

**Reflexology: A Guide To Hand & Foot Reflexology -
Diminish Stress And Pain Related Disorders, Detoxify
And Cleanse The Body, And Improve Your Overall
Health ... Reflexology Chart, Reiki, Acupuncture) By
Walter Evens**

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Reflexology is an alternative medicine involving application of pressure to the feet and hands with specific and hand techniques without the use of oil or lotion.

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