



The Reflexology Bible: The Definitive Guide to Pressure Point Healing

Louise Keet

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Find out how to give the healing touch! Reflexology is a safe and gentle therapy that combats stress, boosts the immune system, and stimulates our natural healing processes. From zone maps of the hands and feet to techniques for working the reflex points to illustrated step-by-step sequences, this guide provides all the information necessary for treating the whole body.

A detailed directory provides instructions on relieving common ailments, and there are specialized treatments for children, couples, and the elderly.

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