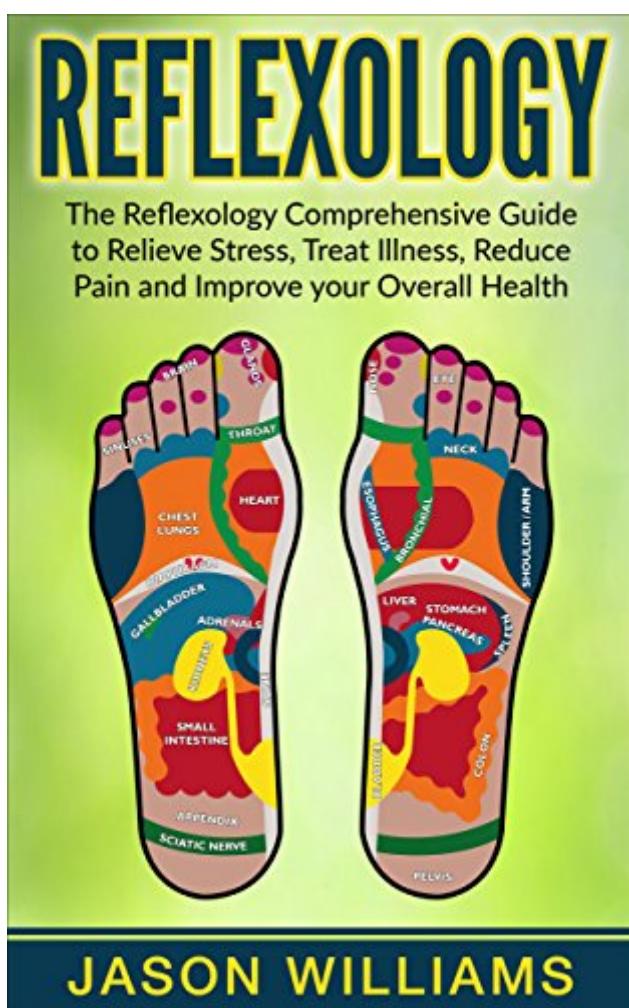


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# Reflexology: The Reflexology Comprehensive Guide To Relieve Stress, Treat Illness, Reduce Pain And Improve Your Overall Health



## 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 *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 DiseaseIncrease Your Physical Power and StaminaStrengthen Your Immune ResponseImprove Your CirculationAchieve HomeostasisReduce 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

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.

IÃƒÂ¢Ã  ¬Ã  â„¢ve always known reflexology only as a massage but that has some special functions that can do to our bodies. I never really did a research about it. This book gives me a better understanding of what reflexology is all about. And now I know that reflexology is all about the Qi. That if we have Qi flowing properly and in balanced harmony, good health follows.

ItÃƒÂ¢Ã  ¬Ã  â„¢s a good read in learning about our reflex zones and how to locate them. I only wish thereÃƒÂ¢Ã  ¬Ã  â„¢s some illustration for an easy guide. But overall, itÃƒÂ¢Ã  ¬Ã  â„¢s still a good guide if you want to give yourself some reflexology to stimulate your points from head to toe.

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.

I was intrigued by this method of relieving stress and pain which is outlined in this book. It is a health ÃƒÂ¢Ã  ¬Ã  Â“toolÃƒÂ¢Ã  ¬Ã  Â• 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.

The good thing about reflexology is, it helps in relieving stress, treating ailments and helps reduces pain without taking medicine. I have got a very important data from this book. When I got this book and I read it and I come to know that reflexology is how much important for our health and body. This book is informative and it is all worth it.

This book was chock full of valuable information but photos would have made it better. Maybe there will be an updated version with pictures or diagrams.

Still studying

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