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In this groundbreaking work on ethics, Ben Benjamin and Cherie Sohnen-Moe directly address the difficult, confusing, and seldom-discussed-but-often-troubling dilemmas confronting touch therapy practitioners. By honestly describing the issues, identifying clear principles, naming specific resources and using stories straight from the treatment room, they have written a book to guide, support and inspire both students and seasoned practitioners. Reflective exercises and questions allow the reader to personalize each chapter. With love and respect for the field and for clients everywhere, Dr. Benjamin and Ms. Sohnen-Moe articulate high expectations and outline practical steps to meet them. This book belongs in the office of every somatic practitioner and in the classrooms of every professional training school. The Ethics of Touch has sold 60,000 copies, and is recommended by more than 750 healing arts associations and schools. Over 250 schools require it as a text. The first edition of The Ethics of Touch was five years in the making. The second edition is significantly revised with additional and updated material, and new chapters. It is a collaborative endeavor of many knowledgeable, caring, and articulate

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professionals. Most massage therapists, bodyworkers, chiropractors, acupuncturists, physical therapists, and other somatic practitioners do not receive adequate ethics training in school. This book supports hands-on professionals in expanding their knowledge about the field of ethics, to better manage boundaries, and to run ethical practices. Changes to the Second Edition: New chapters on "Communications Techniques and Strategies" and "The Team Approach" Updated Web links throughout Inclusion of Topics and Key Terms in each chapter Glossary with definitions of all the Key Terms on the chapter opener pages Additional scenarios Additional charts, tables, and figures

This reader-friendly guide encourages students to master the essential business skills needed to develop themselves as massage therapy professionals. Whether they are interested in running their own business or working as an employee or business partner in a business, this book covers everything students need to know, from starting a business to managing finances to implementing policies and procedures. Relying on a "driving" theme that enforces how developing a massage business is a journey, the book includes several unique features, such as: --Roadside Assistance, where the author provides practical, hands-on advice from her own experience--My Personal Journey, which includes tools to help

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students document their own journey --Humorous cartoons to support a fun tone while clearly illustrating the author's recommendations for handling key business situations"

Success in massage therapy begins with a solid foundation in the fundamentals! Mosby's Fundamentals of Therapeutic Massage, 7th Edition helps you build the skills you need, from assessing problems and planning treatment to mastering massage techniques and protocols. Hundreds of photographs demonstrate massage techniques step by step, and case studies bring concepts to life. 'How-to' videos on the Evolve companion website show manipulation techniques, body mechanics, positioning and draping, and more. If you want to prepare for licensing and certification exams and succeed in practice, this resource from massage therapy expert Sandy Fritz is your text of choice.

Comprehensive coverage includes all of the fundamentals of therapeutic massage, including massage techniques, equipment and supplies, wellness, working with special populations, and business considerations; it also prepares you for success on licensing and certification exams. Step-by-step, full-color photographs demonstrate massage techniques and protocols by body area. Three hours of video on the Evolve website demonstrate techniques and body mechanics — each clip is narrated and performed by author Sandy Fritz — as well as review activities for

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licensing exams. Proficiency exercises provide opportunities to practice and apply what you are learning. Case studies offer practice with clinical reasoning and prepare you to address conditions commonly encountered in professional practice. Coverage of body mechanics helps you to create an ergonomically effective massage environment and to determine appropriate pressure, drag, and duration application while applying massage methods. Coverage of multiple charting methods helps you develop record-keeping and documentation skills, including SOAP and computer charting with simulation on Evolve. Learning features include chapter outlines, objectives, summaries, key terms, practical applications, activities and exercises, and workbook-type practice. Review tools include matching exercises, short answer questions, fill-in-the-blank questions, drawing exercises, and critical thinking questions, all available on Evolve. Research Literacy and Evidence-Based Practice chapter includes new research findings and explains how research is done, and how to read and understand it. Adaptive Massage chapter explains how to address the needs of specific populations, from pregnant women and infants to hospice patients and people with physical impairments. Massage Career Tracks and Practice Settings chapter covers massage therapy services offered at spas, and looks at the spa as a possible massage career. In-depth coverage of

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HIPAA shows how to store records in a HIPAA-compliant manner and explains HIPAA requirements and training. Foot in the Door boxes outline the professional skills expected by prospective employers. Updated Basic Pharmacology for the Massage Therapist appendix provides up-to-date information on common medications.

