



Heart and Soul Reflexology

A holistic approach to health and well being

Your Feet are Your Pathway to Health

Reflexology reaches all of the organs, glands and parts of your body through the feet, hands, ear and face. And, in so doing, Reflexology opens blocked energy pathways throughout the body, enabling organs and glands to function properly and holistically. When a blockage is removed from one area, the opening in turn promotes the free flow of energy to related areas, and you experience the cumulative effects. Through this process, Reflexology benefits you physically, mentally, emotionally and spiritually, as all respond to the free flow of Qi - life energy. And the unrestricted flow of Qi throughout your body is the key to better health and wellness.

"Life is not merely to be alive, but to be well."

Marcus Valerius Martial

Reflexology is Not a Foot Massage! Debunking the Myth About this Bodywork Modality

Massage and reflexology share therapeutic touch in common, but the training, techniques and methods of application are unique to their respective professions.

The average reflexologist is not qualified to give a massage anymore than the local plumber or a news anchor. Yet some people still confuse the modality as being a "foot massage," which is the farthest from the truth. Massage and reflexology have one thing in common: *touch*. Beyond that, the difference is immense.

Foot reflexology is the most common style practiced by reflexologist around the globe. Hand reflexology makes a close second with ear reflexology and face reflexology trailing behind as specialty modalities in the field. Training in the profession is often governed by regional and national associations and organizations or by local laws requiring special licensure to practice.

Defining Reflexology by Professional Associations

The term "reflexology" is one used to describe a bodywork modality that is applied to the feet, hands, ears and face by trained Reflexologists. In the U.S., the American Reflexology Certification Board defines reflexology as "a non-invasive, complementary modality involving thumb and finger techniques to apply alternating pressure to reflexes shown on reflex maps of the body located on the feet, hands, and outer ears." Reflex-

ology Association of America, the country's national association for the profession, uses this state to define the modality "a non-invasive complementary modality involving the use of alternating pressure applied to the reflexes within the reflex maps of the body located on the feet, hands and outer ears." Reflexologists do not diagnose or prescribe any pharmaceutical or other products. Reflexologists do not promise to cure illness."

Differences in Education for the Massage Therapist and Reflexologist

In addition to the actual modalities being administered differently, the education is quite different as well. Massage therapy school graduates in the US typically have 500 to 1,000 hours of professional education by the time they are certified while their colleagues, Reflexologists, have 200-300 hours of professional education.

Voluntary national board certification is available to both professions in the U.S., though some regions and states require this step as a mandatory item to become licensed to practice. For the massage profession, the National Certification Board for Therapeutic Massage and Bodywork is the current leading board. Candidates are required to have 500 hours of instruction, 200 of which need to be based on massage theory, application and assessment.

For the reflexology profession, the

American Reflexology Certification Board is the current leading board. Candidates are required to have a minimum of 110 hours of reflexology education. The exam includes a 300-question written test, a practical latest which identifies reflex point location and technique, and a documentation test. The latter is described as "documentations test your ability to detect areas of sensitivity, record your observations, and monitor work on the clients and their reactions." Candidates document 90 one-hour reflexology sessions and submit their forms within six months of taking the written exam. Overall, the reflexologist will like encounter a four-to seven hour written and practical exam and 90 hours of clinical work.

Reflexology, not a Foot Massage

Massage is often used by the layperson to describe what is happening during a reflexology session. But Reflexologists are prohibited from even using the term "massage" to describe what they do because of their code of ethics and scope of practice statements they ascribe to.

Foot massage feels great, as does reflexology. But if you're looking for some help with hot flashes, that pesky insomnia, plantar fasciitis, migraines, or multiple sclerosis, look for a qualified reflexologist that will focus on reflexology techniques, and not just rub your feet!

Inside this issue:

Power of Breath	2
Inspirations	2
Reflexology and Wellness	3
The Wonders of Green Tea	3
The Seed	4
Message from Deb	4

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The Power of Breath

By Lloyd J. Thomas, PhD

Your breathing pattern has more power than you may realize. It exercises more influence over your physical, mental and emotional health than almost any other function, except for the pumping of your heart.

