



NEWSLETTER

Volume 5, Issue 2
March-April, 2010

E-mail: myreflexologystore@cox.net
Web: www.myreflexologystore.com
TEL: 401-714-5722/401-568-6449

*May the roof above us never fall in
and the friends gathered below it never fall out.*

...Irish Blessing

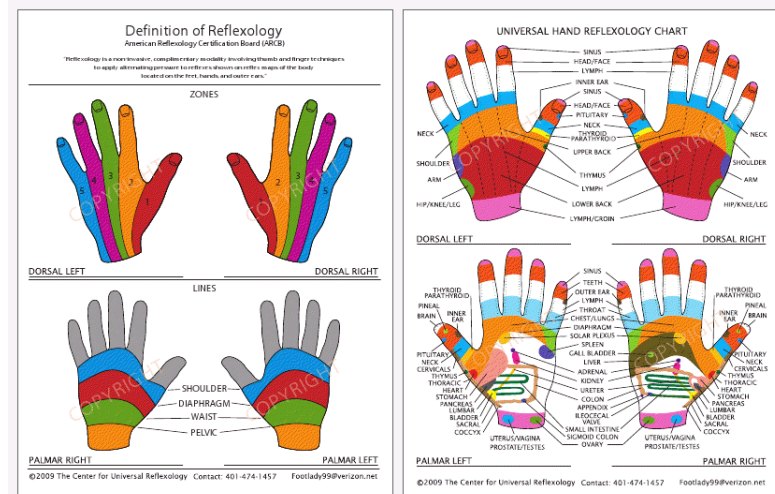
NEW!!!

UNIVERSAL HAND REFLEXOLOGY CHART (CREATED BY: TERI MAGNAN, NBCR)

8.5" X 11" laminated, double sided Hand Reflexology chart. Laminated for durability. Large enough to display in your office, yet, small enough to bring with you to Workshops, Health Fairs, etc.

This chart is based on the Universal method of Reflexology. One side shows the vertical and horizontal Zones and the other side dorsal and palmar hand maps showing the anatomical relationship between the hand reflexes and the corresponding areas of the body.

\$12.99 ea—Order through the store.



COMING SOON!

UNIVERSAL FOOT REFLEXOLOGY DVD (BY: TERI MAGNAN, NBCR)

STAY TUNED!

THESE TWO ITEMS ALONG WITH OTHER REFLEXOLOGY STORE PRODUCTS

WILL BE FOR SALE AT THE RAA CONFERENCE IN MAY.

THIS 'N THAT- for you and your clients!

Diet

The **KIS** (keep it simple) method. Read the first five ingredients on the label and if any of these ingredients are mentioned, choose something else—**Trans fat, saturated fat, high-fructose corn syrup, sugar, or refined flour**. These are empty calories that leave you feeling hungry and reaching for more.

Balance

The Tree Pose in Yoga—The foot has four layers of muscles. This pose engages them all to work together for stability.

Stand tall with bare feet about a fist-distance apart, arms by your sides. Shift your weight to the left foot and place the sole of your right foot, toes pointing to the floor, as high up on the inside of your left leg as you can— on your ankle, calf or inner thigh (avoid knee joint). Bring palms together in prayer position in front of your chest. To help you balance, find a point at eye level to gaze at. Inhale for a count of five, then exhale for the same. Stay for five breaths, then repeat on the other side.

Flexibility

Sit on Your Feet—this stretches the tops and bottoms of the feet evenly, restoring flexibility.

Sit with your shins on the floor and your buttocks resting on your feet. Point your toes so the entire top of the foot rests on the floor. Lengthen the spine and rest your hands on your thighs. Inhale for a count of five, then exhale for the same. Stay for five breaths.

Allergies/Sinus

Use the thumb of your left hand to rotate the LU 9 acupressure point on the right hand for about 30 seconds. Location: medial side, 1 1/2" distal from wrist crease. Then switch sides. This triggers the immune system to inhibit the production of nose-clogging mucus. **OR**— try thumb walking or milking, up and down, the bottom pad of each toe, and/or finger/thumb, firmly. This should help clear nasal congestion and relieve headaches that can result from stuffiness. **OR**—some sinus points on the face at the top of the nose just under the eyebrow, on each side of the nose about 1/2 way down and under the cheek bones (in line with the pupil of your eye). You'll know when you hit the points because they'll be tender!

Pain

For pain that lingers after an injury heals, as well as pain complicated by trauma, anxiety, or depression.

Reflexology helps by relaxing the body and the mind, distracting the nervous system, producing natural painkillers, activating endorphins and manipulating energy (chi), via reflex areas/points located on the hands, feet and outer ears.

Go Green

Those household cleaning sprays, even once a week, increase the risk of developing asthma by 30—50%. The more cleaning you do, the more you're at risk for some health problems. For lots more info: <http://www.rd.com/spring-cleaning/>

All-Purpose Cleaner

2 C white distilled vinegar
2 C water
20-30 drops essential oil (optional)

Suggested Uses: hard surfaces like countertops, kitchen floors, windows and mirrors.

It's good for the environment and it's good for YOU!

Cleaning for a Reason

If you know any woman currently undergoing chemo, please pass the word to her that there is a cleaning service that provides FREE housecleaning 1time per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. <http://www.cleaningforareason.org>

This organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along.

~~~~~

*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*

*Don't believe what you hear. Life is GOOD!*

If you would like to stop being notified of this newsletter, please send an email to [myreflexologystore@cox.net](mailto:myreflexologystore@cox.net) and type the words REMOVE FROM SUBSCRIBER LIST in the Subject Line.