

Reflexology for Back Pain: Healing Your Back in a Safe and Successful Way

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Reflexology for Back Pain: Healing Your Back in a Safe and Successful Way [Ann Gillanders] on curlyshue.com *FREE* shipping on qualifying offers. Dedicated to relieving back problems, this insightful handbook comes from world-renowned reflexologist Ann curlyshue.com: 2. Back pain afflicts most men and women at some point in their lives, and serious back problems result in lost work days, as well as hospital treatments that might have been avoided if early precautions had been taken. An increasingly popular therapy for avoiding back pain--and for alleviating back pain when it strikes--is reflexology.2/5. Add tags for "Reflexology for back pain: healing your back in a safe and successful way". Be the first. Get this from a library! Reflexology for back pain: healing your back in a safe and successful way. [Ann Gillanders]. Ann Gillanders describes separate reflexology therapy methods for treating pain in the neck, the upper back, the shoulders, the lower back, and the knees. She also recommends exercise techniques for relieving pain caused by a slipped curlyshue.com: 2.

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