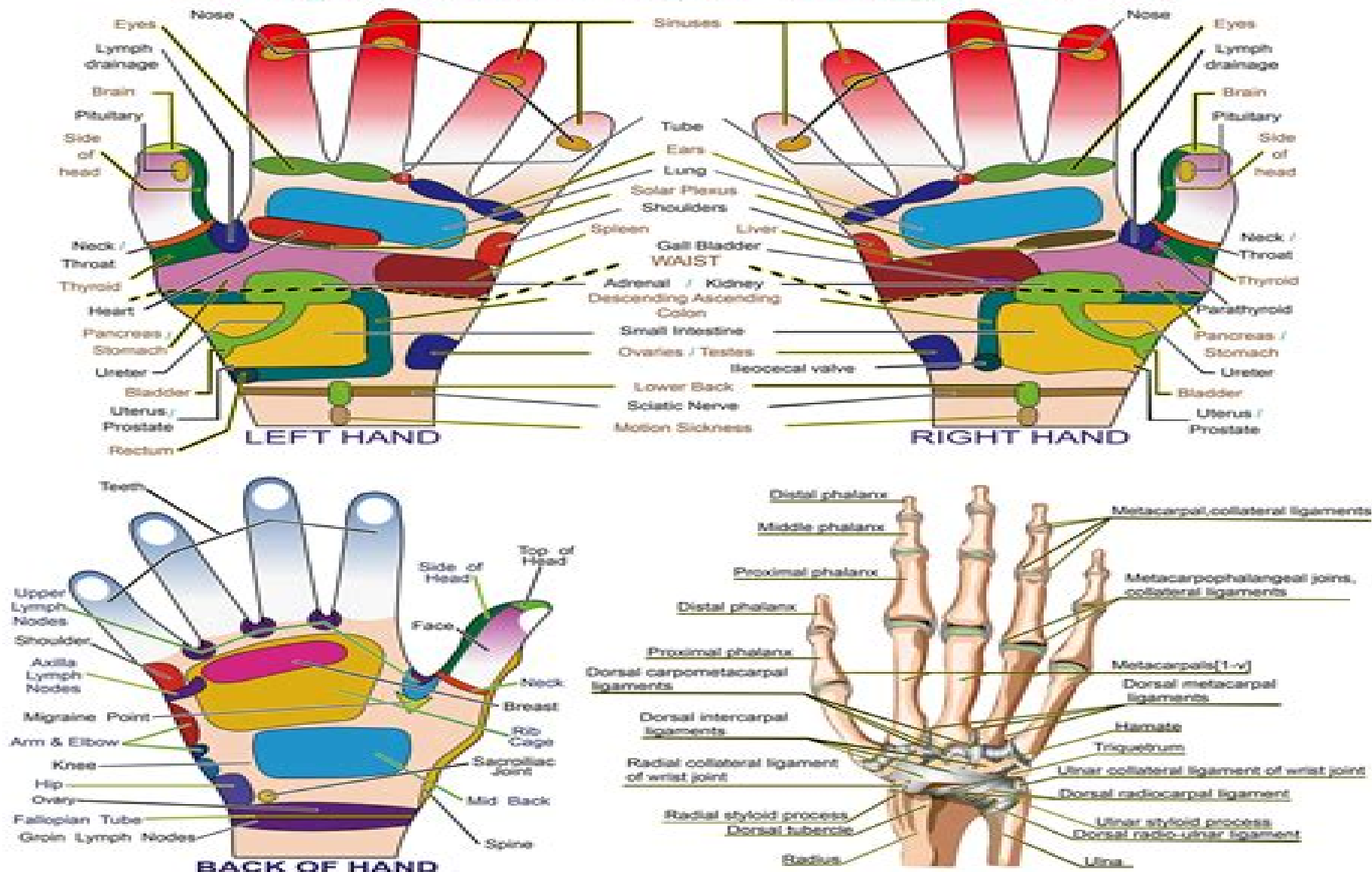


Acupressure Reflexology Chart



Reflexology or Acupressure massage is an ancient hands-on-modality that harmonizes health and well-being through precise points found in the hands and feet. Reflexology can be used to help restore and maintain the body's natural equilibrium via the meridians. By relieving congestion or tension in any part of the hand, a stimulation of life force is mirrored in the corresponding part of the body. By gently rubbing the hand and applying pressure to desired points, the tension areas and acidic waste buildup will loosen. Gently manipulate while slowly working up to firmly kneading the pressure points. This will also increase blood flow to the areas. Lessen pressure if pain is felt but gently continue in that area if permitted. Protein balanced alkaline vegetarian diets with regular vigorous exercise are best suited for gentle cellular aging and lessening for capillary acidic waste buildup. Drink half your body weight in ounces each day in alkaline water e.g. if you weigh 200lbs, drink 100 ounces a day.

Reflexology And Acupressure

S Ashworth



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