



Acupressure and Reflexology For Dummies

Bobbi Dempsey, Synthia Andrews

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Acupressure and Reflexology For Dummies Bobbi Dempsey, Synthia Andrews
Features healing routines and illustrations to guide you

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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