



BOOK REVIEW:
COMPLETE REFLEXOLOGY FOR LIFE
Barbara and Kevin Kunz

Kevin and Barbara Kunz's new title is a big glossy 350-page Dorling Kindersley volume aimed firmly at the self-help market rather than the professional therapist.

Reflexology novices will be pleased with the excellent graphics and broad range of techniques illustrated, even though some experienced therapists are bound to take issue with some of the foot charts and diagrams, or perhaps the recommendation of a paraffin bath (presumably for the feet) before treatment. After the overviews of techniques, specific sequences are shown for relaxation or for particular profiles of client or presenting condition.

Readers get a brief and uncritical introduction to zone therapy – use of cross reflexes is recommended, but zones and referral areas are despatched in a couple of pages and, as far as we can tell, not mentioned again, despite being described as “the theory underlying reflexology”.

As always tends to happen in the popular reflexology titles, the section on the history and development of reflexology asks more questions than it answers, and has a sprinkling of contentious suggestions – plenty of Russians might be surprised to learn that they walk barefoot to benefit the body, for instance. But there are also tantalising hints at further research, such as Vladimir Bekhterev's work on behavioural science being translated as “reflexology” long before Eunice Ingham used the word for work on the feet and hands.

To me, this seems a fairly substantial investment for the market it is aimed at (it's probably not quite as “indispensable in any home” as Dorling Kindersley would like to think): but it certainly gives a comprehensive overview of plenty of different reflexology techniques and approaches. Training schools and therapists with large libraries might also want to consider it for the large range of treatment adaptations: we will certainly be keeping this among our books for loan to students.

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