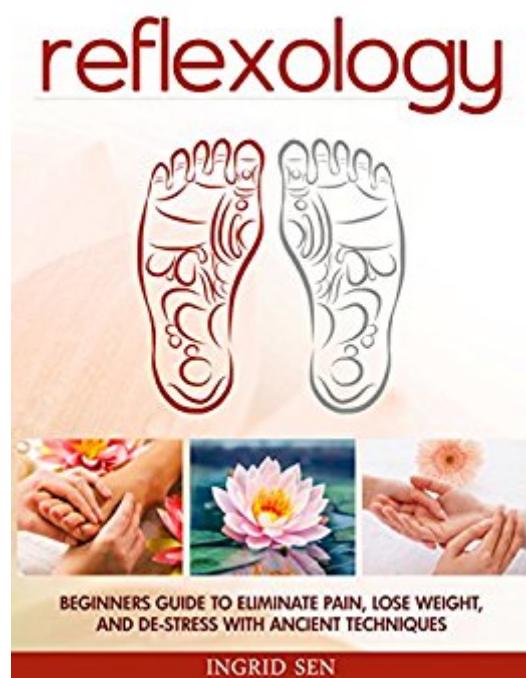


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# Reflexology: Beginners Guide To Eliminate Pain, Lose Weight And De-Stress With Ancient Techniques



## **Synopsis**

LEARN REFLEXOLOGY TO SUPERCHARGE YOUR HEALTH, DE-STRESS, ELIMINATE PAIN, REAWAKEN YOUR SEXUALITY AND LOSE WEIGHTThe 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: Digital Services LLC

Language: English

ASIN: B00NZLCZSG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #301,631 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13

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## **Customer Reviews**

Good reference, learning so many new things.

Exceeded explanations.

I thought it would have more information....

Thank you so much for this excellant book. It has relived most of my pain.

Book as described. Fast delivery. Thank you.

Interesting

Great information

Really enjoyed the book and the information that was given I enjoy the photos that are in the book

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