

SESI PENGKAYAAN ILMU : 'WORK FROM HOME' SIRI 3

SAYA SUKA MEMBACA

**SEKSYEN PEMBANGUNAN SUMBER & KATALOG,
PERPUSTAKAAN SULTANAH ZANARIAH,
UTM JOHOR BAHRU, JOHOR**

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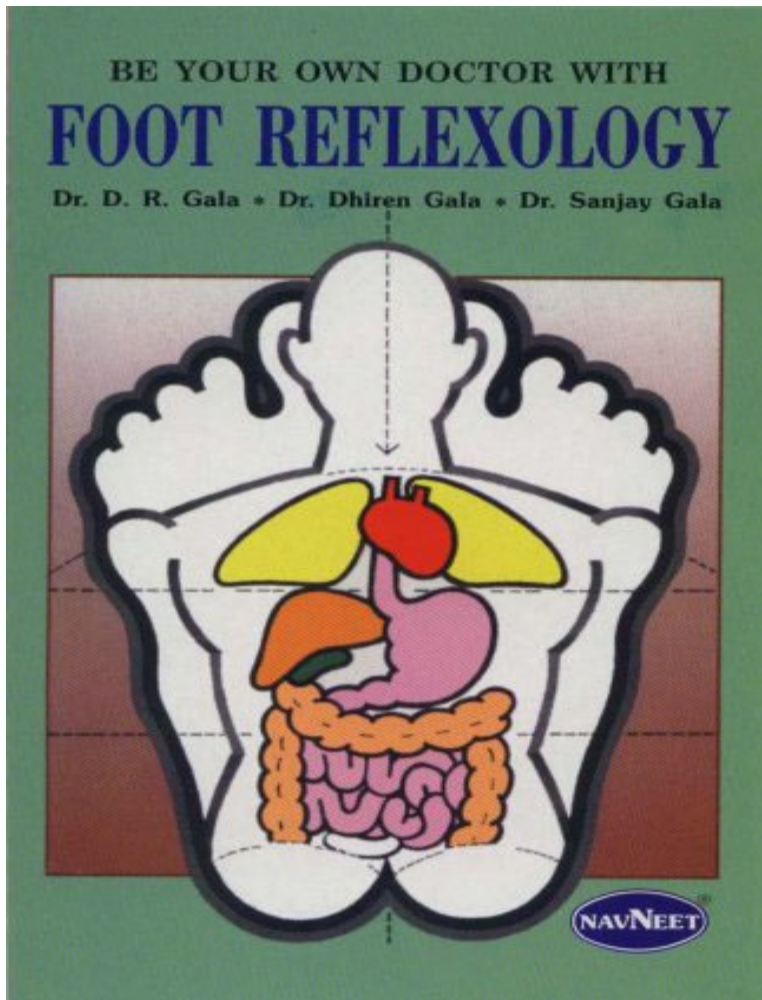


ULASAN BUKU 4

NURFARAHIN JASMINE SEE ABDULLAH
PEMBANTU PUSTAKAWAN
UNIT KATALOG
SEKSYEN PEMBANGUNAN SUMBER & KATALOG



SESI ULASAN BUKU



JUDUL : Be Your Own Doctor with Foot Reflexology

PENULIS : Dr. Dhiren Gala, Dr D.R. Gala, Dr. Sanjay Gala

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About the author

Dr. Dhiren Gala is a registered medical doctor practising holistic medicine, effectively combining the positive features of Homoeopathy, Acupressure/Acupuncture, Naturopathy, Magnet Therapy, Reiki Therapy, etc.

He has worked as a lecturer in visual sciences at the prestigious College of Optometry, Municipal Eye Hospital, Mumbai. He has lectured on a variety of subjects (e.g., Eye-care, Acupressure, Magnet Therapy, Homoeopathy, etc.) at seminars organized by various institutions all over the country.

He has authored a number of health-related books, one of which is in your hands.

Dr. Dhiren Gala conducts short-term courses in (1) Acupuncture without needles, (2) Magnet Therapy, (3) Naturopathy, (4) First Aid and (5) Homoeopathy for laymen. He also conducts first-degree, second-degree and third-degree Reiki seminars. He offers all these courses not only at his own Institute in Mumbai (India) but also travels world wide to conduct teaching-cum-training programs. The objective of these courses is to impart such knowledge as would enable people to treat minor diseases on their own. These courses aim at converting people from passive spectators into active participants in matters of health.

