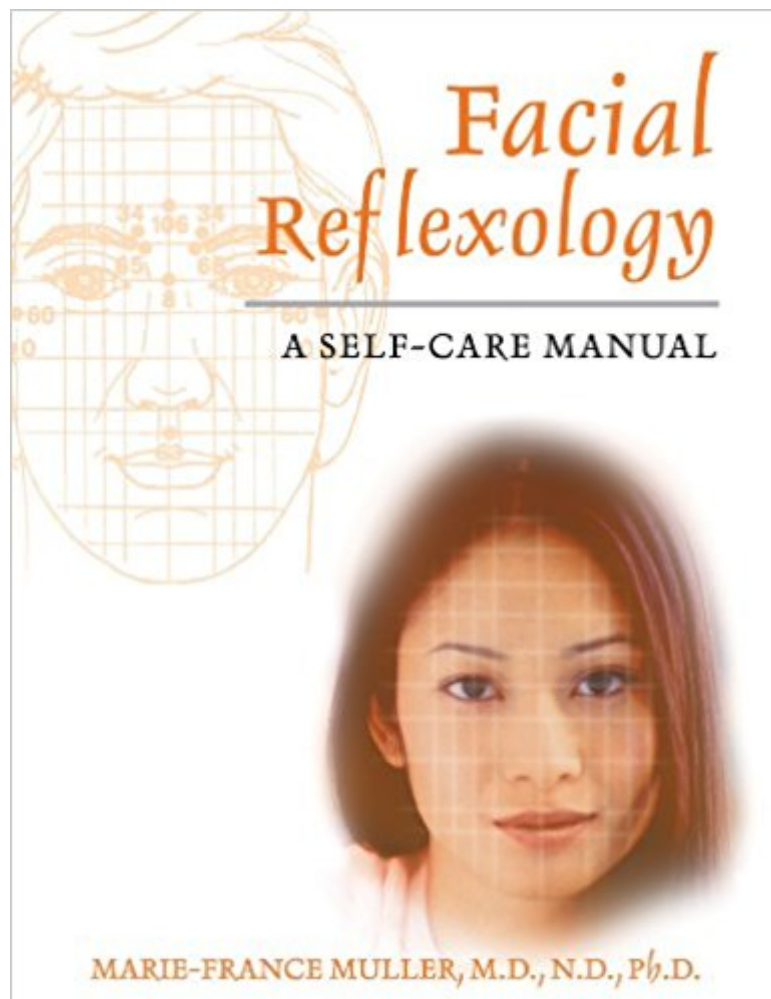




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Facial Reflexology: A Self-Care Manual



Synopsis

The first book to present the innovative Vietnamese method of facial reflexology— Includes simple pressure-point massage instructions that can be self-administered and that provide immediate results— Fully illustrated with easy-to-follow diagrams of 57 facial pressure points and their correspondences within the bodyIt is possible to rub certain zones of your face to relieve a backache or the beginnings of a migraine. It is likewise possible to stop a common cold from developing in less than a minute. Facial reflexology, one of the simplest and most effective healthcare methods, provides rapid relief for many of these common ailments. Developed in 1980 by Vietnamese doctors in Ho Chi Minh City as a less invasive alternative to facial acupuncture, facial reflexology uses healing principles based on the I Ching and Buddhist teachings. The therapy is simple enough that it can be self-administered by a beginner with immediate results and is also a valuable tool for healthcare professionals. In *Facial Reflexology* Marie-France Muller introduces this healing practice to the English-speaking world for the first time. She describes the mechanics of facial reflexology—facial diagnosis, facial pressure points, reflex zones, massage and pressure techniques—and provides healing routines both for treating acute ailments and maintaining overall good health. Included is an extensive dictionary of more than 200 common ailments, accompanied by therapeutic instructions and easy-to-follow diagrams of the points to be stimulated, for complaints such as indigestion, asthma, pinched nerves, fatigue, insomnia, menstrual cramps, migraines, high blood pressure, sprains, pulled muscles, and even the common cold.

Book Information

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Customer Reviews

"A step-by-step, nicely organized and easy to use book that can prove invaluable to a health care practitioner and easy to comprehend for a novice." (Making Scents, Creations Magazine, Summer/Fall 2006)

