



Heart and Soul Reflexology

A holistic approach to health and well being

How Can Reflexology Help My Health and Healing?

Reflexology is beneficial for restoring balance and harmony in the body and releasing tension. It can help facilitate a deep state of relaxation, calm the emotions, and produce a serene mind.

Many people describe a profound sense of relaxation and increased energy following their session. In addition, specific studies have shown that reflexology can reduce pain and anxiety, decrease premenstrual symptoms, and reduce fatigue and insomnia.

How Can I Find a Reflexologist?

As with any healing practice, you'll want to do your homework before choosing a reflexologist. Your goal is to find a reflexologist who has completed the proper training, as opposed to someone who has just had a brief introduction (such as a two week course or a weekend workshop) and think they have mastered the techniques of reflexology. You also want an experienced reflexologist, because it takes a lot of practice to build sensitivities in the fingers and to be aware of energy flow. (All conscious touch is beneficial; but those who know the art of touch and are aware of the power of reflexology will give the most beneficial sessions.)

Consider the following suggestions as you begin your search for the practitioner who best suits you:

Ask friends, family, and other healthcare providers for a referral. Asking friends, family, and other healthcare providers for referrals is a very good way to find a reflexologist. People who have seen the practitioner and who know you will often be good judges of a "good fit." It is important to work with a practitioner who feels right to you.

Check out the websites of professional associations. There are several

professional associations for Reflexology. Their websites provide information on reflexology both locally and around the world. The following sites let you search for Reflexologists in your area.

You can find nationally certified Reflexologists in your area at the [American Reflexology Certification Board website](#).

Be sure to ask about training and certification. Many practitioners are lay practitioners, perhaps trained at a massage school, without the in-depth training required for certification in reflexology. Ask how many hours their reflexology training was (most nationally recognized programs require 110 hours).

Ideally you would look for a nationally certified reflexologist, who has not only trained at an accredited institution, but has passed a national board exam. The advantage of a reflexologist who is nationally certified and experienced is that you will benefit more from the session. Your time, energy and money will be wisely spent.

Ask the practitioner how they work. If you enjoy deep work, ask the practitioner if they are able and willing to provide firmer pressure

during the session. Many reflexologists prefer not to use firm pressure because they have found it is not necessary in order to achieve optimal results. If deep work or gentle work matters to you, ask before you schedule an appointment.

Explore your payment options prior to committing to a session. Reflexology is typically fee-for-service. Insurance does not currently cover reflexology. (If reflexology is performed by a hospital employee on a hospitalized patient, it may be covered as part of the overall treatment plan. However, if reflexology is performed on a hospitalized patient by a practitioner who is in private practice, the patient will be charged for the session.) Thus, it is important to discuss payment with the practitioner prior to the reflexology session.

Reflexology is sometimes reimbursed under employee flexible healthcare plans, but it is important to contact employers or the benefits office to make sure.

References

- [American Reflexology Certification Board website](#)
- [Reflexology Association of America](#)

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Heart and Soul Reflexology

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If there were only two words that characterize our society over the past 30 years, it would be "transformational change." Not unlike an individual struck with catastrophic or long-term illness, corporate America has been forced to transform its lifestyle or die.

The rapid advancement of technology has required all of us to change or at best, fall far behind in fully functioning within our society/culture. For the individual, corporate downsizing and the associated employee layoffs have destroyed the concept of lifetime employment. Likewise, heart disease and cancer (which accounts for over 70 percent of premature deaths) shatters one's concept of permanent health and immortality. Excluding accidents, lifestyle-driven illnesses account for over 85 percent of deaths occurring before age 63. The essential shift from manufacturing to informational and service companies accounts for over 65 percent of business failure before the enterprise is three years old.

In their relentless search for more and more profit, many corporations have neglected their greatest assets that generate that profit...the people employed in the business. With a survival mentality, employees are now seen as financial liabilities and are the first to go when the economy of the corporate culture turns downward.

In our greedy and insecure drive to accumulate money and material goods, many of us have neglected our greatest assets in creating maximum health as well as material success...ours lives and our relationships to those around us.

