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Reflexology is basically a study of how one part of the human body relates to another part of the body. Reflexology practitioners rely on the reflexes map of the feet and hands to all the internal organs and other human body parts.

Revisiting reflexology: Concept, evidence, current

The Reflexology maps are based on the concept that the ear, foot, or hand are connected to all the other parts of the body through the nervous system or "energy" system and thus become a reflection or snapshot of the entire body. Interestingly, Dr. Nogier put forth the concept that the ear can be mapped by comparing to a baby curled into the fetal position.

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Ear reflexology is not as well-known as foot or hand reflexology, but it is just as effective for relieving stress and pain. Application of ear reflexology is fast and easy. It is ideal to use when other health conditions make the more traditional reflex therapies unsuitable because of cuts, scrapes or other more serious injuries.

Where are Reflexology EAR POINTS and How to be used.

Reflexology is a safe and gentle therapy that uses pressure points to combat stress, boost the immune system, and stimulate the natural healing process.

Reflexology (Idiot's Guides): Bill Flocco: 9781615646548

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Barefoot is the most common term for the state of not wearing any footwear.. Wearing footwear is an exclusively human characteristic, however some animals held by humans are also issued with footwear, such as horses and, more rarely dogs and cats.

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