

Vtct Exam Papers Reflexology

Includes a history of aromatherapy along with information on the principles of plant identification, methods of extracting oils, and aromatherapy massage techniques.

The Essential Guide to Holistic and Complementary Therapy is the most comprehensive text currently available, designed to meet the demands of teachers and the wider industry for a book that addresses both the core subjects of holistic and complementary therapy and individual topics such as reiki and colour therapy. This book provides the ideal introduction for anyone studying one or more modules in any of the holistic and complementary therapies. It is also suitable for anyone with a general interest in holistic and complementary therapies. This inspirational text covers aromatherapy, Indian head massage, reflexology and body massage in accordance with the VTCT Holistic and Complementary Diplomas and the City & Guilds Progression Awards courses. It offers equal coverage of other popular therapies including reiki, crystal therapy, colour therapy, thermal auricular therapy, stress management, holistic facial and hot stone therapy. Foundation knowledge for all therapists in the areas of anatomy and physiology, chemistry, health and safety and client consultation is also included.

Written in a clear, no-nonsense style, this is the ideal textbook for students of reflexology up to levels 2 and 3. Designed for use both in the classroom and as a home study resource, it provides all the information necessary to meet or exceed the curriculum requirements of all the major awarding bodies. Its benefits include: i meets the current National Occupational Standards for reflexology; i meets the standards required by all the main awarding bodies; i suitable for levels 2 and 3; i outlines each body system, explaining how, when, and why to work the reflexes; i includes chapters on hand reflexology and meridian therapy; i comprehensive pathology of all body systems; i detailed and accurate anatomical drawings; i revision and multiple choice questions for each chapter; i study outline at the end of each chapter; i case studies; i covers current theories and philosophies; i explores other complementary therapies. This book is the perfect complement to Ruth Hull's companion text, The Complete Guide to Reflexology Workbook, which guides students through a series of self-revision notes, exercises and mock exam papers all designed to encourage revision, understanding and confidence in practising reflexology.

In Oncology Massage - an integrative approach to cancer care the authors have created a textbook which will provide both experienced and inexperienced therapists with a resource to expand their knowledge and understanding of working with people with cancer. Cancer occurrence and survivorship are now so common that every massage therapist will at some time work with clients who have been through cancer treatment. The short and long-term effects of biomedical cancer treatment require massage therapy adaptations to pressure, site, position and duration to provide safe and effective treatments. Informed massage therapists can support the body to promote overall wellness as well as identify the underlying secondary effects of cancer treatment that contribute to physical dysfunction. Oncology Massage: An Integrative Approach to Cancer Care provides massage therapists with essential information for: Treatment planning based on the physiology of cancer and cancer treatments Critical, thoughtful treatment decision making Consideration of the psychosocial effects of cancer Enhancing therapist self-awareness and building a therapeutic relationship. The information is presented in a clear and simple format with plentiful use of illustrations and information boxes which allows it to be used both as a learning tool for those new to the field of oncology massage and as a resource for quick referral when working with new patients. The techniques of massage therapy change very little; it is the knowledge and understanding of their use that distinguishes a massage therapist. Oncology Massage is unusual in that it includes contributions not only from a range of experienced practitioners but also from people with cancer who have received massage during and after cancer treatment. This feedback from clients provides an invaluable addition to the understanding of how massage can be used as a safe and effective part of cancer care.

A Practitioners Guide to Natural and Assisted Conception

The HEARTS Process

VortexHealing® Divine Energy Healing

Let Go of the Past, Free Yourself From Self-Sabotage and Attract the Life You Deserve

The Definitive Guide to Pressure Point Healing

An Introductory Guide to Reflexology

Reproductive reflexology is a minefield for practitioners with much conflicting advice being given in terms of what we can and cannot do. Many practitioners choose not to work with clients who are having difficulties conceiving or who are undertaking IVF etc as, either they feel too inexperienced or feel it is too complex for them and are not sure when and how to treat. The book provides a step-by-step guide, providing practitioners with a structured format on how to gain the information they will need from their clients, how to interpret that information, how to plan treatment and what techniques they will need to use.

This book is an essential resource for anyone training in the art of Indian Head Massage. This text contains over 50 photographs commissioned especially to illustrate every massage move making the routine easy to follow. Self-test questions are included for exam preparation and portfolio building. In-depth coverage of chakras and auras is also included.

