



# Hand and Foot Reflexology (Paperback)

By Kevin Kunz, Barbara Kunz

SIMON SCHUSTER, United States, 1992. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Here s a revolutionary way to fine-tune your relationship with your body, reduce stress, and feel better all over: Stimulate the reflexes in your hands and feet! It s all in this hands-on encyclopedia of personal reflexology information. Here, Kevin and Barbara Kunz (authors of The Complete Guide to Foot Reflexology) bring you their unique self-health approach to wellness. Through reflexology, they teach you how to free and channel your pent-up energy -- and to prevent and correct common health problems. With more than 500 detailed instructions, this book includes: \*Why your feet and hands are important sensory organs, and their special relationship with your whole body. \*Why reflexology works. \* Specially designed pressure and movement techniques that reduce stress and actually alter the body s tension level. Fully illustrated, with step-by-step procedures, for quick and easy application! \* Treatment plans for specific aliments, from acne to whiplash. \* Stride Replication, the Kunzes latest program of foot and hand relaxation. \* A more in-depth look at body parts and their corresponding areas in the hands and feet -- all...



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