The co-author of this book, Dr. Dhanlal Gala is a qualified Naturopathic and Ayurvedic physician. He has over thirty years' experience in treating chronic diseases through non-medicinal measures such as dietary changes, exercises and yogasanas.

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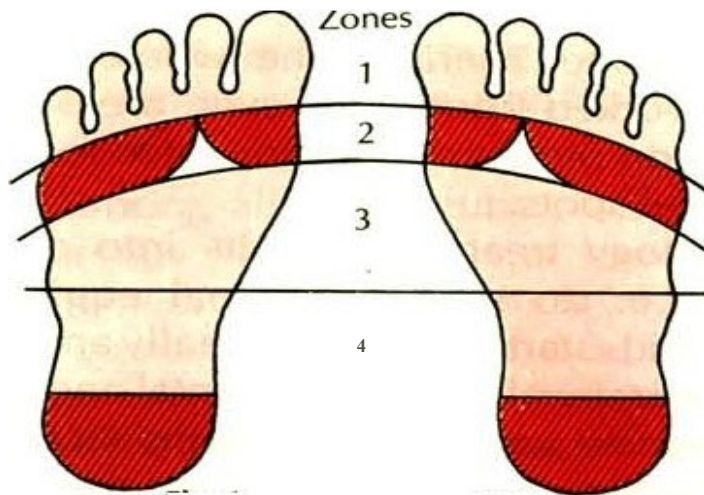
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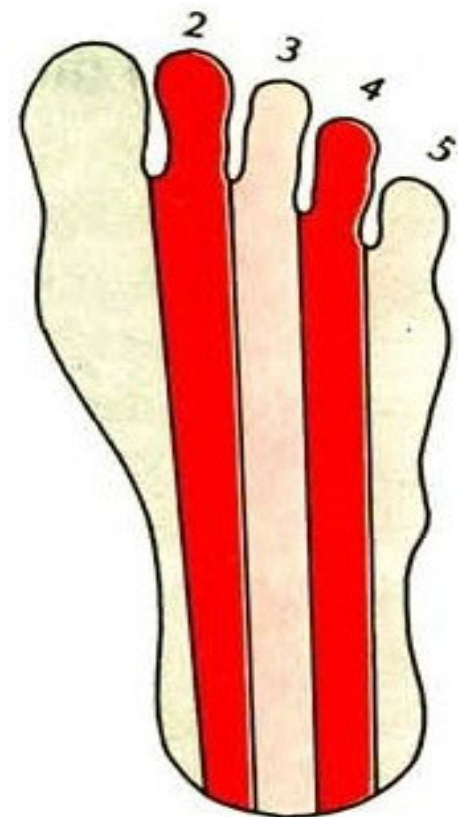
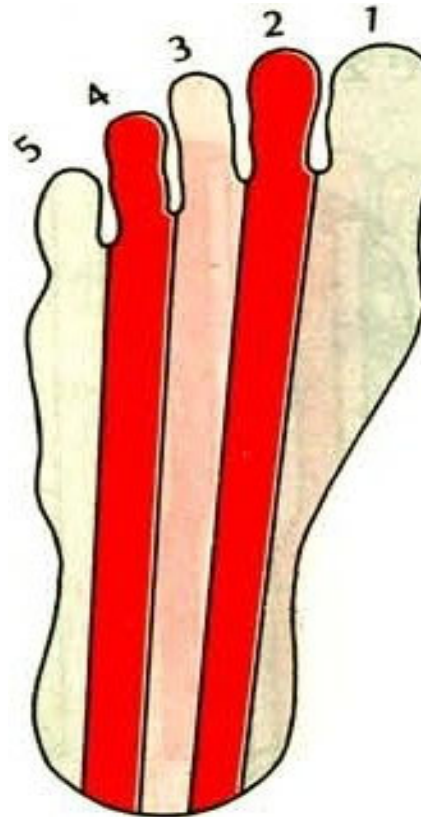
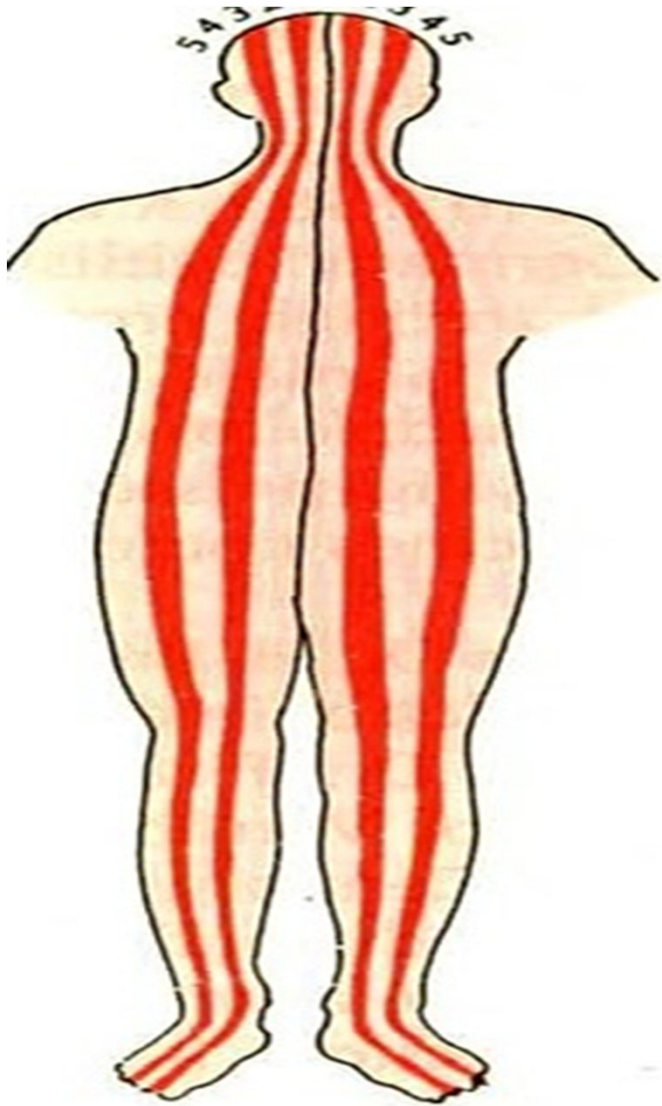
SINOPSIS