Yoga has become increasingly popular in mainstream culture, with varied interpretations of how it should be taught and practiced, and increased awareness of its beneficial effects as a healing modality. As a result, yoga therapy has emerged as an effective alternative approach to health and wellness. Explaining the principles and underpinning ideas presented by the yoga therapy movement, James Foulkes identifies the methods leading to the most effective practice. Applying a principles-based approach, he explores the concept of delivering yoga therapeutically and discusses more complete ways of thinking about anatomy and the wholeness of the human being, using theories, illustrations, and case studies. Yoga therapy practitioners will learn to improve their work and more effectively support their clients.

*Mosby's Fundamentals of Therapeutic Massage
Toe Reading*

*Master the Massage Therapy Exams
Deep Tissue Massage, Revised Edition
Understanding the Global Spa Industry*

Fractions, Decimals, Percents, and Ratios

Author Andrew Biel explores how bones, fasciae, joints, muscles and other structures come together to produce human movement. Taking the same approach as the acclaimed Trail Guide to the Body, this text makes the study of human movement easy to understand, captivating and memorable. Instead of dissecting the body into smaller, isolated pieces, author Andrew Biel takes a unique approach of building the body into larger, interconnected components. The author asks the reader to join him as an active participant in building the body from scratch. This proven program used by today's top athletes, coaches, trainers, and therapists will improve flexibility, reduce injury, and optimize performance. The new edition includes the latest research, new flexibility assessments, new stretching matrix, and dozens of the most effective stretches to personalize a program for any athlete, sport, or event.

Theory and Practice of Therapeutic Massage, 5th edition is the classic text in the massage industry including the essential knowledge and skills needed to become a successful, professional massage therapist, plus the essentials of anatomy and physiology. Essential topics to the industry such as ethics, hygiene, communication skills, and body mechanics are

discussed. Full-color illustrations and photographs clearly illustrate techniques and procedures. Classical massage is expanded with clinical techniques including neuromuscular and myofascial techniques, and lymph massage, combined to better serve the client by following therapeutic procedures. Numerous career tracts are explored including massage in a spa environment and athletic massage. A new chapter discusses massage for special populations including pre-natal, infant, elder, critically ill, people with cancer, and hospice. The final chapter has been revised to cover business practices for finding employment or successful self-employment. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Jurch's Clinical Massage is designed to outline the principles and foundational understanding of assessing and treating orthopedic injury or dysfunction through massage therapy. The text follows an anatomic region approach, covering surface anatomy and muscle groups before presenting a comprehensive review of the most often presenting orthopedic dysfunctions or conditions. Each dysfunction or condition is reviewed with a consistent diagnostic checklist, a stepped treatment program, and relevant

“clinical pearls”. The learning aids throughout the text, along with the reader-friendly writing style, create a highly-effective learning system for understanding the concepts of clinical massage. This edition will not be reprinted; please refer customers to the CREATE version: 9781121540248

Are You Walking Your Destined Path?

