

Happy feet!

Treat your feet right with reflexology, and feel better all over.

When you kick off your shoes at the end of the day and put your feet up, you may be doing your whole body a favor. Foot Reflexology, based on the premise of the unique relationship of the feet to the entire human anatomy, can decrease pain, increase circulation, reduce stress and tension, and help eliminate symptoms. Reflexology is a comprehensive holistic approach for people of all ages that works to improve the neurological, biochemical, and electrical functioning of the body. In other words, the mind, body, and spirit are all affected during a typical session, whether you need a general tune-up or are trying to return to health. The vast majority of people realize the benefits of reducing stress, which in turn minimizes physical symptoms. Self-help reflexology is effective, but nothing beats a session given by a certified professional. We've asked our friends at the Reflexology Association of America to point out a few places on the foot and the corresponding symptoms reflexology can address. So relax, put your feet up, and give reflexology a try. We think you'll feel better all over.

For more information, referrals and training programs on Reflexology, contact the **Reflexology Association of America** at www.reflexology-usa.org or call 1-978-779-0255.

Illustration by Satoshi Kambayashi

