



Reflexology and Touch Therapy

Science is now confirming what we have always known in our hearts- that touch is a primal need, as necessary for growth as food, clothing, or shelter. Much of this science is generated at Miami's Touch Research Institute, the World's only scientific center devoted to exploring the effects of touch on health. This institute collaborated with researchers at the University of Miami, Duke, and Harvard to show the positive effects of touch.

Physical touch is more than skin deep. The touch receptors in our skin send messages along the spinal cord to the brain. A simple touch can reduce the heart rate and lower blood pressure. The stroking of a pet, a hug from a loved one, and the proverbial pat on the back, all speak of the soothing qualities of touch. Touch defines our lives, buffers us from everyday stresses and soothes the discomforts of illness.

Reflexology is one form of organized touch therapy. You can choose hand or foot Reflexology. You sit in a soft cushioned chair or recliner, the hands or feet are placed on pillows and the relaxation begins. The session takes place in a quiet room with soft background music and a water garden with gentle flowing water. The session is about 45 minutes. If you choose Pampered Feet and Reflexology, the session begins with a warm, soothing foot bath, and a foot polish/scrub to gently remove any dry skin. Progresses to the Reflexology Session, and ends with lotion being applied to the feet and a foot massage. This session is about 1 hour and 15 minutes. For added enjoyment, add the Dip, a Paraffin Dip for the feet.

In the 1990's and 2000's Reflexology is recognized as a tool to combat stress and achieve relaxation. Numerous articles have been written in several magazines recognizing the benefits of Reflexology. *Fitness, Self, Healthy Living, Massage Therapy Journal, and Massage & Bodywork*, to name a few, had an article about or reference to Reflexology as a stress reliever.

Some people will try Reflexology because they are curious. Others come in because they have received a gift certificate.

Others come because they want or need stress relief or relaxation.

If you would like to schedule an appointment, please call: 334-358-3990. For more information about the services I provide, please visit my website:
www.reflexologybypaula.com.

Most everyone today needs some "My Time". Reflexology is one way to experience this special time.



Stress Relief Stretches

These stretches are great for people who sit at a desk all day. Remember to breathe slowly while doing the stretches.

Stretch #1 Shoulder, Back, and Arms

~~~Interlace fingers overhead, palms upward.

~~~Push arms slightly back and up.

~~~Breathe slowly.

~~~Hold stretch 10 to 20 seconds.

What does it do? Excellent for slumping shoulders, stretches arms, shoulders, and back. Breathing slowly also helps relieve stress.

Stretch #2 Neck and Shoulders

~~~Sit or stand with arms hanging loosely at sides.

~~~Shrug shoulders up.

~~~Hold for 5 seconds.

~~~Breathe slowly.

~~~Then relax shoulders downward.

**What does it do?** Stretches shoulders and neck

#### Stretch #3 Sides of Neck

~~~ Sit or stand with arms hanging loosely at sides.

~~~Turn the head to one side. Hold for 5 seconds.

~~~Turn the head to the other side.

Hold for 5 seconds.

~~~Repeat the above 1 to 3 times – each side.

**What does it do?** Stretches the side of the neck.

#### Stretch #4 Upper Back and Shoulders

~~~Sit with fingers interlaced behind head, elbows straight out to sides, upper body aligned.

~~~Pull shoulder blades together to create feeling of tension through upper back and shoulder blades.

~~~Hold 5 seconds, relax and breathe.

~~~Repeat 1 to 3 times.

**What does it do?** Stretches Shoulders and Upper Back.



#### Stretch #5 Upper Arms and Shoulders

~~~Stand or sit with right hand on left shoulder.

~~~With left hand, pull right elbow across chest toward left shoulder and hold 10 to 15 seconds

~~~Breathe slowly.

~~~Repeat to the other side.

**What does it do?** Stretches side of Shoulders and Upper back.

#### Stretch #6 Waist, Arms, and Shoulders

~~~Sit with arms overhead

~~~Hold elbow with hand of opposite arm.

~~~Pull elbow behind head gently as you slowly lean to side until mild stretch is felt.

~~~Hold 10 to 15 seconds. Breathe slowly.

~~~Repeat on other side.

What does it do? Stretches Triceps, Top of Shoulders, and Waist

Stretch #7 Back, Arms, and Fingers

~~~Interlace fingers and turn palms out.

~~~Extend arms in front at shoulder height.

~~~Hold 10 to 20 seconds, relax and breathe slowly.

~~~Repeat several times.

What does it do? Stretches Shoulder, Middle Back, Arms, Hands, Fingers and Wrist.



Stretch #8 Back of Neck

~~~Sit or stand with arms hanging loosely at sides.

~~~Gently tilt head forward to stretch back of neck.

~~~Hold 5 seconds, relax and breathe slowly.

~~~Repeat 1 to 5 times.

What does it do? Stretches the back of Neck.

Stretch #9 Chest

~~~Stand and place hands just above back of hips, elbows back.

~~~Gently press forward.

~~~Hold 10 to 15 seconds.

~~~Breathe slowly.

~~~Keep knees flexed.

