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## The Reflexology Manual

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In The Reflexology Manual, professional reflexologist Pauline Wills guides the reader through the self-help techniques of

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In The Reflexology Manual, the practical text guides the reader in mastering these self-help techniques, and color photographs illustrate a full reflexology treatment step by step.

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In The Reflexology Manual, the practical text guides the reader in mastering these self-help techniques, and color photographs illustrate a full reflexology treatment step by step.

~~The Reflexology Manual - Inner Traditions~~

Reflexology is a simple and noninvasive method for realigning these functions to help the body accomplish the perfect balance that leads to super health. In simple terms, foot reflexology is the practice of working the reflexes in the feet, which correspond to

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other body parts.

## ~~Holistic Healthcare chapter 5 – Path to Perfect Health~~

Reflexology is a protocol of manual techniques, such as thumb and finger- walking, hook and backup and rotating- on-a-point; applied to specific reflex areas predominantly on the feet and hands. These techniques stimulate the complex neural pathways linking body systems, supporting the body's efforts to function optimally.

## ~~Reflexology~~

Reflexology is a gentle treatment that involves the feet and specific areas that are related to the body. It is classed as both a science, due to the mapping of reflexes, and an art due to applying pressure using the fingers and thumbs. It is thought to date back 5000 years

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when pressure therapies were practiced in ancient Egypt.

## ~~Practitioner's Training Manual~~

Reflexology is a focussed pressure technique, usually directed at the feet or hands. It is based on the premise that there are zones and reflexes on different parts of the body which correspond to and are relative to all parts, glands and organs of the entire body.

## ~~History and Theory of Hand Reflexology~~

Reflexology, also known as zone therapy, is a popular alternative medicinal therapy that utilizes various techniques to apply some targeted pressure and massage on certain points of the human body.

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An ancient therapy used in China, Egypt, and India, reflexology provides effective, holistic treatment for both common and more serious disorders. According to reflexology, the hands and feet are microcosms of the body, containing points or zones that relate to individual glands, nerves, muscles, and organs.

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illustrate a full reflexology treatment step by step.

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An ancient therapy used in China, Egypt and India, reflexology provides effective, holistic treatment for both common and more serious disorders. This guide illustrates a step-by-step treatment, while the text guides the reader in mastering these self-help techniques. Color photos and illustrations.

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In The Reflexology Manual, the practical text guides the reader in mastering these self-help techniques, and color photographs illustrate a full reflexology treatment step by step.

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Reflexology Defined DEFINITION: Reflexology is a science based on the principles that there are reflexes in the feet and hands that correspond to all organs, glands, and parts of the body. It's goal is to encourage the release of blockages/congestion in and around the 7,000 nerve endings in the feet and hands while stimulating

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