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Foot Reflexology: A Complete Guide For Foot Reflexology Self Massage



A Complete Guide for Foot Reflexology Self Massage

by Samuel Hayes



Synopsis

If you want to learn all about foot reflexology and how to practice it on your own, then this book is for you! Today only, get this incredibly useful guide for only \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. NOTE: Our apologies to the earliest readers of this book, as the foot map chart was not downloading properly in the beginning. However, IT IS working now. Foot reflexology is gaining worldwide attention as more and more people discover its astounding benefits for their health and in their everyday lives. It's also being introduced into almost all fields of treatment as an inexpensive and convenient method to prevent and cure various diseases. With the rising cost of therapeutic drugs and doctors' fees, foot reflexology is a perfect alternative that you can use conveniently at home. It doesn't require gadgets or lengthy training to perform massage or reflexology on your own feet. It only requires your knowledge on what focal points must be massaged to cure or prevent illnesses in certain parts of your body. If you're looking for a natural, inexpensive and effective method to prevent damage to your body, this ebook will teach you all about foot reflexology and how to do it on your own, and in the comfort of your own home. Here Is A Preview Of What You'll Learn... Understanding Foot Reflexology
Foot Reflexology Chart
The Major Meridians Found In Your Feet
How to Perform Self Massage or Foot Reflexology
Benefits of Foot Reflexology
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Customer Reviews

It's Finger Acupressure For your Feet! Many years ago foot expert Doctor Firestone told me that "the feet are the most important and most neglected part of our body". I have ignored his advice for many years until I discovered this book. Author Samuel Hayes has created a handbook for revitalizing your body (and mind) through simple foot massage that you can do at home. The tools you need you probably have on hand, a basin to soak your feet, warm water, a towel and some soap. If you want to get fancy you can also use a small hard ball like a golf ball. Author Hayes reveals the easy to follow 9 steps to success with Foot Reflexology. He also covers the foot Major Meridians used by the Chinese for thousands of years. Identifying and massaging these areas can stimulate specific body parts for noticeable results. Believe me if you follow the information outlined in this book it will make a major difference in your life. You will develop a spring in your step, you will feel better and look better. I am not kidding. It worked for me. Highly Recommended!

I am curious about reflexology about my feet because every day my feet are tired. I want to learn how to massage my feet properly. I researched about it and I saw this book. This book is so easy to understand and there is lots of information that are gathered in this book. This book is really for beginners because I really don't know anything about this reflexology but this book gives me the idea about it and taught me how to do it but some points in this book are needed to be discussed more.

I think the book is really useful and very well written. It has explained the benefits of foot reflexology and also the book mentions about doing it ourselves. The steps are explained very clearly. I think it is very important to maintain our feet clean and by doing this, it gives us much relaxation and helps us to maintain a healthy body. I would highly recommend this book!

I am brand new to Foot Reflexology. This book is short but I certainly learned a lot and will be able to review over and over again as I practice the techniques that the author discusses. Explanations were clear and easy to understand and I think this book offers a lot of value to someone new to the subject.

If you're interested in improving your overall health inexpensively by easing the pain in your body and by reducing your stress levels, you may want to look into foot reflexology. After reading this book, you'll know the essential information about this type of therapy, and most importantly, you'll be able to perform it on your own, without any further assistance.

I was fascinated to discover that our feet had so many organs connected to them and one could really heal the ailments connected with those organs by applying suitable pressure on the areas connected with them. This book will give you all the details of which part of the feet are connected to which organs in the body and also gives you the method of practically carrying out foot reflexology to find relief from a number of health problems and ailments. The best part is that unlike medicines these simple exercises or pressures applied on the foot have no side effect and do not cost a dime. The only currency you pay in is the small amount of time it takes to read this book and gain sufficient knowledge of this technique. For anyone not too fond of consuming medicines for every ailment, this book can provide a real alternative .

Practicing foot reflexology regularly will give you an overall sense of balance and well-being. The purpose of this book is to give a practical discussion on how to help you perform self-massage or foot reflexology providing different steps and exercises that can be easily implemented. The book also covers meridian point Å^{TM} s causes of feet pain, what you can do to treat them, and how to locate the major meridians. This book is enabling you to understand what is going on and what you can do to help yourself. The author is very passionate about sharing information and advice in an easy to understand so you feel empowered to overcome your foot pain. There are lots to like about this book, and for people who would like to learn about Reflexology, I would definitely recommend this book.

The book explains all that you need to know about Reflexology and it likewise gives information on what central focuses must be kneaded to cure or counteract sicknesses in specific parts of the body. This book was anything but difficult to peruse and take after. The author makes a decent

showing clarifying the advantages behind this old rubbing procedure, alongside regulated guidelines to do it. Reflexology gives you itemized, yet straightforward clarifications about how reflexology functions, what parts of the body are spoken to on the sole of your feet and how to give a powerful reflexology session. This book gives some better than average information to help you begin Reflexology.

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