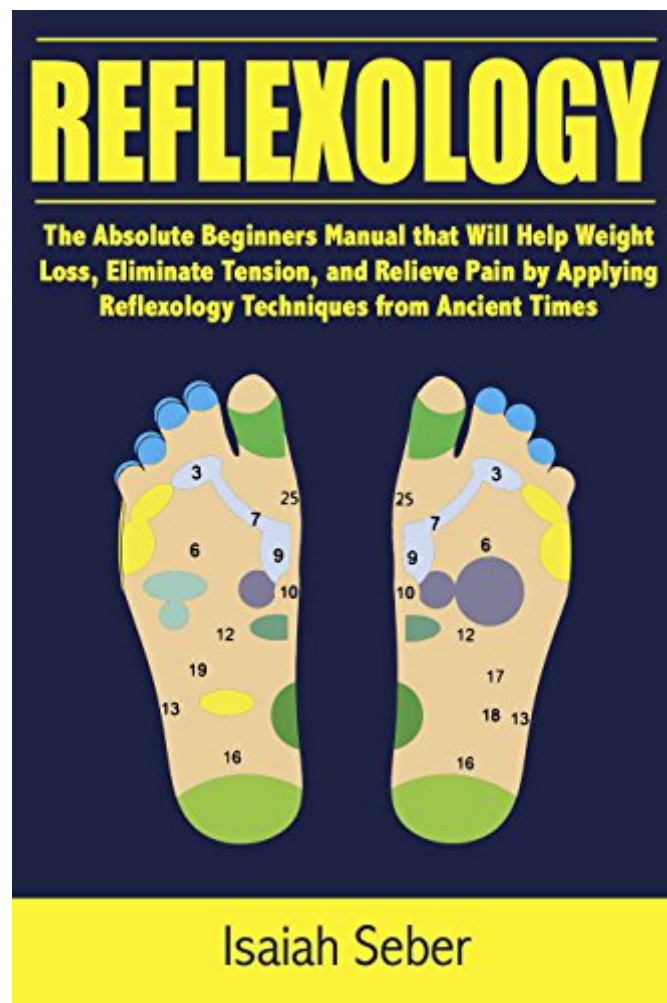


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# Reflexology: The Absolute Beginners Manual That Will Help Weight Loss, Eliminate Tension, And Relieve Pain By Applying Reflexology Techniques From Ancient ... As Treating Illness Using Nature's Cure)





## Synopsis

There's a cure for everything hidden in nature, and it's up to us to discover the benefits of nature's cures and ancient healing techniques. One of the most effective ancient techniques for eliminating stress and tension, relieving pain in the neck, back, and shoulders, relieving uncomfortable symptoms caused by a number of illnesses and diseases, and aiding in weight loss is reflexology. Reflexology is an ancient practice that traces back to Egypt and China as early as 2300 BC. Throughout the centuries, natural health practitioners have been studying the techniques of reflexology, and today it is almost perfected to a science. Using reflex points located on the hands and feet, specialists are able to pinpoint the areas in your body that connect with these points. By applying a special kind of touch and pressure to a given point, blocked energy can be released and glands and other important body processes can be stimulated, allowing your body to heal itself. In this comprehensive beginner's manual to reflexology, you will learn six important ways to heal your body and keep your body healthy using the ancient techniques of reflexology along with other natural methods and techniques, including:

1. How to heal your body with your body
2. Reflexology techniques for weight loss
3. Reflexology techniques for eliminating stress and tension
4. Reflexology techniques for pain relief
5. How to treat a number of illnesses using reflexology and nature's cures
6. Ancient techniques for optimal health

Enter the world of reflexology and learn everything you need to know about applying some of these ancient techniques to yourself. By the end of this book, you'll be able to effectively relieve pain, stress, and illness without using medication or expensive treatment sessions. Come and see what benefits nature's cures can bestow you with!

## Book Information

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## Customer Reviews

I was suggested to take some reflexology sessions to get relief for getting rid of y stress, frustration and anxiety but i decided to try it out myself with the help of books and you tube videos. this book here is the best one i found so far as it contain in depth knowledge on reflexology practice and step by step instructions which i needed.

This book introduce you to reflexology, an ancient technique of pressure points on the feet and hands to activate better health in your body where it is needed. I always wonder about how efficient this technique was. After reading this book I am now convinced to try it. The author explains well how reflexology works and how to do it. Overall, this book is well written and easy to understand, well worth reading if your are curious about reflexology. It is an excellent guide to the health-giving effects of reflexology. Now I have something to teach to my partner so I can have a free reflexology once a week. Glad to have this book.

This book introduce you to reflexology, an ancient technique of pressure points on the feet and hands to activate better health in your body where it is needed. It is an ancient technique that offers countless benefits to the over-worked and stressed people of the world. It's packed with great information and benefits of reflexology and the author guide you how to use effectively I always wonder about how efficient this technique was. It helps me since I have frequent migraines! Very happy with this book, it's helped me so much and I can tell others what to do also!

I was very disappointed when I received this "book" - it was more like a pamphlet than a book -only 43 pages & the print looked like it was written for a 1st grader. It is definitely not worth \$13.00 compared to 2 of the other books I got -1 was only \$3.00 more & it was about 3 inches thick.

Disappointing...very small book with large print for the price. Only 1 page with very small pictures.

Great thank you

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Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) 7 Steps to a Pain-Free Life : How to Rapidly Relieve Back and Neck Pain Using the McKenzie Method

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