



Total Reflexology: The Reflex Points for Physical, Emotional, and Psychological Healing

Martine Faure-Alderson D.O.

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The first complete book of reflexology to incorporate acupuncture, naturopathy, homeopathy, and the chakra system

- Remaps the entire foot to fine-tune the pressure points
- Explains how to work with the emotional reactions that may be released when physical conditions are treated
- Full-color detailed diagrams provide precise illustrations of pressure points

In this groundbreaking work, Dr. Martine Faure-Alderson takes reflexology to a new level by integrating acupuncture, naturopathy, homeopathy, and other holistic healing modalities into the practice. From her background as a physician, she brings a scientific precision to using the foot as a map of the body and all of its systems. She then uses her training in alternative therapies to integrate the mental and psychological issues that may accompany physical conditions, providing the first complete holistic approach to using reflexology for physical, emotional, and mental health.

Total Reflexology presents each of the major body systems in turn--from the digestive system to the human energetic system--using 25 full-color newly mapped foot diagrams that provide precise indications of pressure points and their correspondences to all areas of the body. The author also includes her latest work using craniosacral therapy and the role of the cerebrospinal fluid in reflexology as well as how to integrate use of the chakra system. She shows how finely tuned reflexology stimulates the body's self-healing abilities, making this an indispensable resource for the layman and professional alike.

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