



Gemstone Reflexology

By Nora Kircher

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Gemstone Reflexology By Nora Kircher

An innovative and holistic approach that combines the healing powers of gemstones with reflexology therapy

- Presents a synergistic therapy that can help numerous mental and physical disorders
- Includes illustrated instructions for determining the specific needs of a disorder and how to apply the therapy

Combining the healing energy of crystals and reflexology therapy, *Gemstone Reflexology* offers a holistic approach to triggering the body's self-healing energies to deal with a large number of mental and physical disorders, ranging from heartache to heart disease. The treatment is based on using eight gemstone wands--agate, amethyst, fluorite, heliotrope, rock crystal, rose quartz, rutilated quartz, and sodalite--that allow users to direct the healing power of the crystals to activate designated pressure points.

Every gemstone has specific healing properties. When crafted into wands, these gems enable the patient to apply the perfect amount of pressure on the appropriate acupressure point. The energies of the crystal combine with the energies released by the pressure on the reflexology point to produce a powerful force for healing. Readers are provided a system of kinetic analysis to determine the appropriate stone and pressure point for their specific condition. Sodalite, for example, has a beneficial effect on mental health, which is increased when applied to the pressure points corresponding to the head; agate helps in the treatment of skin disorders; and amethyst restores vigor. The book contains illustrated instructions that show the treatment areas for a wide range of conditions, including earaches, headaches and migraines, back and joint pain, colds and flu, low blood pressure, intestinal cramps, cardiovascular disease, and depression.

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Editorial Review

Review

"I highly recommend this book for anyone who wishes to be proactive with their health, anyone who wants to learn more about gemstone therapy, or anyone who is considering entering this field professionally." (*Bonne Cehovet, Angelfire, Aug 2006*)

"I love this book. I am going to make Yule baskets for friends and family and this book will be included in all of them! I can't say enough good things about it!" (*Katrina Stiles, The Pagan Review, Nov 2006*)

"For anyone looking for self-treatment or to complement another method that has been used successfully, this book will be of assistance with its very explicit graphics and charts." (*Karyl Clark, Lotus Guide, Jan/Feb 2007*)

"There are dozens of crystal books in the marketplace yet nothing I've seen is as practical and specific a guide to actually working with stones for healing as is Nora Kircher's *Gemstone Reflexology*." (*Robert Simmons, The Metaphysical Buyers Guide, 2007*)

"A good primer on gemstones and their use in a Reflexology session; also a good introduction to color therapy for Reflexologists." (*Amy Kreydin, Suite101.com, Oct 2008*)

"A straightforward explanation of types of therapies treatments and which crystals to use is included in this wonderful and colorful guide." (*Mystic Pop Magazine, Sep/Oct 2008*)

"*Gemstone Reflexology* belongs on the bookshelves of all crystal lovers, acupressure practitioners and anyone who suffers from the wear and tear of physical life. That is--everybody! It shows us that the resonance between minerals and the 'human crystal' is very real." (*Robert Simmons, Metaphysical Guide to Tucson, Feb 2010*)

From the Back Cover

ALTERNATIVE HEALTH / NEW AGE

Combining the healing energy of crystals with reflexology and acupressure therapies, *Gemstone Reflexology* offers a holistic approach to triggering the body's self-healing energies to deal with a large number of mental and physical disorders, ranging from heartache to heart disease. The treatment is based on using eight gem sticks--amethyst, aventurine, fluorite, heliotrope, rock crystal, rose quartz, rutile quartz, and sodalite--that allow users to direct the healing power of the crystals to activate designated pressure points.

Every gemstone has specific healing properties. Amethyst, for example, alleviates pain and tension and when applied to the pressure points corresponding to the back muscles can significantly reduce back pain or even relieve it altogether; aventurine helps in the treatment of skin disorders; and heliotrope strengthens the immune system. When crafted into sticks, these gems intensify energy in the pointed end and distribute energy broadly through the blunt end. This enables the practitioner to apply the perfect amount of pressure at the appropriate location, combining into a powerful healing force the energies of the crystal with those released by the pressure on the reflexology or acupressure points. *Gemstone Reflexology* contains illustrated instructions that show the treatment areas for a wide range of conditions, including earaches, insomnia, joint pain, colds and flu, low blood pressure, stomach problems, menstrual cramps, and depression.

NORA KIRCHER is a natural health practitioner and teacher who has her own clinic where she treats adults

and children using ear acupressure and bioresonance. She has practiced gemstone reflexology for many years and has written fifteen books on diet and alternative health, published in her native Germany.

About the Author

Nora Kircher is a natural health practitioner and teacher who has her own clinic where she treats adults and children using ear acupressure and bioresonance. She has practiced gemstone reflexology for many years and has written 15 books on diet and alternative health, published in her native Germany.

Users Review

From reader reviews:

Mary Ehlers:

What do you ponder on book? It is just for students because they're still students or the item for all people in the world, what the best subject for that? Just you can be answered for that concern above. Every person has several personality and hobby for every single other. Don't to be obligated someone or something that they don't need do that. You must know how great as well as important the book Gemstone Reflexology. All type of book could you see on many solutions. You can look for the internet methods or other social media.

Jackie Gonzalez:

The reserve untitled Gemstone Reflexology is the guide that recommended to you to read. You can see the quality of the guide content that will be shown to an individual. The language that author use to explained their ideas are easily to understand. The article writer was did a lot of study when write the book, therefore the information that they share to you is absolutely accurate. You also might get the e-book of Gemstone Reflexology from the publisher to make you considerably more enjoy free time.

Michael Burr:

In this period of time globalization it is important to someone to acquire information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You will observe that now, a lot of publisher which print many kinds of book. Typically the book that recommended to you is Gemstone Reflexology this publication consist a lot of the information on the condition of this world now. This particular book was represented how does the world has grown up. The words styles that writer require to explain it is easy to understand. Often the writer made some analysis when he makes this book. This is why this book appropriate all of you.

Agatha Roughton:

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