



Reflexology: An Introductory Guide to Foot Massage for Total Health

Inge Dougans

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Reflexology is a form of therapeutic foot massage based on the tried and tested theory that the human body has its own internal energy lines, or acupuncture meridians. In this clearly written introduction to the subject, Inge Dougans shows how to find and use the reflexology points and the associated meridians on the foot in order to restore the body to its state of natural balance, prevent ill health and assist relaxation. Learn how reflexology and the meridian theory work Follow the illustrated step-by-step reflexology techniques Use reflexology to balance the body's functions Improve the body's circulation and general health

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