

Download Feet First A Guide To Foot Reflexology

In Feet First, America's foremost reflexology spokesperson on radio and TV -- and in publications from The New York Times to Cosmopolitan -- explains how to relieve physical problems -- from headaches and insomnia to high blood pressure and weight loss -- with this easily accessible and popular holistic technique. The Foot Reflexology Sole Chart is very simple and easy to learn. If you are doing Reflexology for the first time, it is the best chart for you. The healing and rejuvenating art of foot reflexology works on the principle that every part of the body is connected to the soles of the feet by nerve pathways and subtle energy channels. If you are willing and able to devote a bit of time and energy to yourself, by stimulating certain reflex points on the feet during a foot reflexology massage, you can relieve stress headaches, migraines, muscle tension and sinus problems. The entire body is reflected on the feet as well as on the hands.