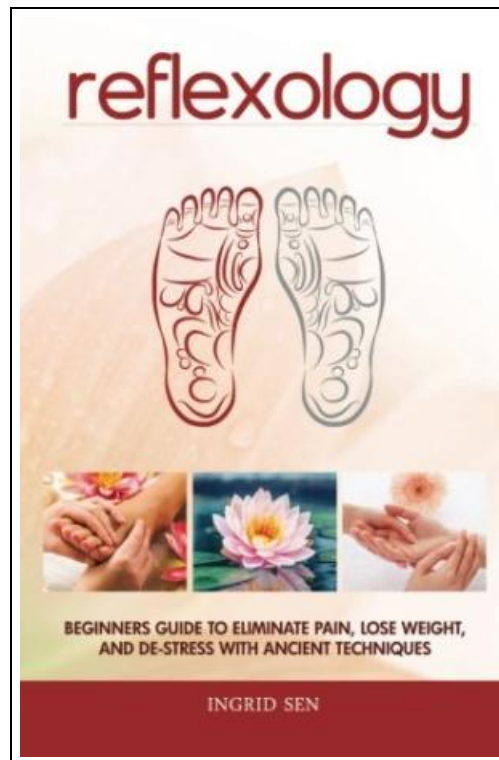


Reflexology: Beginners Guide to Eliminate Pain, Lose Weight and de-Stress with Ancient Techniques



Filesize: 5.48 MB

Reviews

An extremely wonderful pdf with perfect and lucid information. Better then never, though i am quite late in start reading this one. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Elenor Koch PhD)

REFLEXOLOGY: BEGINNERS GUIDE TO ELIMINATE PAIN, LOSE WEIGHT AND DE-STRESS WITH ANCIENT TECHNIQUES



Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 135 mm. Language: English . Brand New Book ***** Print on Demand *****.LEARN REFLEXOLOGY TO SUPERCHARGE YOUR HEALTH, DE-STRESS, ELIMINATE PAIN, REAWAKEN YOUR SEXUALITY AND LOSE WEIGHT The 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...



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