



# Pocket Handbook of Body Reflex Zones Illustrated in Color

*Zhaiwei Liu Naigang, Guo Changqing Guoyan*

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Based on a holistic approach to the body, reflex zone therapy is an energy medicine understood through meridian and reflex theory. This concise handbook presents the key principles of this ancient system.

Covering everything from cranial, facial and auricular zones to hand, feet, wrist and ankle points, the book provides practical and accessible information on the locations and indications of the reflex zones.

Extensively illustrated with photographs that clearly display the reflex points, the book helps readers to learn and remember the basic applications. It is the perfect quick reference for the methods and techniques of this therapy.

Compiled by professors of the School of Acupuncture and Massage of Beijing University of Traditional Chinese Medicine, this is an authoritative handbook that will be of interest to teachers and students of Chinese medicine as well as clinical practitioners.

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