

FOOT REFLEXOLOGY MAPS

Reflex areas on the feet form "maps" that approximate to the body's anatomy with areas on the toes and heels, for example, reflecting the head and lower back respectively. Some reflex areas overlap, which is indicated by broken lines.



Right sole

This map has reflex areas that relate to the body's right side. The arm reflex area, for instance, relates to the right arm. The liver reflex area is much larger than the same area on the left foot, since the liver is mostly on the body's right side.

Left sole

Reflex areas on the left foot relate to the body's left side. The heart, stomach and pancreas reflex areas are much larger than those on the right foot map - reflecting the fact that these organs are situated on the left side of the body.



Art Of Reflexology Mapping The Sole

DP Hallahan



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The Art of Reflexology Ariel Books,1998-05-01 Little Books are must have collections of charming illustrations and fascinating insights about a variety of topics from the millennium to martinis roses to runes In THE ART OF REFLEXOLOGY MAPPING THE SOLE find out how reflexology treats select points in the feet to promote healing throughout the body

Secrets of Reflexology Pasquale De Marco, Embark on a Journey of Healing with Secrets of Reflexology Your Comprehensive Guide to Unlocking Your Body's Innate Healing Wisdom Discover the transformative power of reflexology an ancient healing art that allows you to harness the body's natural ability to heal itself This comprehensive guide takes you on an in depth journey into the world of reflexology unveiling its rich history exploring the reflexology map and providing practical techniques for promoting overall well being With Secrets of Reflexology you'll gain a thorough understanding of the reflexology map including the reflex points on your feet hands and ears that correspond to various organs glands and systems throughout the body Learn how to apply gentle pressure to these reflex points to stimulate the body's natural healing abilities alleviate pain reduce stress and improve overall health This book goes beyond theory providing practical guidance on incorporating reflexology into your daily routine Discover self reflexology techniques that allow you to enjoy the benefits of reflexology in the comfort of your own home Explore how to enhance your reflexology practice with aromatherapy essential oils and specialized tools enhancing the therapeutic benefits and creating a truly holistic healing experience Secrets of Reflexology also addresses the specific applications of reflexology for a variety of health conditions Discover how reflexology can help alleviate common ailments such as headaches digestive issues sleep problems and menstrual discomfort Additionally explore the role of reflexology in managing stress anxiety and chronic pain providing a natural and holistic approach to managing these conditions With Secrets of Reflexology as your guide you'll embark on a transformative journey towards enhanced well being and self care Unlock the secrets of reflexology and embrace the power of your own body to heal and rejuvenate Step into a world of holistic healing and discover the profound impact reflexology can have on your life

The Art of Reflexology Inge Dougans,Suzanne Ellis,1992 Shows how to find and use the reflexology points on the foot which relate to different parts of the body in order to restore the balance of energy to prevent ill health and also to assist relaxation *The Body, Mind, Spirit Miscellany* Jane Alexander,2009 Spiritual adventurers will savor this book like a fine wine It features a vast assortment of collected wisdom and mystical miscellany from hundreds of varied sources all assembled here into a glorious anthology that will be dipped into and pored over again and again Topics include religion myth and symbolism alternative health the predictive arts the occult yoga and meditation and much more Readers will learn to understand the language of flowers how to live in tune with lunar cycles how to perform an Indian head massage and what the ancient Romans actually did at their Saturnalia You'll even see how to make your own crop circles **The Mind Body Spirit Miscellany - The Ultimate Collection of Facts, Fascinations, Truths and Insights** Jane Alexander

Author,2013-08-06 In The Mind Body Spirit Miscellany we have a treasure trove of delights for everyone fascinated by faith and spirituality the arcane and the esoteric It is an irresistible collection for book browsers fact addicts and completists and also includes a wealth of practical advise with step by step guidance Compiled by Jane Alexander here are lists facts curiosities explanations clarifications and summaries on anything from crystals Freud and herbal remedies to Mayan prophecies creation myths and seriously bad Feng Shui Subject Guide to Books in Print ,1991 **Yoga Journal** ,2004-01 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 **Gynecological Health : a Comprehensive Sourcebook for Canadian Women** M. Sara Rosenthal,2003 *Becoming a Complementary Therapist* Linda Wilson,2000 Complementary medicine is a rapidly expanding field of employment This book examines the personal qualities needed to become a successful practitioner guiding the reader through the maze of therapies and training courses *Yoga Journal* ,2002-07 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 Complete Guide to Reducing Stress** Christine Wildwood,1997 **The Prevention How-to Dictionary of Healing Remedies and Techniques** Prevention Magazine,1994-04 **Foot Care Handbook** Stephanie L. Tourles,2021-12-21 The number of people who experience foot pain is on the rise and it s been shown that those plagued by chronic foot pain are more likely to have pain in other parts of their bodies In Foot Care Handbook best selling author herbalist and certified foot reflexologist Stephanie Tourles sets out to help readers experience the feel good benefits of healthy happy feet Along with natural remedies for common foot problems including athlete s foot blisters bunions corns cracked skin and plantar fasciitis she explains foot physiology for the layperson and provides exercises for stretching and strengthening feet massage techniques for foot relaxation and restoration and reflexology Friendly accessible and empowering this guide gives readers the tools and information they need for feeling better on and about their feet **The Skeptical Inquirer** ,1999 **Reflexology** Christine Issel,1993 Did Adam and Eve Have Navels? Martin Gardner,2014-01-06 Gardner zaps his targets with laserlike precision and wit Entertainment Weekly Martin Gardner is perhaps the wittiest most devastating unmasker of scientific fraud and intellectual chicanery of our time Here he muses on topics as diverse as numerology New Age anthropology and the late Senator Claiborne Pell s obsession with UFOs as he mines Americans seemingly inexhaustible appetite for bad science Gardner s funny brilliantly unsettling expos s of reflexology and urine therapy should be required reading for anyone interested in alternative medicine In a world

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