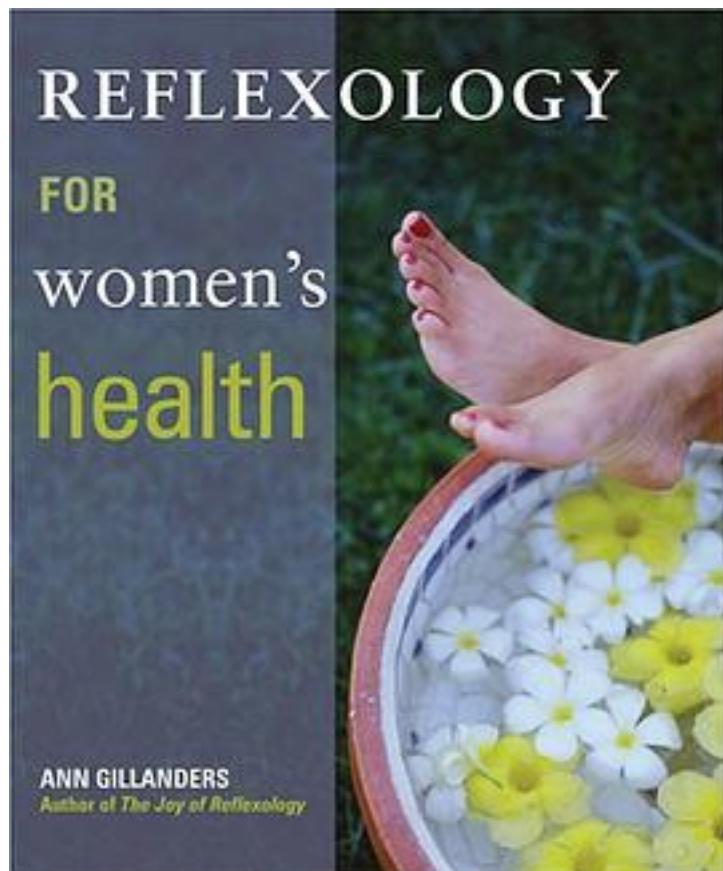


Reflexology for Women's Health



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Written by a world-renowned reflexologist, this book takes the gentle, drug-free and noninvasive alternative therapy of reflexology and shows how it can be effectively used to treat over 100 women-specific ailments. The author's approach is simple and straightforward, with clearly written text and color photographs teaching healing therapies for a whole range of common problems, both physical and psychological.

Topics addressed in "Reflexology for Women's Health" range in scope from PMS, cramps and stress to Candida, breast health and osteoporosis. Special chapters also cover conception and pregnancy including morning sickness and fertility boosting. Practical and helpful, "Reflexology for Women's Health" is also a pleasure to read and includes sidebars that provide supporting hints, tips and complementary health advice.

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