'Foot Reflexology' is a 'pressure therapy' in which specific points on the feet are methodically pressed to stimulate internal organs. In case of disorder in any organ, its associated point on the foot becomes tender (painful on pressure). Pressing this point systematically over a few days will cure the disorder of the associated organ. Indeed, this is an indispensable book of laymen and therapists alike to prevent and cure diseases.

Reflex Zone Therapy or simply **Reflexology** is a non medicinal form of treatment in which specific spots on the surface of the body, usually the soles or the palms, are methodically pressed with a view to suitably influencing the internal organs of the body. Alternatively, Reflexology can be defined as a science of stimulating points (usually on the soles or the palms) which have a correspondence or a link with internal organs of the body

Like Acupuncture or Acupressure, even Reflexology has its roots in antiquity. A form of treatment by means of pressure points was prevalent in India and China almost 5000 years ago. A similar form of therapy was practiced in ancient Egypt too. A picture (reproduced below) found on the tomb of Ankhmahar (king's physician) at Saqqara in Egypt clearly shows 'Reflexology' being 'practized'. Studies have shown this tomb to be about 4500 years old.





1. WHAT HAPPENS AFTER PRESSURE TREATMENT AND WHY?

How does the body react to pressure treatment? What changes occur inside the body following Reflex Zone Therapy? Why do such changes take place?

Of the above questions, the first two can be answered more or less completely. However, all answers to the third question are not yet known.

The reactions of the body to Reflex Zone Therapy can be classified into : (I) Local reactions and (II) General reactions. Let us, now, try to understand these reactions.

Local reactions are those which are produced on all organs that happen to lie in the same zone as the toe (or longitudinal section of foot) that is stimulated.

