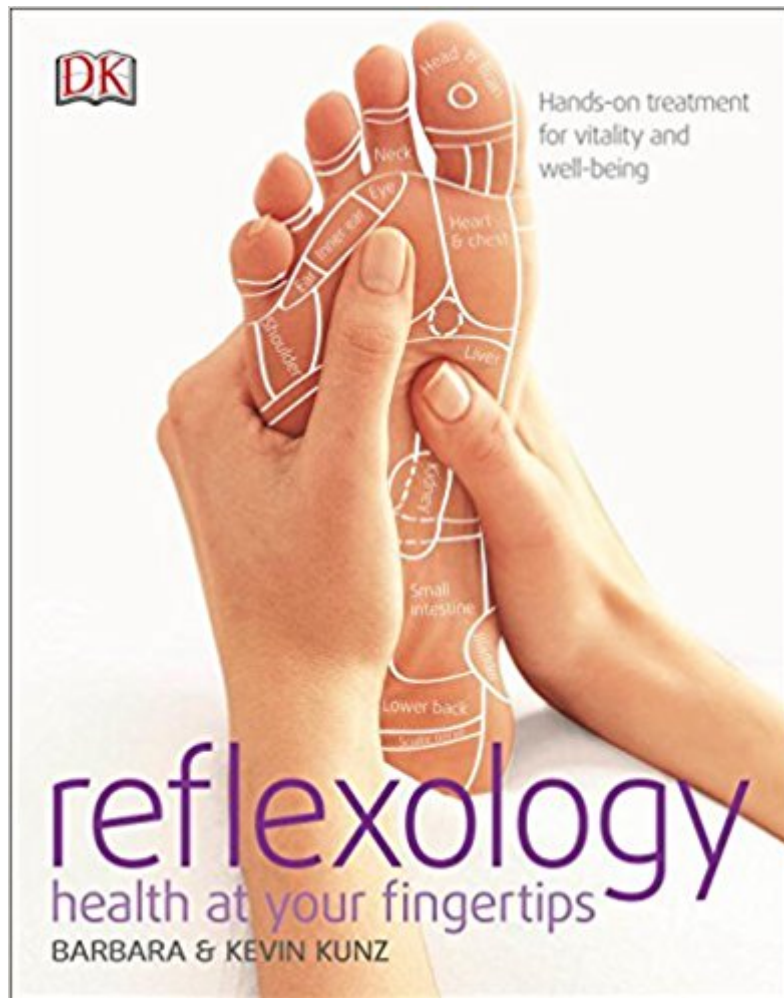




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Reflexology: Health At Your Fingertips



Synopsis

Reflexology is a global best-seller by two of the most-recognized authorities on this holistic therapy. This comprehensive yet approachable guide explains how reflexology works: by applying pressure to "reflex" points on the hands and feet, you can help to stimulate the body's natural powers of self-healing. Reflexology features more than 100 step-by-step techniques and treatment sequences, detailed foot and hand reflex charts, and a directory of treatment for 30 common ailments, from back pain to constipation, arthritis to high blood pressure. Visualizations and meditations are suggested throughout, to enhance the healing treatments. As the first fully-illustrated step-by-step guide, Reflexology remains one of the most trusted resources on this ancient art.

Book Information

Paperback: 160 pages

Publisher: DK; 1st edition (April 21, 2003)

Language: English

ISBN-10: 0789493535

ISBN-13: 978-0789493538

Product Dimensions: 7.2 x 0.5 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 71 customer reviews

Best Sellers Rank: #52,482 in Books (See Top 100 in Books) #31 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage

Customer Reviews

Kevin and Barbara Kunz are internationally recognized authorities in the field of reflexology. They have researched, taught, practiced and documented reflexology for more than 30 years. Barbara and Kevin Kunz have written 17 reflexology books available in 57 foreign editions and 19 languages.

What does a granola girl with crunch need? Why this book of course. You all want this book if you're interested in reflexology. reflexology this lays it out pretty simple pretty easy if you're interested in reflexology this is a pretty good book to look at and understand there's nothing complex about it or hard to understand there are lots of pictures in it lots of information this is kind of one of those books that you find upon walking into Barnes and Noble in the passageway where they have all these discounted round sticker books if you're serious and do reflexology this might not be the book but

it's very good basic and simple information for practice

If you have any interest in reflexology, I highly recommend this book. The papers are very high quality and thick, therefore all the photos are crispy clear. The book explains in such details how to massage each part of hands and feet and also has a separate section just for how to massage elderly people. I have elderly in-laws and like to care of elderly people, so visit them often. Just by giving some massage to their hands and feet, they're so happy physically and mentally. If you're in hospice care or any kind of care for the elderly, please learn these techniques. There can be no harm done unlike acupuncture or Shiatsu massage. The book consists of 80% of photos (NOT cheesy illustrations), which should be for a book to explain massages and parts of hands/feet. I'm an Asian and I know the power of reflexology. Each part of our hands and feet are connected to our inner and outer parts of body. By touching a correct part of your hands and feet, you can minimize or even completely heal pain and discomfort of the body. Discover the power of reflexology.

AAAA++++ Exactly as described. Excited to try out and see the improvement in my health.

good

A valuable resource for my learning. I am currently studying to become a qualified Reflexologist. Well researched text with wonderfully clear diagrams.

Bought this book for my mother's caregiver. My mother has spasms in her legs and must be massaged daily. This book has given the caregiver a real purpose to the massages and my mother responds very well. Her pain has subsided and the caregiver is working on other areas to see if these respond just as well. Also gave her a poster of the touch points on the foot.

A great introduction into the world of reflexology. Wonderful step-by-step instructions; many with pictures, for the novice who wishes to get started practicing this healing art.

I looked at several reflexology books before picking this one. I felt the photos and instructions were the most user-friendly of any of the books I looked at, and it was well organized. Great for a beginner and written by someone who obviously knows the material and is passionate about it. If you're looking to get started with reflexology, I recommend this as a great source.

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