

# **Better Health With Foot Reflexology: The Original Ingham Method Including Hand Reflexology By Dwight C. Byers**

**By Dwight C. Byers**

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by Dwight Byers. 226 pp. 1983 The author of this book, nephew of Eunice Ingham, is the leading authority on the Original Ingham Method Of Reflexology. The book is a

<https://www.pacificreflexology.com/catalog/book-01>

*Better Health with Foot Reflexology: The Original Ingham Method*. 1983. Dwight Byers and Eusebia Messenger, *Reflexology: a way to better health*. Gateway Books,

<http://www.encyclopedia.com/topic/Reflexology.aspx>

Dwight Byers and Eusebia Messenger, Better Health with Foot Reflexology: The Original Ingham Method. 1983. International Institute of Reflexology. P.O  
<http://www.altmd.com/Articles/Reflexology--Encyclopedia-of-Alternative-Medicine>

Learn the Ingham Method of Reflexology in the art of Foot and Hand Reflexology. and the works of Dwight Byers, Better Health with Foot  
<http://www.amtamassage.org/events/detail/9418>

Foot reflexology is not massage, although it is complementary to massage and often performed by massage therapists. This book was written by Eunice Ingham's nephew in  
<http://www.amazon.com/Better-Health-Reflexology-Dwight-Byers/product-reviews/1891130005>

It is the combined work of the late Eunice Ingham and her nephew Dwight C. Byers, The Original Ingham Method of Reflexology is effective way to better health.  
<http://vital-touch.net/healing-modalities/reflexology/>

Better health with foot reflexology : the original Ingham method : including hand reflexology / by Dwight C. Byers. Saint Petersburg, Fla., U.S.A. : Ingham Pub., c1983.  
<http://library.csuci.edu/collections/rss/latestitems-rm.xml>

In the late 50 s Dwight Byers started helping Eunice Ingham at her Dwight authored the book, Better Health with Foot Reflexology The Original Ingham Method  
<http://floridareflexology.com/reflexology/>

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which uses the Original Ingham Method, making hand reflexology less practice can study it in the book Better Health With Foot Reflexology (Byers,  
[http://www.academia.edu/4660573/The\\_Effects\\_of\\_Root\\_Reflexology\\_on\\_Anxiety\\_and\\_Pain\\_in\\_Patients\\_With\\_Breast\\_and\\_Lung\\_Cancer](http://www.academia.edu/4660573/The_Effects_of_Root_Reflexology_on_Anxiety_and_Pain_in_Patients_With_Breast_and_Lung_Cancer)

Jun 21, 2015 Reflexology is a form of complementary therapy which, through the massage of the feet, aims to promote wellness in other areas of the body. Modern  
<http://www.betterhealth.vic.gov.au/bhcv2/bhcArticles.nsf/pages/Reflexology>

Excellent training guide to conduct the Ingham Method of Foot Reflexology on yourself and others. This is a newly revised and expanded edition with large color photos  
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<http://www.amazon.com/Better-Health-Reflexology-Dwight-Byers/dp/1891130005>

The Ingham Method of reflexology was Byers Better Health with Foot Reflexology (Ingham click > Better Health with Foot Reflexology by Dwight C. Byers).  
<http://www.circlesoflight.com/blog/ingham-method-of-reflexology/>

Dwight Byers is the President of The Only School Licensed To Teach The Original Ingham Method of Reflexology. Dwight wrote the book Better Health with Foot  
<http://www.reflexology-uk.net/site/about/dwight-byers>

The History of Reflexology. body's outline makes it easy to visualize the body on the foot. (Better Health with Foot Reflexology, the Ingham Method, Dwight C. Byers)  
[http://www.journeyofhealth.net/energytherapy/ere\\_history.php](http://www.journeyofhealth.net/energytherapy/ere_history.php)

Better Health with Foot Reflexology - Acupuncture & Acupressure - Books on Dentistry - Valuable medical/health info related to diseases, diet,  
[http://www.medical-books.medindia.com/4-14096-1891130005-Better\\_Health\\_with\\_Foot\\_Reflexology](http://www.medical-books.medindia.com/4-14096-1891130005-Better_Health_with_Foot_Reflexology)

Welcome to the website of Head to Heel Reflexology for Better Health and Linda Frank, Certified Reflexologist with offices in Federal Way, Tacoma, and University Place.  
<http://www.reflexologyforbetterhealth.com/>

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Ingham Method of reflexology; Better Health with Dwight C. Byers is Told Thru Reflexology and the works of Dwight Byers, Better Health with Foot

<http://www.wcspeakers.com/speaker.cfm?ID=4335>

cells, and electrons of the body to their original foot or hand. It is a science that Reflexology is a unique method

[http://www.energywellnessproducts.com/InformationFiles/ere\\_book-original.pdf](http://www.energywellnessproducts.com/InformationFiles/ere_book-original.pdf)

Get this from a library! Better health with foot reflexology.. [Dwight C Byers] -- This book is practical guide which includes introduction to each anatomical system

<http://www.worldcat.org/title/better-health-with-foot-reflexology/oclc/460474912>

Better Health Massage Therapy and Foot Reflexology Home Page. Welcome to Better Health! My web site is under construction at the moment,

<http://betterhealthmassage.net/>

At Step N2 Health we are focused on WELLNESS and offer nutritional support for clients using nutritionally dense plant sourced supplements! Your Health is our priority.

<http://www.stepn2health.com/reflexology/>

according to The Ingham Method of Foot Reflexology. As a nephew of the late Ingham, Dwight Byers 70 Byers is the author of Better Health

<http://reflexology.blog.com/>