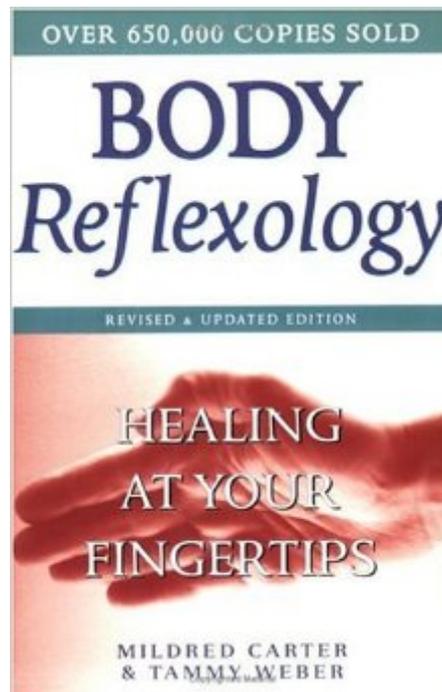


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# Body Reflexology: Healing At Your Fingertips



## Synopsis

This backlist bestseller incorporates complete information on and techniques for healing through fingertip pressure massage. Through easy-to-follow, step-by-step illustrated instructions, the book shows the reader how to send healing flows of energy through the body to relieve arthritic pain, back pain, prostate trouble, headaches, and numerous other conditions.

## Book Information

Paperback: 368 pages

Publisher: Prentice Hall Press; Rev Upd edition (July 15, 2002)

Language: English

ISBN-10: 0735203563

ISBN-13: 978-0735203563

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (58 customer reviews)

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## Customer Reviews

I bought this book many years ago on a reference from my chiropractor after I asked about the subject of reflexology. He didn't mention a title, but I bought this one after I researched the subject. I have bought and given away and lost about 10 copies of this book. I will not have it missing from my library. The instructions to use the techniques are very clear. The illustrations and photos are very helpful. I have helped my family with many problems over the years. I especially use it for my carpal tunnel problem. Excellent!

Mildred Carter is amazing, this book can save your life and so I believe every family should have a copy. I have purchased over ten copies of this book to give away to friends and family because it is exceptional. Clear, easy to read and follow, instructions are easy and outcomes remarkable. Over a decade ago, I had a bad cold, went to a mountain resort for the weekend and when we came back down the mountain, my right ear exploded with pain and I lost my hearing. When I got home, the pain had subsided but my hearing did not return, for three days everyone I knew tried to help me but my hearing did not return. Then I remembered this accupressure book which had helped me in the

past. I found a section on hearing and decided to do exactly what Mildred indicated. I put pressure on the tips of my fingers for over seven hours, even while driving my car! My hearing returned and it is still perfect today. Mildred teaches so many excellent ways to stay healthy or increase your health in this book that I highly recommend it to everyone. Easy even for a 10 year old to learn.

I LOVE this book SO MUCH! I bought this book with high hopes of helping the chronic pain I have had for in my feet for over 6 years, and IT REALLY Works! My friend told me about this book and how it had helped her, so I went and ordered it the same day. After reading the book and learning how to give my self reflexology treatments, the pain in my feet has decreased by at least 75%. This book is a god sent. Thank you Mildred Carter, you are an angel!!!!

There is so much information in this book. It takes time to really read it through. I believe the information found in the book is much needed for preventative health. My suggestion is that you purchase the books broken down by parts ie: hands, feet, head etc. There is too much information to digest at one time. Great for reference!

I have learned how to rid myself of headaches' and wonderful uses for a variety of ailments. Well worth the money and the wonderful thing about natural healing is there are no side effects. Always work with your doctor if you get no relief.

Excellent resource book. If you are interested in your health this is a "must buy".

There are many books on Reflexology. This one is very good. There are things mentioned beyond what other books and references explain. Example is that some only use the foot as the source to relieve or heal. Some only use the feet or hands as sources. As there are other parts of the body that can be used, this book covers some of that and herein lies some more information. And many times the instruction is simple and to the point.

I already own this book. I sent it to my daughter for Christmas. I know she'll love it because she tries to talk me out of mine everytime she comes home. Gives you hope to try and help yourself without going to the doctor for every little thing.

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Body Reflexology: Healing at Your Fingertips Reflexology: The Reflexology Comprehensive Guide

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