

Ann C. Sanders

REFLEXOLOGY

for Back Pain

Healing your back in a
safe and successful way



Reflexology For Back Pain Healing Your Back In A Safe And Succesbful Way

Zhe Xu



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Reflexology for Back Pain Ann Gillanders,2005 Introduction The skeletal system the types of back injury and back pain the effects of posture age related and gender related problems Chapter 1 Treating Neck Pain Chapter 2 Treating the Upper Back Chapter 3 Treating Frozen Shoulder Chapter 4 Treating the Lower Back Chapter 5 Treating Slipped Discs Chapter 6 Treating

Reflexology: Master the Healing Art Pasquale De Marco,2025-05-01 In this book Pasquale De Marco will teach you everything you need to know to get started with reflexology including The history of reflexology The benefits of reflexology How to give a reflexology session Reflexology for different conditions You ll also learn about the different reflex points on the feet hands and ears and how to use them to improve your health and well being Reflexology is a safe and effective way to improve your health and well being It is a complementary therapy that can be used alongside conventional medical treatment or as a stand alone therapy If you are interested in trying reflexology Reflexology Master the Healing Art is the perfect place to start With clear instructions and easy to follow diagrams Pasquale De Marco will guide you through everything you need to know to give yourself or others a relaxing and healing reflexology session Reflexology Master the Healing Art is the most comprehensive guide to reflexology available It is the perfect resource for anyone who wants to learn more about this ancient healing art Here is what you ll learn in Reflexology Master the Healing Art The history of reflexology The benefits of reflexology How to give a reflexology session Reflexology for different conditions The different reflex points on the feet hands and ears How to use reflexology to improve your health and well being Reflexology Master the Healing Art is the perfect resource for anyone who wants to learn more about reflexology With clear instructions and easy to follow diagrams Pasquale De Marco will guide you through everything you need to know to give yourself or others a relaxing and healing reflexology session If you like this book write a review on google books

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