



# NEWSLETTER

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## *Happy Spring!*

*Spring is what Winta*

*always gozinta!*

Winter is generally a time for reflection; time to reflect on the previous year, and to start making plans for the next.

Spring is a time for action and renewal! In nature, newborns are arriving, and new plants are sprouting. Days are getting longer and the weather is milder; energizing body, mind and spirit. Change is in the air.

It's time to begin planning your list of goals for the year, perhaps for your reflexology practice:

1. Pace yourself. Small steps are the key to success.
2. Stay motivated by crossing off each step as you accomplish it.
3. Manifest the success of the next step on your list and perhaps have a 'quote', or a picture close at hand to remind you of what needs to be accomplished.
4. Take at least one small step toward your goal into your daily routine each day to maintain momentum.

**I wish you the best year “eva” personally and with your reflexology business!**

## April is National Foot Health Awareness Month

Every day your clients have a routine of perhaps showering, eating, going to work, etc. If they were making a list of their daily routine, would they include foot care in it? Chances are they wouldn't even think about it – unless they're having foot problems!

Let's face it, we ALL take our feet for granted, trusting that they'll be there for us every minute of the day and night.

Feet work hard! They trudge along, largely un-noticed – until there's a problem. The average person walks enough in a lifetime to go around the world more than five times; over one hundred, twenty-five thousand miles. Foot health is so overlooked by people that approximately 75% experience **unhealthy foot conditions** in their lifetime.

Many times feet are the messengers that let us know about things going on in the rest of the body; i.e. diabetes, heart trouble, poor circulation.....

Here's some good information:

- Keep your feet clean and dry.
- Trim your toenails often and check out anything unusual regarding your toenail's appearance.
- Losing hair on your toes could be a sign of poor circulation.
- Swollen feet can be a sign of heart or kidney problems.
- Cold feet may be nothing, or, a thyroid issue.
- Swollen big toe could be gout.
- Cracked heels may be a sign of a thyroid problem.
- Corns and blisters can be caused by shoes being too tight, or, a sign of diabetes, especially combined with severe thirst or other diabetic symptoms.

Feet are crucial to a healthy life. From our first steps to our last, our feet should be taken care of. As reflexologists, we know the importance of feet and this month is a good time to let our clients know that taking "time for their feet" isn't pampering but one of the best things they can do – for their feet – AND – their over-all health!! **GO FEET!**

*Whether it be products to enhance your practice, educate your clients or an online course to help market your business, check out [MY Reflexology Store](#) for what you need.*

*Nancy Bartlett, NBCR*

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