



Reflexology: The Essential Guide for Applying Reflexology to Relieve Tension, Treat Illness, and Reduce Pain

Paula Thayer

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If you're interested in learning all about reflexology, including how to self-perform reflexology and practice it on others, then this book is for you! Although reflexology therapy has for a long time been viewed with skepticism, just like many other alternative healing therapies, it does actually work - and this book will explain exactly how it does and why it's so effective. Today, we can say that reflexology is ideal for not only curing pain (which is a primary symptom showing something is amiss in your body) but also the root cause of the pain. It is little wonder then that reflexology therapy has become very popular as a form of holistic healing, unlike pharmaceutical drugs that mostly address only the symptoms. High stress, chronic fatigue, back pain, and fibromyalgia are only a few examples of unwelcome conditions that can easily be alleviated through the practice of reflexology. Not to mention that reflexology is a great form of disorder prevention too! 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.

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