Failing to recognize the transformational value of interdependence, we continue to depend on others to take care of us, both on the level of personal health as well as personal income. Most of us depend on health-care providers to fix us after we become ill, rather than work interdependently to prevent illness from occurring in the first place. In precisely the same manner, we look to businesses, corporations and unions to take care of our personal income and benefits, rather than working interdependently with business leaders and managers to prevent personal and corporate illness and create financial success for both. Most of us have never focused on developing the personal skills we each have to prevent illness or to be successful in a business enterprise. The health of the individual is precisely the same as the health of a business. The skills required to be well in all aspects of your life are the same as those needed to be successful in any business enterprise.

The basic and most important aspect of success in creating a well individual, group or business is self-awareness. Any coping with change requires an awareness of the potential (usually hidden) in the self. *Within each of us are the seeds for ongoing mastery of the business, family, body, mind, emotions and spirit. Becoming acquainted with, and empowered by, this self, (its talents and abilities), is the single most essential activity for creating wellness within all aspects of your lifestyle.*

Some of these assets for wellness include: ability to learn; to discriminate between what is true or real and what is false and delusion;

a positive mental attitude; personal integrity; eagerness to take full responsibility for your choices, decisions and behavior; a sense of humor; openness and willingness to change; self-discipline (the willingness to practice those necessary activities when you don't feel like it); habitual behavior based on time-honored principles rather than reaction to the immediate situation; ability to take moderate and realistic risks; curiosity and openness to feedback from others; planning ahead and carrying out your plans; acknowledging the value of every individual including yourself; self-caring so as to be able to effectively care for others; vision of a desired future; reverence for all life; appreciation and gratefulness for who you are, what you have, and the people with whom you are interdependent; desire to understand others; desire for interdependent intimacy.

All of these assets you have used at least once in your life. They are the seeds, which if nurtured and developed, lead to creating a healthy self as well as a healthy business. Like the chief executive officer of a business, *you are the CEO of your life.* Recognize your own power to change, and use your inherent talents to create both your own health and your own wealth.

Dr. Thomas is a licensed psychologist, author, speaker, and life coach. He serves on the faculty of the International University of Professional Studies. He recently co-authored (with Patrick Williams) the book: "Total Life Coaching: 50+ Life Lessons, Skills and Techniques for Enhancing Your Practice...and Your Life!"

Do not conform to the pattern of this world, but be **transformed** by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.

Romans 12:3 (NIV)

Inspiration...

"Everyone thinks of changing the world, but no one thinks of changing himself."

Leo Tolstoy

"If you don't like something, change it. If you can't change it, change your attitude. Don't complain."

Maya Angelou

Every day is an opportunity to make a new happy ending.

Author Unknown

Reflexology and Diabetes

If you know anything at all about Diabetes or the effects of it on the human body, you know it can be horribly unforgiving if not treated or managed.

The primary cause of Diabetes is the inability or failure of the body and its organs to metabolize carbohydrates. The organs involved are the pancreas, liver, stomach, intestines, and muscle cells. The problem can be resolved by stimulating the reflex points of these respective organs.

1) Reflexologists prefer to start with the seven glands of the Endocrine System including the Pituitary Gland, Pineal Gland, Thyroid, Thymus, Adrenal Glands, Pancreas, and Testes

(Ovaries if a woman). Massaging these glands helps to normalize blood glucose levels. Much attention should be paid to the Pancreas as it is responsible for insulin production.

2) The main organs responsible for carbohydrate digestion and absorption are the stomach, liver, small intestine, pancreas, and muscle cells. If working properly, blood glucose levels will be normal. Massaging the reflex points of these organs can help to normalize carbohydrate metabolism and, as a result, normalize glucose. If there is pain or numbness around these reflex points, special attention should be given to them. A different sensation at these reflex points means there is some sort of defect in the corresponding organ. If positive change occurs after massaging, an increase in

treatment should be shown to that area.

