



# **The Reflexology Healing Bible: Release Your Inner Energy with Your Fingertips to Relieve Pain, Reduce Stress and Promote Healing**

*Denise Whichello Brown*

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Reflexology is a simple, noninvasive, harmless, and natural way to achieve optimum health. Firm pressure is applied with the thumbs and fingers to reflex points which are located on all parts of the hands and feet. By applying pressure on these points, all the organs, glands and structures of the body can be stimulated and encouraged to heal. This book will enable the complete beginner to soothe away the stresses and strains of everyday life and promote well-being. It will also allow you to alleviate a whole host of common conditions such as headaches, backache, digestive problems, menstrual problems, arthritis, coughs and colds, insomnia, and many more.

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