



Reflexology: A Guide to Hand Foot Reflexology - Diminish Stress and Pain Related Disorders, Detoxify and Cleanse the Body, and Improve Your Overall Health (Paperback)

By Walter Evens

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.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...



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