We often think brain function is the most influential system in our bodies. However, without breath, the brain rapidly stops functioning and physically deteriorates.

Immediately after birth, the newborn must breathe. It is an absolutely critical necessity. The "breath of life" begins at birth and sustains and nourishes us throughout life. Learning to manage or control our breath is an extremely valuable skill. Harnessing the power of the breath can lead you to be in control of your psychological health and well-being. Here are some influences of the breath you may have never considered.

Another word for inhaling is "inspire." When we die, breathe our last breath, we are said to "expire." Inspiration brings into our bodies oxygen, the fuel we burn to maintain body energy vital to movement and body-warmth. When someone speaks with energy and enthusiasm, we often characterize him/her as "inspirational." To inspire others is to energize them into action. They breathe differently and use the resulting energy to move (motivate) themselves to take action. At one time or another, each of us has been inspired to take some action.

Breathing is the only vital function that easily can be consciously controlled or modified.

Alternatively, we can pay no attention to breathing at all, and our "unconscious" takes over and we don't have to think about it. Actually, most of us don't consciously think about our breathing much anyway. That's unfortunate.

Changing your breath pattern allows you to manage your anxiety. When we breathe from our abdomen's in a deep, long and slow manner, our anxiety is diminished. Even panic attacks can be managed by re-inhaling the carbon dioxide we exhaled in previous ex-hales. That is why it is often recommended to those in a panic that they breathe into a paper bag.

If you want to change your mood, change your breath pattern.

Mediators are keenly aware of the power of the breath. They use their breathing pattern to still their minds, relax their bodies, and focus their attention. Counting your breath cycles allows you to become focused on a single activity. And single-pointed attention is a highly meditative, mental state.

We are all familiar with the sigh. Sighing is a large breath cycle designed to release bodily tension. Rapid abdominal breathing, or panting, creates more of our body's natural pain-killers, the endorphins. Endorphins are partially responsible for the "runner's high" often experienced by athletes. They also minimize the pain of childbirth. That is why women are encouraged to pant when giving birth.

Abdominal panting can clear your head. When you are mentally fatigued, or have too many thoughts, you can refresh your thinking by taking a minute out to pant. This kind of breath control cleanses and refreshes the body/mind.

Singers, performers and public speakers are taught to "project" their voices through the use of abdominal breathing. More than any other activity, how one uses breath and body energy accounts for personal charisma. So, if you want to become more appealing to others, learn to manage your breath. Have you ever seen someone so beautiful and charismatic he/she "took your breath away?"

Hopefully, you can begin to understand the invaluable skill of breath control. You can exercise more power and influence over your experience of being alive than you perhaps ever thought. Learn breath management skills and you learn life-management skills.

Keep in mind what Kabir, the fifteenth-century Indian poet once wrote: "Kabir says: Student, tell me, what is God? He is the breath inside the breath." Learn of your own breath of Life and you may just learn of the "breath inside the breath."

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!"

Then the Lord God formed the man from the dust of the ground. He **breathed** the breath of life into the man's nostrils, and the man became a living person.

Genesis 2:7 (New Living Translation)

Inspiration...

Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed.

-Storm Jameson

Great spirits have always encountered violent opposition from mediocre minds.

- Albert Einstein

We are like tea bags, we don't know our strength until we are in hot water.

- Sister Busche

Reflexology and Wellness By Laura Norman

Holistic Benefits of Reflexology

Reflexology is a holistic treatment meaning that all benefits help the body, mind and spirit. There are countless studies and stories where reflexology has been beneficial in curing ailments from helping someone with the basic headache to relieving and eliminating symptoms from a chronic illness.

Reflexology Relieves Pain

One of the main benefits of reflexology is pain relief. This can be seen and felt in the first session. Reflexology increases blood flow to all areas of the human body. This has been shown to aid with arthritis and the increased blood flow helps reduce wear and tear on the joints and reduces stiffness. Tooth pain can be relieved. All types of headaches can have relief including migraines and stress headaches.

