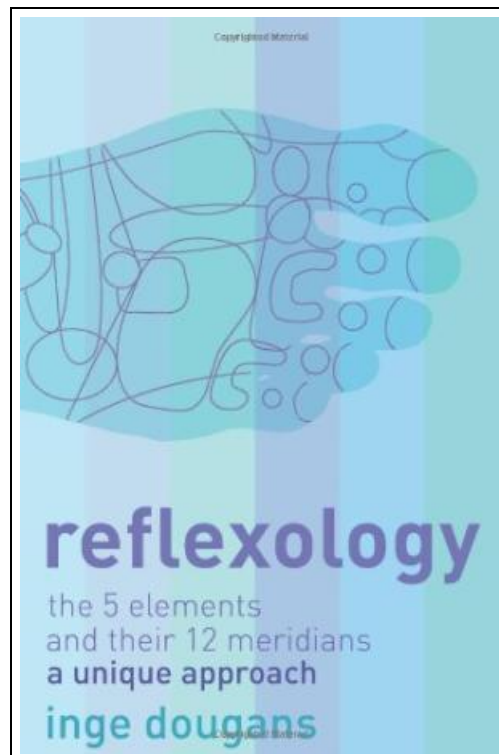


Reflexology: The 5 Elements and Their 12 Meridians: a Unique Approach (Paperback)



Filesize: 7.76 MB

Reviews

Extensive manual for publication fans. I have read through and so i am sure that i am going to going to read once again yet again in the future. I am pleased to let you know that this is actually the best pdf i actually have read through inside my very own existence and may be he very best publication for ever.

(Mrs. Trinity Boyer)

REFLEXOLOGY: THE 5 ELEMENTS AND THEIR 12 MERIDIANS: A UNIQUE APPROACH (PAPERBACK)**DOWNLOAD**

HarperCollins Publishers, United Kingdom, 2005. Paperback. Condition: New. Language: English . Brand New Book. This complete self-teaching guide is the perfect handbook for beginners and students alike. It uniquely links Eastern and Western approaches to reflexology and health, making this a comprehensive guide to using the meridians and pressure points of the feet to treat a wide range of ailments. Reflexology, the gentle but highly effective form of therapeutic foot massage, has gained wide acceptance as a powerful, natural healing art. Remarkable results have been achieved with ailments such as back pain, chronic fatigue (ME), digestive problems, eczema, insomnia and migraine. Inge Dougans s new book includes her latest research into the benefits of her unique techniques and is a complete self-teaching guide suitable for beginners and students alike. Bringing together East and West by making clear the close connection between reflexology and Chinese meridian theory, internationally respected reflexologist Inge Dougans shows how the human body has its own internal energy lines - or acupuncture meridians - and reveals how to find and use the reflexology points and associated meridians on the foot to restore the body to its natural balance, prevent ill health and assist relaxation. This comprehensive handbook includes: * the history of reflexology and the Chinese meridian therapy * an explanation of how reflexology and the meridian theory work * illustrated step-by-step reflexology treatments for specific ailments * treatments of meridian disorders * case histories.

[Read Reflexology: The 5 Elements and Their 12 Meridians: a Unique Approach \(Paperback\) Online](#)[Download PDF Reflexology: The 5 Elements and Their 12 Meridians: a Unique Approach \(Paperback\)](#)

You May Also Like



The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in the Home (Classic Reprint)

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from The Sunday Kindergarten Game Gift and Story: A Manual for...

[Read Document](#)

»



Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners

Fernhurst Books Limited. Paperback. Book Condition: new. BRAND NEW, Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners, Paul B. Boissier, Expert information for yachtsmen and...

[Read Document](#)

»



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download...

[Read Document](#)

»



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Read Document](#)

»



The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators...

[Read Document](#)

»