



## Synopsis

Full color professional illustrated chart of Hand Reflexology and the related Acupressure points of this ancient healing system. LARGE TYPE, special bright color-coding by CHAKRAS makes easy learning for novices. Includes points massaged for frequently used and valuable purposes, including: Tension/Stress relief, Health, Colds & Sinuses, Arthritis, Addictions, Headaches, Hiccups, Nausea, CHAKRAS, etc. Also illustrates the specific 7 endocrine glands and correlating chakra points in the Hand. This is the only chart specially COLOR CODED BY THE CHAKRAS and 7 endocrine glands for easiest learning. Used by many professional massage and reflexology schools. The special detailed color-coded illustrations make it also easy learning for first-timers. 8.5 x 11 in. 2-sided, Laminated, full color illustrations. See all 12 Charts in the Inner Light Resources Rainbow Charts Series: Search by publisher: Inner Light Resources

## Book Information

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## Customer Reviews

The Rainbow Chakra chart by Inner Light Resources is the top-seller for us along with Inner Light's Rainbow Foot and Hand Reflexology charts. It is clear, well-organized, --Healing Light Books & Gifts! just got your Chakra, Reflexology, Crystals, and all the other of your 8 Rainbow charts and I love them! I think they are fabulous, colorful, and very useful --full of energy! --Ana Maria Egusquiza Zevalos. Lima, PERU I am so glad I have found these and the whole Rainbow charts series! [by Inner Light Resources/now from Inner Light Unlimited]. I have used them for years for myself, my clients, and when I teach at the college. I am an RN and have used Reflexology with my patients with tremendous success for many years. I use these charts with my clients every day. The whole series is great, especially in this bigger size (vs wallet card) because they are easy to read and

teach with. I use them for ME too. I hurt my back badly, was on crutches for 7 yrs, with intensive physical therapy. My body didn't begin to heal until I started to work with reflexology and other eastern therapies. I am now healthy, working and teaching at the college. I m so glad to have these charts to help my clients. Thank you! --Joan Kramer, RN, Healthy Essentials (WI)

Yshkeyna Hamilla is a licensed Mental Health Therapist and Natural Health Coach practicing in Florida for more than 15 years. (Former name Jan Zupcsics)

Great information of all the charts I have this one gives the most information. .it is a bit overwhelming so if you just want the basic reflexology format this is not for you. It is just as pictured so you can go exactly by that. I ordered another one for my personal use. Also for the price it's a deal. ..the quality is really good.

I've purchased several hand and foot reflexology charts the last 30 years, but this one is the best hands down (no pun intended!!!). The color coding & excellent details make it the last one I will ever buy. Don't get the tiny one, it's a waste of time & money. It's too small to really see all the info well!!! I'm VERY happy with this purchase. Well worth the small price!!!

Now I know exactly where the nerves are located. Great to see where they are... love the size of the chart. Recently visited a doctor for acupuncture, it worked to release pressure on my nerve.

This is beautiful and very informative! I use this chart every day at my office where I treat clients with Cold Laser Therapy (a form of acupuncture without the use of needles).

the color coding is good it helps to track and or remember the trigger points on the body I feel this is a good reference guide.

Great hand chart to have for so many reasons! Love knowing I have this quick handy info. to carry with me even on the go in the car. Very colorful and detailed!

A little confusing as colors overlap, but it just requires better attentiveness. Large print making it easier to read. Sectioned off in a couple of areas to help. Also points out there are more charts to order and help out for various areas: smoking, affirmatiins, FengShui, etc.

Great chart. Thank you! You need to design one tracing all the Meridian Lines! They truly do exist. I know...as I was hit on skull and it was cracked by an 18# cannonball that fell off a 24 ft standpipe...believe me...pain travels. Thank you!

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