



NEWSLETTER

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E-mail: myreflexologystore@cox.net
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Happy Thanksgiving!



What's happening in the Store!

Ladies V-neck Fitted Reflexology T-Shirt - Embroidered Reflexologist Logo- 3/4 Sleeve Length

Port Authority - The irresistible softness of cotton with all the function and movement provided by a touch of spandex. The perfect fit all day long. wear after wear. 7 oz, 95/5 cotton/spandex stretch fabric. 1 x 1 rib construction adds to a great fit.

	Colors: Faded Blue
	Light Pink
	Lilac
	White/Black



Logo comes in
coordinating
color

Price \$27.99



Order online: www.myreflexologystore.com

Uni-Sex Reflexology T-Shirt - Screenprinted Logo

Hanes 50/50 T-Shirt 5.5 oz. 50% cotton / 50% polyester fabric. Double-needle bottom and sleeve hems. Generous fit for active lifestyles.

Resists shrinkage and holds its shape.

White with black logo.

Price \$12.99

Order online: www.myreflexologystore.com



Is Reflexology good for Multiple Sclerosis?

The Answer is YES ... Reflexology has been known to produce good results with Multiple Sclerosis.

Multiple Sclerosis (MS) is an autoimmune disease that attacks the Central Nervous System consisting of the brain, spinal cord, and the optic nerves. Myelin which protects the nerve fibers, enabling them to function, is destroyed or damaged causing a disruption of electrical impulses from the nerves to the brain.

Common symptoms include: bladder & bowel dysfunction, dizziness and vertigo; difficulty with memory, attention and problem solving; fatigue, balance problems and difficulty in walking, numbness or "pins and needles," pain, and vision problems. Other, less common symptoms include: headaches, hearing loss, itching, seizures, spasticity, tremors, and speech and swallowing disorders.

Reflexology improves circulation, boosts the immune system and instigates healing forces.

Nancy Bartlett, NBCR

People receiving reflexology treatment benefited in alleviating pain, bladder function, insomnia and sleep disorders, numbness, and many of the other more common symptoms of MS.

Reflexology does not take the place of mainstream medicine. On the contrary it helps and complements the medical profession.

At present, there is no cure for MS. There are, however, effective treatments that can help reduce the severity and frequency of attacks and help manage the symptoms. Two common courses of treatment include drug therapy or alternative healing modalities, commonly known as holistic treatments (including acupuncture, osteopathy, chiropractic, homeopathy, aromatherapy, and reflexology.) The earlier one is treated, the more effective treatment appears to be. Early treatment may potentially limit the amount of nerve damage incurred and also delay the onset of subsequent attacks. Many people find a combination of drug therapy, physical therapy and complementary methods achieve the best results.

Get in Step - Footloose - Toe The Line - The Shoe is on the Other Foot

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