



NEWSLETTER

Volume 2, Issue 8
August 2007

E-mail: myreflexologystore@cox.net
Web: www.myreflexologystore.com
Blog: <http://myreflexologystore.blogspot.com>
TEL: 401-714-5722/401-568-6449



This Month - I'm ALL EARS! (almost.....)

Zone Model Ear 7"

6.7" high (17 cm) x 4" wide. A good teaching aid, identifies all of the zones in the ear. Some specific points are indicated, however, most of the zones (ie, Heart, Stomach, Shen Men, etc.) do not have the related (red colored) points shown on the model. Includes point name and description book.

This ear model actually come under the "Self help Acupuncture Model" concept, and more appropriate for our use. It's not extremely detailed like most acupuncture ear models and is pretty accurate in reflex location. I've enlarged the picture (see below) so you can see for yourself.

I did check with my mentor, Bill Flocco, American Academy of Reflexology who replied that the mold & shape of the ear was fine, but reflexes not accurate enough for use in his school. Those of you who know Bill will understand his thinking - there's no 'gray area' when it comes to ears!

I've been using mine with my clients, health fairs, workshops, etc. People can't resist picking it up to look at (as with the model feet) and it's a good conversation starter!

\$11.99 each, Shipping \$5.00

Y'no, for a long time with me it was "All About Feet". I had all the reasons:

- The feet are more protected and more area to work on than hands - tho' I'd do them in a pinch!
- Ears? I dunno - I don't think that would be a big hit with my clients, yadda, yadda.....

Then - I took Bill's workshop, tried out my new found skills on willing clients --- and --- now realize that I was short-changing myself and my clients by not providing three possibilities for relaxation and healing. The clients that have had a session with ears/hands/feet don't want to go back to 'just feet'. I see that clients are relaxing sooner - and some even going to sleep before I get to the feet!

Reflexology.....it's a wonderful thing!

It just so happened that the Wellness Center I work from sponsored an 'ear candling' class - very timely with my new frame of mind! So - I took it.

Now I offer a session that includes a warm up of acupressure points on the face, http://www.herbalshop.com/Acupressure/Acupressure_10.html ear reflexology and ear candling. Again, clients love it!

The one portion of ear candling that I wasn't comfortable with is lack of protective covering on the client - not so much for the safety as my experience has been that there is no dripping, etc - but for my client and my 'peace of mind'. It's a much more relaxing experience when you're 'covered'. I've created a protective cover which has worked well. The cover itself is not flame retardant tho' you can spray it after each wash. I found there was nothing that would stand up to repeated washing and remain retardant.



EAR CANDLING/CONING
Protective Head/Neck/Shoulder Cover

Size approx. 13.5" X 25.5"
Completely Washable
Enclosed: Protective Cover
Ear Candling Information
& Directions* (I recommend taking a class
for hands on experience)

\$11.99 ea, Shipping \$4.00

Reboot Your Feet- Reboot Your Body

7:10 AM PDT, October 19, 2007 - Kevin Kunz Blog <http://www.amazon.com/gp/blog/id/A2OALMBO1D9TC>

Check out the BLOG and also the free Widget that's offered. Scroll down the pages, you'll find it.

Your feet and your body have a very "tight relationship". The feet help set the tension level for the body. The reason is simple. Standing upright requires tremendous coordination between the feet, the brain and the rest of the body.

Part of this is the proper tension level or "tone". Too little tone and you won't make it upright. Too much tone and you are wasting energy and placing a lot more demand on your body than is necessary.

So we are going to work on resetting the tension level of the feet and in turn resetting the tension level in the rest of the body. In computer parlance we are going to reboot the system.

Here are some of the things to help reboot your feet and reboot your body.

Be aware of your feet and how they feel. Pay attention to your feet: take an active role in keeping your feet happy. Give your feet something new to think about: give them some stimulation. Relax your feet by interrupting their stress frequently. Avoid stressing your feet. Strengthen your feet through exercise.

This all about how much demand you place on your feet. We often are unaware of our feet and the stresses they face. We override their feelings. We expect them to function even though we may pay more attention to our car tires. If feet had tear ducts they would cry.

Feet are encased in a sensory deprivation tank of sorts, the shoe. Feet are quite simply bored to death from living in this environment and walking on flat unyielding surfaces.

Feet crave stimulation. Feet want to relax. And, feet are willing to exercise.

I have a saying, "If your face was in that shoe instead of your feet you would take a lot better care of them". The feet are quite good at their job and that includes overriding overuse and even abuse. They can mask their feelings quite well.

So if you want to reboot your stress system start by taking care and maintaining your feet. Your feet will love you for it. Happy feet make for a happy body.

We are going to talk about rebooting schemes in the next few weeks as we head into the holiday season. And as you know rebooting is important to avoid system crashes. Holiday crashes.

~~~~~

*Kevin has lots of helpful information, for you and for your clients. This blog is on "My Favorites", along with the Reflexology Community Forum.!*

*Nancy Bartlett, NBCR*

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

If you would like to be removed from this e-mail listing, click on 'reply' and type 'remove' in the subject line.