



NEWSLETTER

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*My best wishes to you
for a Healthy, Happy and
Prosperous New Year!*

Did you Know ???

- The feet contain 25% of your body's bones. This means that your hands also contain 25% of your body's bones — leaving the other 50% for the rest of your body!
- About 40% of people have heel pain. Some easy fixes:
 - Replace shoes when the soles get worn.
 - In the summer, wear sandals with arch support that bend at the ball of the foot to allow for a normal stride.
 - If you're too sedentary, your calf muscles may tighten up pulling on the ligaments and tendons that attach to the heels, altering your gait. Periodically stretch those calf muscles.
- Our feet change shape as we get older:
 - The foot gets wider and longer and the arch settles (gravity)
 - The fat pad on the bottom of the heel thins out causing loss of spring in the step.
 - The foot and ankle may become stiffer causing some loss of balance while walking.



Reflexology Shirt Blow Out!

Limited Sizes & Colors—First Come, First Served!

Unisex T's—Just 3 Mediums left! - **\$10** with **FREE** Shipping

White with black Reflexology logo



Short Sleeved Sport Shirts **\$20** with **FREE** Shipping!

Small—Colors Black, Gray, Brown, White
Medium—Colors Blue, Black, Gray, Brown, White
Large—Black, Gray, Brown, White



Short Sleeved V-Neck Shirts \$20 with FREE Shipping!

These shirts are quite fitted. Unless you're small for your size, you'll want to order the next largest size.

Small—Blue, Black, Turquoise, White, Pink

Medium—Blue, Black Turquoise, White

Large—Black, Pink, White, Turquoise

XL—Black, Blue, White, Turquoise, Pink



3/4 Sleeved V-Neck Shirts \$22 with FREE Shipping!

Small—Black, Blue, White, Pink

Medium—Black, Blue, White, Pink, Lavender

Large—Black, Blue, White, Pink, Purple

XL—Black, Blue, Pink, Purple

How Do I ORDER??

You can place your order by mail and send a check made out to Nancy Bartlett:

My Reflexology Store

64 Spring Grove Rd

Chepachet, RI 02814

(if you let me know via email, I'll put the shirts aside for you)

OR

Pay via Paypal, sending payment to:

myreflexologystore@cox.net

& note what you want in the “comments” section.

If you have any questions, please contact me at the above email address.

REFLEXOLGY ROCKS !

I started searching through my files for an appropriate article to start the new year and as I thought about it, I realized that I have had a year of affirmations for integrative therapies that I'd like to share.

I don't know what will happen with all the "new and improved" health plans coming our way, but I do know that people are already looking to take as much control as they can over their own health, and for their pets too. This is where we come into the picture. Will we "cut the mustard"? Will our modality hold up under scrutiny and give desired results? I'm going to say "YES"! And recount some experiences I've had with clients this past year.

Client #1—In the fall of 2008 she went to stand up from a chair and suddenly could barely move with lower back pain. She managed to get home and went to bed. She started with traditional Drs, had ALL the tests, and meds. After a few weeks, she was discouraged. They still didn't know what it was and she didn't want to continue all the meds. She took matters into her own hands. She did continue with the Dr until they said they could do no more, but now she'd started going to a Chiropractor and a Massage Therapist. Things started to look up and she was improving. One day I suggested that she try Reflexology, my treat! In the session, I used some Acupressure points on her head and face, ear, hand & foot Reflexology. When she came, she noticed a big difference in her body in terms of relaxation and relief, including her nagging headaches after the session. So—Reflexology became part of the mix. That was at the very beginning of 2009. At present she sees her Chiropractor every 3 months and gets her "Nancy Fix" every month or 6 weeks. She's doing fine and back to line dancing every week.

Client #2—Has suffered off and on with shoulder and wrist pain for years. It came to a point where she made an appointment with an orthopedic surgeon. Again, I offered Reflexology. After the first session, (with the same protocol mentioned above) she felt a relief for 2-3 days. It happened that I was teaching a Hand Reflexology class and offered her the chance to be the "practice client". This happened once a week for 5 weeks. During that time, she also had another 'full' session. At the end of 5 weeks, she'd cancelled her appointment with the surgeon and said her hands and wrists felt very good, her shoulder was improved, but still bothering. I recommended the Chiropractor that Client #1 had seen. He did take X-rays and confirmed arthritis in her wrists and proceeded to re-align her back and shoulders. This all took place in the fall and now she's back in our fitness class, lifting weights with full mobility back in her shoulder and no pain in her wrists and hands.

