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identify the reflex zones on our hands and feet. It will also take you through different techniques, methods, steps and tools, that are used in reflexology therapy to relieve stress, lose weight, reduce pain and detoxify your body.

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Cathy Bebbington
was voted

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This book

"REFLEXOLOGY: The
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written by Linda
Serpico was recently
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the challenge of
succeeding where
other books have, so
far, failed. You see,

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there is simply no book out there that brings together the world of Reflexology so clearly, so powerfully and in such an easy and entertaining manner.

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The practice may not be top of mind when discussing our food's impact on climate change, but as Emery explained, urban foraging rests at "the intersection of climate change, climate justice, food security, and food sovereignty," as it highlights the need for socially-conscious

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urban planning,
urban green spaces
populated by local
plants, and universal
access to nutritional
foods.

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