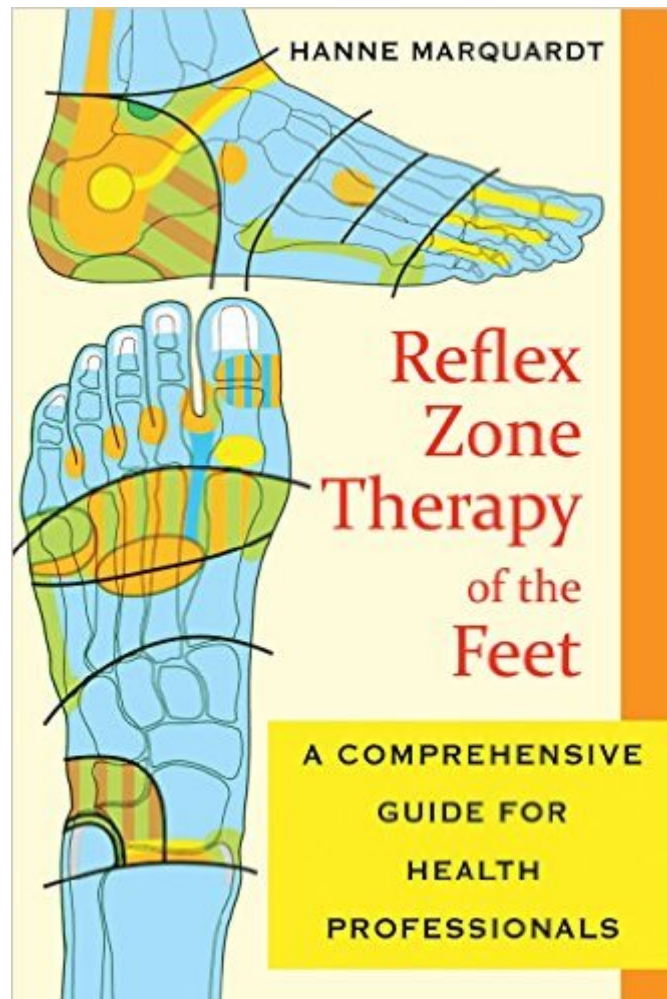


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# Reflex Zone Therapy Of The Feet: A Comprehensive Guide For Health Professionals



## Synopsis

The classic reflexology reference with new material and new illustrations • Includes an expanded list of ailments and treatments, new case studies, and new material on symptoms, new zone discoveries, massage techniques, detox reactions to treatment, and treating babies and children • New clear, easy-to-understand color illustrations • By the most well-known and experienced reflexologist in Europe today Based on Hanne Marquardt's early training with Eunice Ingham and her many years of practical experience as a therapist and teacher, this authoritative manual describes the reflex zones of the feet in detail. With full-color illustrated maps as well as explanations of how these zones relate to the internal organs, Marquardt's guide to treating many common ailments such as migraine, sciatica, and bronchitis both in others and oneself has stood the test of time. This revised edition contains completely new color illustrations throughout as well as new case studies and an expanded list of ailments and treatments. Marquardt also includes new information on symptoms, massage techniques, treating babies and children, and recent discoveries in reflexology such as the solar plexus zone. Offering new discussions of the relationship between the foot and the human form, why the feet are treated and not the hands, and recognizing the healing signs of detoxification reactions, this updated edition provides a solid foundation for those just delving in to reflexology as well as an enriched reference for bodywork professionals.

## Book Information

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## Customer Reviews

Published in 1983, and I have that original edition, Hanne Marquardt revised her book in 2011, now

available at . Hanne begins her preface "For almost fifty years, the feet have been the professional center of my life..." I bought her original book in 1983 when I was starting out as a Certified Reflexologist, after my basic training at the Doreen Bayly School in London. The book took me way beyond what I had learned. She showed so many more reflexes on the feet, beautifully illustrated with colored diagrams. Her detailed and informative text was more than I have encountered in any other book on Reflexology. I delight in reading and re-reading this book even though I have been a Reflexology practitioner and teacher for 35 years. Every serious Reflexologist should keep this book beside them and constantly consult it. It's the best!

Good book!

This book was okay compared to my other books on reflexology.

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