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## Book information

**Authors:** Bernard C. Kolster / Astrid Waskowiak

**Title:** Atlas der Reflexzonentherapie

#### Short text:

There is more and more focus on alternative therapy methods for the treatment of diseases and for the relief of discomfort and chronic suffering. In this context, reflexology is becoming increasingly trusted and used. The gentle healing method of reflex zone therapy is easy to learn, can be applied anywhere, and can bring relief for many complaints. It is ideally suited for self and partner treatment. This book is a competent guide and reference work in one. Comprehensive and descriptive, it introduces the interested reader to the theory of this ancient form of therapy. With numerous illustrations and step-by-step instructions, an easy-to-understand introduction to the practice of the various forms of massage is offered: foot reflexology, hand reflexology, ear reflexology, and head reflexology according to Yamamoto and Shiatsu.

**Categories:** Guide Health & Medical Science, Acupuncture/Naturopathic Treatment