



December News

What's new

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What's new

Reflexology

Aromatherapy-Tea Tree

Holiday Stress

December will bring me to a new location to see clients. I will be starting at Thompson Chiropractic and Wellness Center. Located at 8885 Centre Park Drive Suite 2F, Columbia. Along with my services of Aromatherapy, Reflexology and Energy Balancing there is a range of practitioners that offer Accupuncture, Massage, Rolfing, and

Chiropractics.

We are now into the Christmas season and are thinking of gifts for our family and friends. Consider a gift Certificate for reflexology, aromatherapy or energy balancing. It is the perfect way to start the year ,with relaxation and help them reduce the stress in their lives.

Offer of the Month

Christmas Blends: \$5 off Christmas Comfort—This blend of essential oils makes your house smell as though you were baking

Christmas Tree: Have your house smell like you have a real tree.

Gift Certificates available

Give the gift of relaxation for the holidays

Special points of interest:

- Aillments that can be helped by Reflexology
- Keep stress out of the holidays
- Tea Tree
-

What can Reflexology do for you

When I tell people that I am a Reflexologist they usually ask what it is and what can it do for them. The principles of Reflexology are to reduce stress and restore homeostasis. Homeostasis is a state of equilibrium where all body systems are working and interacting appropriately. When homeostasis is maintained the body is healthy

Today recent research studies have been conducted around the world which are validating the effectiveness

of Reflexology on a wide range of conditions. Chronic conditions seem to respond well to Reflexology. The Reflexology Research Project is a study conducted by Kevin and Barbara Kuntz (authors and teachers). The study looked at medical applications of reflexology to improve a wide variety of ailments such as diabetes, asthma, and arthritis.

Reflexology is gaining proponents in the medical field and is being used in medical

centers. Dr. Mehmet Oz, a surgeon at Columbia Presbyterian states that reflexology improves blood flow after cardiac surgery. It is now a regular service at Columbia Presbyterian. Dr. Bernie Siegel, cancer surgeon at Yale New Haven Hospital endorses reflexology as “a total healing experience for the whole person”. Maryland Center for Integrative Medicine– the benefits of reflexology include reduction in tension and stress, in-

Reflexology cont.

COUPON

\$5off Aromatherapy Holiday Blends

If you cannot use this coupon pass it to a friend.

creased vascular, neural and lymphatic circulation and the releasing of toxins. Research has shown that blood pressure can actually decrease during a session. Clients use reflexology to alleviate or manage asthma, sinus problems, digestive disorders, inflammation, menstrual irregularities, pain fatigue, inflammatory skin conditions and other imbalances. It is especially beneficial for circulatory prob-

lems. University of Pittsburgh Medical Center: Though empirical studies are lacking, many patients have benefited from reflexology. Conditions treated may include: migraine headache, hypertension, menstrual cramps or irregularities, myofascial pain, fibromyalgia, insomnia and anxiety disorders. Beebe Medical Center: May help to relieve stress, improve circulation, relieve stiffness and

reduce pain. Also for PMS, osteoarthritis, rheumatoid arthritis and Raynaud's phenomenon.

If you suffer from any of these conditions or any conditions that can be improved by reducing stress, improving circulation, relieving stiffness, pain reduction, then you may benefit from reflexology. Three to six sessions just may change your life.

Tea Tree Essential Oil

"Tea Tree has a wide range of uses just like the essential oil of Lavender and when blended together they can be quite useful.

Latin name: *Melaleuca alternifolia*

The oil is distilled from the leaves and branches of the tree. It is clear or pale yellow in color and has a spicy scent.

The name was given to the oil because the aboriginal people of Australia use the leaves to make a medicinal tea. Research has shown that Tea Tree is active against bacteria, fungi and viruses and can aid

the bodies immune system to respond to these organisms. Tea Tree has a wide range of uses just like the essential oil of Lavender and when blended together they can be quite useful.

Tea Tree is used as flavoring in mouthwash. It is also used as a germicidal agent in soap, shampoos, toothpaste and deodorants.

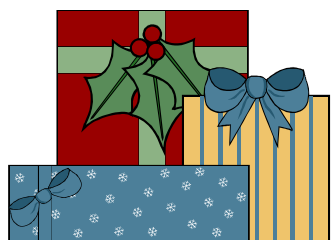
Uses:

Athlete's feet & nail infection: Soak in a bowl with 3-5 drops of Tea Tree.

Laundry: 1/2 tspn per load

Disinfect: Mix with baking soda & lemon to clean sink and bathroom

Burns & Boils: Tea Tree-10 drops Lavender 10 drops, mix and apply to affected area



Happy Holidays

Reduce Holiday Stress

Now that the holiday season has begun what can we do to insure that we will enjoy it and keep ourselves from getting stressed out? The first thing is to let yourself off the hook by not expecting the perfect day. We want the memories to be positive so we try so hard

and in trying we drive ourselves to hard and end up disappointed. If we plan a traditional meal, reduce the baking, don't over decorate, don't look for the perfect gift but something the person really needs. Also save time by shopping on line. And when you feel stress

have a cup of chamomile tea, soak in a bath before bed anything that will help you sleep. When you can handle the stress it goes a long way in helping us enjoy ourselves and others around us. Remember happiness makes things perfect not the other way around