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# Foot Reflexology: A Complete Guide For Foot Reflexology Self Massage



A Complete Guide for Foot Reflexology Self Massage

by Samuel Hayes



## Synopsis

If you want to learn all about foot reflexology and how to practice it on your own, then this book is for you! Today only, get this incredibly useful guide for only \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. NOTE: Our apologies to the earliest readers of this book, as the foot map chart was not downloading properly in the beginning. However, IT IS working now. Foot reflexology is gaining worldwide attention as more and more people discover its astounding benefits for their health and in their everyday lives. It's also being introduced into almost all fields of treatment as an inexpensive and convenient method to prevent and cure various diseases. With the rising cost of therapeutic drugs and doctors' fees, foot reflexology is a perfect alternative that you can use conveniently at home. It doesn't require gadgets or lengthy training to perform massage or reflexology on your own feet. It only requires your knowledge on what focal points must be massaged to cure or prevent illnesses in certain parts of your body. If you're looking for a natural, inexpensive and effective method to prevent damage to your body, this ebook will teach you all about foot reflexology and how to do it on your own, and in the comfort of your own home. Here Is A Preview Of What You'll Learn... Understanding Foot Reflexology  
Foot Reflexology Chart  
The Major Meridians Found In Your Feet  
How to Perform Self Massage or Foot Reflexology  
Benefits of Foot Reflexology  
Other Variations of Foot Massages  
Important Pointers on Foot Reflexology  
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## Customer Reviews

I am brand new to Foot Reflexology. This book is short but I certainly learned a lot and will be able to review over and over again as I practice the techniques that the author discusses. Explanations were clear and easy to understand and I think this book offers a lot of value to someone new to the the subject.

Foot Reflexology is a neat lite guide that introduces the concept of self foot massaging. The author does a nice job explaining the benefits behind this ancient massaging technique, along with step by step instructions to do it. I prefer to have someone else read this guide and practice on me! Loll do think this guide would boost credibility with some sourcing, but that doesn't take away from the fact there's oodles to gain from this guide. Definitely lots to learn and I recommend it to you!

It's Finger Acupressure For your Feet! Many years ago foot expert Doctor Firestone told me that "the feet are the most important and most neglected part of our body". I have ignored his advice for many years until I discovered this book. Author Samuel Hayes has created a handbook for revitalizing your body (and mind) through simple foot massage that you can do at home. The tools you need you probably have on hand, a basin to soak your feet, warm water, a towel and some soap. If you want to get fancy you can also use a small hard ball like a golf ball. Author Hayes reveals the easy to follow 9 steps to success with Foot Reflexology. He also covers the foot Major Meridians used by the Chinese for thousands of years. Identifying and massaging these areas can stimulate specific body parts for noticeable results. Believe me if you follow the information outlined in this book it will make a major difference in your life. You will develop a spring in your step, you will feel better and look better. I am not kidding. It worked for me. Highly Recommended!

Iâ™ve been looking for a natural and effective way on how to relieve stress. And finally I found it in this book. It also gives a better understanding on what foot reflexology is all about. Moreover, it

provides knowledge on what focal points must be massaged to cure or prevent illnesses in certain parts of the body. A must have book!

I was fascinated to discover that our feet had so many organs connected to them and one could really heal the ailments connected with those organs by applying suitable pressure on the areas connected with them. This book will give you all the details of which part of the feet are connected to which organs in the body and also gives you the method of practically carrying out foot reflexology to find relief from a number of health problems and ailments. The best part is that unlike medicines these simple exercises or pressures applied on the foot have no side effect and do not cost a dime. The only currency you pay in is the small amount of time it takes to read this book and gain sufficient knowledge of this technique. For anyone not too fond of consuming medicines for every ailment, this book can provide a real alternative .

Thanks to the author of this brilliant piece. Now I see lots of wonder happen in our feet. Lot of more healthiness can be achieved. I am so happy when I saw in this book how to do a foot massage properly. Without mincing words, I strongly recommend this to my fellow readers.

I found that foot reflexology isn't difficult to perform. You can perform foot reflexology on your own. You can do this by preparing a clean and comfortable area in your home where no one will disturb you. You can listen to soft music if this will relax you more. By pressing or massaging the reflex points, you can prevent the occurrence of diseases. The technique might even be therapeutic for an existing condition. Adopting the given steps in the book can help you do things comfortably.

This book introduce you to reflexology, an ancient technique of pressure points on the feet and hands to activate better health in your body where it is needed. I always wonder about how efficient this technique was. After reading this book I am now convinced to try it. The author explains well how reflexology works and how to do it. There several images to help you along the way. Overall, this book is well written and easy to understand, well worth reading if your are curious about reflexology.

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