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Susan Kerr

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Get Started in Reflexology: A Teach Yourself Guide Chris Stormer, 2011-02-01 Get in touch with your feet and improve your overall health Get Started in Reflexology contains spiritual insight into the links between mind and body especially when it comes to the feet This book explains the background and context of reflexology the link between thought well being and feet It gives you immediate and proven easy to follow techniques for foot massage and shows how reflexology can help with common ailments You can also visit teachyourself.com for extension articles and a vibrant community of like minded learners And if you don t have much time don t worry this book gives you one five and 10 minute bites of learning to get you started

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Teach Yourself Reflexology, New Edition Chris Stormer, 2008-01-31 Use touch to heal your body Teach Yourself Reflexology gives you insight into the links between mind and body the feet in particular It shows you how to use reflexology to cure common ailments and give effective foot massages Filled with helpful diagrams it also has new sections on further reading and other resources

Get Started in Reflexology Chris Stormer, 2010 This complete guide to understanding the connection between feet and body gives practical guidelines on how

to give and receive a healing massage and offers spiritual insights that will help you to develop a deeper understanding of the links between mind and body Teach Yourself Aromatherapy Denise Brown,2005-10-14 Suitable for complete beginners Teach Yourself Aromatherapy instructs you in all you need to know to safely and effectively treat yourself and your family and friends An internationally recognized aromatherapist and aromatherapy teacher clues you in on the emotional and spiritual properties of 40 essential oils and describes how to use them to relieve stress the pain and discomfort of pregnancy and childbirth and a wide range of common ailments in both adults and children **Teach Yourself - Pilates** Matthew Aldrich,2004 A guide to Pilates exercise techniques **7 Steps to Health & Wellness** Sonja

Christiansen,KRMT,2016-02-20 I often tell my patients that everything we put into our body has a potential to create untoward effects Whether it is the fast food we eat because we do not take the time to eat a well balanced diet the lack of water we are drinking or medications that pose the risk of significant side effects or interacting with other medications that you may already be taking Because of this I tend to take the minimalists approach when it comes to prescribing medication I am judicious in the choice of medications I use in my patients and try to limit what I prescribe to only those medications that I am certain will treat the condition for which they are being seen with the least possible risk for increase in untoward effects After all the first rule of the Hippocratic Oath is to first do no harm Unfortunately with new medications I often find myself being asked to write for prescriptions that may not be properly suited for the situation or patient at hand This is what I find so intriguing and refreshing about this book written by Ms Christiansen Her easy step by step explanation of breathing techniques pressure point massage and tapping offer an almost side effect free method of improving your health regardless of what medical conditions you may have I feel like it is a common sense approach to some well known and widely accepted alternative medicine techniques that empowers the patient to help take control of their health without adding medication and thus increasing the risk for medication induced reactions or interactions I certainly believe alternative medicine can offer a viable alternative in conditions such as anxiety depression and hypertension While as Ms Christiansen points out these techniques may not take the place of your medication it is definitely an adjunct therapy which could prevent the need for additional medications in the future In my opinion it would be worthwhile to learn these simple techniques to see if they benefitted you and offered a natural alternative for treating an underlying medical condition you may have before simply adding another expensive medication which could result in unwanted negative side effects or other unforeseen medical complications Nathan Harper MS APRN CNP Board Certified Family Nurse Practitioner *Prevention The Ultimate Guide to Breast Cancer* Caren Goldman,Editors Of Prevention Magazine,Mary L. Gemignani,2013-10-01 We ve all heard the statistic 1 in 8 women will get a breast cancer diagnosis at some point in her lifetime But there s another just as relevant number that isn t as widely broadcast 76 percent of those women will be alive 10 years later This guide from America s most trusted health magazine helps women navigate treatment medical costs and lifestyle changes and emerge with their physical and

mental health intact Organized to take readers from diagnosis to survival and all the steps in between Prevention The Ultimate Guide to Breast Cancer offers relevant information in technical yet accessible language including Supplements and recipes that stimulate appetite ease treatment side effects promote recovery and help prevent a recurrence Complementary and alternative treatments and medicine that can be beneficial Real life advice from women with breast cancer on issues such as processing the emotions that accompany a diagnosis and what to expect as a cancer survivor This guide will help any woman who has been diagnosed feel organized informed hopeful reassured and focused on becoming well increasing her chances of landing in that healthy 76 percent **Teach Yourself Massage** Denise Whichello Brown,2004-08-30 A good massage does more than just relax a person Done right it can relieve stress sports injuries and even sexual dysfunction Teach Yourself Massage New Edition covers the history of massage and offers step by step methods complemented by informative diagrams Perfect for both the general reader and serious student it provides important insight into the relationship between mind and body along with the necessary skills for giving safe effective massages **Teach Yourself Beauty** Yvette Redmond,2007-02-01 Be the fairest of them all Peppered with insider tips from celebrities top models and fashion photographers Teach Yourself Beauty is your complete guide to looking gorgeous It takes a holistic approach offering tips on diet exercise skin care relaxation and lifelong body care And of course with the help of numerous full color illustrations and photos it shares everything about the artful use of cosmetics for all ages and every occasion **Teach Yourself Reiki** Sandi Leir Shuffrey,2000 Reiki a Japanese word that means universal life energy is a healing method based on balancing energies in the body through meditation and the laying on of hands As Reiki gains popularity and acceptance look to Teach Yourself Reiki for a comprehensive informative discussion of this complementary therapy This book describes the Reiki philosophy and techniques so readers can use it on themselves and others **Teach Yourself Heath and Beauty** Susan Kerr,1997

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 **Teach Yourself Reflexology** Chris Stormer,1996-11 Introduces both theory and practice of reflexology an effective method in maintaining health as well as in relieving symptoms of stress and disease **Subject Guide to Books in Print** ,1991 **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 **The Good Health Fact Book : a Complete Question-and-answer Guide to Getting Healthy and Staying Healthy** Reader's Digest Association (Canada),1992 **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:

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