Reflexology Lymph Drainage in its entirety. Learn from Sally's personal journey of inspiration to innovation, from the ancient art of reflexology to the research & development of RLD, a modern evidence-based method of reflexology. A groundbreaking step change tool for the reflexology tool box!

On the field, post-event, or in the clinic, Sports Massage is the essential resource for developing and perfecting your sports massage technique! Sports Massage provides an in-depth discussion of applications of foundational massage techniques within a sports massage approach. Thorough instructions and over 130 full-color photos demonstrate the correct application of each massage stroke for muscle groups of the neck, shoulder, torso, pelvis, legs, and feet. You'll also learn how to use advanced working positions in prone, supine, side-lying, and sitting orientations to address each muscle group, helping you achieve a more comfortable and therapeutic session for

your client. This practical guide explains the foundations of sports massage as a profession, including performance-related benefits of sports massage, common environments for professional practice (practice, event, clinical), range of clientele (recreational or serious athletes, physically active people), and applications (pre-, inter-, and post-event, or as part of a training regimen or rehabilitation program). Sports Massage emphasizes proper therapist mechanics, including working posture, proper table height, and effective client positioning to help improve the delivery of your technique and reduce strain to your arms, hands, and back. Highlighted in the text are tips on technique adjustments, and special "Client Talk" boxes offer suggestions for ways to communicate technical information to your clients. Throughout the text, self-test questions with answers allow you to check your understanding and reinforce your learning. In addition, a photo gallery index provides quick reference for checking techniques and their application. Organized for quick reference, Sports Massage explains massage modifications for common injuries and conditions and provides technical information to support your decision-making process. Information regarding contraindications and pathologies will prepare you to adapt your technique to accommodate a wide range of soft tissue conditions. In addition, discussion of equipment, hygiene, and safety considerations will help you be prepared for each therapy session. A discussion of client assessment and consultation will assist you in learning how to obtain the necessary information to address muscular issues during the therapy session. Sports Massage also discusses considerations in administering the technique to special populations, including individuals with spinal cord injuries, limb deficiencies and visual impairments, and cerebral palsy. In addition, you'll find information on conducting sports massage before, during, and after sporting events. Part science and part art, effective sports massage relies on a therapist's thoughtful application of knowledge and experience. Sport Massage provides a solid knowledge base, helping you learn how to work with your body efficiently and apply each technique with sensitivity. With its emphasis on correct body mechanics and effective client positioning, Sports Massage will help you improve your technique, reduce strain as you work, and provide a better quality of touch.

Facial Reflexology

Andrew Taylor Still, 1828-1917

Illustrated Step by Step Guide to the Sally Kay Method

Body Massage

The Reflexology Handbook

The Energy Alignment Method

The Podycharts are superbly detailed and explicit images drawn using real feet and real bones. They are an essential and invaluable reference for precision of touch and intent for use in treating the feet.

"Zone Therapy; Or, Relieving Pain at Home" by Wm. H. Fitzgerald, Edwin F. Bowers.

Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten-or yet undiscovered gems-of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

A principle of this healing technique is that during the nine months preceding birth all our physical, mental, emotional and behavioural structures are laid down. Working on the spinal reflexes of the feet, hands and head refocuses on this formative period, thus allowing healing to take place.

Do you want to be happy, more in flow, and change your life? The Energy Alignment Method - EAM® is a transformational energy and self-help process. The technique brings together Chinese medicine, manifesting, law of attraction, elements of kinesiology, neuroscience research, NLP, positive psychology and eastern spiritual principles into one powerful self-help process. EAM® enables you to release repetitive negative thoughts and feelings, painful memories, traumatic experiences and overwhelming emotions, so that you can be free from stress, anxiety and negative emotions. The technique involves 5 simple steps, and can be used all day every day. A key part of the practice is known as 'the sway', a muscle testing method taken from Applied Kinesiology. It provides realtime energetic feedback. This book explains what EAM is and how it works, then shows readers how to use it themselves.

