



# NEWSLETTER

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## What's afoot in Reflexology!



### *Uses limited only by your Imagination!*

These feet would be wonderful as part of a door decoration for your business - or - perhaps you'd like to hang a pair on the wall in the waiting room, or the session room (or - the bathroom). Maybe you'd like to have some feet "walking up the wall", or as an addition to an outdoor wooden sign for your business! They can be stained, painted, decoupage, stenciled...

**Plywood:**

- 2 ¼" wide
- 4 ½" long
- 1/8" thick



**\$2.99/pr.**

<http://www.myreflexologystore.com/promote.html>

### *Dry Skin and Hard Calluses* (Woman's Day magazine - Heal Thyself)

**Remedy** - After showering, coat your feet with vegetable shortening and cover them with socks. Wear overnight.

**Why it works** - Vegetable shortening is the cheapest miracle moisturizer. The longer you let it soak in, the softer your feet will be.

## The Solar Plexus...the "abdominal brain"

We all know about the Solar Plexus point and how it affects our clients. What about some self-help?

<http://solework.wordpress.com/> under [solar plexus point](#)

With permission: Ron Carnival CR

(Ron has a wonderful blog on-line. Take time to visit it)



The solar plexus reflex point is one of the most **powerful points** in foot reflexology.

Within the physical body, the solar plexus is found right in the middle of the upper half of the trunk of the torso, where the rib cage comes together at the stomach level in front of the diaphragm.

On the feet, it can be found if you draw an imaginary line from the second toe down, below the ball of the foot, right within that **hollow**. It can also be found if you gently squeeze the top of the foot inward. You should find a "little dimple space"- that's the solar plexus point.

The solar plexus is a great network (or **ganglia**) of nerves that sits directly behind the stomach. It goes out to all parts of the abdominal cavity and has been sometimes called the "abdominal brain". It is highly affected by **stress**.

There is a very strong connection between the feet and the solar plexus. Notice that when your feet are cold, you can feel a tightening of the stomach. And if you eat something while you're feeling like that, your digestion will be more difficult than usual.

You will find that if you soak your feet in hot water it will give you a delightful sensation of relaxation at the level of your solar plexus. This is why in previous posts I have talked about the importance of the "foot bath". It's a wonderful way to **influence** and **strengthen** the solar plexus.

Now that you know where your solar plexus reflex point is located, I will share with you how to stimulate it.

### Let's Go!

- While seated, bring the foot of your choice up and over the opposite knee and allow it to comfortably rest there.
- With the opposite side hand, use your thumb to **press in and slightly upward** on the point (hold for 20 seconds). As you slowly release pressure, **don't lose contact** with the point; just relax the pressure. Repeat this 3 times and then move to the opposite foot.
- You can also try **inhaling** as you press in and **exhaling** as you release out.

If you have been under a great deal of stress, this reflex point may be **sensitive**- so work gently and compassionately at first. As the sensitivity dissipates, you can gradually increase the pressure. You'll be amazed at how you will immediately feel a "stirring" within the center of your body.

This reflex point is great for **relieving insomnia, stress** and **anxiety**. However if you are feeling a little "low in energy" this point will also help to **increase** energy levels. Reflexology will **always** work to balance the body from any extreme.

Personally, I use this technique right before I go to bed each night and upon awakening in the morning. It has always given me whatever I needed in that moment.

So now that you've been introduced to your solar plexus point.....enjoy it! I hope it brings to you as much balance and harmony as it does for me. Press away.....and be well!

*Foot Odor* (Woman's Day magazine - Heal Thyself)

**Remedy** - Dissolve 2 Alka-Seltzer tablets in a quart of warm water and soak feet for 15 minutes twice a week.

**Why it works** - The baking soda in Alka-Seltzer increases the acid level on your feet, which inhibits the growth of odor-causing bacteria. If you're allergic to aspirin (a key ingredient in Alka-Seltzer), try sprinkling baking soda into your shoes to absorb any odors.

Nancy Bartlett, NBCR

*See a penny, pick it up. All this day, I'll have Good Luck!*  
(The Little Book of Money Spells)

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