



# Reflexología de pies y manos (Salud Holística / Holistic Health) (Spanish Edition)

*Beatriz Marchelli*

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## **Reflexología de pies y manos (Salud Holística / Holistic Health) (Spanish Edition)** Beatriz Marchelli

Las manos y los pies son microistemas en los que se refleja todo el cuerpo. La reflexología, una de las ramas de la medicina alternativa, es una terapia natural que consiste en aplicar presión sobre los puntos reflejos de los pies y de las manos, a fin de estimular el organismo para que realice su propio proceso de curación.

Cuando una glándula o un órgano no funciona bien, su natural contracción y relajación disminuye. Mediante técnicas manuales se observa que las áreas reflejas correspondientes de las manos y de los pies se han vuelto sensibles y presentan diversas molestias. Masajeando las zonas correspondientes se logra recuperar el normal funcionamiento del órgano o de la glándula que representan. Los beneficios de la reflexología y su historia.

Qué es un reflejo. El mapa de las zonas reflejas de las manos y los pies. Diagnóstico integral: la lectura de los pies y de las manos. Técnicas básicas de maniobras y masajes. Los sistemas del cuerpo humano y el trabajo reflexológico. La reflexología aplicada a los niños, la mujer, el hombre y la tercera edad. Automasaje. Reacciones más comunes, advertencias y contraindicaciones.

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