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Beginners Guide To Practice Reflexology How To Reduce Pain Relieve Stress And Anxiety Lose Weight Detoxify And Improve Your Sex Life

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Beginners Guide To Practice Reflexology

Reflexology for Beginners shows you how to use massage pressure on the feet to heal holistically. Every part of your body has a corresponding reflex point on the feet; applying pressure to these specific points, you will naturally and non-invasively send relief to the corresponding part of your body. It's no wonder that reflexology has become one of the most popular alternative forms of healing.

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