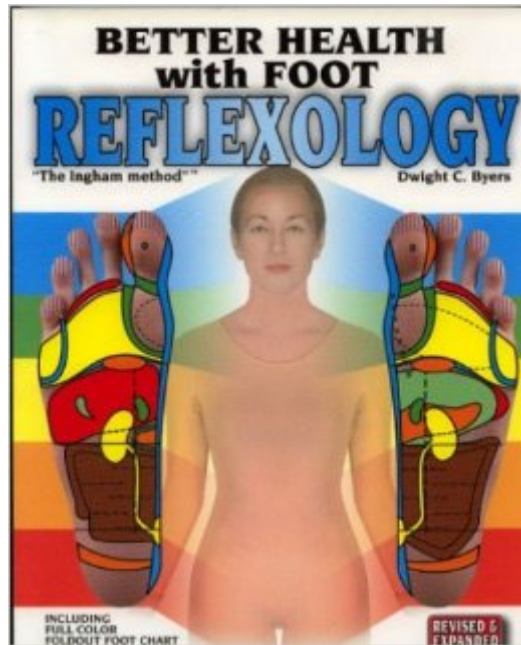


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# Better Health With Foot Reflexology



## Synopsis

Excellent training guide to conduct the Ingham Method of Foot Reflexology on yourself and others. This is a newly revised and expanded edition with large color photos, much more educational material and there have been more foot reflexology techniques added. This book is an amazing source for one to learn about the body's functions and how all of the organs and glands can be manipulated through reflexology on the feet. Better Health With Foot Reflexology is a best-seller in the alternative health care industry today.

## Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (43 customer reviews)

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## Customer Reviews

This book is absolutely the very best, and most scientifically thoughtful reflexology text I have ever read, or even browsed through. I wish that this book were used as text for the 18 hour course I completed at a nearby massage school; it is that good. Mr. Byers draws on his years of close, personal work with his Aunt Eunice Ingham (a practicing nurse), her notes, her correspondence; as well as, his own experience as a practicing reflexologist, scientist, teacher, and lecturer as material for this dynamic text. What makes this such an awesome book is that he not only covers time-proven, accurate methods of foot reflexology, but also anatomy & physiology which is such crucial knowledge for anyone interested in holistic medicine. I have not seen such adequate coverage of anatomy in any other volume, as it appears here. In addition, Mr. Byers takes an unobscure scientific approach, coupled with an easy reading, easy comprehending writing style, with plenty of clear illustrations which makes it a perfect for practitioner and layman alike. He leaves nothing to the

immagination. Though I have one copy already, I intend to purchase another for a backup -something I've never done with any other book. It is that good!!!!!!!Please, please, please buy this book, you won't be sorry!!!

This is THE book to buy on reflexology! There are a lot of other books and methods out there but this book is the original. Dwight Byers has perfected the art of reflexology, first developed by his aunt, Eunice Ingham. Not only is the information in the book presented in a clear, concise manner but it is the most accurate information on reflexology available. If you want to do reflexology either professionally or just on family and friends, this book contains what you need to be the best at what you do.

i have read many articles and books reflecting on reflexology...but this is for myself, one of the best references in which i have been thoroughly pleased with. the descriptions and the photos really illustrate and bring light to this wonderful therapy....i highly recommend this book...i think you will not be disappointed...its rich in details and very concise.

Foot reflexology is not massage, although it is complementary to massage and often performed by massage therapists. This book was written by Eunice Ingham's nephew in loving, respectful memory of his aunt who developed "The Ingham method" of Foot Reflexology. In the back of this book is a large full-color foldout foot chart showing the zones, guidelines and reflexes of the feet. The text makes sense of what might, at first, seem "a little out there" to those who do not understand reflexology. Once it explains how the feet have correlating reflex points to the various organs of the body, the book orients the reader to the various systems and organs of the body, gives clear direction to the areas of the feet and their relation to the body, and details how to perform the various techniques of foot reflexology. The book also demonstrates several relaxation techniques that feel wonderful on their own as well as serving to relax the client for treatment. There is no mystery or spiritual magic to this (other than the simple healing magic of touch), just completely reasonable medical explanations and clear descriptions with great photographs and drawings to further clarify. We used this book in a classroom setting, and I experienced surprising results after just one practice session with a classmate. You really need a willing partner on whom to practice, since you cannot hold your feet and perform complete reflexology on yourself (although you can modify some of the techniques for self-treatment). If you are interested in learning foot reflexology, this is an excellent guide. I will review it often as I practice to improve; and it does take

practice.

This is an excellent resource for those setting out to study reflexology. The text is easily understood, the pictures self-explanatory and a full size colour reflexology chart is included. It's a book that I will keep and refer to constantly.

This is really the only book on reflexology that you'll ever need. It is the definitive work of Eunice Ingham who developed reflexology as we know it today. The book is written by her nephew, who organized his aunt's work into the system that's called the Ingham Method. If you've ever taken a course in reflexology, that's what you probably learned. As a reflexologist for 8 years, I have many books on the topic. This one, however, is my #1 go-to book. There are tons of illustrations and diagrams, with easy-to-read explanations.

A must have for anyone interested in Reflexology! The perfect companion to Eunice D. Ingham's "Stories the Feet Can Tell Thru Reflexology".

This is a great read for both the beginner and experienced. I am a licensed massage therapist who has been practicing for two years. I love doing foot reflexology and find this book very detailed and informative. This will give anyone more confidence in what they are doing.

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