



Reflexology: A Guide To Hand & Foot Reflexology

**- Diminish Stress and Pain Related Disorders,
Detoxify and Cleanse the Body, and Improve Your
Overall Health ... reflexology chart, reiki,
acupuncture)**

Walter Evens

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Discover How To Let Your Body Heal Itself With Reflexology

Restore Balance, Boost Sluggish Circulation, and Terminate Pain Related Disorder With The Use Of Reflexology!!!

Reflexology is an amazing alternative therapy, that primarily focuses on the feet and hands, and has been practiced by practitioners for thousands of years. This alternative therapy can help you solve and get rid of many pain related disorders, but however this therapy will be useless if you do not know how to properly perform the massage techniques and this is where this guide book can help you.

The information and techniques found in this book will teach you how to properly and effectively use reflexology and heal parts of your body that you would have never thought imaginable.

There are all types of misguided information out there on the web and also in books that could be detrimental to your health when it comes to properly using the practice of reflexology. By using this book you will fast track your way to success with Reflexology, and have the pain free life that you have always desired!!!!

7 Reasons Why You Must Have This Book

1. Learn why the human reflexes are so vital to our everyday lives.
2. Discover which reflexes corresponds with which organ,
3. In this book you will learn about the primary benefits of reflexology and why it is better than modern medication.
4. This book will give you information about how to perform calculated pressure to the feet and hands.
5. Discover some of the problems with the feet.

6. This book also teaches you about the pressure points on the ear.
7. Reflexology is alternative therapy that can help alleviate any pain in their body whether it is physical or mental.

Here Is A Preview Of What You'll Learn...

- The History of Reflexology
- Muscle Relaxation
- Detoxification and Cleansing
- The Nerve Impulse Theory
- How Does Reflexology Work
- Foot Reflexology Chart Map
- The Structure of Feet
- Structures of Hand and Wrist
- Hand Reflexology Chart Map
- Problems Relating to the Hand
- Techniques and Tips
- Method for Achieving Quicker Results
- Much, much more!

Want To Learn More?

Take action today and download this book for a limited time discount of only \$3.99!

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TAGS: reflexology, reiki, acupuncture, acupressure, flexology, foot map, chart, map, learn reflexology, relieve tension,



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