



# NEWSLETTER

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It's Spring!

## What's happening in the Store!



Spring is here and I'm excitedly anticipating garden time, warm sunny days, and being more "out and about". I'm SO done with snow, ice and slush up here in the North East!

I think it's time to dress up my car with a new Reflexology License Plate Holder and advertise my passion for Reflexology! Maybe you'd like to do the same. White plastic with black lettering. \$2.99 ea.

Some Information you can share with your clients,  
along with the healthful benefits of Reflexology.

### Do You Work on Feet?

#### How can I prevent muscle cramps in my calves?

**Answer:** Try supplementing with calcium and/or magnesium, minerals necessary for normal transmission of the nerve impulses that control muscle contraction and relaxation. Effectiveness can vary depending on the time of day the supplements are taken, so experiment to find the best schedule for you. For daytime cramps, take both - calcium at 500mg twice daily, plus magnesium at 200mg to 250mg twice daily. For nighttime cramps, some patients do best taking one mineral or the other, at one dose per day, an hour before bed. Zinc and potassium deficiencies can cause cramps, so if calcium and/or magnesium do not help after two weeks, switch to zinc at 30mg daily and potassium at 400 mg daily. Supplements are sold at health food stores and generally safe to take indefinitely. NOTE: Don't take potassium if

you use a potassium-sparing diuretic or have kidney disease. For children ages 8-16; cut the dosages in half. *Excerpts from: Bottom Line Natural Healing, February 2008 issue.*

## Do You Work on Hands?

### Tales Nails Tell

*Beth Howard, Remedy Magazine - with information from Joshua L. Fox, M.D.*

When it comes to health, fingernails tell all. They often give the first indication of an underlying disease or condition. Here are some hints - and what they could mean.

**Clubbing** (when the nail curves like a spoon), could mean Lung disease/Heart disease or Crohn's disease - an inflammation of the small intestine that triggers pain and diarrhea.

**Small pits** in the nail, could mean Psoriasis, a chronic skin condition that causes itching and burning.

**Discolored** nails that lift off the nail bed. A Dr. should take a culture before treatment. As many as 50% of discolored nails are misdiagnosed and mistreated. It may be a fungal infection from contact with an allergen or nail wrapping.

For more info: <http://www.webmd.com/skin-problems-and-treatments/features/healthy-fingernails-clues-about-health>

## Do You Work on Ears?

**Is it true that people who have large amounts of ear wax may need more fatty acids?**

**Answer:** Yes. If you're a person who builds up a lot of earwax or has dry, flaky ear canals, you may have a deficiency of essential fatty acids (EFAs), nutrients that help guard against cancer as well as heart and autoimmune disease. EFAs help control ear canal inflammation, which may produce excessive wax.

There's an easy solution - taking one tablespoon of flax oil or 2,000mg of fish oil daily corrects most EFA deficiencies.

*Andrew L. Rubman, ND, director, Southbury Clinic for Traditional Medicines, Southbury, CT*

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## How about Spring Cleaning your Home and Office?

**A Little Feng Shui** - there's a connection between our homes/business and our physical well-being. Ask yourself: Do I love it? Do I need it? Does it support who I am in my life now? Does it hold positive or negative thoughts or emotions for me? Does it need to be fixed or repaired, and if so, am I willing to do so now? *The Western Guide to Feng Shui (Hay House), Terah Kathryn Collins*

## And Some Green Solutions!

**All Purpose Cleaner:** 1 C Vinegar, 1C baking soda in 2 quarts of water.

**Furniture Polish:** 1tsp lemon oil in 1 pint of Mineral Oil

**Let the sun shine in!** Open the windows and let the clean, green aroma of spring's new plant life enter your home/business.

*Nancy Bartlett, NBCR*

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