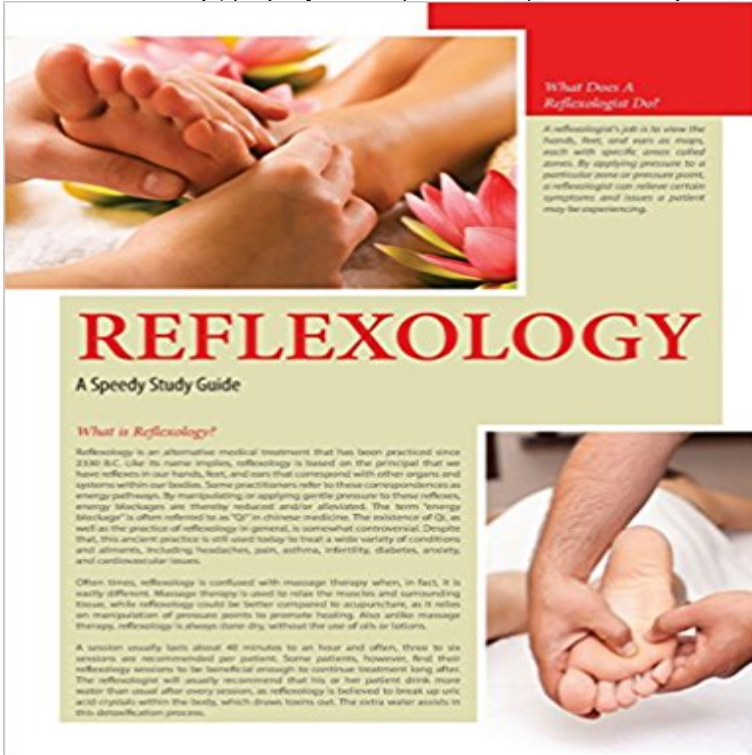


Reflexology (Speedy Study Guide)



Reflexology Guide: Learn about pressure points of the hands & feet using this superb reflexology chart color-coded and mapped from multiple views. It indicates foot reflexology with key trigger points that you need to know. If you are interested in reflexology massage then this pamphlet is critical for quick reference and study developed by Speedy Publishing LLC. The chart is uses detailed illustrated diagrams, distinctly labeled for easy identification and use for study. The perfect reflexology map that is designed by expert illustrators. Find critical diagrams of the plantar foot, lateral foot, palmar hand, lateral hand and other aspects. Reflexology is a type of alternative medicine which involves applying pressure to the feet, hands, or ears with the thumb, finger, and hand. These techniques are used without lotion or oil and are based on the claim that our body is a system of zones and reflex areas, with the image of the body on the feet and hands, and that stimulating these areas can cause a physical change in the body. One theory of this therapy is that it works with the central nervous system, based on research that has shown that there exists a neurological relationship between the skin and the internal organs. By stimulating these systems with touch and massage in the correct zones people have seen changes in their bodies ranging from pain relief to increased blood supply. Get this guide - and learn much more!

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