

Reflexology and Acupressure



[Reflexology and Acupressure_ 下载链接1](#)

著者:Wright, Janet

出版者:

出版时间:2009-6

装帧:

isbn:9780600617587

Reflexology and acupressure stem from the science of pressure points and are popular drug-free, hands-on therapies that complement orthodox medicine and have practical applications in everyday life. This book describes basic techniques and easy-to-follow therapies to stimulate energy and combat everyday ailments such as headaches, arthritis and insomnia. The practical step-by-step advice is suitable for everyone from children to the elderly, and also included are gentle treatment tips to boost circulation, relieve stress and aid the healing process.

作者介绍:

目录:

[Reflexology and Acupressure_ 下载链接1](#)

标签

评论

[Reflexology and Acupressure_ 下载链接1](#)

书评

[Reflexology and Acupressure_ 下载链接1](#)