



BOOK REVIEW:
**REFLECTED ENERGY PATHWAYS: A PRACTICAL WORKBOOK FOR
PHYSICAL THERAPISTS**
John R Cross

Reflexology has, at its core, the principle of 'reflection': the concept of the microcosm connecting to, and mirroring, the macrocosm. With this book, John Cross presents nearly 30 charts, illustrating "14 reflected areas that may be used for analysis and 10... that may be used for treatment." His aim is to show these charts together, to provide a reference and workbook "for the practical physical therapist who uses reflexology in any form."

John Cross has a background in conventional medicine and complementary therapy, and is a leading teacher of light-touch *reflextherapy*. The charts chosen are colourful and clear, drawn from disciplines such as Reflexology, Traditional Chinese Medicine, Ayurveda and Applied Kinesiology.

The book is in landscape format, each double-page showing one or more charts with accompanying text. The charts include zones of the body, reflexes of feet and hands, as well as ears, eyes, tongue, face and abdomen. Also included are teeth, pulse, spinal zone and posterior trunk reflexes, and neurolymphatic points known as *Chapman's reflexes*. There are charts showing Meridians, Major and Minor Chakras and Five Element theory.

Most charts have suggestions for practical application and may be used for self-help. With practice and understanding, some could be used to enhance a reflexology treatment, particularly *Hand Reflexes for acute conditions* and *Hand Stress Reflexes*. For the facial reflexologist, there are charts showing *Head Stress Reflexes* and the *Temporo-Sphenoidal line*, which Cross has adapted from George Goodheart's original. Most instructions are simple, such as: 'stimulate with a very light touch', though some come with a caution: 'extensive training is required.'

This book will be of particular interest to the multi-disciplinary therapist. Not all reflexologists, though, would feel qualified to use some of the techniques, such as palpating the abdomen, however gently, without further training, and may not be covered by insurance to do so. However, here the book may serve as inspiration, a starting-point towards further training, to provide the necessary knowledge and experience.

With all its complexity, the book remains clear and accessible. It is a delight for anyone intrigued by the reflected energy pathways within the human body.

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