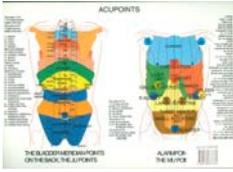
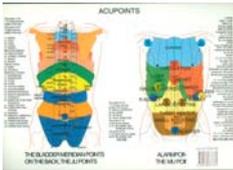


# COMPLEMENTARY THERAPIES CHARTS FROM JAN VAN BAARLE



**ACUPOINTS -- A2:** Full-colour laminated poster. Shows two important anatomical maps in acupuncture: The first illustration localises the Ju or Shu points, the points of the bladder meridians on the back that have a direct connection to important organs and functions. The second gives the Mu points, also called the alarm points on the chest and abdomen.

{430x610mm, colour illus; February 1997, PO, 9079887269 (9789079887262), £13.50, Jan van Baarle}



**ACUPOINTS -- A4:** Full-colour laminated poster. The first side of the chart offers two important anatomical maps in acupuncture: The first illustration localises the Ju or Shu points, the points of the bladder meridians on the back that have a direct relation to important organs and functions. The second gives the Mu points, also called the alarm points on the chest and abdomen. At the back of the chart, the therapeutic use of these series of points is explained.

{220x305mm, colour illus; February 1997, PO, 9079887366 (9789079887361), £6.50, Jan van Baarle}



**ACUPOINTS OF THE FEET -- A4:** The foot is a very interesting part of the body for therapy. It is easily accessible and is very suitable for self-treatment, which partly explains why it is used so much in reflexology. This chart is particularly interesting and useful for those who treat the feet and/or do energy work. It shows the classical Chinese acupuncture points used to treat the organs and a large number of specific health complaints. The massage and acupressure techniques are clearly explained. Another approach is also presented, especially indicated for the feet (water and earth): moxibustion. It is warming, it stimulates Chi flow, it fights cold and humid pathologies, and feminine disorders. In addition to all these points, the meridians according to Shisuto Masunaga and their use are presented. With this chart, knowledge of the reflex zones will be completed by points and meridians, opening fascinating new therapeutic possibilities.

{220x305mm, colour illus; October 2005, PO, 9070281252 (9789070281250), £6.50, Jan van Baarle}



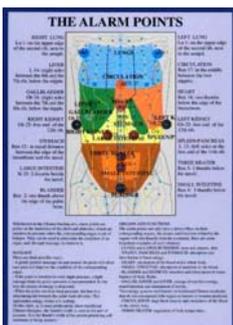
**ACUPUNCTURE FOR THE HEAD -- A4:** On one side this chart gives the acupressure points to strengthen the mind and increase intelligence. On the other side, the points and combinations of points against the different kinds of headaches and migraines are presented and the treatment methods discussed.

{220x305mm, colour illus; September 2003, PO, 9079887390 (9789079887392), £6.50, Jan van Baarle}



**ACUPUNCTURE POINTS OF THE FACE -- A4:** Full-colour laminated poster. On the first side, representations of the head from the front and in profile offer a general view of all the meridians and acupuncture points. At the back of the chart, more detailed illustrations of the eye, nose, mouth, ear and skull will be found as well as the descriptions of problems that can be treated by applying the relevant massage techniques on each of the points illustrated.

{220x305mm, colour illus; February 2002, PO, 9079887382 (9789079887385), £6.50, Jan van Baarle}

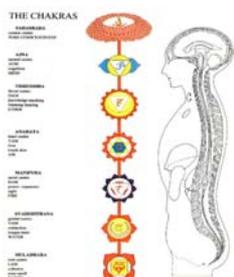


**ALARM POINTS / EMERGENCY POINTS -- A4:** Full-colour laminated poster. The first side of this chart shows the 'alarm points': acupuncture points on the torso that can be used in order to calm or stimulate the twelve organs and associated functions, as distinguished in Chinese medicine. The different pressure and massage techniques are also presented. The illustration on the back of the chart, shows 25 acupuncture points, the 'emergency points', along the meridians on the whole front of the body. Their exact location as well as the ailments for which they can be used are clearly explained. You will also find the point combinations allowing to quickly relieve a number of acute problems (asthma attack, insomnia, sore throat, diarrhoea, painful periods, toothache, cramps...).

