

# Download Body Reflexology Healing At Your Fingertips

Bottom Line/Health interviewed Bill Flocco, (credentials tk), Founder and Director of the American Academy of Reflexology, with headquarters in Burbank California, that specializes in teaching the “Flocco Method – Integrating Foot Hand Ear Reflexology” since 1982. What is Reflexology? Foot Reflexology. Foot Reflexology is the practice of working the reflexes in the feet which correspond to other parts of the body, by using alternating pressure on the feet and specific hand and finger techniques. Perfect for rebalancing your body. Receive a wonderful core stretch for most body types and activity levels. Weighted shiatsu, myofascial release and deep tissue techniques will be used to locate and relax lines of tension and trigger points through the neck, shoulders, back and hips. Learning reflexology is really very simple and the following information, along with the many free reflexology charts below, will help get you on the road to healing yourself and your family with reflexology massage.