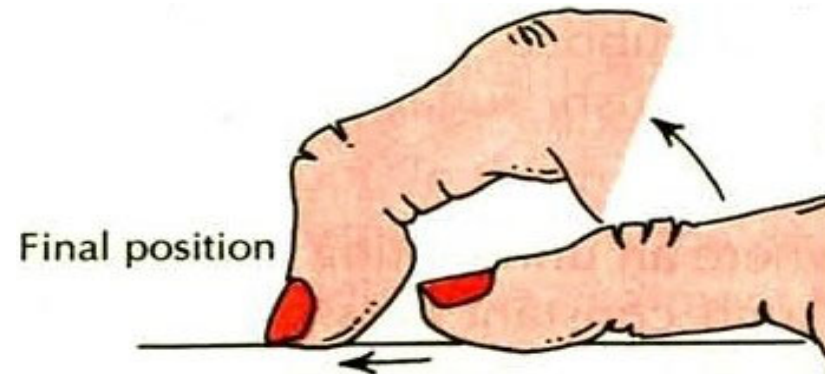
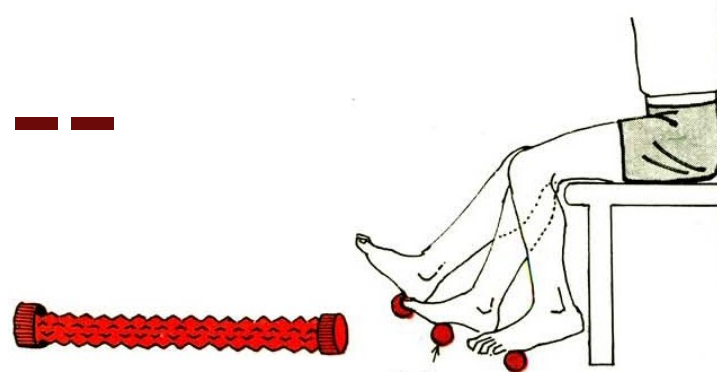
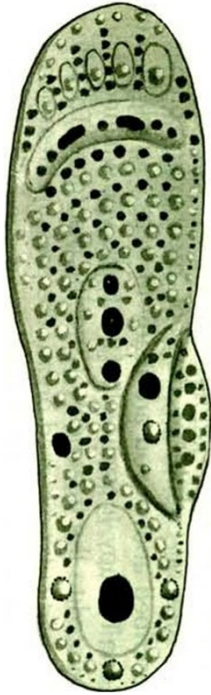
General reactions to Reflex Zone Therapy are those which are produced on the mind and the entire body. General reactions can be further subdivided into (a) immediate (b) intermediate and (c) late reactions.

Immediate reactions : During or **immediately** following a Reflexology treatment session, the patient experiences a feeling of well-being, pleasant warmth and deep relaxation (unless the treatment has been too vigorous, causing pain). Thanks to this release of tension, the person, many a time, falls asleep and awakens a short time later, much refreshed

Intermediate reactions : Two or three days after the commencement of treatment, quite a few persons encounter one or more of the following reactions :

- an increase in the activity of the skin, with increased perspiration, which is sometimes malodorous.
- an increase in the urinary output.
- an increase in the bulk and, sometimes, frequency of stools.
- an increase in the secretions from the mucous membranes of nose, pharynx and bronchi, signifying a cleansing process.
- occasionally, a feeling of mild pain and general malaise in the body, with or without fever.