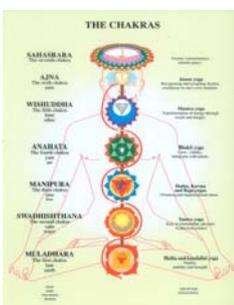
{220x305mm, colour illus; September 2003, PO, 9079887404 (9789079887408), £6.50, Jan van Baarle}



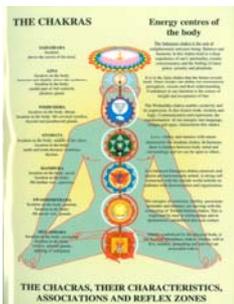
**AURICULO TERAPIA -- A2:** Full-colour laminated poster. Text in English, French, Dutch & German. {430x610mm, colour illus; July 2008, PO, 9070281813 (9789070281816), £13.50, Jan van Baarle}



**CHAKRAS -- A2:** Chakra is a special, rich and colourful poster. The seven main chakras, energy centres of the subtle body, are represented in the middle. To the left you will see the five lesser known chakras of the head, as well as Ida, Pingala and Sushuma, the three energy channels going through the chakras along the spine. Under, the five elements corresponding to the first five chakras and on the right side the Yantra Mantra and explanations of many symbols. {430x610mm, colour illus; February 1997, PO, 9079887277 (9789079887279), £13.50, Jan van Baarle}



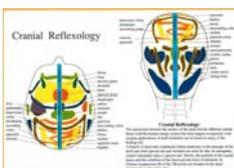
**CHAKRAS -- A4:** On the first side, the seven chakras, energetic centres of the subtle body, are represented according to the Vedic tradition. For each one, the various associations are given: Sanskrit name, element, mantra, psychological aspect, type of yoga... At the back, an illustration of their positions along the spine and seven small texts describing what typifies the good functioning, or on the contrary, unbalance, of each chakra. {220x305mm, colour illus; June 2004, PO, 9079887471 (9789079887477), £6.50, Jan van Baarle}



**CHAKRAS -- LAMINATED FOLDED A4: Their Characteristics, Associations & Reflexzones** This double A4 folded card presents an incredible wealth of information: On the front page, the names of the chakras, their locations in and on the body, explanations of their main significance and characteristics and their representations according to traditional Indian symbolism. On the inside of the card, presented in three large tables: the literal meaning, physiological expression, senses, organs, temperaments, aromas, stones, metals, alternatives therapies, music, locations in the world, types of yogas, of professions, psychological aspects... associated with each chakra. The last page of the card gives rarely found information about how to work on the chakras using reflexology. {220x300mm (folded), colour illus; January 2005, PO, 9079887323 (9789079887323), £11.99, Jan van Baarle}



**COLOUR THERAPY -- A4:** Full-colour laminated poster. The front side gives the essential information on background and use of colour therapy. The back of the chart contains a table in which each colour is shown. The corresponding glands, organs and body parts, complaints and diseases and psychological effects are given so as to provide a comprehensive introduction into the use of colour in every day life and for health. {220x305mm, colour illus; February 2002, PO, 9079887536 (9789079887538), £6.50, Jan van Baarle}



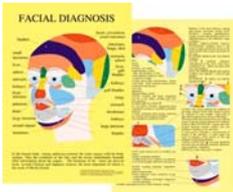
**CRANIAL REFLEXOLOGY -- A4:** Full-colour laminated poster. This clear and colourful chart presents the fascinating and little known field of Cranial Reflexology. Connections between the areas of the skull have been discovered and used in numerous therapeutic traditions and disciplines such as Ayurveda from India, Shiatsu from Japan, classical osteopathy, Chinese acupuncture, etc., These connections can be understood at different levels: through the interconnecting fascia, reflex chains, and various energy channels. Four drawings, front, back, top and side views of the head, allow the localisation of the reflex zones of the different body parts, organs, bones, glands, major nerves, etc., Getting familiar with the position, shape and sensitivity of these areas of the skull is useful for the diagnostic of many ailments. Massage, acupressure, osteopathy, aromatherapy, acupuncture and other methods can be used for therapy. {220x305mm, colour illus; February 2007, PO, 9070281562 (9789070281564), £6.50, Jan van Baarle}