The Complete Guide to Reflexology Workbook

The Reflexology Bible

Sports Massage

An Introductory Guide to Aromatherapy

Natural Solutions to Menopause

The Metamorphic Technique

Andrew Taylor Still lost confidence and hope in the medical therapies of his day after three of his children died of meningitis in 1864. He became obsessed with finding the cause and the cure for disease. Still developed a philosophy of osteopathy that was holistic, naturalistic, and emphasized health rather than disease. He shunned drugs, and used a manipulative therapy designed to release the healing powers of nature. After years of thought, study, and experimentation, Still opened the American School of Osteopathy in 1892 in Kirksville, Missouri, far removed from the medical centers of traditional medicine. Author Carol Trowbridge tells us about Still's family, the communities he lived in, and the events that shaped him. She helps us understand this eccentric medical pioneer who was

never fully accepted by his peers, but whose holistic methods are now considered the cutting edge of medicine today. He leaves a legacy of patient-centered care that impacts providers and patients around

The Introductory Guide to Reflexology provides a concisely explained and thoroughly illustrated introduction to a complex subject. Aimed specifically at students, it is designed to be easy to use, informative and readable. The book includes the required material for many examination syllabuses, such as ITEC and covers: Study and revision are facilitated with an annotated fold-out foot chart, detailed illustrations and clearly stated learning objectives. The history and development of Reflexology The theory and concept of Reflexology Techniques and applications How to create specific conditions How to carry out professional consultation

Designed for readers who are new to human anatomy and physiology, the latest edition of this popular volume - brought to you by the authors of Ross & Wilson Anatomy and Physiology in Health and Illness - offers a wide selection of appealing, interactive and engaging exercises specifically tailored for different learning styles! Fully updated with a brand-new artwork program, together with additional exercises to reflect the latest edition of Ross & Wilson Anatomy and Physiology in Health and Illness, this popular workbook presents a range of activities ranging from colouring and labelling exercises, 'fill in the blanks' and MCQS to 'pot luck' questions. Ross & Wilson Anatomy and Physiology Colouring and Workbook, fifth edition, also comes with a helpful online on-line colouring and self-test software program, The Body Spectrum©. Ideal for consolidating knowledge in an enjoyable, non-pressurised environment, Ross & Wilson Anatomy and Physiology Colouring and Workbook is perfect for students of nursing and allied health professions, paramedical science, operating department practice, complementary therapy and massage therapy, as well as trainee Health Care Assistants and those studying A' level or BTEC (or equivalent) human biology. Straightforward language and user-friendly approach, designed for different learning styles, help simplify challenging areas of study Presents over 1000 individual exercises in a wide variety of formats - colouring and labelling diagrams, matching, completion and definition exercises, MCQs, and 'pot luck' questions - all specifically designed to reinforce knowledge and understanding Reflects the systems-based approach seen in Ross & Wilson Anatomy and Physiology in Health and Illness Offers an appealing, interactive and engaging way to learn anatomy and physiology. Additional exercises reflect changes in Ross & Wilson Anatomy and Physiology in Health and Illness Upgraded artwork programme helps provide additional clarity to the subject Now available with a unique online colouring and self-test software program - The Body Spectrum©

This workbook complements Ruth Hull's companion text, The Complete Guide to Reflexology, Second Edition but can also be used in conjunction with any other reflexology textbook, and is the perfect study and revision aid for anyone studying reflexology up to level 3. It can be used either in class or as a separate self-study resource, and contains: ?over 80 illustrations for the student to label or color; ?a section in which students are guided through developing their own revision and self-study notes that will help them both understand and memorise their work; ?exercises that test the students' knowledge in different ways - coloring in and labeling diagrams, matching columns, filling in gaps, problem-solving exercises, cross words, word searches, and true/false exercises; ?a series of questions designed to inspire students to think about how they will practice once qualified; ?mock exam papers - 10 exam papers containing multiple choice questions which cover the entire reflexology syllabus.

Healthcare Specialty

Complete Guide to Reflexology

A Career in Massage Therapy

Combining Touch and Relaxation Skills for Cancer Care

Anatomy, Physiology and Pathology for Therapists and Healthcare Professionals

A Complete Guide

Massage, aromatherapy, reflexology and a variety of relaxation techniques are frequently used in hospices, supportive care settings and some hospitals. However, there are still gaps and limitations in the choices offered to patients. HEARTS (Hands-on, Empathy, Aromas, Relaxation, Textures, Sound) was devised to bridge this gap for complementary therapists, patients, carers and health care professionals. HEARTS can be used either on its own, or integrated with a conventional complementary therapy. It can also be used easily by health care workers (and carers) who are not qualified in any therapies. By discussing principles which may influence the effectiveness of touch and relaxation therapies, the book emphasises that there are 'easy' approaches that can be utilised when working with distressed and vulnerable patients. By developing an understanding of touch, aromas and the sound of the human voice, Combining Touch and Relaxation Skills for Cancer Care guides practitioners in helping their patients achieve a state of relaxation and calm as quickly and easily as possible.

