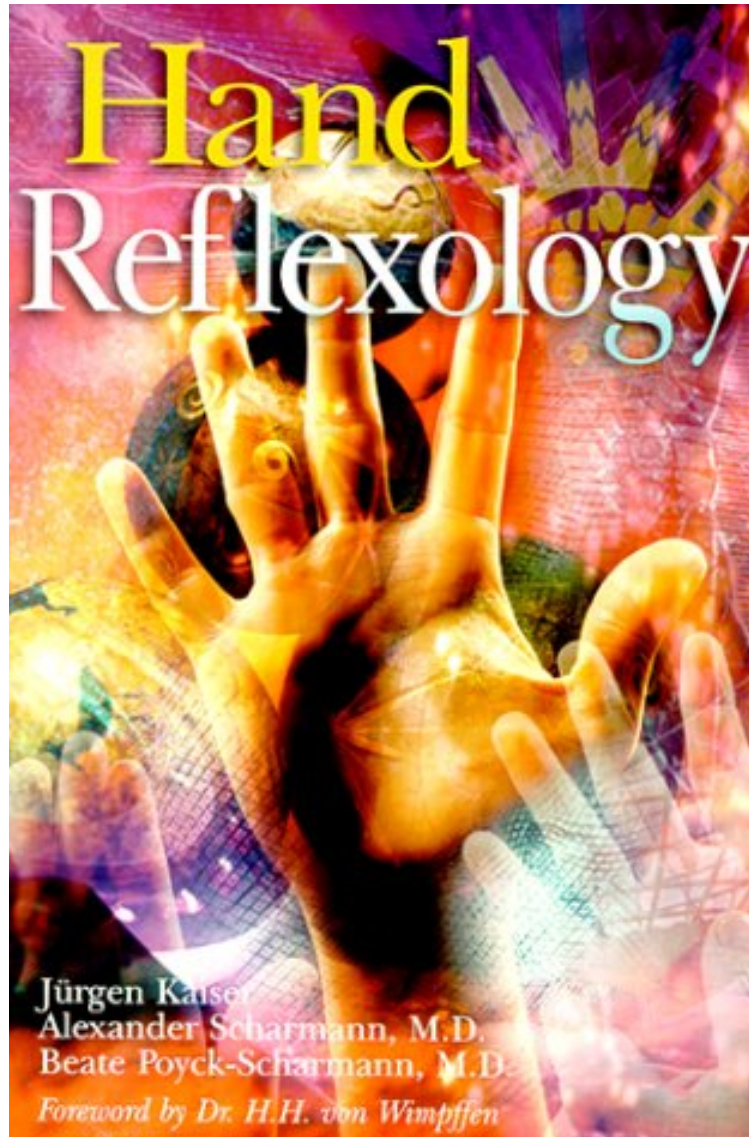


(Ebook free) Hand Reflexology

Hand Reflexology

Jurgen Kaiser, Alexander Scharmann, Beate Poyte-Scharmann, Dr. H.H. von Wimpffen
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0 of 0 people found the following review helpful. good information By cookie uthe information in the book was good a little outdated. I stopped reading it when I realized the book was out dated 0 of 0 people found the following review helpful. Five Stars By Y Medin Very satisfied

Follow the lines on your hand for a new route to well-being! Hand reflexology makes it possible to pinpoint damaged areas and blockages in the body, diagnose ailments, and spread healing energy to every organ. Incredibly easy to use, this definitive and detailed manual gives close and individual attention to over 75 complaints, with each containing a definition, its causes and symptoms, and the conventional therapies. Right next to the descriptions of every disorder are well-labeled diagrams of the front and back of both the left and right hands: these, along with charts outlining the main focus of the work and the technique, act like maps to the various zones, showing where to apply pressure. The ailments covered include allergies; head and neck ailments (such as swollen lymph nodes and ear problems); cardiac pain; abdominal cramps; menstrual disorders; impotence; dizziness; muscular injuries; eczema; and many others. No book gives you more! 192 pages, 2-color throughout, 140 b/w illus., 6 x 9.