

strength training anatomy poster pdf

1. Introduction. Reflexology is a systematic practice in which applying some pressure to any particular points on the feet and hands give impacts on the health of related parts of the body. 1 Each point of the pressure acts as the sensors on the feet and hands and is links with different parts of body specifically. 1 These sensors will be stimulated by applying the reflexology technique in ...

Revisiting reflexology: Concept, evidence, current

Swedish zoologist Carl Linnaeus first described the genus *Elephas* and an elephant from Sri Lanka (then known as Ceylon) under the binomial *Elephas maximus* in 1758. In 1798, Georges Cuvier classified the Indian elephant under the binomial *Elephas indicus*. Dutch zoologist Coenraad Jacob Temminck described the Sumatran elephant in 1847 under the binomial *Elephas sumatranus*.

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