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Bill Flocco

Idiot S Guides Reflexology

Hattie Wiener, Sallie Batson



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The Complete Idiot's Guide to Reflexology Frankie Avalon Wolfe,1999 Maps reflex points on the hands and feet and explains techniques for ridding the body of toxins manipulating the body s energy meridians and treating back pain headaches colds allergies and depression Yoga Journal Presents Your Guide to Reflexology Yoga Journal (Firm),2016 An exercise and explanatory guide to reflexology **The Complete Idiot's Guide to Natural Remedies** Chrystle Fiedler,2009-01-06 It s amazing what a little peppermint and a couple of walnuts can do The health conditions Everything from heart disease cancer and migraines to insomnia PMS and allergies The remedies Fish oils peppermint lavender blueberry yogurt and old fashioned vitamin C This is a complete reference book for readers who want scientifically researched recommendations for the best all natural treatments for specific conditions presented in an easy to follow format Covers complaints and ailments from high blood pressure to bug bites Each treatment based on the latest scientific research Includes natural remedies from herbs and supplements to traditional Chinese Medicine Arranged by specific ailment or disorder **The Complete Idiot's Guide to Acupuncture & Acupressure** David Sollars,2000-08-09 You re no idiot of course You know that for centuries acupuncture and acupressure have been among the most effective alternative medical treatments available Now you ve decided to try one of them but before you volunteer to be a human pincushion you have just a few questions So let s get to the point The Complete Idiot s Guide to Acupuncture and Acupressure offers a comprehensive look at these effective solutions in their various forms and functions In this Complete Idiot s Guide you get An introduction to the tools of the trade including needles magnets and exercise The lowdown on what to expect at your first treatment and how to relax and enjoy it Treatments for everything from acne to menopause Words of wisdom plus warnings and definitions to make the acu path easy to follow **The Complete Idiot's Guide to Herbal Remedies** Frankie Avalon Wolfe,1999 Herbal remedies are laid bare in an insightful new guide that lists hundreds of herbs along with their scientific names historic and current uses and dosage advice as well as plentiful advice on the role of such popular remedies as echinacea ginseng and St John s Wort in curing a host of common ailments Original **The Complete Idiot's Guide to Massage** Joan Budilovsky,Eve Adamson,1998 Outlines the history and benefits of massage and tells how to use massage to reduce stress improve circulation and soothe aching muscles **The Complete Idiot's Guide to Divining the Future** Laura Scott,Mary Kay Linge,Deborah S. Romaine,2003 This fascinating guide takes readers on a magical tour through the many ways they can read the future through the mind body and spirit and shows them how to take control of things to come Discover which methods of predicting the future can answer life s most perplexing questions Explore the signs and messages the body reveals about the past present and future and learn the physical methods that inspire divination Learn how divination methods such as aura and Tarot reading can connect a person with his her emotions *The Complete Idiot's Guide to a Healthy Relationship* Judith Kuriansky,2002 Reveals secrets for maintaining a good relationship with tips on keeping the

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COURSE INFORMATION PLEASE PROVIDE **Whitaker's Books in Print** ,1998 **The Cumulative Book Index** ,1996 A world list of books in the English language *Complete Idiot's Guide to Bridal and Baby Showers* Jennifer N. Barr,Jennifer R. Barr,1999 You re no idiot of course You ve known your whole life that when it came time for your only sister or best female friend to get married or have a baby you d be the one to plan the shower But now the time has finally come and you suddenly want to hide under an umbrella Between the invitations food decorations party favors and the fact that Aunts Sylvia and Ethel haven t spoken in 10 years how are you going to make sure it doesn t rain on your guest of honor s parade Don t run for cover just yet *The Complete Idiot's Guide to Bridal Showers* is any woman s best friend when it comes to coordinating this happy event covering everything from invite do s and dont s and food choices to making sure it s a party that s fun for everyone especially the guest of honor In this complete Idiot s Guide you get **Subject Guide to Books in Print** ,1991

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