



Reflexology Card Deck: 50 Reflex Points on the Feet That Relieve Pain, Create Vitality, and Promote Healing

Skye Alexander

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A card deck is a convenient, portable way to learn about reflexology

According to the ancient art of reflexology, the body's organs experience illness when they receive the wrong signals from the brain. However, by stimulating pressure or "reflex" points on the feet you can interrupt the body's misguided instructions, and stimulate the body to naturally heal itself. *Reflexology Card Deck* gives readers a convenient tool to guide them in the art healing others and themselves through reflexology. A deck of 52 cards identifies a specific foot point on a photograph and tells the reader what healing benefit it has. On the flip side, the card explains the technique for stimulating the pressure point and expands on the benefits. Introduction cards explain the history of reflexology and the philosophy behind it.

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