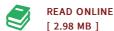




# The Pressure Point Plan for Natural Health (Paperback)

By Judith Sachs, Judith Berger

Ibooks, United States, 2006. Paperback. Condition: New. Reprint. Language: English. Brand New Book. The sensitive pressure points on the bottom, top and sides of the foot are the key to balancing energy and enhancing healing. Using the art of reflexology, this book shows how to press, knead, and glide along various areas in the foot to improve circulation in corresponding parts of the body. This comprehensive guide teaches the European method of reflexology. Included are: step-by-step instructions for a head-to-toe reflexology session; secrets to spotting imbalance and illness; charts for locating pressure points and stimulating its reflex; Chinese medicine, tai chi exercises, and other treatments that complement reflexology for dozens of health problems; and steps for eliminating toxins and impurities from the body. About the Author Judith Sachs is a health and medical writer, and has served as adjunct professor at the College of New Jersey, teaching stress management and runs workshops and seminars in alternative and complementary medicine. Judith Berger was director of the New Hope, Pennsylvania, and now maintains a private practice in pressure point healing in New York, New Jersey and Pennsylvania.



## Reviews

Completely essential go through ebook. It is definitely basic but shocks in the 50 percent from the publication. I am delighted to let you know that this is the best pdf i have go through inside my individual lifestyle and can be he best pdf for possibly.

-- Damien Reynolds I

It is not difficult in read through easier to comprehend. It is packed with knowledge and wisdom You may like just how the article writer write this pdf.

-- Kristy Hermann

### Other Books



#### THE Key to My Children Series: Evan's Eyebrows Say Yes

AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about a three year old little boy who...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



### Book Finds: How to Find, Buy, and Sell Used and Rare Books (Revised)

Perigee. PAPERBACK. Book Condition: New. 0399526544 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!!\*I...



The Kid Friendly ADHD and Autism Cookbook The Ultimate Guide to the Gluten Free Casein Free Diet by Pamela J Compart and Dana Laake 2006 Hardcover

Book Condition: Brand New. Book Condition: Brand New.



The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback

Book Condition: Brand New. Book Condition: Brand New.



The Complete Idiots Guide Complete Idiots Guide to Baby Sign Language by Diane Ryan 2006 Paperback Book Condition: Brand New. Book Condition: Brand New.