



## The Ancient Science of Reflexology: A Beginner s Guide to Reducing Stress, Toxins, and Improving Health (Paperback)

By Dr Louis Hawkins

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Stop Pain Immediately and Naturally Just like many other alternative healing therapies, reflexology therapy was also viewed with skepticism for a very long time. However, it amazed people with how it actually works - and if you are looking for answers and solutions, this book will be your guide about how it exactly works and why is this alternative therapy one of the most effective ones practiced to date. The practice of applying pressure to specific points on the hands and feet to relieve stress and to influence health is what reflexology is all about. This simple act can actually make your life better and stress free if you know how to do it. This comprehensive yet approachable guide explains how reflexology works - simply by applying pressure to reflex points on your feet and hands. This helps stimulate the natural powers of the body to begin self-healing.

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