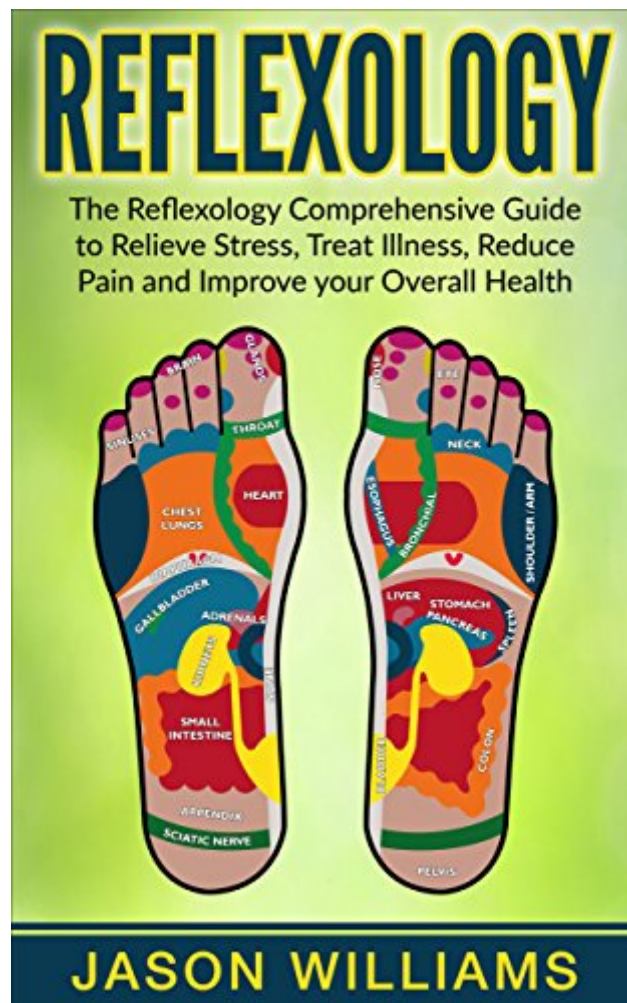


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# Reflexology: The Reflexology Comprehensive Guide To Relieve Stress, Treat Illness, Reduce Pain And Improve Your Overall Health



## Synopsis

Embrace the Healing Knowledge of the Reflexology Experts! What is Reflexology? Reflexology is a non-invasive therapy that uses only gentle touch and pressure. You can get the many benefits of this ancient practice without prescription drugs or medicinal herbs! How can Reflexology improve your everyday life? Reflexology: The Reflexology Comprehensive Guide to Relieve Stress, Treat Illness, Reduce Pain and Improve your Overall Health helps you heal your body, get relief from pain, and manage your stress levels. You'll learn to maintain harmony in your body by balancing the essential life force — known as "Qi" — that flows through every part of you! What is "Qi"? This flowing energy helps keep our body healthy and functional. You will immediately feel it if your qi is disrupted or blocked — often manifesting as pain, confusion, and discomfort. Don't ignore these physical symptoms and negative feelings — balance your qi today to find relief from disease and pain! Read this book for FREE on Kindle Unlimited — Download Now! How can you benefit from the Reflexology knowledge in this book? Recover Faster from Disease! Increase Your Physical Power and Stamina! Strengthen Your Immune Response! Improve Your Circulation! Achieve Homeostasis! Reduce Stress! and so much more! It's easy - You don't need a Kindle device to read this book - Just download a FREE Kindle Reader for your computer, tablet, or smartphone! Order your copy of Reflexology: The Reflexology Comprehensive Guide to Relieve Stress, Treat Illness, Reduce Pain and Improve your Overall Health right away! You'll be so happy you did!

## Book Information

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## Customer Reviews

The book is the right complexity and length for a beginner like me to not get intimidated but to also find it useful. This book will teach you all about the practice of reflexology, including how to self-perform reflexology and practice it on others. A complete hand chart map and foot chart map are provided within the book for your reference as well. The book is very educating and provides a detailed explanation which made it easier to understand and follow the instruction that are included in this book. The book is easy to understand and detailed enough to really be helpful. I have put a few of the suggestions into practice and have experienced some relief.

I am giving this three stars instead of two because I feel the author honestly meant well. It is very short, more like an informal academic paper than a book. Its major downfall is that it lacks any diagrams, graphics or photos of any sort. However, it does do a good job of explaining where the various pressure points are on the foot. If improper grammar or use of the wrong words here and there will bother you, this is not the read for you. It's a basic introduction, so it would help someone determine if they would like to go on and read more about Reflexology elsewhere.

This is a great book of Reflexology, I want to try this therapy and I wanted to understand and get more information about this therapy. This book has great information and I now know much and has good background information about this therapy. I know exactly how it works and its benefits. When i visit the reflexologist I will not be green, thanks to the author of great book with lay language for any person to understand.

I was intrigued by this method of relieving stress and pain which is outlined in this book. It is a health â toolâ • as well that I can use to build strength, stamina and resistance to ailments; impressive indeed. I have not yet learned all the reflex zones and so I resort to using the cheat sheet sometimes. The use of touch and pressure is an interesting aspect to maintaining health. As a non-evasive method it is welcoming for me and I realize it is not difficult to practice. This book gives me the relevant information I need to explore and I look forward to the benefits from the use of

reflexology.

This is a good guide and I am glad I purchased this book. I like how reflexology is explained. I like that Qi is explained in simple terms and information is given on how to replenish it. I like the details explanation given on how to locate the reflex zones and how to apply the pressure and so I gave it a 4 star. It would be great if the book had some diagrams to display the reflex zones on the hands.

Trying to adapt to a more healthy lifestyle I also try to not go to the doctor for every single illness. Alternative paths like yoga and reflexology is my new way of achieving balance and well being in my life. After I read this book I went and dust of an old pressure point book that my grandfather gave me. There is a lot of similarities but what was great new addition to my knowledge is the concept is Qi flow. As the author explains that medicine can fix chemical imbalance in the brain, if the Qi flow of emotions is negative it disrupt the balance so it is important to focus on positive emotions that is good for Qi flow.

Interesting concept. Never really heard much about this before, but it a good read. These concepts definitely take some repetition to learn and get a full grip on them. This book is a great introduction to reflexology and has definitely gained some interest from me. I wish there was a photo included in this book for me to visualize the zones.

Reflexology has been proven to effectively soothe areas of your body in pain. Its has been studied that it is connected to certain organs or major pain structures in the the body allowing total body relaxation. This book further explains the benefits that you will be able to acquire and the effects it will bring to your daily life.

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