The best selling book for holistic therapists by Francesca Gould has now been updated and revised with a new full color design. It makes learning fun through enjoyable activities such as crossword puzzles. It is a basic level text describing anatomy and physiology in the simplest terms for those wanting to learn the basics in a holistics or beauty therapy context.

Mo Rosser's well-loved text has now been fully updated to reflect the new standards in Beauty Therapy for 2010. The book places massage in the context of the workplace and provides a comprehensive introduction for students on Diplomas in Complementary Therapies, NVQ/SVQ Diploma in Beauty Therapy at Level 3 and short courses at Level 3 from City and Guilds, VTCT and ITEC.

It is also an invaluable reference for practising beauty therapists. Additional information on advanced massage techniques is included for those who want to progress further.

This newly updated and expanded colouring and workbook complements Ruth Hull's companion text, Anatomy, Physiology and Pathology for Therapists and Healthcare Professionals but can also be used in conjunction with any other anatomy and physiology textbook. This comprehensive book covers all the body systems and is the perfect study and revision aid for anyone studying a wide range of complementary therapies from aromatherapy, reflexology and massage to hair and beauty

up to level 3. It can be used either in class or as a separate self-study resource, and contains: ?over 75 brand new illustrations for the student to colour;?a section in which students are encouraged to learn for themselves and revise their work. They are guided through creating mind-maps, spider diagrams, cue cards, mnemonics, and summaries that will help them understand and memorise their work;?a series of exercises that test the students' knowledge in different ways - colouring in and labelling diagrams, matching columns, filling in gaps, problem-solving exercises, cross words, word searches, true/false exercises, and un-jumbling words; ?vocabulary tests; ?multiple choice questions; ?mock exam papers - 14 exam papers containing multiple choice questions which cover the entire anatomy and physiology syllabus.

Anatomy, Physiology and Pathology Colouring and Workbook for Therapists and Healthcare Professionals

Developing Resilience on the Rollercoaster of Life

Anatomy and Physiology

Reflexology

Essential Mind Training

Reflexology in Pregnancy and Childbirth

This book aims to introduce the new discipline of facial reflexology by explaining its techniques and tracing its beginnings. It is presented as a compendium based on authors practical and experienced theories and the research and studies carried out since 1978. This book is a definitive work by a renowned master in the new therapy. Around 2,000 students trained by her will vouchsafe for the effectiveness of the therapy. It is hoped that the Masters students will carry on the great task of healing and at the same time devise improvements in order to enhance the quality of the therapy. The results obtained with facial reflexology are of organic, physical, chemical and neurological nature. Facial Reflexology has also proved to be very effective in the rehabilitation of patients with brain injuries and neurological problems. This third edition comes with an additional chapter containing case records for the cases treated with facial reflexology, varying from headaches to diseases as complex as cerebral palsy, with miraculous cures.

Written in a clear, no-nonsense style, this is the ideal textbook for students of complementary therapy up to Levels 2 and 3, nursing, physical therapy, or those studying any course requiring a detailed knowledge of anatomy, physiology and pathology. Designed for use both in the classroom and as a home study resource, it provides all the information necessary to meet or exceed the curriculum requirements of all the major international awarding bodies and incorporates many unique features not found in other texts. This updated and expanded edition complements Ruth Hull's companion text, Anatomy, Physiology and Pathology Colouring and Workbook for Therapists and Healthcare Professionals, and: meets the standards required by all the main professional bodies for massage, aromatherapy, and reflexology contains updated graphics and tables throughout to bring the book right up-to-date for today's student interspersed throughout with 'study tips', 'in the classroom', '...in a nutshell', 'did you know?' and 'infoboxes' features comprehensive muscle tables of origin, insertion, innervation, action contains basic pathology of significant diseases and disorders has a study outline, revision and multiple choice questions for each chapter. Endorsed and reviewed by awarding bodies and professional associations and adopted by colleges worldwide.

