



BOOK REVIEW:
REFLEXOLOGY TO GO
Ann Gillanders

“Reflexology To Go” is a useful, compact book designed as a “portable guide to healing the stress and strain of everyday life.” Inside the book you will find the same as many other Reflexology books: maps of the reflex points on the hand and feet (demonstrated on pictures of real feet and hands to make them easier to refer to) as well as complete treatment details and simple descriptions of the techniques used in Reflexology.

However, the real strength of “Reflexology To Go” lies in the self-help aspect, which can be used in a variety of ways. It lists a wide range of day to day illnesses and complaints, ranging from throwing off a cold and travel sickness to throat infections and allergies. It also covers more serious conditions such as depression, panic attacks and fertility. Each condition is laid out clearly, including a description of the ailment, the specific benefits of Reflexology for the condition and the key reflex points to work. In addition, there are self-help and preventative notes, with excellent pictures of how to work the reflexes on the hand. Each condition is covered in enough detail to work the relative points for several minutes.

Between each section are notes on healthy eating and a couple of recipes whilst the self-help guidelines include basic fixes such as simple aromatherapy solutions, herbal remedies, lifestyle advice and nutritional information amongst others. These tips can be put into practice when required and some are aimed at long term support.

Whilst the book’s intention is to encourage people to use Reflexology as a daily tool for better health, “Reflexology To Go” also has additional uses: as a way of demonstrating to a client how they can work their own hands between sessions to help themselves; to increase your confidence working reflex points on the hands; or to help clarify which points you could focus on within a general treatment.

The book is really easy to read and to refer to; personally I liked the fact that it provides coverage of each ailment in a thoroughly detailed but simple manner, and can be used on yourself, as a reference for a quick treatment or to develop your skills in hand Reflexology. You may not read this book from cover to cover; but you would certainly pick it up and refer to it often, and I found it extremely useful in this capacity.

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