Client #3—Weights 92 lbs and takes care of her mom (90 lbs). Her mom is bedridden now and there's a lot of lifting involved in her care. Along with that, there was snow to be shoveled! She pulled a groin muscle and was limping and in pain. Once again, I offered my services (same protocol as above). I didn't really know how Reflexology could help, but felt she deserved an hour of rest and nurturing if nothing else. Well, it DID help. After one session, the groin pain was gone, but her hip and leg still hurt—probably from favoring it and altering her gait. She came for another session. I noticed that the leg in question seemed just a wee bit shorter than the other one and included lots of stretching in the session. I know this is getting redundant, but she woke up the next day feeling a whole lot better and continued to improve each day. She's also back to line dancing :) She thinks I'm a miracle worker.

What Happened? What can I point to and say "That's what helped"! My conclusion is that it's VERY simple, or NOT! We do know that we provide an environment for healing that includes lowering inflammation, improving circulation, etc. Given that environment, the body is able to do some amazing things. In addition, these clients all took control of their own health and took other measures as well. When we talked before the sessions, we discussed exercises that could help, alternate ways of lifting, etc. They, and I, were willing to combine treatments with other practitioners. I've ruminated on the fact that Chiropractors are all about the spine—and in essence, so are we! When we don't have much time, we still work that nervous system and get results. So—maybe it isn't so easy to describe and just saying "It Works" or "It can't hurt and may help" doesn't sound very professional, but—the proof is in the pudding and in the testimonies given by our clients.

In time, scientists will probably figure out just what happens, but in the meantime we know without a doubt that it does work without having to know all the details! All we need is to do is be the best Reflexologist we can be for our clients and with faith and intention - the results can be Astounding!



This article isn't about Reflexology, but it was a profound, though sad, experience for my family that I want to share.

Our dog, Chester, started off last summer with an abscessed tooth that was removed in August. In November, the problem came back with a bang. More surgery to clean out any bone chips remnant roots, etc. In December, we were back again at the Vets. The short story is that, by then, a tumor was growing where the tooth had been. What to do? Was it cancerous, etc. He was 10 and we didn't want to put him through anything invasive. On the other hand, we didn't want to give up either. My immediate thought was if it wasn't cancerous perhaps a change in diet, along with essential oils, etc. would shrink it. We took him to a holistic vet who uses Kinesiology. She was phenomenal! Chester loved people and was content to be petted and given attention for over an hour. Her 'markers' told her that it was cancerous and probably had already started to travel, etc. She did give holistic meds and diet suggestions to help his immune system and help with inflammation (there's that word again..) and recommended that we take him to an Oncology Practice in Waltham, MA for a consultation — just to get all the facts for an informed decision. I had reservations as I thought they might push tests, etc. but they didn't. By observation and their experience they basically confirmed everything that Dr. Doolittle (yup that's her name) had found with the Kinesiology and that prognosis wasn't good.

It was a sad time for us as Chester was truly a member of the family, and took his last ride on Tuesday, but the point I want to make here is that we got our answers and didn't have to subject him to tests and time away from us in the process. Because he was such a people dog (my clients loved him), the rides and visits were OK. He lived in the moment and we were able to make the best of the moments he had.

In conclusion, I say **Kinesiology Rocks!** (and some day if I need answers for me, I intend to include a Kinesiologist!)

PS—When we first got Chester, I worried that my clients might be afraid of our Lab/Pit mix, but in short order he had them wrapped around his paws and trained to bring treats :) I also worried about having a 'home' office..... You may have similar worries as you make your Reflexology journey, but It all works out—much like Reflexology does..... in Amazing ways!

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*Reflexology Association of America's 15 Anniversary Conference*  
*May 14-16, 2010*  
*"Stepping Up to New Heights"*

[www.reflexology-usa.org](http://www.reflexology-usa.org) for all the details!

Speakers and workshops to provide you with tools for your business and a time for community and inspiration – greeting old friends, making new friends and sharing the enthusiasm for our wonderful modality.

I'll be there and hope to see YOU!

*Nancy Bartlett, NCBR*

*Make use of your body's ingenious design. Move, stretch, walk and run a little every day! ...Terri Trespicio*

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