

# 11 BENEFITS OF REFLEXOLOGY

1. Helps Control Blood Pressure
2. Improves Nerve Sensitivity
3. Improves Energy Levels
4. Improves Blood Circulation
5. Helps Promote Sleep
6. Treatment For Migraines And Headaches
7. Improves Liver Function
8. Treatment Of Arthritis
9. Helpful For Depression
10. Reduce Symptoms of PMS
11. Help Reduce Swollen of Feet



# Reflexology For Good Health

**Karin Nielsen-Saines**



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