influence the health of corresponding parts of the body. Hands engage in many activities during the day and are one of our most important sensory organs. Overuse of hands is common and hard-working hands can become injured through hobbies, sport

or work. Hand Reflexology teaches the reader how to use hand reflexology to maintain better general health and keep hands in top condition. It provides step-by-step guides for specific health problems, and gives tips for good practice and technique. People have less and less time to themselves today. Yet hand reflexology can promote better health without having to take time out from daily routines. Simple and effective, Hand Reflexology teaches the reader how to use hand reflexology for a healthier body and happy hands.

**In Focus Reflexology** - Editors Of Wellfleet Press 2020-08-04

Author Tina Chantrey teaches everything you need to know about reflexology to get your life in balance and alleviate common health problems. Beautiful illustrations and a framable poster of key information combined with easy-to-follow instruction make this the perfect go-to reference. Combining multiple areas of bodywork, reflexology

involves applying pressure to the hands and feet to produce beneficial changes in the body. The underlying principle behind reflexology is that there are "reflex points" on the feet and hands that are connected to organs and body parts by energy. When pressure is applied to these areas, energy blockages are removed and better health results. Learn reflexology to relieve: Back pain Previous injuries Insomnia Headaches and migraines Digestive disorders Arthritis Hormone imbalances The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects, using expert authors in their respective fields and featuring relevant visual material to smartly and purposely illustrate key topics within each subject. As a bonus, illustrated cards or posters are also included.

**Hands On Feet** - Michelle R. Kluck 2001-07-31

Have you ever wondered how foot massage could help lower high blood pressure? Or reduce anxiety attacks? Look no

further! Michelle R. Kluck, a massage therapist to the stars from Beverly Hills, knows just how to fix your ailments using reflexology. In this book, she explains her tried-and-true techniques with helpful diagrams and illustrations. And in case you're not sure where to rub, the book comes with her patented Reflexology Sox™ that illustrate, in colorful detail, which part of the foot you should manipulate in order to relive symptoms of PMS, fatigue, and even depression. Hands on Feet provides an insider's look at the revolutionary new technique that is natural and -- best of all -- feels great!

**Reflexology** - Walter Evens  
2015-01-19

Discover How To Let Your Body Heal Itself With Reflexology Restore Balance, Boost Sluggish Circulation, and Terminate Pain Related Disorder With The Use Of Reflexology!!! Reflexology is an amazing alternative therapy, that primarily focuses on the feet and hands, and has been practiced by practitioners

for thousands of years. This alternative therapy can help you solve and get rid of many pain related disorders, but however this therapy will be useless if you do not know how to properly perform the massage techniques and this is where this guide book can help you. The information and techniques found in this book will teach you how to properly and effectively use reflexology and heal parts of your body that you would have never thought imaginable. There are all types of misguided information out there on the web and also in books that could be detrimental to your health when it comes to properly using the practice of reflexology. By using this book you will fast track your way to success with Reflexology, and have the pain free life that you have always desired!!!! 7 Reasons Why You Must Have This Book 1. Learn why the human reflexes are so vital to our everyday lives. 2. Discover which reflexes corresponds with which organ, 3. In this book you will learn about the

primary benefits of reflexology and why it is better than modern medication. 4. This book will give you information about how to perform calculated pressure to the feet and hands. 5. Discover some of the problems with the feet. 6. This book also teaches you about the pressure points on the ear. 7. Reflexology is alternative therapy that can help alleviate any pain in their body whether it is physical or mental. Here Is A Preview Of What You'll Learn... The History of Reflexology Muscle Relaxation Detoxification and Cleansing The Nerve Impulse Theory How Does Reflexology Work Foot Reflexology Chart Map The Structure of Feet Structures of Hand and Wrist Hand Reflexology Chart Map Problems Relating to the Hand Techniques and Tips Method for Achieving Quicker Results Much, much more! Want To Learn More? Take action today and download this book for a limited time discount of only \$3.99! Download Your Copy Right Now! -----

-----TAGS:

reflexology, reiki, acupuncture, acupressure, flexology, foot map, chart, map, learn reflexology, relieve tension, **Total Reflexology** - Martine Faure-Alderson 2008-11-26  
The first complete book of reflexology to incorporate acupuncture, naturopathy, homeopathy, and the chakra system • Remaps the entire foot to fine-tune the pressure points • Explains how to work with the emotional reactions that may be released when physical conditions are treated • Full-color detailed diagrams provide precise illustrations of pressure points In this groundbreaking work, Dr. Martine Faure-Alderson takes reflexology to a new level by integrating acupuncture, naturopathy, homeopathy, and other holistic healing modalities into the practice. From her background as a physician, she brings a scientific precision to using the foot as a map of the body and all of its systems. She then uses her training in alternative therapies to integrate the mental and psychological

issues that may accompany physical conditions, providing the first complete holistic approach to using reflexology for physical, emotional, and mental health. Total Reflexology presents each of the major body systems in turn--from the digestive system to the human energetic system--using 25 full-color newly mapped foot diagrams that provide precise indications of pressure points and their correspondences to all areas of the body. The author also includes her latest work using craniosacral therapy and the role of the cerebrospinal fluid in reflexology as well as how to integrate use of the chakra system. She shows how finely tuned reflexology stimulates the body's self-healing abilities, making this an indispensable resource for the layman and professional alike.

Yoga Journal - 1989-03

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.

*Hand Reflexology* - Michael Keet 2012-02-01

Reflexology has been used for healing for over 5,000 years. Although many people associate reflexology with the feet, you can also stimulate the reflex points on the hands to clear energy flow around the

body and treat common ailments such as headaches, indigestion, muscular aches and flu. Reflexology is quick, unobtrusive and ideal for people who are sensitive about having their feet handled. By following the simple step-by-step instructions in *Hand Reflexology* you will learn to balance and detoxify the body's systems, fight stress and improve general wellbeing. It shows how to treat yourself as well as others, and features 10 -15 minute routines suitable for everyone, including children and the elderly.