



# NEWSLETTER

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## HAPPY HOLIDAYS!

**Are you one of those people who's hard to buy for ??**

**If so, why not ask Santa (and everyone else :)**

**for a gift certificate from**

**My Reflexology Store!**

## Two Time Proven Winter "Remedies"

### *Epsom Salts*

Epsom Salt (Magnesium Sulfate Heptahydrate) is a well known product used in bath salts for softening the skin and relaxing sore muscles. However, Epsom Salt also has a myriad of other cosmetic and medicinal uses.

### **Medicinal Properties**

Epsom Salt is mainly made up of magnesium and sulfates. Many modern diets are deficient in magnesium and sulfates, but they are important minerals. Increasing levels of magnesium may help to improve heart and circulatory health, flush toxins and heavy metals from the cells, improve nerve function by regulating electrolytes, improve the body's ability to use insulin, raise the body's levels of serotonin which reduces stress and elevates the mood, improve sleep and concentration, regulate the body's enzymes, improve oxygen use, lower blood pressure, reduce muscle

pain and inflammation, and help muscles and nerves to function properly. Sulfates are also necessary for good health. Sulfates are used by the body to flush out toxins, improve the absorption of nutrients, form joint proteins, brain tissue, and mucin protein, and to help prevent and ease migraine headaches.

The best news is that magnesium and sulfates are readily absorbed by the body externally. This means that soaking in a bath with Epsom Salt is not only enjoyable, but is also good for you!

## Cosmetic Use

Epsom Salt softens the skin, soothes aches, reduces swelling, inflammations, exfoliates the skin, removes odors, draws toxins from the body, sedates the nervous system, relaxes the muscles, provides relief from joint soreness and arthritic pain, and is a natural emollient. Unlike other salts, it does not leave the skin feeling dry. On the contrary, Epsom Salt leaves the skin with a soft and silky texture.

Add 2 cups of Epsom Salt to warm bathwater for a luxurious, relaxing, and soothing experience for the mind and body. While soaking, try massaging some of the salts over your skin, this will help to exfoliate and cleanse the skin. For sore feet, add ½ cup of Epsom Salt to a large pot of water. Essential oils, such as Lavender or Rosemary, may be added to enhance relaxation and medicinal effects. Epsom Salt can also be used in compresses to soothe bruises, sprains, insect bites, draw out splinters, and to alleviate muscle soreness. To make a compress, dissolve 2 cups of Epsom Salt in hot water, and use this mixture for your compress.

## Precautions

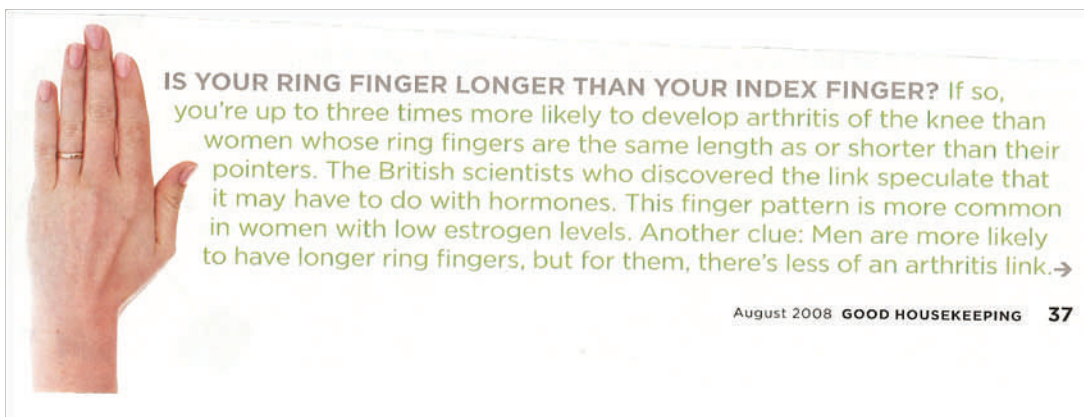
Do not use Epsom Salt internally, this product is intended for external use only. Do not use in case of skin infection or external wounds. Consult with a doctor before using if you have any medical conditions, are on medication, or are pregnant.



## Vicks Vaporub

To stop nighttime coughing, put Vicks Vaporub generously on the bottom of the feet at bedtime, then cover with socks. Even persistent, heavy, deep coughing will stop in about 5 minutes and stay stopped for many, many hours of relief.

Safe for children too and keeps the Vicks away from their hands and eyes.



## Mayo Clinic Health Letter, December 2008—

Reprint ([www.mayoclinic.com](http://www.mayoclinic.com))

**Q: I've heard endorphins can help with pain control and make you feel good.  
How can I get my body to produce endorphins?**

**A: You heard correctly.** Endorphins are a chemical produced by your brain and spinal cord and are similar to the narcotic drug morphine. Endorphins attach to special receptors in your central nervous system and stop pain messages. They can also impart a sense of euphoria or a sense of calmness and well-being.

Pain and stress are two of the most common triggers of endorphin production. But you don't have to hurt yourself or get stressed out to get the benefits of endorphin release. For example, endorphin release has been shown to occur with exercise and acupuncture. Endorphins are thought to be responsible for "runner's high," which is a sense of satisfaction and well-being associated with running long distances. In addition, exercise can help ease symptoms of anxiety and depression, and endorphins may play a role in this.

The amount of exercise effort needed to cause an endorphin release varies from person to person, but is typically more pronounced with prolonged, continuous exercise. Acupuncture also triggers endorphin production. Other factors that may trigger endorphin production include **massage therapy\***, laughter, sex, meditation, and eating chocolate or chili peppers. This may help explain why these are, for many, enjoyable experiences. ☐

*Note: \*Reflexology is lumped under Massage Therapy in their newsletters. It's actually been named in other newsletters, but always under the 'massage' umbrella.*

*I'd like to extend my best wishes to you for a  
Happy Holiday Season and a Happy, Healthy New Year!*

*Nancy Bartlett, NBCR*

"If you're feeling out of kilter,  
Don't know why or what about,  
Let your feet reveal the answer,  
Find the sore spot, **WORK IT OUT!**"

--- Eunice Ingham