Free Yourself from Opioids, Pharmaceuticals, Alcohol, Tobacco, Caffeine, Sugar, and More Active Isolated Stretching

Mosby's Fundamentals of Therapeutic Massage - E-Book

Integrating Research and Practice

Deeper Still

The spa industry is currently the fastest growing segment of the hospitality and leisure industry with revenues exceeding those from amusement parks, box office receipts, vacation ownership gross sales and ski resort ticket sales. Understanding the Global Spa Industry is the first book to examine management practices in this industry and offers a groundbreaking and comprehensive approach to global spa management, covering everything from the beginnings of the industry through to contemporary management and social and ethical issues. With contributions from internationally renowned business leaders, practitioners and academics, this unique book is packed with case studies, examples and advice for all those working in, and studying, the international spa industry. Understanding the Global

Spa Industry brings an analytic lens to the spa movement, examining past, current and future trends and the potential for shaping wellness and health services in the 21st century.

Deeper Still is the next stage of an ongoing process and a consequence of further inquiry into the yoga experience from author John Stirk. Following on from The Original Body this book invites an even deeper immersion into the reality of practice and the totality of personal experience in accessing the power of our inner teacher. As the theme of this book unfolds the reader is invited towards a sensory understanding leading to profound insight. Teachers using this book will be able to share with their students the clarity, mental space and basic wisdom that emerges as a result of their awakening physiology. We may frequently acknowledge that we are there with the group. Experience may tell us that 'there-ness' is not fixed, that it is based on an unknown element upon which all creativity is founded. Deeper Still goes beyond current experience and invites teachers to write their own story, develop their own script, ride the uncatchable wave that might be called yoga, and open up creativity to the next level. Deeper Still enables teachers to take their students to a deeper dimension. It also: provides a basis for off the chart experiences appeals to the depth mind through a deepening physical experience invites a more profound contact with groups brings out the essence of yoga in students as a consequence of a deeper creativity highlights emergent insight as a feature of group work blends an ancient concept with modern western yoga draws attention to the relationship between soft tissue sensitivity and the quality of

Consciousness examines the potential for abundant resonance in group work and the so called 'universal experience'

In this update of the 2000 edition, Fritz, the owner and head instructor of a school of therapeutic massage and bodywork in Michigan, treats touch as a form of communication and expands coverage of ethical and legal issues, contra/indications for massage, and condition assessment and management.

The treatment of medical terminology, core principles, and techniques is enhanced by color illustrations, case studies, review questions, resources and other appended information. The first edition was published in 1995. Annotation : 2004 Book News, Inc., Portland, OR (booknews.com).

Massage Therapy: Integrating Research and Practice presents the latest research examining the evidence for the use of various massage therapy techniques in treating pathological conditions and special populations. In this resource readers will find a synthesis of information from the diverse fields of kinesiology, medicine, nursing, physical therapy, and psychology. Authored by experts carefully selected for their specific knowledge, experience, and research acumen, Massage Therapy: Integrating Research and Practice will assist both students and practitioners in these areas:

- Learning the benefits of evidence-based massage therapy practice***
- Understanding various research methods***
- Developing research skills by learning guidelines for writing case reports and journal articles***
- Understanding how to integrate massage therapy research into education and clinical practice***

This text presents a seamless integration of research and practice in four parts, providing readers

first with a background to the field of massage therapy followed by discussion of research methods. Next is an evidence-based presentation of the efficacy of massage therapy for conditions and populations often encountered in massage therapy practice. This clinical section presents three patient populations (pediatric, athletic, and elderly); three pain-related types (headache, neck and shoulder pain, and low back pain); and six conditions that massage therapists may encounter: pregnancy and labor, scar treatment, cancer, fibromyalgia, anxiety and depression, and clients who have experienced sexual trauma. Recommendations and evidence-based treatment guidelines are clearly defined for each condition. Case reports developed from real-life cases are included in this section, offering readers a real-world context for the clinical content presented. The final section illustrates specific ways to integrate research into the educational and professional development of current and future massage therapists. It provides readers with the fundamental tools for a research-based approach in clinical practice, especially as it relates to special populations. A running glossary, chapter summaries, and critical thinking questions assist students in learning the content and act as self-study tools for practitioners. Massage Therapy: Integrating Research and Practice offers both students and practitioners of massage therapy the most current evidence-based information, guidelines, and recommendations for the treatment of conditions often seen in massage therapy practice. This essential reference will assist practitioners in understanding the scientific literature and its application in enhancing the

practice of this safe and effective health intervention.

