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The Pressure Point Plan for Natural Health (Paperback)

By Judith Sachs, Judith Berger

Books, 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.

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