



NEWSLETTER

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What's afoot in Reflexology!



I'm adding a new product to the store! A washable, covered, foam pillow that can be used on your LaFuma Chair or Massage Table to support your client's lower legs and at the same time give you a comfortable space to work on their feet. It is 4" high by 24" wide and 18" deep, rounded at one end to support the knees and squared off at the other for ease of working on the feet. **Price:** \$39.99 each. **Shipping:** Parcel Post \$10.00 (because of the package size). This cannot be ordered through the store yet. If you want one, please contact me at myreflexologystore@cox.net.

AND...



Nukkles Vibrating Massage®

to use on yourself, or your clients.

1. Place Nukkles in the palms of your hands. Do not put fingers in the domes.
2. Start at base of back and work upwards to shoulders.
3. Apply pressure with palms and move in direction of arrows.
4. When using Nukkles for acupressure or reflexology, place fingers in domes. Use constant pressure or small rotations on strategic pressure points to help relieve tension and headaches, soothe sore muscles and stimulate circulation. **Price:** \$11.99 each, **Shipping:** First Class \$3.00. This cannot be ordered through the store. If you'd like one, please contact me at myreflexologystore@cox.net.

Very Berry Strawberry Cream Pie

- 1 - 10 oz package of Birds Eye Frozen Strawberries
- 1 - 3 oz package of Wild Strawberry Jello
- 1 - 8 oz package of Cool Whip separated
- 2/3 cup of boiling water
- 9 inch prepared pie crust

Put unfrozen frozen strawberries in a bowl. In a cup large enough to hold water and Jello mix, add the boiling water to the Jello and mix until dissolved. Pour Jello mix over strawberries and stir separating berries with fork and until Jello starts making clumps. Add 2/3rd of Cool Whip to mixture and blend well by hand. Spoon mixture into pie crust and smooth decorate top with remaining Cool Whip and use inverted cover of pie plate to cover and refrigerate till well chilled at least a couple of hours.

The “Arnica of Ayurveda” - Castor Oil

Excerpts pertinent to Reflexology from “*Ayurvedic Herbal Massage Treatments*”, By: Karta Purkh Singh Khalsa, *Massage & Bodywork Magazine*, June/July 2007

Grandma might have given you castor oil as a laxative, but ayurveda recognizes castor oil as a wonderful panacea for a large number of health concerns. A massage therapist, on her feet all day, with bone spurs soaked her feet in warm castor oil each night for 30 min. Relief was immediate and increased each night. Two weeks later, she was pain-free.

Castor oil is the primary treatment for cold, dry conditions, including constipation and osteoarthritis. The Chinese also use it for joint pain. Following this logic, this special oil is used in the treatment of epilepsy, paralysis, neuralgia, foot neuropathy, sciatica, and many other nervous system disorders. Castor oil supports joint, muscle, connective tissue, and skin health. It's

good for the chronic pain associated with fibromyalgia or osteoarthritis.

Apply castor oil to large areas of nerve involvement or organ dysfunction, such as an involved leg. Use it on burns, rashes, skin itch, cracked heels, bruises, sprains. It can be applied to infected skin, including warts and fungus.

It's messy, so a water-soluble gel, castor oil ointment is a convenient alternative. It penetrates completely, leaving no residue.

The above noted massage therapist is still pain free - 9 years later - and - known for her liberal use of castor oil!

Nancy Bartlett, NBCR

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

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