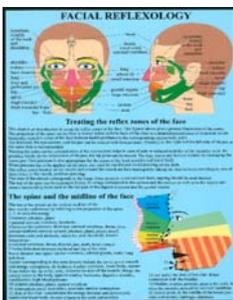
**EAR REFLEXOLOGY -- A2:** Full-colour laminated poster. Ear reflexology was already known to the Egypt of Antiquity. It was rediscovered by the French Dr Nogier and has since been successfully used throughout the world. A first representation indicates the correspondences between areas of the ear and organs and body parts. A second one shows acupuncture points used to influence different psychological states. {430x610mm, colour illus; February 1997, PO, A205, £13.50, Jan van Baarle}



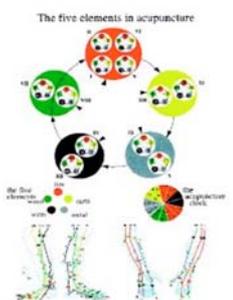
**EAR REFLEXOLOGY -- A4:** Full-colour laminated poster. Ear reflexology was already known to the Egypt of Antiquity. It was rediscovered by the French Dr Nogier and has since been successfully used throughout the world. A first representation indicates the correspondences between areas of the ear and organs and body parts. A second one shows acupuncture points used to influence different psychological states. A text with explanations and instructions for use is found at the back of the chart. {220x305mm, colour illus; February 1997, PO, 9079887617 (9789079887613), £6.50, Jan van Baarle}



**FACIAL DIAGNOSIS -- A4:** Full-colour laminated poster. Observing the skin and conjunctive tissue of the different zones of the face gives valuable information about the health of a person. On the front side the areas of the face corresponding to the different organs are shown, at the back, the meaning of a number of facial characteristics is given. {220x305mm, colour illus; February 2002, PO, 9070281910 (9789070281915), £6.50, Jan van Baarle}



**FACIAL REFLEXOLOGY -- A4:** Full-colour laminated poster. {220x305mm, colour illus; September 2010, PO, 9079887692 (9789079887699), £6.50, Jan van Baarle}



**FIVE ELEMENTS IN ACUPUNCTURE -- A4:** Full-colour laminated poster. The theory of the five elements (fire, earth, metal, water and wood) is an important principle in Chinese acupuncture. On the front side of this chart, the diagram contains the points used in acupuncture according to the five elements and their place on the extremities of the body. At the back, a very clear and complete table with the correspondences, such as the life stages, seasons, time of the day, tastes, activities, emotions. {220x305mm, colour illus; February 1997, PO, 9079887412 (9789079887415), £6.50, Jan van Baarle}



**FOOT REFLEXOLOGY -- A2:** Full-colour laminated poster. Five illustrations of the foot: views of the right and left soles, the top of the foot, the internal side and the external side where all the reflex zones can be localised. {430x610mm, colour illus; February 1997, PO, 9079887285 (9789079887286), £13.50, Jan van Baarle}



**FOOT REFLEXOLOGY -- A4:** Full-colour laminated poster. On the first side, five illustrations of the foot: views of the right and left soles, the top of the foot, the internal side and the external side where all the reflex zones can be localised. At the back of the chart, some examples of common ailments that can be treated are given, as well as a detailed explanation of the massage methods and techniques. {220x305mm, colour illus; February 1997, PO, 9079887439 (9789079887439), £6.50, Jan van Baarle}



**FOOT REFLEXOLOGY OF BONES & GLANDS – A4:** Full-colour laminated poster.  
 {305x220mm, colour illus; September 2010, PO, 9079887684 (9789079887682), £6.50, Jan van Baarle}



