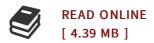




## **Rest Relax Reflexology**

By MR Nishant K Baxi

Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Healing Techniques Health for most individuals nowadays is more a question of what physical issue you don t have than really being completely healthy. But true health is now more and more being considered to be much more than simply having physical health. Essentially, it means having a balanced, natural life - or what may be called an organic life, where physical, emotional, mental and spiritual health facets are of the essence in maintaining the individuals overall health and wellbeing. Have you ever heard of Qi Gong? Qigong (also spelled Ch i Kung) is a potent system of healing and energy medicine from China. It s the art and science of utilizing breathing methods, gentle movement, and meditation to clean, fortify, and circulate the life energy (qi). How about binaural beats? Binaural beats are sounds that are supposed to stimulate the brain in specific ways. These sounds have been claimed to help induce relaxation, meditation, creativity and other desirable mental states. Do you know anything about holographic healing? Holographic healing is a system that helps us...



## Reviews

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