An Introduction to Integrative Mind/Body Yoga

Therapeutics

Emergency Care and Transportation of the Sick and Injured

The Trigger Point Manual

Authentic Embodiment for Yoga Teachers

Principles and Themes in Yoga Therapy

A Practical Guide to Holistic Health

Peterson's Master the Massage Therapy Exams gives you the tips and strategies you need to score high on your exam as well as useful info on massage therapy career planning, salary and benefits, and educational requirements.

Peterson's provides brief reviews of each test topic to refresh your memory of what you learned in school. We not only help you develop test-taking skills but also provide descriptions and full-length practice tests of the two most frequently taken exams: the National Certification Examination for Therapeutic Massage and Bodywork (NCETMB) and the Massage and Bodywork Licensing Examination (MBLEx).

Featuring more than 250 photographs and 50 anatomical drawings, this revised edition of Deep Tissue Massage is the standard guide to the essentials of touch, biomechanics, and positioning options for a multitude of strategies to treat all major conditions encountered in a

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bodywork practice. The book is divided into three sections. "Fundamentals" covers basic skills of palpation, explaining the deeper layers of the body and presenting detailed instruction on working with these layers to release tension. This section gives clear information on the proper use of knuckles, fist, forearms, and elbows in preventing injury to the therapist. "Strategies" offers more precise protocols and treatment plans for the entire body with emphasis on client positioning options to stretch muscles rather than just kneading tissues. "Caveats" details areas in which the practitioner needs to exercise caution. Deep Tissue Massage presents a wealth of information in a way the therapist can immediately utilize. This new edition has been thoroughly revised and includes a preface to the new edition, a foreword, an index, a Suggested Reading list, and extended sections on integrating deep-tissue massage into bodywork practice and the psychology of treating injuries. Describes what holistic health is and how to achieve optimum health through cleansing, nourishing, exercising and meditation For introduction to massage therapy or massage techniques/modalities courses Prepare massage therapists for success with a next-generation learning tool Successful massage therapists

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excel at blending the art and science of the profession. Tappan's Handbook of Massage Therapy: Blending Art and Science is a learning tool for a new generation, but it results from years of experience, wisdom, and research on the part of the author and contributing therapists. This pioneering book in massage therapy provides the foundation, guidance, and the know-how that students need to master the essential task of blending art with science. The new Sixth Edition is an all-inclusive text for massage therapy students that moves beyond technique to encompass expanded foundational learning and professional and personal development, massage techniques, and career and practice development. With its logical format and compelling visuals, students will gain practical knowledge of the techniques and skills they need to become outstanding massage therapists. Also available with MyHealthProfessionsLab™ This title is also available with MyHealthProfessionsLab—an online homework, tutorial, and assessment program designed to work with this text to engage students and improve results. Within its structured environment, students practice what they learn and test their understanding to help them better absorb course material and understand difficult concepts. NOTE: You are

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purchasing a standalone product; MyHealthProfessionsLab does not come packaged with this content. If you would like to purchase both the physical text and MyHealthProfessionsLab search for ISBN-10: 0134071867 /ISBN-13: 9780134071862. That package includes ISBN-10: 0134062833 /ISBN-13: 9780134062839 and ISBN-10: 0134082699 /ISBN-13: 9780134082691.

