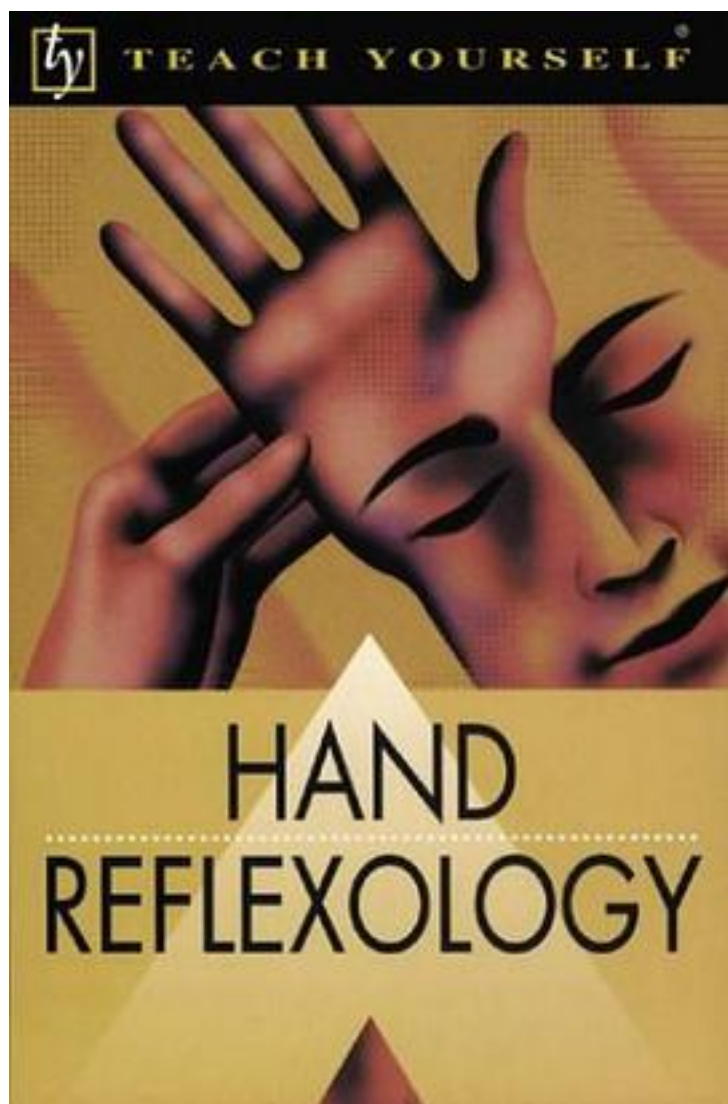


# Hand Reflexology



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出版者:Sterling Pub Co Inc

出版时间:2006-7

装帧:Pap

isbn:9780600615934

Reflexology has been used for healing for over 5,000 years and this new title in the "Pyramid" series will teach you how to stimulate the reflex points on your hands to clear the energy flow around your body and treat common ailments such as headaches, muscular aches and the flu. "Hand Reflexology" features 10 - 15 minutes routines designed for all ages and abilities. Through simple step-by-step instructions you will learn everything you need to know to use hand reflexology to balance and detoxify the body's systems, fight stress and improve your general wellbeing.

作者介绍:

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