



Reflexology: The A-Z Guide to Healing With Pressure Points (The Essential Healing Arts Series)

Judith Sachs

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Reflexology is the art of pressing points on the foot to balance energy and enhance healing elsewhere in the body. Simply by going about one's normal business, toxins will begin to form in the feet. By understanding the energy zones that naturally exist in the body, one can use reflexology to break down blockages, open energy channels, and remove toxic calcium deposits from the body. In a straightforward, easily understood format, *Reflexology* provides detailed information on how to perform self care for glaucoma, infertility, sciatica, vision loss, and a host of other ailments. It is a safe, effective, and inexpensive alternative to conventional medical practices.

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