

INTERNATIONAL therapist

Summer 2023 References

Plant Profile (P14) – Further reading suggestions

1. Ralph, A & Tassell M (2020). *Native Healers – Foundations in Western Herbal Medicine*. London, UK.
2. Price, L & Price S (2016). *Carrier Oils for Aromatherapy and Massage*. 4th Ed. Stratford upon Avon, UK.

50 Years of Zero Balancing (P26) – Further reading suggestions

1. Dr Fritz Smith, *Inner Bridges*, Humanics Ltd 1986
2. John Hamwee, *Touching The Energy Of Bone*, Singing Dragon 2015
3. Alan Hext, *Structural Energetics in Zero Balancing Bodywork*, Singing Dragon 2020
4. Jim McCormick, *Zero Balancing Conscious Touch and Transformation*, Handspring 2021
5. David Lauterstein and Jeff Rockwell, *The Memory Palace of Bones: Exploring Embodiment Through the Skeletal System*, Handspring 2023

Beauty and Meditation (P50)

1. Richard A. Stein, MD. *Outliving Heart Disease*. 2006. Newmarket Press: New York.
2. Psychological interventions in the management of common skin conditions
<https://www.tandfonline.com/doi/pdf/10.2147/prbm.s7072>

Sleep Well This Summer (P58)

1. <https://www.sleep.com/sleep-health/summer-effect-on-sleep#:~:text=According%20to%20SleepScore%20Labs%27%20applied,later%20during%20the%20summer%20months>
2. <https://www.nhs.uk/conditions/insomnia/>
3. <https://www.singlecare.com/blog/news/sleep-statistics/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7731454/>
5. <https://www.hindawi.com/journals/ije/2015/591729/>

6. <https://www.sleep.com/sleep-health/summer-effect-on-sleep#:~:text=According%20to%20SleepScore%20Labs%27%20applied,later%20during%20the%20summer%20months>
7. <https://www.ahajournals.org/doi/10.1161/JAHA.119.014587>

Research (P70)

Essential Oils and Covid-19 Smell Dysfunction

<https://www.sciencedirect.com/science/article/pii/S187638202300029X?via%3Dihub>

Foot Reflexology Improving Sleep in Palliative Care

<https://bmccomplementmedtherapies.biomedcentral.com/articles/10.1186/s12906-023-03873-5>

Acupuncture for Chemotherapy-induced Peripheral Neuropathy

<https://www.sciencedirect.com/science/article/abs/pii/S1876382023000343>

Acupuncture for Low Back And/Or Pelvic Pain During Pregnancy

<https://bmjopen.bmj.com/content/12/12/e056878>

Bowen Therapy in The Treatment of Myofascial Neck Pain

<https://pubmed.ncbi.nlm.nih.gov/37265536/>

Online Mindfulness-Based Interventions for Stress Management

<https://www.nature.com/articles/s41598-023-35483-z>