3) Reflexology is often used to avoid complications of Diabetes. High glucose levels over a period of time can take their toll leading to nerve damage, heart and kidney problems, eye damage, sex and urological issues and even limb loss. Massaging the reflex points of these organs can go a long way in avoiding complications of long term Diabetes.

All in all, Reflexology has been shown to reduce the adverse effects of Diabetes. Many have seen their need for diabetes medication reduced or eliminated. Though science has yet to endorse Reflexology as a valid alternative to insulin regimens, oral medications, etc., it is an excellent addition to any Diabetes treatment.

Benefits of Sleep

Sleep makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more.

"Sleep used to be kind of ignored, like parking our car in a garage and picking it up in the morning," says David Rapoport, M.D., director of the NYU Sleep Disorders Program.

Not anymore. Here are some health benefits researchers have discovered about a good night's sleep

Your mind is surprisingly busy while you snooze. During sleep you can strengthen memories or "practice" skills learned while you were awake (it's a process called consolidation).

"If you are trying to learn something, whether it's physical or mental, you learn it to a certain point with practice," says Dr. Rapoport, who is an associate professor at NYU Langone Medical Center. "But something happens while you sleep that makes you learn it better."

In other words if you're trying to learn something new -- whether it's Spanish or a new tennis swing -- you'll perform better after sleeping.

Too much or too little sleep is associated with a shorter lifespan -- although it's not clear if it's a cause or effect. (Illnesses may affect sleep patterns too.)

In a 2010 study of women ages 50 to 79, more deaths occurred in women who got less than five hours or more than six and a half hours of sleep per night.

Sleep also affects quality of life.

"Many things that we take for granted are affected by sleep," says Raymonde Jean, M.D., director of sleep medicine and associate director of critical care at St. Luke's-Roosevelt Hospital Center in New York City. "If you sleep better, you can certainly live better. It's pretty clear."

Inflammation is linked to heart disease, stroke, diabe-

tes, arthritis, and premature aging. Research indicates that people who get less sleep -- six or fewer hours a night -- have higher blood levels of inflammatory proteins than those who get more.

A 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

People who have sleep apnea or insomnia can have an improvement in blood pressure and inflammation with treatment of the sleep disorders, Dr. Rapoport says.

Get a good night's sleep before getting out the easel and paintbrushes or the pen and paper.

In addition to consolidating memories, or making them stronger, your brain appears to reorganize and restructure them, which may result in more creativity as well.

Researchers at Harvard University and Boston College found that people seem to strengthen the emotional components of a memory during sleep, which may help spur the creative process.

Children between the ages of 10 and 16 who have sleep disordered breathing, which includes snoring, sleep apnea, and other types of interrupted breathing during sleep, are more likely to have problems with attention and learning, according to a 2010 study in the journal *Sleep*. This could lead to "significant functional impairment at school," the study authors wrote.

In another study, college students who didn't get enough sleep had worse grades than those who did.

"If you're trying to meet a deadline, you're willing to sacrifice sleep," Dr. Rapoport says, "but it's severe and reoccurring sleep deprivation that clearly impairs learning."

A lack of sleep can result in ADHD-like symptoms in kids, Dr. Rapoport says.

"Kids don't react the same way to sleep deprivation as adults do," he adds. "Whereas adults get sleepy, kids

tend to get hyperactive."

A 2009 study in the journal *Pediatrics* found that children ages seven and eight who got less than about eight hours of sleep a night were more likely to be hyperactive, inattentive, and impulsive.

"We diagnose and measure sleep by measuring electrical changes in the brain," Dr. Rapoport says. "So not surprisingly how we sleep affects the brain."

If you are thinking about going on a diet, you might want to plan an earlier bedtime too.

Researchers at the University of Chicago found that dieters who were well rested lost more fat -- 56 percent of their weight loss -- than those who were sleep deprived, who lost more muscle mass. (They shed similar amounts of total weight regardless of sleep.)

Dieters in the study also felt more hungry when they got less sleep.

"Sleep and metabolism are controlled by the same sectors of the brain," Dr. Rapoport says. "When you are sleepy, certain hormones go up in your blood, and those same hormones drive appetite."