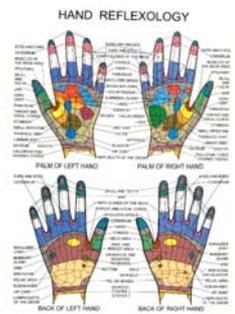
**HAND & FOOT REFLEXOLOGY -- A2:** This beautiful poster gives detailed reflexology information for both the hands and the feet, side by side.  
 {430x610mm, colour illus; November 2004, PO, 9079887293 (9789079887293), £13.50, Jan van Baarle}



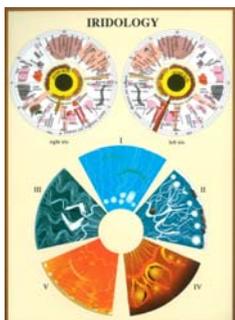
**HAND & FOOT REFLEXOLOGY -- A4:** Full-colour laminated poster. This very informative chart illustrates the fine points of reflexology in full colour. On one side it gives detailed reflexology information for both the hands and the feet. The other side features a projection of the spinal column on both hand and feet, with a table showing when to use foot reflexology and when hand reflexology is preferable.  
 {220x305mm, colour illus; September 2003, PO, 9079887447 (9789079887446), £6.50, Jan van Baarle}



**HAND REFLEXOLOGY -- A2:** Full-colour laminated poster. All the reflex zones on the palm and back of the right and left hands are to be found on this classic poster.  
 {430x610mm, colour illus; February 1997, PO, 9079887307 (9789079887309), £13.50, Jan van Baarle}



**HAND REFLEXOLOGY -- A4:** Full-colour laminated poster. On the front side, a map of the reflex zones on the palm and the back of the right and left hands. At the back of this chart, some examples of common ailments that can be treated are given, as well as a detailed explanation of the massage methods and techniques.  
 {220x305mm, colour illus; February 1997, PO, 9079887455 (9789079887453), £6.50, Jan van Baarle}



**IRIDOLOGY -- A4:** Full-colour laminated poster. A map of the right and left irises indicates the zones corresponding to the different organs and body parts. Another illustration shows the five types of irises: biliary, heamatogenic, and the lymphatic -- neurogenic, -- hydrogenic, and -- weak connective. The text at the back explains these illustrations and is an excellent introduction to iridology.  
 {220x305mm, colour illus; February 1997, PO, 907028149X (9789070281496), £6.50, Jan van Baarle}



**LESSER-KNOWN CHAKRAS -- A4:** Full-colour laminated poster. The seven chakras of the head are the well known Ajna and Sahasrara and five other chakras, mostly described in the Tantrika, Waidica and Puranica literatures. The different names of these seven chakras, their symbolic representations and their significance are presented on the front of this attractive card. At the back you will find their respective anatomical locations and an concise instructive text for each one.  
 {220x305mm, colour illus; July 2011, PO, 9079887498 (9789079887491), £6.50, Jan van Baarle}



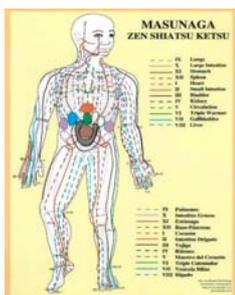
**MANTRA -- A4:** Since ancient times, the yogis of India know that not only the body is receptive to sound, but also that it is formed and sustained by vibratory frequencies (mantras). The simple mantras (from the Sanskrit 'manas' meaning 'thought' or 'conscience'; and 'tra', 'what protects') are phonemes, sound units, of the Sanskrit mantric alphabet. They are used at the highest levels of tantra and raja yoga and protect from the constant mental flow of thoughts, fears, apprehensions, illusions... Practised with assiduity, the intonation of mantras activates the psychic energies. This chart explains the use of the mantric alphabet and illustrates the zones of resonance for healing of the body and energetic dynamisation.

