



Reflexología a solas y en casa (Alternativa / Alternative) (Spanish Edition)

Carlos Adolfo Oribe

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Mediante la reflexología de pies y manos podemos aliviar dolores físicos, calmar nuestro ánimo o fomentar cambios de actitud y predisposición. Su aplicación es tan amplia e integral que no sólo atañe al cuerpo físico. Más bien, trasciende este límite y trabaja también en los niveles emocionales y energéticos. Al estimular las zonas o áreas reflejas podemos provocar un efecto concreto. Es decir: actuamos sobre la copia para generar cambios en el original que, muchas veces, nos es inaccesible. De esta manera y a través de la reflexología, los recovecos más escondidos, aquellos que no se ven a simple vista, aparecen reflejados en el mapa del pie o de la mano y, de esta manera, es posible interferirlos y manipularlos. También, como somos una unidad psicofísica donde cuerpo y mente viven interconectados, nuestras emociones también pueden desencadenar tensiones o enfermedades, si no atendemos a su salud. Del mismo modo, una dolencia física crónica puede influir nuestro ánimo y debilitarnos emocionalmente. La reflexología nos ayudará a equilibrar aquello que se encuentra desequilibrado de una manera natural, y para nada agresiva. Este nuevo libro de Oribe, un destacado reflexólogo, incluye autotratamientos específicos para las enfermedades más comunes y toda la información necesaria para conocer la técnica revolucionaria de sanación más destacada de nuestro tiempo.

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