When it comes to our health stress and sleep are nearly one and the same -- and both can affect cardiovascular health.

"Sleep can definitely reduce levels of stress, and with that people can have better control of their blood pressure," Dr. Jean says. "It's also believed that sleep affects cholesterol levels, which plays a significant role in heart disease."

"If you sleep more on the weekends, you simply aren't sleeping enough in the week," he says. "It's all about finding a balance."

Sleep makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more.

(Health.com article)

See if this sounds familiar...

You begin your day with a few minutes in Scripture, prayer, and making a list of tasks you want to accomplish during the day. You list them in order of importance. As you close your computer, shut down your PDA, or fold the list and put it in your pocket or purse, you feel good about the day ahead. Off you go to the office.

As you walk into the office your secretary greets you with list of messages ... several have the "Return call" box checked. As you attempt to make the calls, while also checking your email, you get a surprise visit from someone who just wants to "catch you up" on their life. Forty-five minutes later you are caught-up ... and feeling way behind.

Around noon you glance at your task list and realize you have not accomplished a single item, so you consider skipping lunch or eating at your desk. Just then you get a call from a friend at church asking if you have some free time. "Sure," you say. You tell your secretary you are going out for a quick bite. You did not understand her smile when you told her whom it was you were meeting, but when you returned an hour-and-a-half later you figured it out. She

smiles again and tells you that you have someone waiting to see you ... if you have time.

Now, you get back to returning calls. The number has increased. The rest of the afternoon is spent trying to read and respond to email, making phone calls, working on a project with a co-worker, having a cup of coffee with a struggling friend and running a few errands.

The whole day goes pretty much the same.

- Interruption
- Surprise
- The unexpected
- Calls
- Requests

You get home in time to play with the children in the early evening, visit with your spouse, and even have a pleasant conversation with one of your neighbors. Dinner with the family is enjoyable. The children are in bed, you watch the news, and flip to the Weather Channel to see what tomorrow will look like.

Before retiring, you pull out your tasks list. Of the ten things on your list you've checked off

one item. You take pride in the fact that you did make it to the bank on time. You add another item or two to the list for tomorrow. You look at the list, give a deep sigh and think, "Where did the day go? I had all these plans, all these things I needed to do today and my list is now even longer. What happened?"

Then, you recall the words of Jesus from the verses you read early in the day:

"He who receives you receives me, and he who receives me receives the one who sent me. Anyone who receives a prophet because he is a prophet will receive a prophet's reward, and anyone who receives a righteous man because he is a righteous man will receive a righteous man's reward. And if anyone gives even a cup of cold water to one of these little ones because he is my disciple, I tell you the truth, he will certainly not lose his reward." (Matthew 10:40-42 NIV)

Then, you remember the prayer you prayed after you read those words: "Lord, please use me today to bless others, as you will."

As you lay your head on your pillow, your tasks list for the day still largely undone, you honestly pray: "Lord, thank you for a good day."



Message from Deb...

Ecclesiastes 3:1 says "To every thing there is a season, and a time to every purpose under heaven..."

As the seasons change, so do various aspects of our lives. I am excited to share with you that I am making a change!

As of July 6th, Heart & Soul Reflexology began transitioning from part-time rental space in Lake Elmo, MN to full-time space at the Healing Waters Health Center in Hudson, WI!!

The month of July offered limited appointments at Lake Elmo, but with availability for day, evening, and Saturday appointments in Hudson. As of August 1st all appointments will be at the Healing Waters Center in Hudson. (www.healthcenterwi.com)

Healing Waters Health Center is a place for mind, body and spirit rejuvenation and healing. The Center is a soothing, tranquil place designed to be therapeutic with natural light, water and a serene outdoor space. At Healing Waters, it is all about you and your special unique journey.

As before, appointments can be scheduled by calling or booking on-line via my website or my on-line booking site as well as on the Healing Waters website. I look forward to the opportunity to serve you more fully in this new healing environment. Watch for more information on our October 8th open house!

Deb



NEW Referral Reward Program coming out August 1st!!!
Ask me about it at your next session!

Heart and Soul Reflexology



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