{220x305mm, colour illus; October 2005, PO, 9070281244 (9789070281243), £6.50, Jan van Baarle}



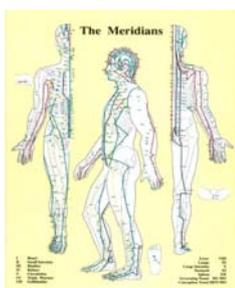
**MARMA -- A2 POSTER:** Text in English & French. Marma is the name of the points used for Ayurvedic massage. The datus and srotas of each point are given as well as its size and the method for treatment. This attractive poster is a summary of what is mostly know about marma therapy.

{430x610mm, colour illus; January 2008, PO, 907028166X (9789070281663), £13.50, Jan van Baarle}



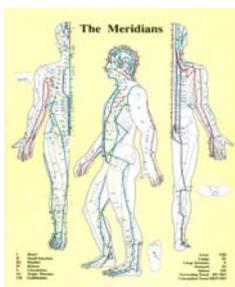
**MASUNAGA ZEN SHIATSU KETSU -- A4: Zen Shiatsu Ketsu** Full-colour laminated poster. This chart presents the twelve main meridians according to Shizuto Masunaga, important figure in the history of shiatsu: anatomical illustrations of the body seen from the front on the first side of the card and back view, face and sole of the foot at the back. Meridian names are also given in Italian and Spanish.

{220x305mm, colour illus; July 2004, PO, 9079887420 (9789079887422), £6.50, Jan van Baarle}



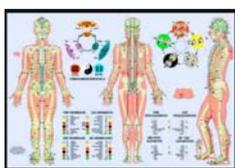
**MERIDIANS -- A2:** Full-colour laminated poster. Three anatomical representations show the meridians in their corresponding colours according to the Chinese medical tradition.

{430x610mm, colour illus; February 1997, PO, 9079887250 (9789079887255), £13.50, Jan van Baarle}



**MERIDIANS -- A4:** Full-colour laminated poster. Three anatomical representations show the meridians in their corresponding colours according to the Chinese medical tradition. At the back of the chart, the Chinese names of all the meridians, with their translations and number as well as a summary of chronobioenergetics.

{220x305mm, colour illus; February 1997, PO, 907988734X (9789079887347), £6.50, Jan van Baarle}



**MERIDIENS & THE FIVE ELEMENTS -- A2:** Full-colour laminated poster. Text in English, French, Dutch & German. A beautiful and colourful representation of the meridians on the human body. The meridians are shown from the front, the back and the side, in different colours according to their corresponding element. The points for the elements on the hands, arms, feet and legs are also indicated, as well as the accumulation points, lo points, source points...

{610x430mm, colour illus; July 2008, PO, 9070281325 (9789070281328), £13.50, Jan van Baarle}



**MOXIBUSTION -- LAMINATED FOLDED A4:** Moxibustion is a relatively unknown but important treatment method of traditional Chinese medicine. One extremity of a little stick of dried mugwort leaves (*artemisia vulgaris*) is lit and held just above specific points (acupuncture points) on the body. Moxibustion is the therapy of choice to treat 'cold' problems: lack of energy, problems of the joints, digestive weakness, gynaecological disorders, etc... This chart explains clearly how to use moxibustion, presents all the significant points on each meridian (location, indications) and a series of health problems with the point combinations for their treatment. An impressive quantity and quality of information on four pages.

{220x300mm (folded), ; January 2005, PO, 9079887331 (9789079887330), £11.99, Jan van Baarle}



**MUDRAS -- A4:** Full-colour laminated poster. The mudras, 'seal, sign' in sanskrit, are specific positions of the hands originally symbolising, in the indian spiritual paintings and sculptures, a mental attitude of Buddha or powers of divinities. The mudras are sacred but not only symbolic: they also have a beneficial energetic effect on the body and the spirit. This chart explains how to use them, gives original information about the elements associated to each finger and the mudras working with each of the seven main chakras. You will find at the back of the chart the description and use of the 14 best known and most useful mudras. {220x305mm, colour illus; July 2004, PO, 907988751X (9789079887514), £6.50, Jan van Baarle}



