

Contents at a Glance

<i>Introduction</i>	1
<i>Part I: Touching on the Basics of Acupressure and Reflexology</i>	7
Chapter 1: Acupressure and Reflexology Essentials	9
Chapter 2: Healing Yourself or a Loved One	25
Chapter 3: The Terrain: Bones, Muscles, Meridians, and Reflex Zones	45
Chapter 4: Technique: The Healing Touch	73
Chapter 5: Professional Help Wanted?	93
<i>Part II: Promoting Emotional and Physical Wellness....</i>	105
Chapter 6: Maintaining Good Health	107
Chapter 7: Balancing Emotions for Well-Being	117
Chapter 8: Treating Emotional Upset	131
<i>Part III: Where Does It Hurt? Treating Common Aches and Ailments</i>	153
Chapter 9: Putting Your Best Foot Forward	155
Chapter 10: Healing the Leg and Hip Regions	167
Chapter 11: Relieving Backaches	181
Chapter 12: Relief for Hurting Heads (And Pains in the Neck)	191
Chapter 13: Lending a Hand (And Arm and Shoulder, Too!)	209
Chapter 14: Time for a Gut Check	223
Chapter 15: Chest-Related Care and Considerations	233
<i>Part IV: Addressing Specific Needs and Concerns</i>	247
Chapter 16: Age-Related Treatments	249
Chapter 17: Especially for Women	269
Chapter 18: Fighting Colds, Preventing Illness, and Relieving Some Chronic Conditions	291

<i>Part V: The Part of Tens</i>	305
Chapter 19: Ten Myths and Misconceptions About Acupressure and Reflexology	307
Chapter 20: Ten Ways Acupressure and Reflexology Can Enrich Your Life.....	311
<i>Appendix: Resources</i>	315
<i>Index</i>	323

Table of Contents

.....
Introduction..... 1

*Part 1: Touching on the Basics of
Acupressure and Reflexology*..... 7

Chapter 1: Acupressure and Reflexology Essentials 9

Acupressure and Reflexology Defined.....10
 Acupressure10
 Reflexology.....11
Digging Deeper into Origins and Philosophy11
 The origins of acupressure and reflexology.....11
 How and why they work12
Determining Preference: It's Up to You13
Fundamental Principles of Acupressure and Reflexology13
 Your body as an energy system: An Eastern approach
 to healing14
 The importance of qi15
 Yin and yang: Forces of health.....19
 The Tao of change20
Personalizing the Benefits and Cautions.....21
 What acupressure and reflexology can do for you21
 What injuries and ailments you need to avoid23
Supplementing and Complementing Acupressure and Reflexology.....24

Chapter 2: Healing Yourself or a Loved One 25

Giving Yourself — or Others — a Healing Hand: The Basics.....25
 Benefits and drawbacks26
 When and where to get or provide a healing session.....27
 Reaching those difficult places.....27
 Pain as part of healing28
Preparing Yourself to Give a Healing Session30
 Achieving presence30
 Staying fit32
 Having supplies on hand35
Preparing Yourself to Receive a Healing Session36
 The art of being touched.....37
 Letting your joints be moved.....38
 Receiving pressure38

Experiencing Qi Flow	39
What you may feel when receiving a session	39
What you may feel when giving a session	42
After the Healing Session	44
Chapter 3: The Terrain: Bones, Muscles, Meridians, and Reflex Zones	45
Handling Anatomy Fundamentals	45
Bones: Landmarks in the bodyscape	46
Soft tissue: Identifying through feel	53
Meridians: Channeling the Rivers of Life	58
Understanding meridians and how they work	58
Pairing meridians into yin and yang: The perfect balance	62
Spotting acupoints along the meridians	65
Charting Your Way through an Acupressure Session	66
Focusing on the Hands and Feet: Reflexology	68
Differentiating reflexology from acupressure	69
Understanding reflex zones	69
Chapter 4: Technique: The Healing Touch	73
Finding What You're Feeling For	73
Feeling normal, full, and empty points	74
Moving to the extremities: Focusing on reflex points	76
Detecting energy imbalance (and balance)	76
Walking through the Three Steps of a Healing Plan	77
Evaluation	78
Stretches and warm-ups	79
Applying correct pressure	81
Preparing for the Session and Ending It Successfully	90
Chapter 5: Professional Help Wanted?	93
Knowing When to Call in the Pros	93
Perusing Your Options	94
Looking in All the Right Places	95
Separating the Quacks from the Pros	95
Being knowledgeable and inquisitive about licensing and certification	96
Doing some background research	96
Getting to know your prospective practitioners	97
Preparing for Your First Visit	98
Your First Appointment	99
The initial examination	99
Discussing your goals and creating a healing plan	101
Finally, the healing session	103

Part II: Promoting Emotional and Physical Wellness 105

Chapter 6: Maintaining Good Health107

The Importance of Regular Maintenance (And How Healing Plans Can Help)	107
Nurturing emotional strength and stability	108
Boosting self-awareness	109
Preventative Treatments to Reduce Future Concerns	109
Relieving stress, tension, and fatigue	110
Reflexology routine for total wellness	115

Chapter 7: Balancing Emotions for Well-Being117

Emotions Happen in the Body	117
Emotions and Meridians	119
How Your Thinking Affects Your Qi	120
The Transformational Power of Acupressure and Reflexology	121
Balancing Points for Emotional Well-Being	122
Acupressure routine	123
Reflexology routine	128

