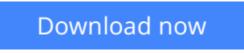


Acupressure and Reflexology For Dummies

Bobbi Dempsey, Synthia Andrews



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Ease your aches and find relief through the power of touch

Searching for alternative treatments for pain? This friendly, do-it-yourself guide introduces you to the basics and benefits of acupressure and reflexology, showing you step by step how to nurture your emotional and physical well-being and that of someone else. You'll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well-being.

- Understand basic healing principles
- Relieve your specific aches and pains
- Boost your immune system
- Address age-related ailments
- Find professional help

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