Hand reflexology chart pdf

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- MENU - What is Reflexology? | Hand Reflexology | Foot Reflexology | Ear Reflexology Reflexology Charts | Manual Reflexology Charts | Foot Reflexology Sites | Ear Reflexology Charts (larger graphs found in the following sections) The overall purpose of 'reflex zone therapy' (a.g. reflexology) is to 'balance' the nervous system. Reflexologists often use an approach in which the body is divided into ten equal vertical regions: five regions on the right side of the body + five regions on the left side of the body (e.g. the first region corresponds with the thumb and toe on the hand). This vertical approach is parallel to the Chinese philosophy of meridians and medically so-called 'dermatomes' (= skin areas are mostly provided by a single spinal nerve); However, there is no direct link between 10 vertical reflex regions and 12 meridians, nor are these concepts directly related to the physical nervous system. This implies that hand reflexology and foot reflexology in general represent massage techniques that are quite similar to the reflex points and techniques used in acupuncture (and the philosophy behind acupuncture). The word reflexology is derived from the so-called 'reflex arc', which means an action is a neural pathway of reflex control. Officially, there are two types of reflex arc: 'autonomous reflex arc' (affecting internal organs) and 'somatic reflex arc' (affecting muscles); may be associated with the first type of reflexology. This implies that (hand) reflexology should not be associated with everyday uses of terms: 'reflex', 'hand reflex' and 'primitive reflexes'. Unfortunately, there is no consensus among hand reflexology on exactly how reflexology will work. For example: in many hand reflexology charts, the heart is located on the radial side of the hand card (sometimes associated with the thumb 2 orx) - which represents the opposite of the principle described by the meridian philosophy. Some reflexology experts even claim that reflexology maps represent only approximate regions and can vary from person to person. Specialists in hand reflexology often work with graphs that suggest a model for various internal organs and body parts in the same way. However, most individual reflexology hand charts show some significant differences over other charts. Many reflexology manual graphics are available on the internet; Graphics are available in a variety of formats and many printable reflexology manual graphics are available. However, for people who are not familiar with the basics of hand reflexology you can get confused with the fact that many hand maps display unique features - often reflecting the personal appearance of the hand map designer. The authors dispute the representative places in hand, so you can get associated with the eye and heart aspects belong to the main elements of disagreements in hand reflexology. In general, in most charts, eyes are associated with one or more part of the index finger and/or middle finger. In some Western hand reflexology charts, the eyes are on the 2nd side of the index finger. But korean 'Koryo hand therapy' charts are placed at the middle fingertip of the eyes (see chart 3). The basics of hand reflexology are explained and discussed in the departmental hand reflexology. CAUTION: In the same way principles (+ disputes) are found for the feet of foot reflexology, and for ear reflexologicalulak! Hand Reflexology Books | Hand Reflexology Research Hand Reading Charts Acupressure Points in Hand/Foot Reflexology Chart: What are the main differences between Hand Reflexology Systems? How come various graphics offer different locations for body parts? This question is quite difficult to answer because it is often a mystery how experts develop reflexology models. A hand reflexology often claims that hand reflexology represents a system of reflex areas that reflect an image of the body in regions and hands, with the premise that hand reflexology affects a physical change to the body. Hand/foot reflexology chart: discover the best acupressure points in various hand charts. The following high-resolution examples represent various reflexology hand cards. Reflexology hand chart 1 - Western chart: A striking feature of this Western hand chart relates to assocation for the fingertips with the top of the head! (Includes upper head: brain, sinus, ears and eyes) CAUTION: The eyes are more radial than the ears, which makes sense in the following perspective: radial side = inner world, ulnar side = outside world). Source: Dominic Blackmore Reflexology hand chart 2 - Aculife chart (Aculife Book): This Aculife chart relates to a stricking characteristic complexity, especially involving the heart: the heart gets associated with 5 regions of the hand, on the side of the inner palm: twice the quadgon (1) between the heart and the thumb + (2) under the index finger, (3) thenar region (venus mounted), (4) the distal dectal pink finger; And on the back side: (5) the radial side of the pinky finger distal dard is associated with the heart meridian. Source: AcuLife Book Reflexology hand chart 3 - Indian chart (= acupressure therapy): A stricking feature of this India chart relates to association for the heart with the palmar region left under the pinky finger, where the heart meridian and the heart line cross each other; Just like the CMax Acupalm chart & Breo iPalm520 chart, both are displayed in the tips section below! (CAUTION: As with the first chart, the eyes are more radial than the ears and here is the eyes associated with the palmar region under the index- and middle finger, and ears with palmar region under the ring- and pinky finger - which again makes sense in the following perspective: radial side = inner world, ulnar side = outside world) Source: Divya acupressure therapy Reflexology hand chart 4 - Korean graphic: Koryo Hand Therapy (KHT systems): A striking feature of the Korean hand chart concerns the fact that the spine is located on the dorsal center axis of the hand (in the other 3 charts the spine is located on the radial side of the thumb). Source: Koryo Hand Therapy TIPS: More tips and guidelines for hand reflexology charts! Source: C| Max AcuPalm Source: Breo iPalm520 Hand Massage Reflexology is a fascinating application found in some massage technologies like C | Max AcuPalm and iPalm520 Hand Massage (see video on the right): both products featured with a unique hand reflexology chart - see charts above! Did you know that shiatsu terms for hand reflex therapy, hand acupressure, hand massage, hand and palm therapy represent synonyms for hand reflexology? A variety of options are available if you want to attend hand reflexology home study courses or classes. And if you are interested in a distance education course - then you can consult one of the better known reflexology centres - you may also want to consult a specialist in your area to experience the benefits of reflexology yourself! Tip: Combining acupressure with hand reflexology points aromatherapy (or any other additional relaxation massage therapy) will likely add additional value to your well-being and pleasure or customer! - MORE FEATURES/LINKS FOR HANDS - DISCOVER MORE GRAPHICS FOR FEET AND EARS - Foot graphics | EAR graphics HANDS REFLEXOLOGY GRAPHIES - Reflexology used for reflex zone therapy known as - Hand Reflexology | Reflexology News | Reflexology Websites Foot reflexology chart descriptionFoot and Hand reflexology graphic descriptionEel reflexology graphic whiteFoot and Hand reflexology chartFoot reflexology chartFoot reflexology chartFoot reflexology chartFoot reflexology chartFoot and Hand reflexology chartPictures only reflexology chartReflexology Spine Spine Reflexology Plantar Sole Sole Profile Reflexology ChartEar reflexology german description whiteFoot reflexology chart german descriptionDesignDil Reflexology ChartFoot Reflexology Chart Black German DescriptionHandreflexology chartFoot massageHalloween Offer:Foot Reflexology Chart OutlineTeeth Reflexology Analogue Chart GermanHand reflexology chart descriptionFOOT CHART REFLEXOLOGY OR INFO GRAPHICTEETH Reflexology Chart DescriptionAcupuncture points Reflex areas of the feet. 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