



NEWSLETTER

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E-mail: myreflexologystore@cox.net
Web: www.myreflexologystore.com
TEL: 401-714-5722/401-568-6449

Some Terra Cotta Aromatherapy Pendants you won't see in the Store— BUT—I do have limited supplies in stock!

Aromatherapy is deliberately accessing wonderful aromas that make us feel good. Aromatherapy is a Science of bringing balance to mind, body, spirit and emotions in a most natural way!

How can you bring Aromatherapy into your life - in an easy, no mess, way? These pendants aren't only for WEARING! You can bring aromatherapy benefits ANYWHERE you can hang a pendant - On a door knob, in your car, a window, the bedroom, at work - anyplace that will be a better place with some Aromatherapy!

(For relief from insomnia & pain: Lavender & Bergamot - 1-2 drops on pendant and inhale as needed - keep by bed)

Terra-Cotta aromatherapy Feet pendants, with original footprints poem, are featured on-line for **\$9.99**. See below for a limited supply of other images, below, at the same low price.

Diffuse all day long on just one drop of essential oil, applied to the pendant.

To order, simply order the "feet" pendant on-line and **THEN** note the pendant you **really** want in the "**Message To Seller**" box found in the ordering section.

	Chinese Symbols for: <ul style="list-style-type: none">•Love•Gratitude•Family & Home•Joy
	<ul style="list-style-type: none">•Quintessence•Heart•Kokopelli•Promises
	<ul style="list-style-type: none">•Ankh•Blessed•Serendipity

Carpal Tunnel and Reflexology

Carpal tunnel syndrome is pain or weakness in your forearm and hand caused by pressure on a nerve in your wrist. It is a medical condition in which the median nerve is compressed at the wrist, leading to paresthesias, numbness and muscle weakness in the hand.

The median nerve controls sensations to the palm side of the thumb and fingers (although not the little finger), as well as impulses to some small muscles in the hand that allow the fingers and thumb to move.

The carpal tunnel is a narrow, rigid passage way of ligament and bones at the base of the hand that houses the median nerve and tendons.

Sometimes, thickening from irritated tendons or other swelling narrows the tunnel and causes the median nerve to be compressed.

Symptoms of carpal tunnel syndrome

Symptoms most often occur in the parts of the hand supplied by the median nerve: the thumb, index finger, middle finger, and half of the ring finger.

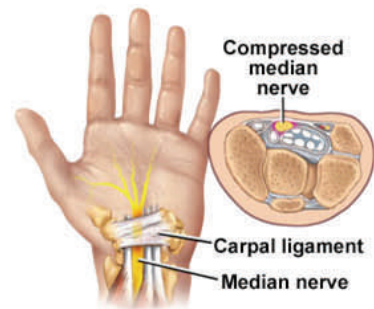
If your little finger is not affected, this may be a sign that the condition is carpal tunnel syndrome, because the little finger is usually controlled by a different nerve (the ulnar nerve) than the thumb and other fingers.

Symptoms usually start gradually, with frequent burning, tingling, or itching numbness in the palm of the hand and the fingers (especially the thumb and the index and middle fingers).

Carpal tunnel syndrome is often the result of a combination of factors that increase pressure on the median nerve and tendons in the carpal tunnel, rather than a problem with the nerve itself.

Some other symptoms are:

- Tingling, numbness, weakness, pain felt in the fingers or, less commonly, in the palm
- Pain in your forearm, wrist or palm
- More numbness or pain at night than during the day. Pain so bad it wakes you up.
- More pain when you use your hand or wrist more
- Trouble gripping objects
- Weakness in your thumb



The Carpal Tunnel Syndrome might be due to work conditions or underlying medical problems.

- Repetition
- High Force
- Awkward Joint Posture
- Direct Pressure
- Vibration and/or Prolonged Constrained Posture
- Poor Ergonomics

If you, or your client has some or all of these symptoms - unless you're a medical professional you cannot diagnose it, however, noting symptoms above might indicate that the client may want see a medical professional for diagnosis and conventional treatment.

How Does Reflexology help? As it always does - to ease, soothe and relieve the chronic pain and inflammation portion of this syndrome. Work **very** gently in affected areas (or work in the referral areas).

Exercises for Carpal Tunnel Syndrome

By eHow Health Editor

It is important to do special exercises to retain hand movement and flexibility if you have carpal tunnel syndrome. Even people without this injury can protect their hands by doing these exercises daily. Read on to learn how to use exercises for carpal tunnel syndrome.

Use Exercises for Carpal Tunnel Syndrome to Correct the Median Nerve

Step1 - Keep your arm straight at the elbow and outstretch your fingers. Slowly bend your thumb and little finger towards each other so that their pads touch.

Step2 - Apply gentle pressure on the thumb and little finger. You may feel a few sensations in your wrist, but don't worry about them. Hold the pressure for about five to 10 seconds and then return both fingers to the neutral position.

Step3 - Repeat this [exercise](#) using your other fingers and your thumb. You should try to do repeat this procedure four to five times per day if you are forced to use your carpal tunnel syndrome hand at work.

Use Exercises for Carpal Tunnel Syndrome and Retain Wrist Flexibility

Step1 - Stand up straight or correct your sitting posture so that your back and neck aren't curved. Extend both arms directly out in front of you and be sure that your wrists and elbows are straight.

Step2 - Bend your wrists backwards 90 degrees slowly and keep your fingers unbent. Hold the flexed position for five seconds and then return your wrists to the straight position. Now bend your wrists forward 90 degrees, hold for five seconds and return to the neutral position.

Step3- Repeat the wrist flexibility exercises but this time make a fist before you bend your wrist in either direction. Try to do these exercises several times a day.

Step4 -Outstretch your arms, wrists and fingers straight in front of you. Slowly draw imaginary circles in the air with your index fingers by rotating your wrists. Constantly rotate in one direction and then switch to the opposite direction after 10 seconds.

Did you Know??? The American Reflexology Certification Board will be offering national certification for Hand Reflexology (if you are already an ARCB Foot Reflexologist!)
info@arcb.net

It's OK to be who you are. You only need to compete with yourself to improve and become a better person!