



## Reflexology (Paperback)

By Nicola Hall (Re

HarperCollins Publishers, United Kingdom, 2005. Paperback. Condition: New. Language: English . Brand New Book. Reflexology is increasing in popularity as more people turn towards natural forms of medicine. This is a practical introduction, full of diagrams, photographs and clear advice on using reflexology to treat medical problems. The basis of reflexology is that areas in the foot correspond to different parts of the body. The art of reflexology is to recognise any imbalances and correct them through manipulation. The book starts with an introduction to the origin of reflexology and then covers\* How reflexology works\* The reflex areas of the feet\* The position of the reflex areas\* How to give treatment\* General advice on treatment\* The complete treatment to cover the whole body from the brain to the lymphatic system\* Specific treatments for particular ailments\* Possible reactions to treatment Let this Collins Gem introduce you to the theory and practice of reflexology. It gives you a clear, step-by-step guidance to help you understand and practice the benefits of reflexology.



**READ ONLINE**  
[ 2.62 MB ]

### Reviews

*This publication might be worthy of a read through, and superior to other. It normally is not going to charge excessive. Its been written in an remarkably simple way and is particularly just after i finished reading through this book through which in fact transformed me, alter the way i really believe.*

-- **Juston Mraz**

*Excellent electronic book and valuable one. We have read and so i am sure that i am going to likely to study again once more in the foreseeable future. I am just happy to inform you that here is the very best book i have read during my personal lifestyle and might be he greatest book for possibly.*

-- **Brendan Wuckert**

## Relevant eBooks



**Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade**

Book Condition: Brand New. Book Condition: Brand New.



**Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade**

Book Condition: Brand New. Book Condition: Brand New.



**Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn DR Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



**Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback**

Book Condition: Brand New. Book Condition: Brand New.



**Maw Broon's Cooking with Bairns: Recipes and Basics to Help Kids**

Waverley Books Ltd, 2010. Hardcover. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your order. Orders are dispatched Monday â€ Friday....



**Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for.**

Book Condition: New. Ships From Canada. New. No dust jacket as issued. Glued binding. 264 p. Contains: Illustrations. Audience: General/trade. Book Info Consumer text of recommendations backed by scientific studies. Discusses diet, allergens, vitamins and minerals, and more. Softcover. About the Author...