



# October News

## *What's new*

**Inside this issue:**

*What's new*

*Foot Care*

*Aromatherapy—Ginger*

*Toe Reading*

**Gift Certificates available**

We are heading into a new season so there are changes coming in the way of daylight, cooler temperatures. In the East it is generally recommended to cleanse the body each seasons. This aids in eliminating toxins such as pesticides or allergens that accumulate from one season to the next. Once the body is cleansed it is ready to handle the changes to our diet and the environment The basis of cleansing the body is to elimi-

nate, sugar, caffeine, and wheat from our diet. Eat fresh organic fruits and vegetables, proteins such as chicken and fish and drink six to eight glasses of water a day. Exercise also helps the body eliminate toxins. Reflexology can stimulate the body to release toxins and increase their elimination . So for the month of October introduce a friend to the benefits of reflexology.

**Offer of the Month**

Refer a friend for a reflexology. Make an appointment for you and a friend for the month of October and both of you will receive \$10 off the session. Seniors will receive \$5.00

## *Foot Care*

Have you considered all the work our feet do to support us in a day? I believe that we under value our feet. It supports our skeletal system and our body weight. The rigors that we put them through from walking, running, exercising or standing on them all day, is daunting not to mention the torture of ill fitting footwear, and yet we don't give it a second thought. If our feet could talk they would probably tell us that they need some TLC.

They sometimes send us messages by aching, swelling or hurting. And that is a time that we listen by giving them a rest, but as soon as they are feeling better it is back to the task.

So what can we do to keep our feet in optimum condition? The most important thing to do is to make sure that we have proper fitting shoes. It is important to find shoes that are comfortable and will support your feet. Rotate your

shoes to allow them to dry before you wear them again. This will help prevent foot odor.

Soaking your feet is a good way to care for them. Hot water and Epsom salt. Soak your feet for 15-20 minutes. The Epsom salt will soothe your feet. It can be done while watching TV. There are foot soakers that have jets in them to help massage the feet or you can just soak them in a large basin. It may

**Special points of interest:**

- New season
- How to care for your feet
- Ginger-Not just a spice
- What your feet can tell about you

## Foot Care (cont)

### COUPON

Refer a friend for reflexology during October and each of you will receive \$10 off you session. Seniors receive \$5

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

take time but you will be surprised to discover how good you feel. If you watch old movies, people used to soak their feet when they had a cold or flu, to get the chill out of their bodies. This is because the soles of our feet are like a gateway to the body. If your feet are warm, cold, uncomfortable or feel good so is the rest of you.

A puma stone is a natural way to remove dead and dry skin from you feet. It also aids in cell regeneration and helps circulation in your feet. So

when you bathe or shower wet the puma stone and scrub the soles of your feet. It can also help remove calluses. If you are diabetic that should be done by a podiatrist. Once you wash or soak your feet it is important to dry them completely especially between the toes.

Use lotion on your feet regularly. Not only will it keep skin moist it gives you an opportunity to massage your feet. If your skin is very dry use a foot cream or foot butter which is for dry and cracked skin. Once

you apply the foot butter wear socks.

Reflexology can help by relaxing the feet and help increase circulation. In fact your entire body feels good after a session.

Other things to do is during the day give your feet a break by taking off your shoes and give them a 5 minute rub or get a foot mat with raised texture that you can run your feet over. Doing a few things to care for and support your feet will allow them to support you for a long time.

## Aromatherapy—Ginger Essential Oils

"Ginger is extensively used in Traditional Chinese Medicine. It is believed to have an affinity to the digestive system."

Latin name: *Zingiber officinalis*

The essential oil of ginger is distilled from the rhizome or root-stalk. It is yellowish or clear in color and has a fresh, spicy, warm scent.

Ginger was introduced to the Greeks and Romans by Arabian traders. Then exported into France, Germany and Spain. The Spanish brought it to the West Indies and Mexico. It is extensively used in Traditional

Chinese Medicine. In TCM it is believed that ginger has an affinity to the digestive system.

Today this spice is used widely in foods from sauces, baking, drinks such as ginger beer and ginger ale.

Ginger has many uses: physically it aids with nausea, muscle aches and rheumatism. Mentally it can help with focus, and fatigue and Spiritually it gives courage to move forward.

Uses:

Ginger Tea: Slice ginger and boil for 5 min. Allow to steep for 10 min and strain.

Nausea, indigestion or morning sickness: Drink ginger tea or eat ginger cookies.

Muscle ache, rheumatism: In bath add 5 drops of Ginger essential oil or in 2 tablespoon of olive oil add 3 drops of ginger and 3 drops of Lavender essential oil. Apply to affected area.

Cough & Flu— Five drops in 1TBlsps base oil apply to chest.



Everyone has a story and it is held in our feet.

## Toe Reading

Did you know that our feet can tell a lot about us? Things as whether we are shy or outgoing, optimistic or not.

Emotions are stored as cellular memory and what is held in our bodies is reflected in our feet. Our thoughts especially during emotional times create a

mental pattern which we hold on to, these patterns become physical manifestations which affect the formation of our feet. Bunions, twisted toes, straight toes all tell our stories. Our toes are a physical print out of our life lessons and challenges. And as our lives change so do our toes.

A toe reading session can aid in recognizing thought patterns that have created limitations and pain and making a choice to change the pattern. When our minds make that shift our energy and focus shift to the positive creating positive changes internally and externally.