



Better Health with Foot Reflexology

By Dwight C. Byers

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Better Health with Foot Reflexology By Dwight C. Byers

Excellent training guide to conduct the Ingham Method of Foot Reflexology on yourself and others. This is a newly revised and expanded edition with large color photos, much more educational material and there have been more foot reflexology techniques added. This book is an amazing source for one to learn about the body's functions and how all of the organs and glands can be manipulated through reflexology on the feet. Better Health With Foot Reflexology is a best-seller in the alternative health care industry today.

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Editorial Review

About the Author

Dwight Byers is the nephew of the late Eunice Ingham, who was the developer and mother of Reflexology as it is known today. His lifelong association with Eunice Ingham has given him nearly sixty years of practical and teaching experience and has taken him to all fifty states in the U.S.A., seven provinces in Canada and fourteen foreign countries. Additionally, he has appeared on radio and television and has been interviewed for newspaper and various other media print throughout the world. There is no one with more practical and teaching experience in the world. Dwight is the author of the book Better Health With Foot Reflexology which has been translated into nine foreign languages. He is also the author of the book Anatomy and Reflexology Helper Areas Study Guide and two videos: Video I - Reflexology Instruction & Relaxation Techniques and Video II - Reflexology Applications and Techniques.

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Jennifer McMorris:

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