Vision for Life, Revised Edition

Step-by-step Massage Therapy Protocols for Common Conditions

Trail Guide to Movement

Stretch to Win-2nd Edition

The Hands-on Practitioner's Guide to Creating a Professional, Safe, and Enduring Practice

Neck, Head, Spine and Ribs

The best-selling pathology textbook for massage therapy is now in its Fourth Edition. The book presents detailed information on the etiology, signs and symptoms, and treatment of over 200 diseases and conditions, emphasizing how massage influences the disease and healing processes and how therapists can maximize the benefits while minimizing the risks. This edition includes Modality Recommendation Charts offering specific advice about modalities to pursue or avoid in various circumstances. The book has

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been reorganized to include an introductory chapter on fundamental concepts and a concluding chapter on cancer. New topics covered include myeloma, sickle cell disease, and autism spectrum disorders. A bound-in CD-ROM includes animations, video clips, interactive flashcards, quiz questions, an audio glossary, and printable client history forms.

Born blind and declared incurably blind after a series of childhood operations left him with only a slight ability to discern light and shadow, Meir Schneider remained convinced that his handicap was not permanent. As a teenager, he began work with two teachers who gave him exercises and techniques to reverse his blindness. Within four years he had gained a remarkable degree of vision and begun to develop a system of therapeutic exercise combining movement, breathing, and mental imagery. He also began working with people whose physical problems ranged from chronic headaches to polio and muscular dystrophy, inspiring them with his example, enthusiasm, and faith – miraculous recoveries ensued. Sections in the book give specific guidelines for healing back problems, arthritis, multiple sclerosis, breathing difficulties, eye

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problems, and muscular dystrophy. Movement for Self-Healing parallels the stories of Schneider and the people he has worked with, detailing his holistic methods of stimulating the natural healing powers of the body, offering a practical guide to specific exercises, and articulating a profound message of inspiration and hope. "Step-by-Step Massage Therapy Protocols for Common Conditions" is intended to give massage therapy students and practitioners the knowledge and confidence to work safely with clients who have medical conditions. The text provides practical, thorough protocols to help therapists support their clients while steering them away from doing any harm.

This package contains the following products: 9780781797054 Allen Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations, 2e 9781608319107 Werner A Massage Therapist's Guide to Pathology, 5e Intermediate

Addiction-Free Naturally
Movement for Self-Healing
Putting the Care Back in Healthcare,
Healthcare Integration, Advocacy
The National Guide to Educational Credit
for Training Programs 1999

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A guide to designing a personal program to break your addictions safely, gently, and naturally • Shares herbs, supplements, natural remedies, and alternative practices that can help liberate you from habitual substance use, ease the withdrawal period, cleanse the body of toxins, and combat depression, anxiety, fatigue, and stress • Offers specific advice and remedies for individual addictive substances and behaviors, including sugar, caffeine, alcohol, opioids, tobacco, and tranquilizers • Explores the potential of psychedelic therapy for overcoming addiction and addresses how cannabis can be of benefit for recovery, without being misused Addiction affects more people than any other disease. Breaking a habit can be daunting--it ' s hard to know where to begin beyond quitting “ cold turkey. ” But just as habits can be acquired, they can be broken. Others have done it, and so can you! In this holistic guide to beating addiction, Brigitte Mars details how to replace negative habits and behaviors with positive healthy ones and safely support your body, mind, and spirit for a successful recovery. The author shares specific herbs, supplements, homeopathic remedies, flower essences, behavioral therapy, and alternative practices, such as meditation and yoga, that can help liberate you from habitual substance use and ease the withdrawal period as well as methods for cleansing the body of toxins and healthy ways to combat depression, anxiety, fatigue, and stress. She looks in depth at individual addictive substances and behaviors, including sugar, caffeine, alcohol, opioids, tobacco, and tranquilizers, offering specific advice and remedies for each. She shows how each technique can be used in conjunction with conventional therapies, such as psychotherapy, methadone, or Alcoholics Anonymous. Drawing on recent research, she also explores the enormous potential of psychedelic therapy for overcoming addiction and, with the spreading legalization of cannabis, she

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addresses how this plant can be of benefit for recovery, without being misused. Offering advice on designing a personal program to break your addictions, the author also shows how to use natural remedies to maintain your new energy and vitality as you walk the road to recovery. Learning to bill insurance for massage therapy is essential for the future of the massage profession. So many things are happening that are calling for the inclusion of massage therapy in health insurance to help combat the Opioid epidemic. Be a part of the future and get to the table with the carriers, legislators and powers that be.