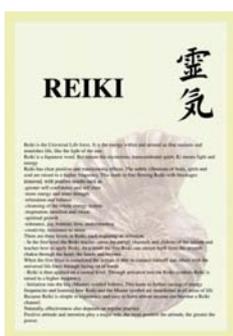
**NEW FOOT MASSAGE -- A2:** Full-colour laminated poster. Two inspiring new approaches of energetic body work from the feet. The meridians of the foot sole as described by Masunaga are illustrated. As well as the projection of the spinal column on the foot, with the organs, functions and body part associated with each vertebrae. {430x610mm, colour illus; February 1997, PO, 9079887315 (9789079887316), £13.50, Jan van Baarle}



**POLARITY IN THE ENERGETIC BODY -- A4:** Polarity as a therapy was first defined by Randolph Stone. The concept of polarity is age old. The material in this chart contains many suggestion of polarity-massage an self massage inspired by Stone and others. The purpose generally is the use of both hands to balance energies in the body. Suggestion of many treatment combinations and description of possible effects are included. {220x305mm, colour illus; December 2010, PO, 9079887803 (9789079887804), £6.50, Jan van Baarle}



**QI JING BA MAI -- A2:** Full-colour laminated poster. Text in English, French, Dutch & German. {610x430mm, colour illus; July 2008, PO, 9070281805 (9789070281809), £13.50, Jan van Baarle}



**REIKI -- A4:** Full-colour laminated poster. Reiki, its origins, transmission, benefits... are presented on the first side. At the back of the chart, a practical table shows the organs, functions and chakras treated, the troubles relieved and the positive psychological states reached when using the main hand positions on the head, torso and back. {220x305mm, colour illus; February 2002, PO, 9079887013 (9789079887019), £6.50, Jan van Baarle}



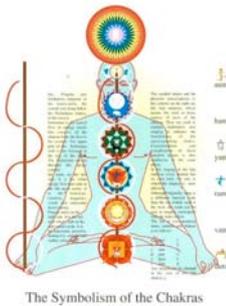
**REIKI SELF TREATMENTS -- A4:** Reiki is a Japanese word. Rei means the mysterious, transcendental spirit; Ki means light and energy. Reiki is the universal life force that can be channelled and applied through the hands to specific areas of a patient or oneself for healing. Energy blocks can be lifted, one is left feeling harmonised, relaxed and revitalised. Giving oneself Reiki is simple and effective. It can be done at any time, sitting, lying or standing. By laying the hands on different positions, not only are the corresponding body functions such as the endocrine and chakras systems stimulated, but one also experiences a general improvement of the whole being, be it at the physical, mental or spiritual level. This card gives the main 'hand laying positions' and for each the various benefits, the corresponding organs, body parts and chakras involved as well as affirmations and stones that can be used to reinforce those effects. {220x305mm, colour illus; January 2005, PO, 9079887528 (9789079887521), £6.50, Jan van Baarle}



**SPECIAL POINTS IN ACUPUNCTURE -- A4:** Full-colour laminated poster. On the first side, two illustrations (full body and spine), show: the Transporting points (Well, Spring, Stream, River, Sea), the Window of the sky points, the Accumulation points, the Luo and the Source points, the tonification points, sedation points, points of entry, points of exit. . . and a large number of other special points, like Sea of marrow, blood and energy. On the second side, the characteristics and use of each of these types of points is explained. {220x305mm, colour illus; February 1997, PO, 9070281791 (9789070281793), £6.00, Jan van Baarle}



**SYMBOLISM OF THE CHAKRAS -- A2:** At the back of this representation of the chakras, fascinating explanations of the symbolism of the geometrical form and the animal associated with each chakra are found. You will also find there the three energy channels (Ida, Pingala and Sushumna) connecting the chakras, from the tailbone to the top of the head, as well as a beautiful illustration of Yantra containing the phonetic transcription of the Sanskrit characters in each lotus flower petal. {430x610mm, colour illus; October 2004, PO, A426, £13.50, Jan van Baarle}