This new edition has been fully updated to cover new trends and includes the underpinning knowledge for the skills you will need in your practice as a beauty therapist.

Does your life feel like its just one drama after another? Has the bounce gone out of your step? Has the ride on life's rollercoaster left you feeling worn out and frazzled? If the answer is yes, then this is the book for you. You see, this was just how I felt after a number of difficult years. Not only did I have to deal with career changes and a relationship break up. But, worst of all, the death of both my dad and of my best friend in the same year. All this, on top of the usual ups and downs of family life as a lone parent, with kids starting secondary school, and the rising costs of living, etc. This book is the result of my personal journey to increase my own resilience. It's jam-packed full of tips and advice on how you too can develop your own resilience - the ability to bounce back from adversity - I call it "Bounce-back Ability." By developing your own resilience, you'll ensure you too have the Bounce-back Ability to survive the rollercoaster of modern life.

Bending Without Breaking

1,160 Multiple Choice Questions

Mobilisation Techniques

The Nurse's Anatomy and Physiology Colouring Book

Zone Therapy; Or, Relieving Pain at Home

Oncology Massage

This title covers the VTCT Diploma in Reflexology, and has a section on setting up a business.

This comprehensive guide is an invaluable learning and reference tool for all Anatomy & Physiology students, containing everything you need to help you pass your exams. It is being used by students all over the world in countries such as Britain, Ireland, Singapore, South Africa, Australia and USA. It is suitable for all major awarding bodies including ITEC, CIBTAC, CIDESCO, VTCT, NVQ, Cosmetology, City & Guilds plus many more. There are 1,160 Multiple Choice Questions, each question has 4 possible answers and there is an answer grid at the end of each chapter. Also found inside are 58 crosswords with hundreds of clues, covering all systems of the body. These are designed to be repeated several times until your confidence grows. If you are looking for a product that will support you throughout your Anatomy & Physiology studies then this is the product for you. It is suitable for any student training to become: A Massage Therapist, A Beauty Therapist, A Reflexologist, An Aromatherapist, Health Care Assistants, Nurses, Ambulance Technician, Qualified Practitioners, Tutors. This is one of the most popular and successful Anatomy & Physiology Revision Guides on the market today, having already assisted thousands of students worldwide in completing their exams with ease.

Reflexology in Pregnancy and Childbirth is a definitive text on the safe and appropriate use of reflex zone therapy in pregnancy, labour and the puerperium, focusing on evidence-based practice, professional accountability and application of a comprehensive knowledge of the therapy related to reproductive physiology. Denise Tiran, an experienced midwife, reflex zone therapist, university lecturer and Director of Expectancy – the Expectant Parents' Complementary Therapies Consultancy - has an international reputation in the field of maternity complementary therapies, has researched and written extensively on reflexology, and has treated nearly 5000 pregnant women with structural reflex zone therapy. **KEY FEATURES** Case histories to ease application of theory to practice Charts, tables and diagrams are used throughout for ease of learning Includes a section on conception, infertility and sub-fertility Covers legalities and ethical issues. Fully evidence-based Focuses on safety Academic Includes Case histories to illustrate points discussed in the text Charts, Tables and diagrams used throughout for ease of learning Relevant anatomy, physiology and conventional care covered Section on conception, infertility and sub-fertility Legalities and ethical issues Professional accountability

VortexHealing® Divine Energy Healing is a holistic system of energetic healing and a path to awakening, guided by divine intelligence. "Without any doubt VortexHealing is the most profound & significant event that I have experienced in this lifetime." Colin Snow, Tai Chi instructor. USA "I have experienced every type of healing modality I am sure, all the yogas that you can think of, I have been to see the Dali Lama in Northern India, I have sat for hours in meditation, and have tried many Chinese medicines, but nothing comes even close to the profound and powerful transformational energy that is VortexHealing." Mahala Wall, yoga teacher & healer. England "I love VortexHealing. It has transformed my life beyond recognition; I am infinitely blessed to be part of this lineage." Daisy Foss, author & retreat center owner. England "In over ten years of intense exploration of a wide variety of amazing personal development tools, VortexHealing is quite simply the most profound and impactful transformational work I have ever encountered." Guy Jara, software engineer. USA "VortexHealing transformed my life. After trying many healing modalities, it was the first one that gave me real freedom from childhood traumas and has continued to astound me as to the depth of change it can bring about in my life." Shiraya Adani, healer. South Africa

A Magical Path of Healing and Awakening

An Atlas of Reflected Anatomy

An Introductory Guide to Anatomy & Physiology

A Guide to Living with Hypermobility Syndrome

Reflexology Lymph Drainage

Beauty Therapy Fact File

Clinical & internal medicine.

