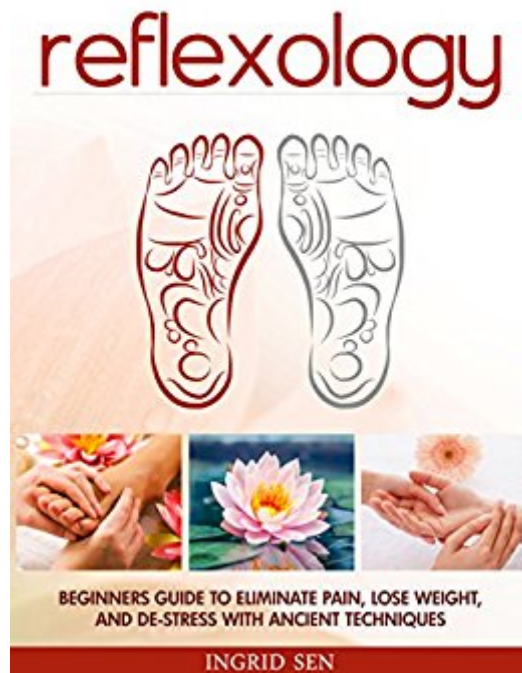


The book was found

# 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**

## Book Information

File Size: 3819 KB

Print Length: 78 pages

Simultaneous Device Usage: Unlimited

Publisher: The Fruitful Mind (September 27, 2014)

Publication Date: September 27, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00NZLCZSG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #62,637 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Medical eBooks > Allied Health Professions > Podiatry #3 in Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Acupuncture #4 in Books > Medical Books > Allied Health Professions > Podiatry

## 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

[Download to continue reading...](#)

Reflexology: Beginners Guide to Eliminate Pain, Lose Weight and De-Stress with Ancient Techniques  
Reflexology: The Reflexology Comprehensive Guide to Relieve Stress, Treat Illness, Reduce Pain and Improve your Overall Health  
Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)  
Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology)  
Beginner's Guide To Practice Reflexology: How To

Reduce Pain, Relieve Stress & Anxiety, Lose Weight, Detoxify & Improve Your Sex Life Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Reflexology: The Absolute Beginner's Guide To Reflexology And A Stress Free Life Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight watchers for beginners) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Foot Reflexology: A Complete Guide for Foot Reflexology Self Massage How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Original Works of Eunice D. Ingham: Stories the Feet Can Tell Thru Reflexology/Stories the Feet Have Told Thru Reflexology Anti-Inflammatory Diet: The Ultimate Beginners Guide to Eliminate Body Pain and Restore Your Overall Health By Eating Foods Designed For You (Anti-Inflammatory ... Pain Free, Anti-Inflammatory Recipes) Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)

[Dmca](#)