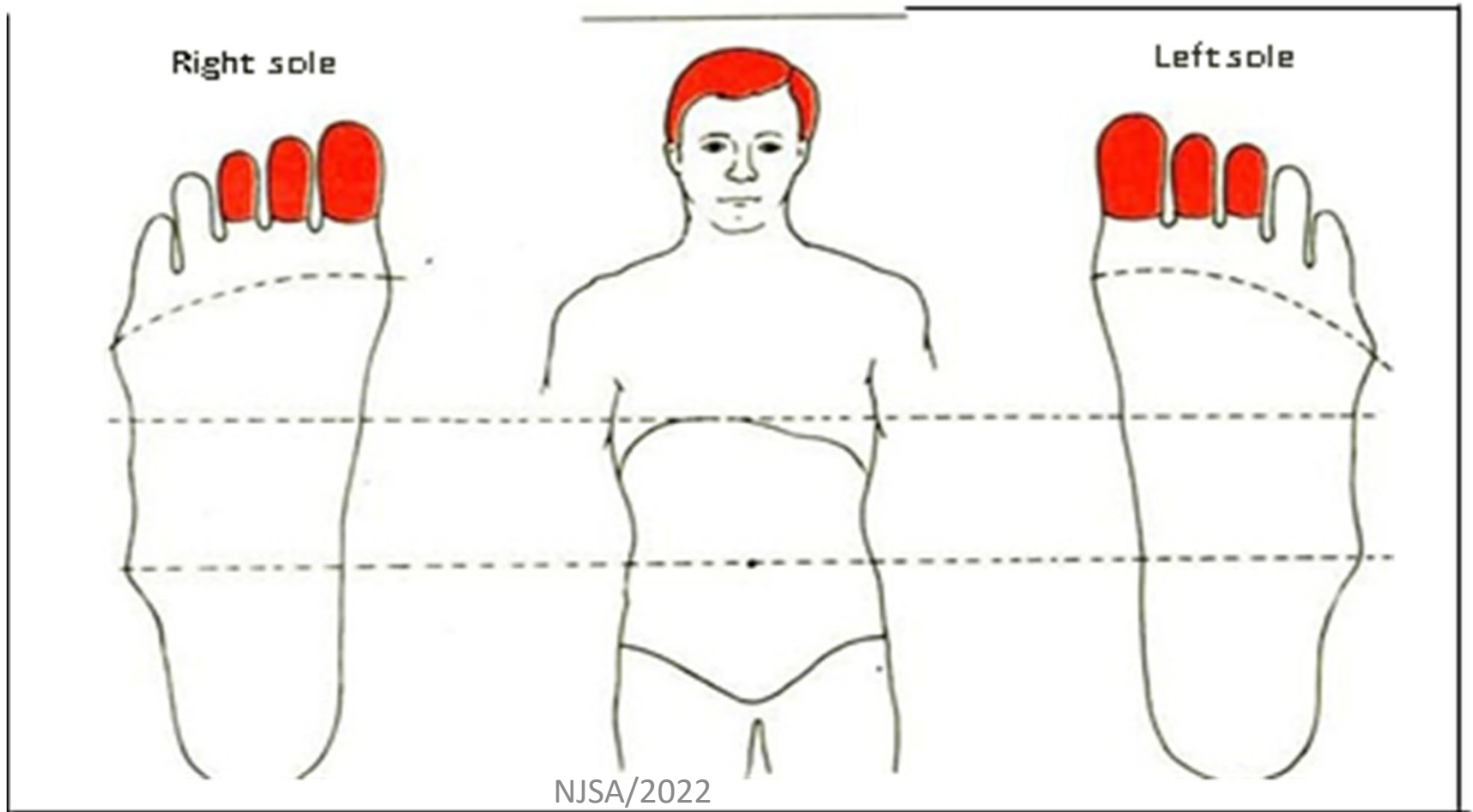
Delayed reactions commence after the body has been rendered reasonably free of toxins. These comprise a restoration of homoeostasis (i.e., a return of bodily functions like temperature, blood pressure, respiratory rate, heart-rate acid-base balance, etc., towards a state of normalcy or balance) and an increase in the body's immunity (natural resistance) marked by a rise in the number of white blood corpuscles and titre of gamma globulin.



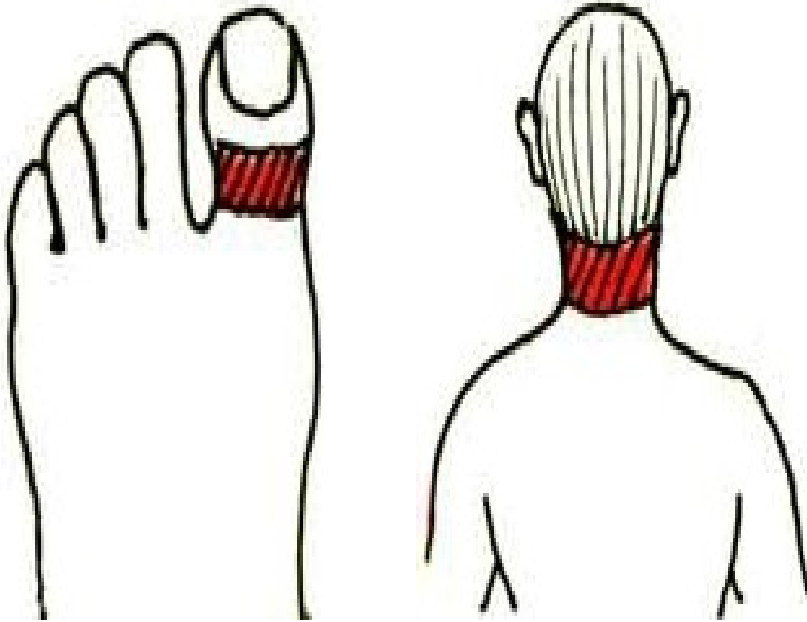
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REFLEXOLOGY IN PAINFUL DISORDERS