The bestselling colouring book for student nurses is back in an updated second edition with more figures to colour in, more learning activities and additional topics covered. It's the stress-free way to learn and revise anatomy and physiology.

People with Hypermobility Syndrome (HMS), including Ehlers-Danlos type Hypermobility Syndrome, have a larger range of joint movement than is typical, which can cause pain and fatigue despite an outward appearance of good health. This book is the complete guide to living with and managing HMS, and ultimately enjoying a fulfilling life. The book covers everything from recognising symptoms and obtaining initial diagnosis to living with the condition on a daily basis and managing its negative effects. The author, who has HMS herself, looks at how the condition affects children and adolescents, before moving on to explore pain management (including the use of physiotherapy, pilates and a selected range of complementary health therapies), pregnancy, physical and psychological aspects of the condition, and how it widely affects dancers and other performance artists. Wider conditions that encompass Hypermobility Syndrome are also touched upon, including Fibromyalgia and IBS. This book will be a must for anybody who suffers, or suspects they might be suffering from, Hypermobility Syndrome. It will also be of interest to their families and friends, and professionals working with the condition.

This edition has been updated to "cover new trends and includes the underpinning knowledge for the skills you will need in your practice as a beauty therapist. Covering areas such as nutrition and lifestyle, and spa treatments as well as all the main therapies, this book will support you in your day-to-day work. The anatomy and physiology section has been completely revised to include extensive diagrams of all body systems." - back cover.

How to stay healthy before, during and beyond the menopause

Ross and Wilson Anatomy and Physiology Colouring and Workbook

Anatomy and Physiology for Holistic Therapists

Indian Head Massage

Aromatherapy and Complementary Therapies

The PodyCharts Foot Charts for Reflexology

Find out how to give the healing touch! Reflexology is a safe and gentle therapy that combats stress, boosts the immune

system, and stimulates our natural healing processes. From zone maps of the hands and feet to techniques for working the reflex points to illustrated step-by-step sequences, this guide provides all the information necessary for treating the whole body. A detailed directory provides instructions on relieving common ailments, and there are specialized treatments for children, couples, and the elderly.

Essential Mind Training is drawn from the earliest collection of Tibetan spiritual literature known as "mind training" or *lojong* in Tibetan. Tibetans revere the mind training tradition for its pragmatic and down-to-earth advice, especially the teachings on "transforming adversity into opportunity." This volume contains eighteen individual works, including such renowned teachings as Atisa's *Bodhisattva's Jewel Garland*, Langri Thangpa's *Eight Verses on Mind Training*, and Chekawa's *Seven-Point Mind Training*, together with the earliest commentaries on these seminal texts as well as other independent works. These teachings expound the cultivation of such altruistic attitudes as compassion, love, forbearance, and perseverance, and provide numerous techniques for uprooting our habitual self-centeredness and giving us the freedom to embrace the world.

This complete guide to menopause offers effective advice on diet, exercise and lifestyle to keep you in optimum health before, during and after this change in your life. With entirely natural solutions, free from the side effects that are common to hormone replacement drug therapies, this sensitive and informative guide includes: - A 12-Step Hormone Balancing Diet - Relief from symptoms such as hot flushes, night sweats and weight gain - The truth about HRT, to help you make an informed decision if you consider it - How to prevent health problems such as osteoporosis and heart disease - Simple steps to good energy levels, body fitness and a fulfilling sex life beyond the menopause Understand what your body needs and you can prepare yourself for the menopause, successfully manage your symptoms and enjoy the best possible health beyond it.

The Essential Guide to Holistic and Complementary Therapy

Reflexology for Fertility

Anatomy, Physiology and Pathology for Complementary Therapists

Bounce-Back Ability