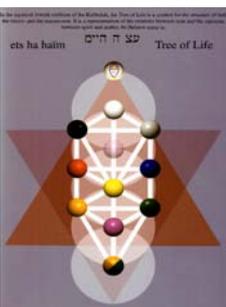
**SYMBOLISM OF THE CHAKRAS -- A4:** Full-colour laminated poster. At the back of this representation of the chakras, fascinating explanations of the symbolism of the geometrical form and the animal associated with each chakra are found. You will also find there the three energy channels (Ida, Pingala and Sushumna) connecting the chakras, from the tailbone to the top of the head, as well as a beautiful illustration of Yantra containing the phonetic transcription of the Sanskrit characters in each lotus flower petal. {220x305mm, colour illus; July 2004, PO, 907988748X (9789079887484), £6.50, Jan van Baarle}



**SYMPTOMATIC ACUPUNCTURE POINTS -- A4:** Full-colour laminated poster. This chart presents a large number of acupuncture points that are particularly useful to treat common health problems with instructions as to how to use them. It is an excellent complement to the charts about the 5 elements, the acupoints, the special points and the meridians. {220x305mm, colour illus; September 2003, PO, 9079887358 (9789079887354), £6.50, Jan van Baarle}



**TEETH & HEALTH -- A4:** Full-colour laminated poster. The German pioneer in electro-acupuncture, Dr Voll, established a relation between dental problems and the state of organs and body parts. This chart is a concise summary of the results of his research: on the first side the organs, nerves, glands, joints, bones. corresponding to each tooth are presented in a large circular table. A text explaining the theory and applications of this relation between the teeth and rest of the body, as well as a special illustration showing the correspondence between the teeth and the segment of the spinal column are found at the back. {220x305mm, colour illus; September 2003, PO, 9079887463 (9789079887460), £6.50, Jan van Baarle}

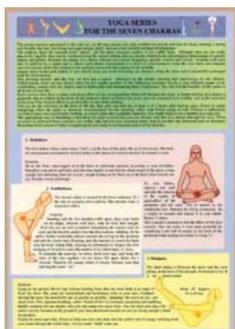


**TREE OF LIFE -- LAMINATED FOLDED A4:** The tree of life is an important element of the Jewish mystical tradition of the Kabbala. This chart gives a clear representation of the tree with its 10 sefirah and 32 paths and presents the different readings associated to this universal structure. The tree of life can indeed be an intelligent representation of many fields: from the cosmos to the body, from the Hebrew alphabet to the tarot, the angels, the worlds of evil, human development... Although this double chart can only be an introduction to this very complex subject, it is extremely rich and will remain a practical guide for further study. {220x300mm (folded), colour illus; July 2008, PO, 9070281260 (9789070281267), £10.50, Jan van Baarle}



**VITAMINS & MINERALS -- A4:** Full-colour laminated poster. For each vitamin and the main minerals: the recommended daily dosage, the factors reducing absorption or utilisation by the body, the natural sources (foods particularly rich in this vitamin/mineral), the functions and the signs of deficiency are indicated as a table.

{220x305mm, colour illus; February 1997, PO, 907028121X (9789070281212), £6.50, Jan van Baarle}



**YOGA SERIES FOR THE SEVEN CHAKRAS -- A4:** Full-colour laminated poster. The chakras are the energetic centres of the subtle body. They can be unbalanced by a number of internal and external factors. Problems will then be felt in the corresponding aspects of life. This chart clearly describes a series of seven specific yoga exercises (asanas) which, if practiced regularly, will help re-establishing a harmonious energy circulation within each chakra, between the chakras and between the subtle body and the outside world. People whose chakras are in this way activated and balanced will function optimally at all levels: material (e.g. money) to spiritual via the levels of physical health, love, communication...

{220x305mm, colour illus; July 2004, PO, 9079887501 (9789079887507), £6.50, Jan van Baarle}