In 1971, the American Academy of Orthopaedic Surgeons (AAOS) published the first edition of Emergency Care and Transportation of the Sick and Injured and created the backbone of EMS education. Now, the Tenth Edition of this gold standard training program raises the bar even higher with its world-class content and instructional resources that meet the diverse needs of today's educators and students. Based on the new National EMS Education Standards, the Tenth Edition offers complete coverage of every competency statement with clarity and precision in a concise format that ensures student comprehension and encourages critical thinking. The experienced author team and AAOS medical editors have transformed the Education Standards into a training program that reflects current trends in prehospital medicine and best practices. New cognitive and didactic material is presented, along with new skills and features, to create a robust and innovative training solution for your course that will engage student's minds. Interactive resources, including online testing and assessment materials, learning management system, and eLearning student resources, allow you the flexibility to build the course that works best for you and your students. The Tenth Edition is the only way to prepare EMT students for

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the challenges they will face in the field.

This is the first book on Ortho-Bionomy, a bodywork technique which is quickly gaining popularity among laypeople and therapists from all bodywork disciplines. Kathy Kain gives clear descriptions of the philosophy and concepts of Ortho-Bionomy. The illustrations and easy to understand technical instructions show the standard releases taught in Ortho-Bionomy classes. The student is guided from the beginning of a session to the end in learning this gentle, effective approach to somatic re-education. Ortho-Bionomy 's primary benefit lies in helping people to break the cycle of pain by learning how to correct structural and somatic dysfunction and to release stress. This noninvasive, quick acting approach is an effective preparation for mobilization, movement and therapeutic exercise.

The Verification Guide

Ayurveda of Thailand

Mosby's Pathology for Massage Therapists - E-Book

Theory and Practice of Therapeutic Massage

Building the Body in Motion

Tappan's Handbook of Massage Therapy

This superbly illustrated text familiarizes students with individual muscles and muscle systems and demonstrates basic clinical massage therapy techniques. More than 550 full-color illustrations of internal structures are embedded into photographs of live models to show each muscle or muscle group, surrounding structures, surface landmarks, and the therapist's hands. Students see clearly which muscle is being worked, where it is, where it is attached, how it can be accessed manually, what problems it can cause, and how treatment techniques are performed. This edition features improved illustrations of draping and includes palpation for each muscle. An accompanying Real Bodywork DVD includes video

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demonstrations of massage techniques from the book.

A publication of the Program on Noncollegiate Sponsored Instruction (PONSI) of the American Council on Education's Center for Adult Learning and Educational Credentials.

A reference text on the integrative health and medicine professions written by leading educators from each discipline that is meant to support students, practitioners, patients and academic and policy leaders in helping to create appropriate and respectful collaboration between the disciplines to provide optimal health care.

Complete massage pathology information in one convenient text! Written by a massage therapist for massage therapists, Mosby's Pathology for Massage Therapists, 4th Edition provides direct information along with specific therapeutic recommendations. Coverage of over 300 pathologies shows you how to appropriately tailor treatment, and more than 500 full-color photographs make it easier to recognize common pathologies. This edition includes a new chapter on Hospital-based massage which covers protocols needed for therapists working with clients who are medically fragile. Written by massage therapy educator and practitioner Susan Salvo, this resource provides the pathology knowledge you need to succeed in the classroom and in your career. Coverage of over 300 pathologies provides you with ample information without being overwhelming. Over 500 full-color photographs helps you recognize common diseases and conditions. A user-friendly, comprehensive format makes it easy to find key information with learning objectives, list of pathologies, system overview, and pathologies, including description, etiology, signs and symptoms, treatment, and massage considerations. Caution boxes provide tips on prevention to keep practice safe and prepare students for