HEADACHE

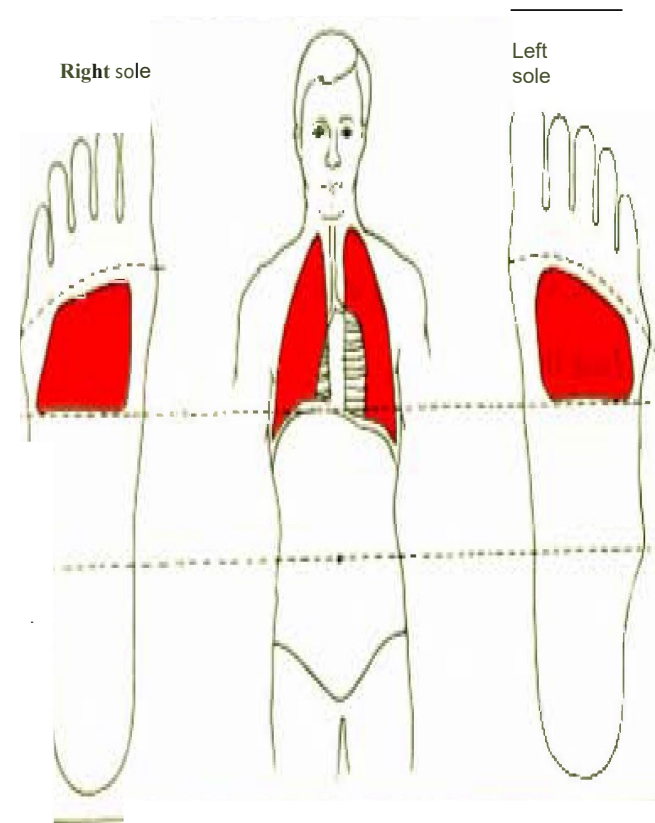


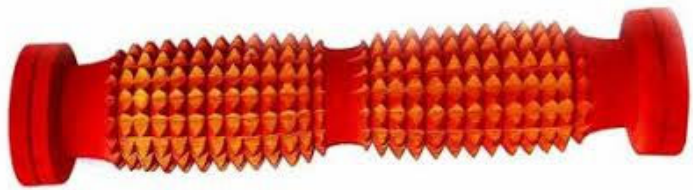
PROBLEMS OF THE NECK



PROBLEMS OF THE LUNGS

cough; Asthma; Bronchitis; Pleuritis; Pneumonia;
Tuberculosis





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ULASAN ISI KANDUNGAN BAHAN

- **Jenis penulisan yang baca :**
 - Maklumat penjagaan kesihatan
- **Sasaran pembaca :**
 - Umum
- **Penyampaian penulis :**
 - Mudah difahami + sangat menarik
- **Pengajaran / kebaikan penulisan :**
 - Kaedah boleh buat sendiri
 - Perkongsian tip daripada
- **Kenapa bahan berkenaan dipilih untuk diulas :**
 - Sangat minat – accupunture, acupressure
 - Menarik atas gambar yang berserta penerangan

KELEBIHAN & KEKURANGAN

- **Font yang digunakan**
 - Bersesuai dengan pembacaan
 - Pelbagai jenis format font
 - Penggunaan gambar

- **Gaya penulisan**
 - Mudah dan sangat menarik

- **Bahasa yang digunakan**
 - Mudah difahami
 - Menarik perhatian untuk terus membaca!

- **Fizikal bahan**
 - Kulit lembut
 - Ringan
 - 75 mukasurat sahaja!
 - Gaya persembahan isi kandungan yang menarik

TERIMA KASIH

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