



NEWSLETTER

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All My Reflexology Store Shirts are on sale
through the month of February!

You will be refunded 10% for every shirt you order.

Unfortunately, I'm not set up on line to give you the 10% when you place the order. What I can, and will, do is 'refund' you 10% of your shirt order as soon as I receive it.

WINTER



Another season gradually moves forward. Winter's clutch imprisons me, a mountain of snow collects at my doorway, and my only friend is the embrace of my flannel blankets.

The darkness of winter seems so long, and I am calling for sunlight whenever I need its companionship. Soon, spring will arise from its deep slumber and awaken the blossoms of my soul. The stars that illuminate the night sky stretch into the depth of me and with each breath I take I am comforted.

The usual painted sky with brilliant colors stretched from one end to the other is now adorned with glistening diamond-like snowflakes that align the path I walk. They glide so gently and freely, twinkling from the sky as they lay quietly upon my hands. Like us, each snowflake has a beauty like no other.

Winter teaches us the joy of a silent mind, a quiet spirit and a prayerful heart. It offers us a time of hibernation for self-healing, self growth and the expansion of our consciousness as we evolve into the authentic beacon of light that we truly are.

Winter teaches us to be reflective about the path that has been walked and encourages us to create an intention for the journey ahead. It gleefully reminds us to get ready for the blessings of spring and to prepare as the seeds bring forth a divine life. For the blossoms will peak through the soil, emerge with a glowing radiance for life and vitality is born once more.

Like the mountains of snow in winter, so is the restlessness of the world around us. The chaos and calamity of fear causes us to forget who we are, what we know and what we've been taught. We seem to put our faith aside, tucked away in the corner of drawer with other forgettable tokens, and we forget that it has always been our dearest friend.

This economic and global gloom that hangs like a dark cloud causes us to lose our concentration and center. But, this is no time to forget. We must take time to remember, to reignite the fire within and reconnect to the spiritual rhythm that resonates in every aspect of ourselves. We must carve with celestial precision our dreams deeply into our thoughts. Not the frigid climate or the portrayed gloom can prevent us from the blissful celebration that faith and trust offers.

Maybe, this is a time to remember your passion, to find what moves you and to encourage you to create a life so magnificent that it leaves you breathless. What is it that makes your heart full? What is it that makes you smile?

Live your life with a steadiness and contemplation that supports the dreams that have been etched within you, for even during the quietest, longest, darkened nights of winter bring forward the greatest gifts. Leave doubt and fear where it belongs, nowhere near you. Do not give your power away like it's not important. It is time to own your inner power, and claim who you are.

Let this winter, like all of the seasons of your life, be your friend. Let this time of your life, be one of remarkable and awesome discoveries, and let your faith be what guides first.

I send you love and I wish you peace as life unfolds.

Beyond the Veil Internet Podcast with Roland M. Comtois, at www.blessingsbyroland.com

Fingernails

If you do Hand Reflexology, you probably get questions from your clients about their nails. While we can't diagnose, we can offer a handout that may be helpful.

Anatomically **fingernails** and **toenails**, which are made of a tough protein called keratin and are produced from living skin cells in the fingers and toes, are made up of many different parts:

- The free edge is the part of the nail that extends past the finger, beyond the nail plate. There are no nerve endings in the nail - this is the growing part of the nail still under the skin at the nail's proximal end.
- eponychium or cuticle, is the fold of skin at the proximal end of the nail.
- paronychium is the fold of skin on the sides of the nail.
- hyponychium is the attachment between the skin of the finger or toe and the distal end of the nail.
- nail plate is the hard and translucent portion, composed of keratin.
- nail bed is the adherent connective tissue that underlies the nail, often colloquially referred to as the "quick."
- lunula is the crescent shaped whitish area of the nail bed (when visible)
- nail fold a fold of hard skin overlapping the base and sides of a fingernail or toenail.

Fingernails require 3 to 6 months to regrow completely. Toenails require 12 to 18 months.

Fingernail Health

By: Victoria Abreo,

BellaOnline's Alternative Medicine Editor, <http://www.bellaonline.com/articles/art5634.asp>

Your fingernail may provide a peek into the status of your health. Any nail changes or abnormalities are often the result of nutritional deficiencies or can reveal specific health conditions. Hippocrates, also believed and taught (400 B.C.E) that the nails can reflect the condition of the inner health.

The symptoms listed below may possibly signal the health problems listed.

This list does not provide-a definite diagnoses. But if you notice any of these symptoms, let your doctor know. Take a few moments and examine your unpolished fingernails under a good light.

A half white nail with dark spots on the tip, possible kidney disease.

Beau's line these horizontal depressions occur after a traumatic event, such as a high fever.

Brittle nails may indicate a thyroid problem, impaired kidney function, and/or circulation problems.

Brittle soft nails without a moon may indicate an overactive thyroid known as hyperthyroidism.

Bumps on nails may indicate that a person has rheumatoid arthritis

Clubbed nails these nails are shaped like the backside of a spoon and may indicate cardiopulmonary disease or asthma.

Dark spots this could be melanoma, the most dangerous type of skin cancer. If the spot bleeds into the cuticle or nail folds, this is a serious warning sign that requires immediate medical attention.

Deep blue nail beds may indicate asthma or emphysema.

Downward curving nail ends- may denote heart, liver, lung / respiratory problems or arsenic poisoning.

Flat nail can denote Raynaud's disease.

Greenish nails may indicate a fungal infection, can also indicate an internal bacterial infection.

Horizontal ridges on nails- can indicate severe stress both psychological and physical. It may also indicate that a person is also more vulnerable to arthritis

Nail shingling they split like roof shingles at the end of the nail. The reason for this condition is-exposure to harsh detergents, and too frequent use of nail polish remover.

Nail beading may be a sign of rheumatoid arthritis.

Pale or bluish nails: this may indicate anemia.

Pink color slow in returning when nail is squeezed: This may indicate decreased or slowed blood circulation

Pitted nails these punched-out looking spots may signify psoriasis.

Unusually wide, square nails can suggest a hormonal disorder.

Raised nails at the base with small white ends show a respiratory disorder such as emphysema or chronic bronchitis. This nail condition may also be hereditary.

Red skin around the cuticles- can be indicate poor metabolism of essential fatty acids or may indicate the person has Lupus.

Spoon nails these dips inward and could mean certain types of anemia or injury.

Thick nail may indicate the vascular system is weakening and blood is not circulating properly.

Vertical ridges on nails-may indicate poor general health, poor nutrient absorption, and the ridges may also indicate a kidney disorder

White spots these occur as the result of an injury to the nail; they are not due to zinc deficiency, as some people believe.

White lines parallel to the lunula (and not the cuticle) these indicate some sort of systemic (body wide) insult.

White lines across the nail may indicate a liver disease.

White nails indicate possible liver or kidney disorders and/or anemia.

White nail with pink near the tips are a sign of cirrhosis.

Yellow nail can indicate internal disorders long before other symptoms appear-the lymphatic system, respiratory disorders, diabetics, and liver disorders.

If the **white moon area** of the nail turns red, it may indicate heart problems; If it turns slate blue, then it indicates over exposures to metal or lung trouble.

This information is for informational purpose only and is not intended to replace the care or advice of a physician.

*There's only one corner of the universe you can be certain
of improving, and that's your own self!
- Aldous Huxley*

Nancy Bartlett, NBCC