

FREE HAND REFLEXOLOGY: KEY TO PERFECT HEALTH PDF



Mildred Carter, Tammy Weber | 299 pages | 19 Mar 2003 | Pearson Education (US) | 9780735201286 | English | Upper Saddle River, United States

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It requires no pills, drugs, tranquilizers or mutilating surgery, can be self-administered with perfect safety anywhere or anytime and can be used with people of all ages. Step by step, the author teaches you how to massage away headaches, backaches, sinus problems, vision problems, coughs, colds, respiratory problems, hemorrhoids, etc. Convert currency. Add to Basket. Book Description Parker Pub. Condition: GOOD. Spine creases, wear to binding and pages from reading. May contain limited notes, underlining or highlighting that does affect the text.

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Hand Reflexology : Key to Perfect Health. Mildred Carter Tammy Weber. Now you can achieve lasting relief from your aches, pains, and illness by unlocking the healing energies already present within your body--quickly and easily, with the help of the centuries-old secrets of reflex message. Completely revised and updated, Hand Reflexology guides you step-by-step Hand Reflexology: Key to Perfect Health the simple finger-pressure techniques that send soothing relief surging to the sources of pain and discomfort.

This modern health classic helps you access the reflex centers where pain begins, and shows you how to make it disappear with a touch of a finger - all without resorting to expensive drugs, difficult therapies or invasive surgery. Hand Reflexology: Key to Perfect Health also learn how to apply these health-restoring therapies to other adults, small children, even pets.

Presented in clear, easy-to-understand language and accompanied by over new illustrations, these techniques have long been proven effective in relieving a wide variety of ailments and conditions.

Carter has established herself as one of the world's leading health experts and has helped thousands of people all over the world. Tammy Weber is the daughter of Mildred Carter, creator of the reflexology movement, and a certified reflexologist herself. She is the coauthor, with her mother, of Body Reflexology and Foot Reflexology.

Hand Reflexology: Key to Perfect Health by Mildred Carter

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