



BOOK REVIEW:
EFFECTIVE REFLEXOLOGY
Lee Anthony Taylor

I met Lee at the Tampere RiEN conference, my fourth, his first. There was a large input from Scandinavia and much was learnt about their training and evolving techniques. Lynne Booth demonstrated VRT and Lee 'networked' and learned much. Since then his Effective Reflexology evolved and he has an international reputation, taking the course to the Continent, USA, South Africa and New Zealand. He trained with Nicola Hall and has built up a steady practice with clinics in various disciplines – MS, cancer, obstetrics etc.

He has been teaching 'Effective Reflexology' for 3-4 years now and has put together a course of 8 modules taught over 4 weekends. These modules are not static but continually evolving. What were half day modules have expanded to a full day, and the book has grown out of these.

The book is an adjunct to the teaching. Each could exist without the other but together there is a far deeper understanding of the whole. Lee will challenge some of your present knowledge and cause you to think about certain reflexes and re-assess your knowledge and practice. I'm delighted that he puts the 'solar plexus' reflex where I do!

Each module has its own chapter outlining the various problems that may be encountered and gives techniques, clearly explained, to deal with them. The writing is succinct and photographs and diagrams clearly marked.

The final chapter consists of useful reflexology first aid tips. I would recommend both attending the courses and reading the book.

The modules are:

- I 'What to do when Healing doesn't Happen'
- II 'How Reflexology helps Cancer'
- III 'How Reflexology Helps MS'
- IV 'How Reflexology Helps with conception, Pregnancy and Childbirth'
- V 'Reflexology for Mens' Health'
- VI 'Reflexology for Head and Back Problems'
- VII 'Reflexology for the Diabetic Patient'
- VIII 'How Reflexology Helps with Allergies and Intolerances'

It is a book well worth including in ones library and is, in my view, inexpensive.

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Currently out of print, but may be available second hand from some book stores.