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# Beginner's Guide To Practice Reflexology: How To Reduce Pain, Relieve Stress & Anxiety, Lose Weight, Detoxify & Improve Your Sex Life

HOW TO REDUCE PAIN, RELIEVE STRESS & ANXIETY,  
LOSE WEIGHT, DETOXYFY & IMPROVE YOUR SEXUALITY

## REFLEXOLOGY

BEGINNER'S GUIDE TO PRACTICE

OLIVIA GREEN



## Synopsis

Beginnerâ€™s Guide To Practice Reflexology\*\*\*RETURN YOUR BODY TO THE OPTIMUM STATE OF BALANCE AND FUNCTIONING\*\*\*This book is dedicated to everyone, who wants to restore a natural energy flow, eliminate toxins, improve blood circulation, relieve sleep disorders and reduce pain, but most importantly, enhance the feeling of overall relaxation and well-being. In other words, this book is designed for everyone, who wants to master the secrets of living the life without stress, anxiety, severe pain and negativity. BEGINNERâ€™S GUIDE TO PRACTICE REFLEXOLOGY will take you through the basics and the history of reflexology therapy while helping you to identify the reflex zones on our hands and feet. It will also take you through different techniques, methods, steps and tools, that are used in reflexology therapy to relieve stress, lose weight, reduce pain and detoxify your body. Moreover, detailed instructions and schematic illustrations will take you through every single exercise and technique, so you can easily master all the natural secrets of this natural healing method. HERE IS THE PREVIEW OF WHAT YOU WILL LEARN IN THIS BOOK: What are the real benefits of Reflexology therapy?; How do Reflexology works?; Important tips and different techniques for any beginner; What time is the best to perform Reflexology? The evidence of Reflexology in modern research; Ancient traditions and difference with other pressure point therapies; The relation between Reflexology & Aromatherapy; How to relieve stress and anxiety through Reflexology?; How to reduce pain and return your body to the natural state of balance?; How to detoxify your body and maintain natural weight balance? How to boost your libido and improve your sexuality? I am sure, that any aspiring mind, who will read Beginnerâ€™s Guide To Practice Reflexology with proper determination, curiosity, and mindset, will immediately experience the endless benefits of it.\*\*\* DOWNLOAD YOUR COPY TODAY \*\*\*Tags: anxiety, negativity, massage techniques, aromatherapy, sexuality, weight loss, natural healing, Chinese medicine, detoxification, balance, relieve stress, reduce pain, essential oils, holistic healing, acupuncture, podiatry, alternative medicine.

## Book Information

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## Customer Reviews

I have been interested in alternative medicine to help me with anxiety and stress and heard that reflexology has been shown very beneficial in certain cases. This book provides a great overview of simple techniques, some require a partner and some you can do on yourself. I am excited to add in a few of the stress related techniques daily and see the results. I am using it for stress but there are also techniques to alleviate pain and other ailments, as well as to aid in weight loss. There are also diagrams and pictures that are very helpful when learning where to properly apply the pressure. My only suggestion is to add more of these diagrams, but I am a very visual person so that's just my personal preference.

Reflexology is a massage of biologically active zones on the feet and hands. Practice of reflexology can be taught to anyone. Localization of active zones on the hands and feet is not anything complicated, just enough to get a scheme. Massage techniques within acupuncture, is also not difficult and mastering them requires just one or two sessions. Later, in the process of regular practice, the human hand to quickly acquire the skill of this massage. A very interesting guide for beginners. I have a desire to start practicing it.

Honestly, I had no idea what to expect from this book because I was not sure what reflexology truly was. I decided to give this a shot and I was more than satisfied. I enjoyed how the author gives essential background history for Reflexology which give it a good amount of credibility. More importantly, the techniques and tips truly help calm me down and keep my stress levels to a

minimum as long as I do the methods properly. Worth a shot if you are looking for some sort of meditation or stress relieving remedy.

I heard about reflexology before but when stumbled upon this book on free promotion decided to check it out and I can say I really liked it. A lot of interesting facts and tips how to best massage your points, how to prepare, benefits and so on. Wit all the ilustrations and step by step guides makes it very easy to try and practice it yourself. Looking forward to put this information into practice myself.

The tips of your fingers and toes are connected with your sinuses, which can become blocked for a number of reasons. This is always a very uncomfortable situation that can make it difficult for you to focus or think. If you need some fast relief from sinus blockage, try this simple reflexology technique to increase the blood circulation through your sinuses and help you breathe again. Use the charts in chapter one to locate the reflex points for the sinus area, at the tips of your fingers and toes.

Helpful and informative book on Reflexology. Actually this is the first book i read with care.This book help me to restore my energy flow, eliminate toxins, improve blood circulation, relieve sleep disorders and i also enhance my feeling of overall relaxation.Now i am master of secrets of living the life without stress, anxiety, severe pain and negativity.Must recommended for peoples suffering sleep disorders

I didn't know much about reflexology until I read this book. It is loaded with useful information, tips, and techniques.One more thing I like about this book is that it contains many illustrations. For me, it is very important to know the exact location of each reflex point. I also learned that by stimulating or applying pressure on the reflex points on our hands and feet can help in maintaining the internal balance of the body and many other health benefits.

Wow! I didn't know reflexology has that many good effects on the body. I've been having a headache for about 2 years now and none of the medicines healed it. I tried few reflexology's moves with this book and I can say the pain is reduced of 50%. I'm so grateful I found this book!!

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