



# NEWSLETTER

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1. Red Tower
2. Quiet Mountain
3. Rainbow Canyon
4. Heart of Dawn
5. House of Spirit
6. Great Spirit
7. Unspoken Prayer
8. The White Feather
9. Cliff Palace
10. Dreams of the Wind



This is a beautiful CD by Johnsy Gonzales - Pan Pipes and Flutes from Native America. My clients love it. They will be for sale in the store soon for \$14.99. HOWEVER - You can buy it for \$12.00/ S-H \$2.00, during the month of **September**. Contact me at [myreflexologystore@cox.net](mailto:myreflexologystore@cox.net) with your request.

There will be a sound clip on the store site soon, but for now you can go to this site and click on the CD to hear a sample of the music. <http://www.thewhispermusic.com/disco/index.html>

## Nancy's Anytime Cucumber Pickles - Yummy!

4 LG Cucumbers, sliced	1/2C Vinegar
2 Med Onions, thinly sliced	1/2 C Water
3 Tbl Minced fresh dill or 1 Tbl dill weed	1 tsp Salt
1 C Sugar	

In a bowl, combine cucumbers, onions and dill. In a saucepan, combine sugar, vinegar, water & salt; bring to boil. Pour over cucumber mixture. Cover & chill for 3 hrs or overnight.

## Reflexology Gravity & Crunchies

By: Ron Carnavil, CR <http://solework.wordpress.com> for many wonderful articles.

Because most of us are on our feet throughout the day, heavy waste materials in our body settle at the end of our nerve endings on the bottom of our feet, due to **gravity**.

While rubbing the soles of your feet, you may have at one time, found **small areas** that feel like there's something under the skin.

These areas to a reflexologist are often referred to as deposits or what many of us call - "**crunchies**".

It has always been suspected that these crunchies consist of **uric acid crystals**. It was thought that after these crystals were broken up, they would be carried away by the bloodstream and eliminated through the body's natural elimination process.

Recently, I discovered some new and very interesting studies by *Dr. Jesus Manranares* of Spain, who performed biopsies on both *crunchies* and *non-crunchies* (or **regular reflexes**) - on the soles of volunteers feet. Compared to the regular reflexes, he found significantly **more nerve fibers**, in the **crunchy** reflex

areas.

What this says, is that when the body needs stimulation to a certain organ (say the **lungs**), the body learns to **send nerve fibers** to actually "**congest**" the particular corresponding reflex (the **lung reflex**) - to create a "**tenderness crunchy**".

How cool is that???

When a reflex is worked, the hard texture breaks up and becomes soft, while the tenderness subsides; **signaling** that the energy (**via nerve fibers**) has been sent along the meridian line to the **corresponding** organ - to do it's healing.

As these areas are worked, a client may experience a *slight tenderness or subtle burning sensation* as these crunchies are breaking up. Discomfort should subside almost as fast as it comes.

Breaking up these congested areas, allows the body to disperse them, helping to restore proper energy flow and also assists in the removal of **excess waste** in the body - that has settled in the feet via **gravity**.

*Nancy Bartlett, NBCR*

*Life is about choices. Choose to live each day to its fullest!*

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