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Isaiah Seber : Reflexology: The Absolute Beginners Manual That Will Help Weight Loss, Eliminate Tension, and Relieve Pain by Applying Reflexology Techniques from Ancient Times before purchasing it in order to gage whether or not it would be worth my time, and all praised Reflexology: The Absolute Beginners Manual That Will Help Weight Loss, Eliminate Tension, and Relieve Pain by Applying Reflexology Techniques from Ancient Times:

There's a cure for everything hidden in nature, and it's up to us to discover the benefits of nature's cures and ancient healing techniques. One of the most effective ancient techniques for eliminating stress and tension, relieving pain in the neck, back, and shoulders, relieving uncomfortable symptoms caused by a number of illnesses and diseases, and aiding in weight loss is reflexology. Reflexology is an ancient practice that traces back to Egypt and China as early as 2300 BC. Throughout the centuries, natural health practitioners have been studying the techniques of reflexology, and today it is almost perfected to a science. Using reflex points located on the hands and feet, specialists are able to pinpoint the areas in your body that connect with these points. By applying a special kind of touch and pressure to a

given point, blocked energy can be released and glands and other important body processes can be stimulated, allowing your body to heal itself. In this comprehensive beginner's manual to reflexology, you will learn six important ways to heal your body and keep your body healthy using the ancient techniques of reflexology along with other natural methods and techniques, including: How to heal your body with your body Reflexology techniques for weight loss Reflexology techniques for eliminating stress and tension Reflexology techniques for pain relief How to treat a number of illnesses using reflexology and nature's cures Ancient techniques for optimal health Enter the world of reflexology and learn everything you need to know about applying some of these ancient techniques to yourself. By the end of this book, you'll be able to effectively relieve pain, stress, and illness without using medication or expensive treatment sessions. Come and see what benefits nature's cures can bestow upon you!