HEALTH / BODYWORK The main objective of facial reflexology--a Vietnamese system of facial acupressure--is to prevent health problems before they begin and to relieve existing troubles before they become entrenched. The system was originally developed in the 1980s by doctors in Ho Chi Minh City as a less invasive alternative to facial acupuncture. Made accessible to the West by Nhuan Le Quang, an *Acupuncturist* of France, Vietnamese facial reflexology--or *Dien Cham*--promotes a healthy flow of energy throughout the body by stimulation of 57 acupressure points and associated "reflex zones" on the face. As with other reflexology systems, such as foot or hand reflexology, it is possible to visualize a projection of the entire human body superimposed over the face. One can then stimulate an organ or body part by massaging the corresponding facial reflex zone. In *Facial Reflexology* Marie-France Muller introduces this Vietnamese healing practice to the English-speaking world for the first time. She presents 13 basic summary diagrams that locate all 57 numbered facial points and clearly delineates their corresponding reflex zones for the entire body. These diagrams are accompanied by easy-to-follow instructions on basic massage and pressure-point techniques. The author gives point-by-point instructions for two general health-maintenance routines and offers a dictionary of therapeutic sessions for more than 200 common ailments such as asthma, back pain, bronchitis, digestive problems, high blood pressure, insomnia, menstrual difficulties, and ulcers. Therapeutic instructions and simple diagrams of the relevant points and zones are included for every condition. A chapter on advanced *Dien Cham* teaches readers how to select points for personalized health-maintenance routines and a final chapter on *Dien Cham* for animals applies the principles of facial reflexology to dogs, cats, and even horses. Appendices on Chinese facial massage and Japanese scalp massage will provide useful points of reference for practitioners more familiar with these other acupressure systems. Facial reflexology is simple enough that it can be self-administered by a beginner with immediate results but comprehensive enough to be a valuable tool for healthcare professionals as well. MARIE-FRANCE MULLER, M.D., N.D., has a Ph.D. in clinical psychology and has worked as a naturopathic doctor for more than twenty-five years. She leads workshops and lectures throughout Europe on different aspects of natural healing, including mineral therapy and facial reflexology. She has written many books published in French and is the author in English of *Colloidal Minerals and Trace Elements*. She lives

in France.

Wonderful and informative book. Great detail and it works!! Love this book. Love all the great info contained in it and love using the techniques. A great resource for a wonderful healing technique. I have 5 herniated disks in my neck alone and I had been having a lot of tests, procedures and pain meds not to mention a lot of severe pain. This is the only thing that has worked for me long term. I was needing help every 8 to 10 weeks and now it has been 4 months and still feeling great and almost pain free. About 80 to 90% improved with little discomfort. A lot of the time I am pain free thanks to this book and its methods. Love this book. Couldn't ask for more. Very happy with this book and the methods in it. Try it, it can help you too. Good luck.

The little bit I have used the info in this book, I can really notice a difference. You have to be consistent, it isn't a one time deal. The body can do amazing things if given the opportunity. I appreciate the section on dogs also, and plan to try it. One of our dogs have elevated liver enzymes and I would be interested to see if using the info will make a difference in her next blood draw.

I bought this and tried it out and was surprised when it worked! Had pain from an injury and this worked! People need this type of care but do not know about it! I read that Facial Reflexology is very popular in Europe and I understand why!

This book changed my practice! I read and use it daily! Must have if you would like to expand your Reflexology practice or simply learn it for yourself. Fascinating!

I have practiced foot and hand reflexology since 1973 with great results on most people. Dien Chan (which is what this book is about) is a whole new step up. The reflex points are so sensitive to response, excellent results can come almost immediately. For those who like this form of non-intrusive therapy, it will not be a disappointment. The book is very clearly written and straightforward. For those who know nothing about this kind of therapy and need self-relief from pain or illness, it should be realized, although this book is presented in this day and age, the treatment knowledge it provides has taken thousands of years to build to the level it enjoys today.

I have not practiced the techniques in this book yet, but I have read it and I really enjoyed it. It seems that there is a real science behind Vietnamese Face Reflexology, as there is behind other

reflexology modalities. I will definately write a review for this when I have had results.Update...3/2/11
It has been a while since I reviewed this book and only recently because of a deep rooted thyroid problem and liver troubles, did I whip it out and try my hand at it. Since my problem has persisted for years, I practice several of the techniques every single day, like Muller suggests in the book. I have seen results that I never thought would come. Suffering from Hypothyroidism and a myraid of other illnesses that come along with it, ie. Hairloss, this has been a wonderful, life changing manual. My thyroid is taking a little longer to heal, but as a result I see new hair growing (but I also now live an active lifestyle). I have a sluggish liver and have suffered immense pain for about a year. Practising the technique for Liver problems I felt my Liver flutter then relax, my lungs tighten then release and the pain dissapear, mostly, in the first night. I was astounded. I have seen doctors, had treatments and none could treat the problem the way it was supposed to be treated. She guides you to find the link, the real cause to your problems and how to correct them. If you take the time to practice, ten minutes a day, anywhere, you will benefit. This program is no different than reflexology for hands/feet and the authoress is no hack. She is a MD, ND and holds a PhD. She never tells you to stop seeing your doctors and tells you throughout the book to continue on with them until change happens and how to lead a healthy lifestyle. She guides us as expertly as a healer should. I hope this helps you...

I have to say this book is very informative and is one of the best regarding to this subject. The illustration is super good and easy to follow compare to other book like 'Healing with Pressure Point Therapy' in which the illustration is poor and hard to follow. I would recommend others to buy this one if you are interested in facial reflexology or Dien Cham.

Book is professional. There are nice large pictures, great explanations & awesome!

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