

# Reflexology: A Practical Introduction

Denise Whichello Brown

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# Practical Introduction To Reflexology

**Denise Brown**



## **Practical Introduction To Reflexology:**

*Reflexology* Inge Dougans,1998      **Emotional Reflexology a Practical Guide 2nd Edition** Jenny

Talkington,2021-02-15 Emotional Reflexology A practical Guide second edition by Jenny Talkington Jenny is a reflexologist workshop leader and artist with over 20 years of experience After completing her initial reflexology training at The Oxford School of Reflexology in 1998 she had an excellent grounding in reflexology that covered not only the physical aspects of Reflexology but it s emotional aspects too Since then through treating her colleagues it became apparent that the basic one year training available no longer incorporated what Jenny took for granted regarding the emotional links and she was constantly being asked about them She was asked by many to write down what she clearly and accurately saw and felt on the feet So she published her first book in 2010 and has run workshops on her first book As a result Jenny has developed and tested her theories on the emotional links even further In this second edition Jenny explains her theories and ideas on the deeper dimensions to a reflexology treatment and offers suggestions and tips to help your clients even more This book is written to help my fellow reflexology colleagues and anyone who is interested in reflexology to gain a deeper understanding of the emotional links that can be found on the feet and how to help balance them More information is available via [www.jennytalkington.co.uk](http://www.jennytalkington.co.uk)      *Reflexology* Denise Whichello Brown,1999      *Reflexology* INGE DOUGANS,2016-01-28

Reflexology is a form of therapeutic foot massage based on the tried and tested theory that the human body has its own internal energy lines or acupuncture meridians In this clearly written introduction to the subject Inge Dougans shows how to find and use the reflexology points and the associated meridians on the foot in order to restore the body to its state of natural balance prevent ill health and assist relaxation Learn how reflexology and the meridian theory work Follow the illustrated step by step reflexology techniques Use reflexology to balance the body s functions Improve the body s circulation and general health      *The Complete Illustrated Guide to Reflexology* Inge Dougans,1996 This volume introduces the art and science of reflexology describing the typical treatments and including many practical examples and case studies Reflexology is an alternative medicine involving the physical act of applying pressure to the feet hands or ears with specific thumb finger and hand techniques without the use of oil or lotion It is based on what reflexologists claim to be a system of zones and reflex areas that they say reflect an image of the body on the feet and hands with the premise that such work effects a physical change to the body      Reflexology As a Business: How to Start and Grow Your Practice Donald A. Bisson,2025-11-15

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*Everything* Peter Bernstein, Christopher Ma, 1997 The most successful and useful new almanac of the decade is back with reams of new material to help readers make the most of their lives in the coming year This year's Practical Guide includes practical advice from over 500 experts including O J Simpson's jury consultant on the ins and outs of jury duty Cal Ripken Jr on how to go from Little League to the majors Master chef Jacques Pepin on his favorite low fat gourmet desserts C Everett Koop on how to pick a doctor in today's health care environment And more      **The British National Bibliography** Arthur James Wells, 2005      **Compl Illust Gde Reflexology** Inge Dougans, 2002 Reflexology is a unique system of foot massage based on the same Chinese holistic principles as acupuncture This practical guide offers the reader a window into this remarkable therapy that can treat and prevent a whole variety of ailments      **Reflexology for Beginners** David F. Vennells, 2001 Provides the history of the alternative therapy known as reflexology along with step by step instructions for practicing the various techniques of foot massage

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