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## introduction

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Our hands have been a means of caring and comforting since we first ceased to need them to walk on and started to use them for focused, specialized activities. Using our hands to release tension in our bodies is something we do instinctively. In reflexology you can use your hands, specifically your fingers, to apply pressure-point therapy to certain points: usually on the feet, often on the hands. The word "reflex" means to reflect. Pressure points on the feet and hands reflect all the parts of your body, both external and internal: organs and glands, as well as limbs, torso and head.