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emergency situations. Clinical Tips boxes provide brief, practical hints gleaned from the author ' s first-hand experience in clinical practice. Medical Technology boxes highlight special populations, such as clients in wheelchairs or with pacemakers, and explain what the medical device is, and what special precautions or contraindications practitioners should be aware of before working on these clients. List of pathologies with page number references included on the inside front cover for fast lookup of pathologies. UNIQUE! Hospital-based massage chapter covers different protocols needed for massage therapists working in institutionalized care setting and useful information about working with clients who are medically fragile. NEW! Updated pathologies reviewed by practicing massage therapists reflect what you will see in the field as a working practitioner. NEW! Pain content equips you with essential, up-to-date information on the latest theories and management techniques and provides the critical-thinking skills to apply that knowledge in practice.

The Mattes Method

Clinical Massage Therapy: Assessment and Treatment of Orthopedic Conditions

Massage Therapy

A Massage Therapist's Guide to Business

Allen 2e Text Plus Werner 5e Text Package

A Visual Guide to Techniques

This groundbreaking work on ethics addresses the difficult, confusing, and seldom-discussed but often-troubling dilemmas confronting touch therapy practitioners. By honestly describing the issues, identifying clear principles, naming specific resources, and using stories straight from the treatment room, the authors have written a book to guide,

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support, and inspire both students and seasoned practitioners. This book belongs in the office of every bodywork practitioner and in the classrooms of every professional training school. Features include useful and thought-provoking activities and exercises and real-life scenarios to intrigue students.

All parts of the body need exercise for optimal health, and the eyes are no different. Vision for Life presents an approach to eye health for people with 20/20 vision who wish to maintain their perfect vision as well as people who see poorly and would like to improve their eyesight. Clients of the Meir Schneider Self-Healing Method experience their own capacity to bring about recovery, reversing the progress of a wide range of degenerative conditions including eye disease. Based in part on the established Bates Method of eyesight improvement and in part on his own professional and personal discoveries, Meir Schneider's pioneering approach has helped thousands of people successfully treat a host of eye problems, including near- and farsightedness, astigmatism, lazy eye, double vision, glaucoma, cataracts, macular degeneration, retinal detachment, retinitis pigmentosa, and nystagmus. This revised edition includes a new chapter on children's eye health and new research and exercises for specific conditions, i.e., glaucoma and nystagmus, near- and farsightedness. Born blind to deaf parents, Schneider underwent a series of painful operations as a young child and was left with 99 percent scar tissue on the lenses of his eyes, resulting in his being declared incurably blind. At the age of seventeen, he discovered how to improve his vision from less than 1 percent to 55 percent of normal vision with the eye exercises presented in this book. Today Schneider drives a car, reads, and enjoys the benefits of full natural vision. He and his clients prove time and time again how much vision can improve with exercise. His

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contributions to the field of self-healing are recognized by alternative health practitioners and medical doctors alike. In *Vision for Life*, Schneider shares forty years of discoveries made on his personal and professional journey. The book details simple but effective techniques to gain great vision such as sunning and palming. Such exercises are not only strengthening but also restorative and deeply relaxing. The reader learns how to reverse developing issues before they cause damage or to remedy existing problems, including pathologies such as glaucoma, cataracts, macular degeneration, retinal detachment, and optic nerve neuropathy.

...gives a thorough understanding of what myofascial pain actually is, and provides a unique and effective approach to the diagnosis and treatment of this syndrome for the lower body muscles.

Clinicians' and Educators' Desk Reference on the Integrative Health and Medicine Professions

An Essential Resource for Anyone Seeking Wellness

A Practical Manual

Ten Steps to Natural Eyesight Improvement

The Ethics of Touch

Higher Education Opportunity Act