

<<足部反射区按摩图解>>

图书基本信息

书名：<<足部反射区按摩图解>>

13位ISBN编号：9787532399512

10位ISBN编号：7532399516

出版时间：2009-10

出版时间：上海科技

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页数：136

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### 内容概要

This book is one of the volumes of series of Fast Track to Traditional Chinese Medicine. The book contains four chapters which expounds the foot reflex zone massage in terms of the origin , development , conception , function , its relations with other therapies , rudimentary essentials , and medical principles. It also elaborates the location and the operation of foot reflex zones , along with 161 colored photographs. In addition , the book introduces the clinical application of the integral massage of both feet. The whole book features text with pictures , easy-to-read style , and English layout , which is suitable for domestic and overseas foot reflex zone massage doctors and enthusiasts to learn and consult.

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章节摘录

插图：Section 4 The Theory of Meridians and Collaterals The theory of meridians and collaterals is one of the basic theories of traditional Chinese medicine. Meridians and collaterals exist objectively but cannot be seen by naked eyes. They are pathways that link the upper limbs with the lower limbs, the upper part of the body with the lower part of the body, and connect the interior with exterior of viscera. There are 38 acupoints on foot, which are generally consistent with foot reflex zones. For instance, Yongquan ( KI 1 ) is the starting point of kidney meridian. Its position is consistent with reflex zones that correspond to kidney and adrenal gland; Xiaxi ( GB 43 ) is to treat migraine and tinnitus. In foot reflex zones, it happens to be situated in the reflex zone corresponding to balancing organ. Taixi ( KI 3 ) and Zhaohai ( KI 6 ) are nearly located in the reflex zones to uterus and urethra respectively, and have similar functions to them. Foot reflex massage also talks about "arrival of qi", which is the same as the "arrival of qi" in acupuncture. Although the methods are different, the effects are the same. Therefore, foot reflex massage also performs functions through the pathways, meridians and collaterals, so as to dredge meridians and collaterals, regulate viscera, and balance yin and yang.

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### 编辑推荐

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