Reflexology During Birth and Labor

Reflexology has been shown to help stimulate labor and get it started. Also, during

labor, pain has been reduced to an almost tolerable level with reflexology. Women who did reflexology during labor also had a shorter active labor time than women who did not use reflexology. Continuing reflexology after birth, women have more success with nursing and their milk supply was higher.

Reflexology Aids Digestion

The digestive system can have great benefits from reflexology to help the system run efficiently and effectively. Reflexology improves blood flow to the intestines and this stimulates overall better digestion. With better digestion, the food is broken down and moved through the system more efficiently. Painful digestion is eliminated and constipation will improve, and can even be eliminated since what you eat will travel through the system faster.

Reflexology and Weight Loss

Clients who use Reflexology along with diet to lose weight say they feel so good after a session that they want to watch what they eat the rest of the day and not lose the feeling by blotting down another soda or Twinkie. Its this kind

of appreciation for one's body that reflexology brings so easily and naturally. And it feels wonderful. You get the experience yourself without the artificial substance.

The vicious circle of feeling bad about yourself and then using a harmful substance as a reward to feel better seems especially true for those trying to lose weight. They begin with a poor self-image of being fat. Finally they realize that something's got to be done about it, so they try to stay away from fattening foods or they plunge into a "surefire" diet guaranteed to take off "ugly inches." These diets don't work and each time they fail once again. Each failure reinforces their negative self-image.

The real remedy of course, is love. They need to learn to love themselves in a healthy and constructive manner. They need to feel good about themselves so they know they are worthy of their own love. Reflexology is precisely that. It is a good reward system that makes you feel great without any negative side effects. So learn to pick up your foot, rather than a fork!

The Wonders of Green Tea by: Mary Hartley, RD and Carolyn Richardson



After water, tea is the world's most popular drink, but what of the green tea variety? It is continually being studied by those who wonder if it is an elixir to prevent chronic diseases. For at least 20 years, Lipton Tea has an interest in enriching foods with the active substances in

tea. Dr. Harold N. Graham, retired director of research for the Thomas J. Lipton Company, told the New York Times in 1991, "Once we determine which components of tea are most useful pharmaceutically, it should be possible to produce teas that are highly beneficial."

Why GREEN Tea?

Green tea, oolong tea and black tea all come from the same plant, *Camellia Sinensis*; the difference is in the processing. Green tea is unfermented, oolong is semi-fermented and black tea is a fermented product.

The good stuff in green tea is the antioxidants, a group of polyphenols called 'catechins'. Catechins may prevent cellular damage that leads to cancer and protect against inflammation. Green tea has the most catechins because of how it's proc-

essed: the leaves are briefly heated before they are dried, which denatures the enzymes that breakdown the catechins, and so the potent antioxidants remain.

"The catechin in green tea, epigallocatechin gallate (EGCG), is more than 100 times as effective at neutralizing free radicals as vitamin C, a well known antioxidant," said Dr. Lester Mitscher, professor of medicinal chemistry at the University of Kansas and author of *The Green Tea Book*. Studies reported in a consumer publication from Beth Israel Deaconess Hospital in Boston suggest that a regular intake of three cups a day may be enough to derive the benefits.

Green Tea for Weight Loss

Green tea may have a role in boosting metabolism and burning fat, which may, theoretically, help to control weight. Studies published in the *American Journal of Clinical Nutrition* showed that green tea was associated with depositing less fat, burning more fat burning and better insulin sensitivity. The active substance in green tea produced metabolic rises both during exercise and while at rest. The authors concluded that 3 or 4 cups of green tea could increase metabolic rate by 4% over 24-hours, and that translates into burning 50 to 100 extra calories a day. Every little bit helps,

Green Leaf Tea vs. GTE

In research studies, Green Tea Extract (GTE) is often used instead of green tea leaves. GTE is created when strong infusions of concentrated extract are dehydrated and formed into a tablet, capsule, or dry mix. A dose of 880 to 1500 milligrams of GTE a day is often used in studies, but according to Beth Israel Deaconess, liver inflammation has been reported with large doses of GTE. Also beware that the GTE sold to the public might not be safe. In a 2006 analysis performed by Consumer Labs, some of the tested products contained lead. There is also some concern that large amounts of green tea might be unsafe for pregnant women, and all tea drinkers should note that the tannins in tea reduce iron absorption and so those who are susceptible to iron deficiency anemia should not drink tea with meals.

