

THE REFLEXOLOGY ALTERNATIVE MEDICINE

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Reflexology is a complementary therapy instead of an alternative therapy to other treatments which patient already has based on reflexology maps.

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What is Reflexology? - Center for Holistic Medicine

Reflexology is an ancient healing therapy based on the idea that every part of your body is connected through nerves to your hands, feet and ears. In.

Foot Reflexology: Pressure Points And Benefits Of Zone Therapy

The reflexologist Rosanna Bickerton on how reflexology can provide pain and anxiety Prince Charles makes plea on alternative medicine.

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They think of it as some type of new age, alternative type of either healing or personal improvement practice. Reflexology is an alternative medicine involving .

Modern Reflexology: Still As Bogus As Pre-Modern Reflexology - Science-Based Medicine

Reflexology is based on the idea that specific points on the hands and feet are connected to other specific parts of the body, and that a reflexology practitioner.

There are over a hundred different types of alternative medicine and the number is still growing. A few examples are: chiropractic, reflexology.

Related books: [Obstetrics/Gynecology: Highlights from the 29th Annual OB/GYN Update \(Audio-Digest Foundation Obstetrics/Gynecology Continuing Medical Education \(CME\). Book 59\)](#), [The Girl Next Door \(The DLish Saga Book 1\)](#), [Ausdruck von Frömmigkeit in der russischen Kultur - Religiöse Zeichen und ihre Legitimation \(German Edition\)](#), [Geschichtlicher Abriss zum Prägen von Metallmünzen: Beitrag zur Technikgeschichte \(4\) \(German Edition\)](#), [Fundamentals of Corrosion: Mechanisms, Causes, and Preventative Methods \(Corrosion Technology\)](#).

Reflexology is an alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion. Caret Health. OpenLearn works with other organisations by providing free courses and resources that support our mission of opening up educational opportunities to more people in more places. In this area, we will find the points corresponding to the sinuses, eyes, and Another mechanism suggested by reflexologists is that accumulations of calcium salts or uric acid in the feet relate to health problems. The therapist will mostly use their fingers, but sometimes other parts of the hands are used as . The Australian School of Reflexology and Relaxation has been rated as Australia

claimed explanation is that the pressure received in the feet may send signals that 'balance' the nervous system or release chemicals such as endorphins that reduce stress and pain.