


The Complete Guide to Foot Reflexology


By Barbara Kunz, Kevin Kunz



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The Complete Guide to Foot Reflexology (Original) Best selling classic text for learning reflexology. It revolutionized the way reflexology was taught and learned when it was first published in 1980, launching an industry. The Complete Guide to Foot Reflexology provided the first illustrated how-to instructions for the American natural alternative practice of reflexology. The classic is once again available as a reference work or teaching tool for reflexology. It includes learning tools for reflexology's: history, theory, charts, how to do techniques, follow-along step-by-step instructions for how to provide a session, and patterns of technique application for specific health concerns.

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Editorial Review

Review

It is a book every student would find helpful. The drawings are clear and helpful. -- *Scottish Institute of Reflexology, October 2005*

From the Publisher

Publisher's comments

The Complete Guide to Foot Reflexology (Third Edition) by Barbara & Kevin Kunz What's New in the Third Edition The Third Edition provides up-dated information to enhance a reflexologist's basic skills as needed to meet the current demands on the profession as a whole. • As the more and more reflexologists provide services for insurance reimbursement or within the medical community, responsibilities increase. Documentation of one's work is needed for insurance paperwork and/or communication with medical personnel. The addition of pages 129 - 131 adds the SOAPP formula, a basic form used within insurance and medical communities. Chapter 9 adds to this goal. • As reflexologists continue to professionalize, sharing and presenting case studies . Presented here is how-to document one's work including describing and photographing observations. • Knowledge of reflexology research provides credibility to the reflexologist. The reflexologist, thus, presents a more professional image to both clientele and medical professionals. The reflexology research chapter is new. • Among basic skills is communication with clientele. The addition of Chapter IX, "The Complete Reflexologist," provides examples of presentations to clientele.

Chapter I, The Theory of Reflexology The impact of research on the role of the reflexologist is noted.

Chapter III, Assessment Newly added black and white photos provide examples of the assessments of individuals' feet.

Chapter IV, Session Newly added black and white photos provide examples of stress history and individuals' feet.

The S. O. A. P. P. Formula has been added to familiarize the student with a standard format of the medical community. S. O. A. P. P. is the abbreviation for: Subjective / Objective / Assessment / Plan / Prevention. The S. O. A. P. P. Formula conveys information gathered from the client as well as the reflexologist's observation, assessment and plan for future sessions.

Chapter V. You the Professional This chapter has been up-dated: HIPAA (Federal privacy requirements), hand washing procedures, insurance reimbursement, and the business of reflexology.

Chapter VI. Reflexology Research In this new chapter, basic vocabulary words and reflexology studies are presented. The goal is to provide this information as well as to demonstrate to the student how to communicate research when interacting with a client.

Chapter VIII. Directory of Protocols In this new edition, the discussion of stress related disorders mirrors use of such information in the medial community: the use of "protocol" and the grouping of stress related disorders by system of the body. mirror expanded (now more than eighty). They are grouped by system of the body to demonstrate the commonalities of reflex area selection within a system and the differences in selection. They are discussed as "protocols to mirror language used in the medical community. Within the

medical community, a protocol is seen as the procedure applied in response to the situation. Here protocols note reflex area selection for technique application. The choice is one of reflex areas reflecting body parts that best impact the cause of the stress related disorder.. An expanded selection of stress related disorder (more than eighty) is detailed.

Chapter IX The Complete Reflexologist "The Complete Reflexologist" is a new chapter with full color photographs. The photographs of real people and real feet provide examples for communicating with clientele as well as documenting work. The goal enhance a reflexologist's interactions and, thus, professionalism.

Documentation to facilitate communication with fellow professionals and other medical professionals.

From the Author

This book is not only revolutionary it is also an evolution of thought. It is revolutionary because it takes what was once an oral tradition and makes it into field of study.

It also has a fully evolved system of foot assessment that has had a major impact on the thinking of not only reflexologists but other professionals as well. It anchors reflexology thought in a way that will have impact for years to come.

Users Review

From reader reviews:

Debbie Jones:

The book The Complete Guide to Foot Reflexology make you feel enjoy for your spare time. You should use to make your capable far more increase. Book can for being your best friend when you getting anxiety or having big problem along with your subject. If you can make reading a book The Complete Guide to Foot Reflexology to become your habit, you can get considerably more advantages, like add your personal capable, increase your knowledge about some or all subjects. You could know everything if you like start and read a publication The Complete Guide to Foot Reflexology. Kinds of book are a lot of. It means that, science e-book or encyclopedia or some others. So , how do you think about this publication?

Albert Jones:

In this 21st millennium, people become competitive in each way. By being competitive right now, people have do something to make these individuals survives, being in the middle of the actual crowded place and notice through surrounding. One thing that often many people have underestimated the item for a while is reading. Sure, by reading a reserve your ability to survive boost then having chance to stand up than other is high. For yourself who want to start reading a book, we give you this The Complete Guide to Foot Reflexology book as nice and daily reading e-book. Why, because this book is usually more than just a book.

Jeffrey David:

Spent a free a chance to be fun activity to do! A lot of people spent their down time with their family, or their very own friends. Usually they accomplishing activity like watching television, about to beach, or picnic

from the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to try look for book, may be the reserve untitled The Complete Guide to Foot Reflexology can be very good book to read. May be it is usually best activity to you.

Donald Shelton:

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