



**Natural Health®**

**Secrets of**

# Reflexology



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# Resumo de Reflexology

Derived from methods of foot massage used in ancient societies, reflexology involves the application of pressure to specific energy zones to pinpoint and treat health problems. If the flow in a zone is blocked or out of balance, the part of the body linked to that particular reflex can suffer.

Using this guide, learn to identify the longitudinal and transverse zones in the feet and hands and how to apply pressure to specific points in order to alleviate physical symptoms, promote energy flow around the body, and encourage good health.

Here is an exciting new series focused on today's most popular healing approaches and spiritual insights. Presented in a clear, concise format, the Secrets of Series demystifies popular alternative approaches and teaches proper application, providing a perfect balance of theory and practice.

Perfect for new or casual readers, these handbooks are simple to follow yet thorough and authoritative. Covering a wide range of topics, they appeal to readers from every background.

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