

## Beginners Guide To Practice Reflexology How To Reduce Pain Relieve Stress And Anxiety Lose Weight Detoxify And Improve Your Sex Life

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### Beginners Guide To Practice Reflexology

Reflexology for Beginners shows you how to use massage pressure on the feet to heal holistically. Every part of your body has a corresponding reflex point on the feet; applying pressure to these specific points, you will naturally and non-invasively send relief to the corresponding part of your body. It's no wonder that reflexology has become one of the most popular alternative forms of healing.

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BEGINNER'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.

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