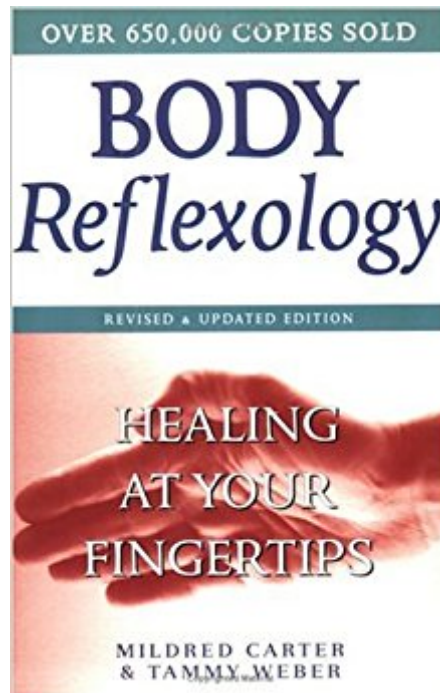




The book was found

Body Reflexology: Healing At Your Fingertips



Synopsis

The body reflexology techniques have helped close to a million people live happy, healthy lives, gloriously free of pain and discomfort. Simple, safe, and effective, these time-tested methods of rubbing, pressing, stroking, and massaging away illness provide relief from more than 50 distressful health problems. Now Mildred Carter and her daughter Tammy Weber have updated and expanded this landmark book of do-it-yourself healing. New chapters have been added that describe easy massage and healing reflex therapies that you can do in your own home to relieve the pain of ailments from carpal tunnel syndrome to premenstrual syndrome. Youâ™ll even learn how to improve sports performance, lose weight quickly, and more!

Book Information

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Customer Reviews

I bought this book many years ago on a reference from my chiropractor after I asked about the subject of reflexology. He didn't mention a title, but I bought this one after I researched the subject. I have bought and given away and lost about 10 copies of this book. I will not have it missing from my library. The instructions to use the techniques are very clear. The illustrations and photos are very helpful. I have helped my family with many problems over the years. I especially use it for my carpal tunnel problem. Excellent!

Great starter book

Added to another

Good book. My second one of hers

Just getting into learning about reflexology. this book is helpful in teaching us.

There is so much information in this book. It takes time to really read it through. I believe the information found in the book is much needed for preventative health. My suggestion is that you purchase the books broken down by parts ie: hands,feet,head etc. There is too much information to digest at one time. Great for reference!

I already own this book. I sent it to my daughter for Christmas. I know she'll love it because she tries to talk me out of mine everytime she comes home. Gives you hope to try and help yourself without going to the doctor for every little thing.

Super! I was afraid it was going to be too technical and boring to read....WRONG! I love it, and i've only had it "one" day... Thanks!!

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