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Hand reflexology chart

- MENU - What is reflexology? | Hand reflexology | Reflexology of the feet | Reflexology of Auture Reflexes Graphs | Manual Reflexology Charts | Foot reflexology diagrams | Ear Reflexology Charts (Larger graphs are available in the sections below) The general purpose of reflexology zone therapy (or, or also reflexology) is to balance the nervous system. Reflexologists usually use an approach where the body is divided into ten identical vertical zones: five zones on the right side of the body + five zones on the left side of the body (for example, the first zone corresponds to the thumb in the hand and the thumb in the leg). This vertical approach goes in parallel with the Chinese philosophy of meridians & medical so-called dermatomas (= areas of the skin that are supplied mainly by one spinal nerve); However, there is no direct connection between 10 vertical reflex zones and 12 meridians, nor do these concepts directly related to the physical nervous system. This means that generally manual reflexology & reflexology of the feet can be recognized as massage techniques that are very similar to the reflex points & techniques used in acupressure (and the philosophy of acupuncture). The word reflexology is derived from the so-called reflex arc, which refers to the nerve pathway that controls the action reflex. Formally, there are two types of reflex arc: the autonomic reflex arc (affecting the internal organs) and the somatic reflex arc (affecting the muscles); Reflexology can be associated with the first type. This means that (hand) reflexology should not be associated with the occasional use of terms: 'reflex', 'hand reflex' and 'primitive reflexes'. Unfortunately, there is no consensus among manual reflexologists on exactly how reflexology should work. For example: in many hand-held reflex charts, the heart is located on the radial side of the hand card (sometimes associated with the second phalanx of the thumb) - which represents the opposite of the principle described by meridian philosophy. Some reflexologists even claim that the zones in reflex maps represent only approximate and can vary from person to person. Experts in hand reflexology generally work with graphs that suggest a kind of model for different internal organs and parts of the body. However, most individual reflexology manual charts show some significant differences compared to other charts. Many reflexology manual charts are available on the Internet. Graphs are presented in different formats, and many printable reflexology manual charts are available. However, for people who are not familiar with the basics of hand reflexology can get confused by the fact that many handmaps display unique features – which often reflect a personal view of a handheld map designer. The authors question the representative places in the hand that can be associated with the eyes and heart, so aspects are among the key elements of disagreement in hand reflexology. In general, in most charts, the eyes are connected to one or more parts of the index finger and/or middle finger. In some Western hand reflexology charts the eyes are associated with the second phalanx of the index finger (see Chart 1) or middle finger (see Chart 2). But in Korean 'Koryo manual therapy' charts the eyes are placed at the tip of the middle finger (see Chart 3). The basics of hand reflexology are described & discussed inside the manual reflexology section. WARNING: similarly, principles (+ spores) are found for the legs in the reflexology of the legs and for the ears in the reflexology of the ears! Manual Reflexology Books | Manual reflexology Research manual reading charts acupressure points in hand / foot reflexology chart: what are the main differences between manual reflexology charts? How is it that different charts represent different places for parts of the body? It is quite difficult to answer this question, because usually it is a bit of a mystery how experts have developed their reflective models. A manual reflexologist usually claims that hand reflexology represents a system of zones and reflex areas that reflect the image of the body on the hands, with the assumption that hand reflexology affects the physical change of the body. Hand/Foot Reflexology Chart: Discover the best acupressure points in different hand charts. The high-resolution examples below represent different reflective hand cards. Reflexology Manual Graph 1 - Western Graph: The striking characteristic of this Western hand chart refers to the association for the fingertips with the top of the head! (The upper part of the head contains: brain, sinus, ears and eyes) WARNING: the eyes are located more radial than the ears, which makes sense in the following perspective: radial side = inner world, ulnar side = outer world). Source: Dominic Blackmore Reflexology Manual Graph 2 - Aculife Chart (Aculife Book): The striking characteristic of this Aculife chart relates to complexity, in particular involving the heart: The heart is connected to 5 zones of the hand, on the inside of the palm: twice in the rectangle (1) between the line of the heart and head + (2) under the index finger, (3) thenar zone (Mount Venus), (4) the distal phalanx of the little finger; and on the dorsal side: (5) the radial side of the distal phalanx in the little finger is associated with cardiac meridian. Source: AcuLife Book Reflexology Hand Chart 3 - Indian Graph (= Acupressure Therapy): the striking characteristic of this India chart refers to associations for the heart with the left palmar zone under the finger finger, where the heart meridian & heart line cross each other; as in the CMax Acupalm & Breo iPalm520 chart, both are shown in the tips section below! (WARNING: As in the first graph, the eyes are placed more radial than the ears, with that here the eyes are connected to the palmar zone under the index finger and middle finger, and the ears with the palmar zone under the ring and the little finger - which again makes sense in the following perspective: radial side = inner world, ulnar side = outer world) Source: Divya Acupressure Therapy Reflexology Hand Graph 4 - Korean Graph: Koryo Manual Therapy (KHT Systems): The striking characteristic of the Korean hand chart refers to the fact that the spine is located in the dorsal central axis of the hand (in the other 3 charts of the spine located on the radial side of the thumb). Source: Koryo Manual Therapy TIPS: More Tips & Guidelines for Manual Reflexology Charts! Source: C | Max AcuPalm Source: Breo iPalm520 Hand Massager Fascinating application of reflexology found in some massage technologies such as C | Max AcuPalm and iPalm520 Hand Massager (see video on the right): both products are equipped with a unique reflective hand table - see charts above! Did you know that the concepts of manual reflexology, hand acupressure, hand massage, shiatsu for hands & palm therapy are synonymous terms for hand reflexology? Various options are available if you are interested in participating in manual reflexology home study courses or classes. And if you are interested in a distance learning course - then you can consult one of the most famous reflex centers - you can also contact a specialist in your region to experience the benefits of reflexology yourself! TIP: Combining hand reflexology acupressure points with aromatherapy (or some other relaxing massage therapy) is likely to add extra value to cool and pleasure or your client! - MORE CHARTS / MAPS FOR HANDS - EXPLORE MORE CHARTS FOR FEET AND EARS - Foot charts | Hands REFLEXOLOGY CHARTS - Reflexology used to be known as reflexology zone therapy - Manual reflexologists | Reflexology News | Reflexology chart description whiteFoot Reflexology Chart OutlineHand reflexology chart planter Single profile FeetReturn column Reflexology ChartFoot reflexology graph German descriptionEar reflexology German description whiteOrnamental footprint for your designFoot Reflexology ChartBlack German DescriptionTongue Reflexology ChartHand reflexology chartFoot massageFOOT MASSAGEFOOT MONTAG REFLEXOLOGY REFLEXOLOGY Analogies Analogy Analogy Chart GermanTeeth Reflexology Chart DescriptionAcupuncture points on your feet. Reflex zones on the legs. 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