Chapter 8: Treating Emotional Upset131

Stress: The Good, the Bad, and the Consuming	131
Stress-free pressure points in the head, neck, and shoulders	132
Face points for letting go	138
Reflexology to the stress rescue	141
Getting Hold of Worry and Anxiety	143
Acupoints for mental relaxation	143
Anxiety-reducing pressure points	145
Worry-free reflexology	147
Don't Let Depression Keep You Down	148
Uplifting acupressure	149
Easing the blues with reflexology	151

Part III: Where Does It Hurt? Treating Common Aches and Ailments..... 153

Chapter 9: Putting Your Best Foot Forward155

Identifying the Culprit	156
Recognizing common causes of pain	156
Finding a mysterious source of pain	158
Relieving Pain in Your Kickers	159
Ankles and feet: Pressure on the acupoints for fast relief	159
Reflexology: Rotate, roll, and rub away!	164

Chapter 10: Healing the Leg and Hip Regions	167
Common Leg Ailments.....	167
Addressing the Source of Pain.....	169
Healing Routines for the Knees, Hips, and Legs.....	171
Getting a leg up with acupressure.....	172
Dancing to the beat of a different reflexology routine.....	178
Chapter 11: Relieving Backaches	181
Understanding the Origins of Back Pain	181
Treating Your Aching Back.....	183
Acupressure routine to relieve back tension and pain.....	187
Reflexology for back stress and pain.....	189
Chapter 12: Relief for Hurting Heads (And Pains in the Neck)	191
Going Whole Head: Treating the Entire Extremity.....	192
Differentiating between types of headaches.....	192
Understanding the cause of neck pain	194
Finding relief in the head and neck region:	
It's all in the yang points.....	194
Relief for Eyestrain.....	201
Toning Down Tinnitus and Other Ear Problems	202
Getting Cheeky and Chomping on Jaw Pain	205
Reflexology for the Head, Face, and Neck.....	207
Chapter 13: Lending a Hand (And Arm and Shoulder, Too!)	209
Shouldering the Burden	210
Tennis Elbow, Anyone?.....	213
Help for Your Wrists and Hands.....	216
Opening the tunnel in your carpal (and other wrist	
and hand issues).....	217
Silencing the click of a trigger finger	219
Reflexology to the Rescue for Shoulders, Elbows, and Hands.....	221
Chapter 14: Time for a Gut Check	223
How Bodywork Techniques Can Ease Symptoms of Poor Digestion.....	224
Settling Digestive Disturbances with Acupressure.....	224
Reflexology for Healthy Digestion.....	229
Chapter 15: Chest-Related Care and Considerations	233
What Causes Heart and Lung Problems	
(And How Bodywork Can Help).....	234
When the blood pump gets weak.....	234
When air won't flow free.....	235
A Healing Session to Keep Your Ticker Tockin'.....	236
A Healing Session to Open Your Airways.....	240
Reflexology: Massaging the Heart and Lungs Through the Feet.....	244

Part IV: Addressing Specific Needs and Concerns247

Chapter 16: Age-Related Treatments249

Just for Kids249
 Infants and toddlers250
 Older kids254
 Reflexology for youngsters of all ages257
 Midlife Issues259
 For Seniors262
 Moving qi through your body262
 Improving memory and mental function with acupressure265
 Reflexology for Teens and Adults267

Chapter 17: Especially for Women269

Curtailing Menstrual Pain and PMS269
 Dulling Pregnancy and Post-Pregnancy Aches and Pains274
 Acupressure to ease pregnancy woes274
 Relief on your labor day279
 Just for new moms281
 Squelching the Fires of Menopause285
 Reflexology for Overall Women’s Health287

Chapter 18: Fighting Colds, Preventing Illness, and Relieving Some Chronic Conditions291

Boosting Your Immune System with Qi291
 Ousting the Common Cold, Flu, and Fever295
 Flushing Out Toxins297
 Combating Chronic Fatigue299
 Immune Stimulation and Detox with Reflexology301

Part V: The Part of Tens305

Chapter 19: Ten Myths and Misconceptions About Acupressure and Reflexology307

Acupressure Involves Needles307
 Acupressure and Reflexology Are Crazy, Short-Lived Fads307
 The Healing Arts Are Connected to Black Magic and Other Spiritual Stuff308
 Healing Requires Special Powers or Complicated Training308
 Healing Techniques Require Lots of Time308
 The Healing Arts Are a Substitute for Conventional Care309
 The Healing Arts Are Dangerous for Certain People309
 Acupressure and Reflexology Techniques Are Painful309
 Acupressure and Reflexology Are Fancy Names for Garden-Variety Massages310
 Energy Is Transferable310

Chapter 20: Ten Ways Acupressure and Reflexology Can Enrich Your Life	311
You're More Relaxed	311
You Lessen the Effects of Stress	312
Your Life is More Balanced	312
You're More in Tune with Your Body	312
You're in Less Pain	312
You Enjoy Better Relationships	313
You Have More Energy	313
You Heal Faster	313
You Have More Self-Confidence	314
You Nurture Yourself	314
 Appendix: Resources	 315
 Index	 323