



## Reflexotherapy of the Feet

Author : Marquardt

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### Description

Foot reflexology is now widely used to relieve symptoms of many disorders. Hanne Marquardt is a pioneer in teaching and practicing foot reflexology in Germany - many of today's practicing foot reflexologists were trained at her well-established teaching institution. This book, based on the best-selling fourth German edition, has been constantly reviewed and updated by the author, incorporating new findings and strategies as they evolved.

In many hand-drawn illustrations of the microsystem of the feet, the book introduces the principles and the practice of foot reflexology. It covers - the complete topography of zones - general treatment examples - specific applications and strategies on treatment combinations the book profits from the author's personal style and lengthy teaching experience.