



**BOOK REVIEW:**  
**ACUPRESSURE AND REFLEXOTHERAPY IN THE TREATMENT OF MEDICAL  
CONDITIONS**  
John R Cross

This book is packed full of information, advice, illustrations and easy to follow guidance for the practising therapist. It has been written for the medical professional as an alternative approach to treating conditions via orthodox medicine and offers naturopathic and homeopathic support strategies in addition to acupressure and reflexotherapy. The style is clear, direct, personal and sometimes humorous. It is easy to read and you may find yourself 'dipping in' to specific sections that are of interest to you.

John Cross covers the treatment of many conditions. Each condition is clearly defined and the impact explained with guidance on acupressure and reflexotherapy treatment key points, followed up with additional holistic advice. The energetic framework of the meridian model is used with clear explanation and excellent detail of yin/yang, the meridians and their interdependence. For this information alone I am pleased I have read this book.

As a touch therapist I have found the 'listening posts' detailed an invaluable source of gaining additional information about the client. This term is derived from craniosacral therapy philosophy and by holding the heels you can 'tune in' to the client's flow of cerebrospinal fluid or energy flow. With practice this can provide a wealth of information and I have now incorporated this into my regular routine.

Chapter 6 on Stress I found of special interest as I am seeing more clients presenting with depression, anxiety, anger and lack of concentration. I am looking forward to applying some of the information offered to help in these areas.

In my opinion this book is a must for anyone who works with the energetic framework, not only to increase their understanding and awareness, but also to help focus on specific key acupressure points that may be accessed on the lower leg during a reflexology treatment and aid change to take place for the client.

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Now out of print, although second-hand copies may be available in some stores.