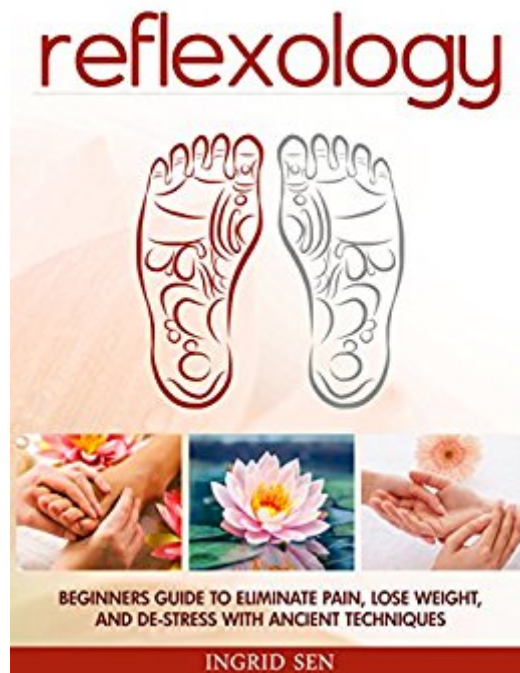


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Reflexology: Beginners Guide To Eliminate Pain, Lose Weight And De-Stress With Ancient Techniques



Synopsis

LEARN REFLEXOLOGY TO SUPERCHARGE YOUR HEALTH, DE-STRESS, ELIMINATE PAIN, REAWAKEN YOUR SEXUALITY AND LOSE WEIGHT

The ancient Chinese and Egyptian technique of Reflexology looks to the interior mechanisms of your body in order to bring healing and wellness. In this world of machinery, of synthetic drugs, we are slowly dying. Doctors operate machines to understand our interior bodies instead of utilizing their intricate sense of touch to administer their diagnosis. Why, then, does a single touch—on the back, on the side, from a friend, or from a partner—yield such a sense of calmness and relaxation? Could there be a hidden comprehension and power behind this sense of touch that can be orchestrated via an intricate and ancient technique? Look to the techniques of reflexology in order to regulate your interior energy and your vital organs. As you work to relieve tension, you build strength and circulation in your body. You can de-block your organs and you can begin to regulate your thyroid to boost weight loss abilities. Furthermore, you can eliminate the way your body experiences stress. Chronic stress kills brain cells and paves the road toward greater cell inflammation, cancers, and diabetes. As a trained reflexologist works your feet, your hands, or your ears, your body begins to open up to its own medicinal abilities. Your immune system kicks into a higher gear, and you begin to fight back against the fatigue and tension pulsing in your body. Your blood pressure lowers via the neural centers in the brain that hold direct connection to portions of your feet and your body falls into a relaxed state. Learn the intricate techniques outlined in this book to orchestrate your own reflexology. Understand the ancient tradition of reflexology, rooted in Ancient Egypt and China, and learn how the techniques churned their way to present day comprehensions. Understand how to give a basic, proper foot massage, and then look to the intricate reflexology mechanisms in order to yield stress relief, weight loss, and a boost in sexuality. Look to your feet to open up your circulation, relieve your tensions, and find ultimate relief. **SCROLL UP AND CLICK BUY TO DOWNLOAD YOUR COPY INSTANTLY**

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Customer Reviews

Love learning about the areas on hands and feet that can I can put pressure on for relief of pain or other ailments. 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! It's amazing how pressure points can relieve so many ailments!! If you found this post helpful, please click on yes to help me with my ratings. Thank you!

I got this book because I am in the alternative health profession and, while I am trained in traditional Chinese reflexology, I do a lot of reading on the subject for inspiration. Sometimes, I run across a really good resource. If you have never read about reflexology, this isn't bad. It's basic and reads well. If you're a professional or have more than a very basic knowledge of reflexology, you might be disappointed. ALSO--please be aware that this book doesn't do a great job of listing contraindications of reflexology that one learns in an honest-to-God course. (A few are glossed over, though.) Special conditions (pregnancy, edema, bleeding disorders, neurological disorders, etc.) DO require special training! Please do not work on any person with a special condition after reading this book!! You could seriously hurt them.

I was never really into reflexology until I started experiencing some pain from an auto accident. So I went in and got some work done and it has seriously.. helped me out so much. The concept of reflexology may sound "strange" to some people but it actually works. This ancient form of health care can be life changing. Good read!

I have friends that swear by reflexology! One of my friends goes at least once every two weeks and went once a week when she was pregnant. I am a complete newbie having only had it done once so I was delighted to see this book for beginners as I wanted to read up more about the history of it and why it works etc. This book did not disappoint, I really enjoyed the list of myths and how they were addressed. The charts and photos are great to look at and really help you understand the different points. The tips and techniques I have not fully completed yet but I am looking forward to trying them at home!! love using essential oils so the last chapter where it combines the two, after a brief history of aromatherapy, is a great ending chapter. Very interesting read!

This book introduces 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. There are several images to help you along the way. Overall, this book is well written and easy to understand, well worth reading if you are curious about reflexology.

I guess I expected more actual instruction in reflexology or at least what it does, how it works. This is more of a very repetitious history of reflexology and admonition that it is valid.

Reflexology is such an interesting subject. How this ancient knowledge has come to us proves that it works. Follow this book's advice and start eliminating your pains and feeling healthier!

A well-written book on reflexology. Reflexology 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 guides you how to use effectively

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