Although grocers advertise green tea as if it were one type, there are actually a variety of types that boast different flavors. Far East specialty stores have the widest variety of green teas. Opt for the loose leaf teas as opposed to the pre-made tea bags as those may be of poorer quality.

The Seed by Rich Barnes

As I walk along the sidewalk of East Main Rd. in Newport RI, I cannot help but notice the annuals starting to pop up through the ground, and think to myself how this flower is actually a metaphor for life in general.

Think about it for a second.

A seed of a flower can sit on a shelf in a hardware store or a local five and dime and lay in it's pouch for years... sitting in a package without any life in it, alone with many of his seed friends waiting for that right opportunity to show it's potential.



When that seed gets planted in the ground, a metamorphosis takes place. It starts to germinate and open... it starts to spread open and against all odds.

This tiny little seed pushes through what seems like tons and tons of dirt to break through the ground to grow.

You see, once that seed gets in the right environment and in the right soil with water and sunlight, that seed will flourish and show it's potential that once lay dormant and grow into a beautiful flower.

It is the same thing with people... We can be like that seed in the store; always sitting around while our potential lays inside, lifeless, waiting to show our potential, but does not for some reason or another.

In order for our full potential to come out from within, we need to get ourselves into the right environment so that we can flourish and grow. Our soil needs to be perfect, so that we can germinate. We need to be near positive people, people with motivation and that want to succeed; people with goals and dreams that they are striving for on a daily basis and have an action plan to achieve them.

We need to reject passivity and aggres-

sively attack negative thoughts with positive faith filled thoughts. We need to grow on a daily basis, just like that beautiful flower. We need to water ourselves with love and compassion for others and sun ourselves with finding good in everything.

Like that beautiful flower that continues to grow every year, we as people have that ability as well. It is our choice. You can plant yourself and grow to your potential, if provided you plant yourself in the right environment, or you can sit in the pouch with all the rest of your seed friends on a shelf in the store. It is your choice.

I choose to be planted and grow every day... To nourish myself with fresh thoughts about the day I am in, and look forward to improving myself daily. I will plant myself in humility, I will water myself with success, I will sun myself in gratitude.

LEAP into SPRING with amazing package pricing

3 Hour Package: Save \$15 by purchasing 3 hours of reflexology that may be used in 30, 60, or 90 minute increments (\$5 per session savings).

6 Hour Package: Save \$60 by purchasing 6 hours of reflexology that may be used in 30, 60, or 90 minute increments (\$10 per session savings).

12-Hour Package: Save \$216 by purchasing 12 hours of reflexology that may be used in 30, 60, or 90 minute increments (\$18 per session savings).



Message from Deb...

Effective immediately, in addition to my Lake Elmo clinic location, I will now be seeing clients at the St. Croix Center for Healing Arts Clinic (411 County Road UU), Hudson. As of May 1, Cara Bella Skincare Center has closed it's massage room I apologize for any inconvenience regarding this move. My hours at the two clinics are as follows:

Hudson :

- Mondays: 7 AM— 2 PM
- Tuesdays: 2 PM—7 PM
- 4th Saturdays: 7 AM—2 PM

Lake Elmo:

- Wednesdays: 2 PM—7 PM
- Fridays: 7 AM—2 PM
- 2nd Saturdays: 7 AM – 2 PM

Happy Spring Everyone!
Deb

REFERRAL POLICY

For every 3 people that schedule based on your referral, you will receive ONE Free Hour of Reflexology!

*Reflexology Gift Certificates
make a Mother's Day Gift.*

To purchase, call 651-283-6942

Heart and Soul Reflexology



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