~~~Slightly lift breast bond upward as you hold stretch.

What does it do? Stretches Chest (Pectorals)

Stretch #10 Middle Back

~~~Stand with hands on hips  
~~~Gently twist torso at waist until stretch is felt.  
~~~Hold 10 to 15 seconds.  
~~~Breathe slowly.  
~~~Repeat to other side  
~~~Keep knees slightly flexed.

What does it do? Stretches the Middle Back.



After a busy day at the office, some of these stretches can be done when stopped at a traffic light or waiting at a drive thru window.

Stretching is an excellent way to relieve muscle tension. Everyone holds stress in different parts of the upper body. You might want to choose the ones that work the best for you and the particular parts of the upper body in which you tighten up when you feel stressed out, or behind schedule.



Friend/Friends

Friends are like family we choose. Half the fun of doing anything is sharing it with others. Friends usually have one or more things in common. It might be sports, children the same age or children's sports, church, neighbors or perhaps the enjoyment of motorcycle riding.

In October, my husband and I had an opportunity to go for a four day motorcycle ride with friends, three other couples and a single male. Our journey began in Prattville. The first day we rode to Natchez, Mississippi. The next day we began our ride at the beginning of the Natchez Trace which begins in Natchez. Two days later we arrived at the end of this historical trail in Nashville, Tennessee. Tuesday afternoon we returned home after lots of laughs, camera shots, and many events along the way. It was a pleasant reminder to me of how important friends are to us. I would like to share a few thoughts about friends.

You might consider your co-workers as friends. If not, spend the rest of your time with people who add to the quality of your life. Friends allow us to savor our successes and our joys, comfort us in our challenging moments, and provide a mirror for us to learn more about ourselves.

Go for coffee with a friend. It will not be the brew that makes you happier. After a study was completed tracking the daily ups and downs of 100 people, Psychologist, Arthur Stone,

PhD., at State University of New York at Stony Brook says "A pleasant social activity can boost the immune system antibodies for up to two days".

Choose Good Company--- A friend is someone who likes you just the way you are. They remind you of your inner beauty and goodness. Choose people who help you along your path, not those who put up roadblocks. The support of a friend during a tough time could make the difference between success and failure.

During the holiday season, let us be thankful for our friends and make that important time to get together. Below are a few Friend Quotes I found on the internet.



"A friend is someone who knows the song in your heart, and can play it back to you when you have forgotten the words". Quote by Donna Roberts

"A real friend is one who walks in when the rest of the world walks out." Author Unknown

"Friendship is unnecessary, like philosophy, like art... It has no survival value; rather is one of those things that give value to survival." - C. S. Lewis

"A best friend is a sister that destiny forgot to give you." Author Unknown



Slow Down and Breathe

Think of the times you have heard someone say "Now just take a couple of deep breaths and relax". Well it does work. Your breath is the connection between your body and your mind. The health benefits are amazing. Among other things, breathing loads your blood with oxygen, which maintains your health at the most desirable level. Shallow breathing does not oxygenate your blood very well. Consequently, toxins pile up in the cells. Taking slow breaths is the best tool you have to profoundly affect your body and mind.

If you are in a hurry or stressed out, STOP and PAY attention to how you are breathing. Most of us will find the breath is shallow and fast.

The key to breathing for relaxation is to slow down as you inhale through the nose and slowly exhale through

the mouth. Breathe slowly, smoothly and comfortably without forcing your breath in any way.

Notice your body is more relaxed and your thoughts more quiet. Feel the flow and become attuned to the soft, gentle sound of your breath.

One of the great things about this type of relaxation is that it is free, and you always have the tools you need with you. So as you finish reading this newsletter, practice this relaxation tool.

In the book You Staying Young, Dr. Oz recommends inhaling through the nose. Nitric Oxide (NO) is found in the highest levels in the nasal pharynx. When you breathe through your nose, it allows a very rich source of NO to be fuel injected into your system. The NO then helps dilate your arteries, so that your blood keeps moving as if it is on an empty country road, rather than a crowded interstate.

Take the time to try this simple relaxation technique. One of its' beauties is that it can be practiced anywhere –while driving, stuck in traffic, in a meeting, or waiting in line. It will help your light shine brighter.



Why not consider a Gift of Relaxation for Christmas this year?

Get a Reflexology or Pampered Feet and Reflexology Gift Certificate for a friend, family member, or supervisor/boss. Check my website:

www.reflexologybypaula.com for all of the services I offer, hand massage, etc. If you purchase 5 Gift Certificates for Reflexology or Pampered Feet and Reflexology, you will receive \$5.00 off each session.

Remember the certificates are available in person or by mail. Call: 334-358-3990 for information.



Recommended Reading

You Staying Young *The Owner's Manual for Extending Your Warranty.*

By: Michael F. Roizen, M.D.
Mehmet C. Oz, M.D.

When God Winks at You *How God Speaks to you through the Power of Coincidence*

By: Squire Rushnell

About Heart and Sole: Because Christmas is just around the corner, I have tried to include articles about ways to relieve stress. I hope you have enjoyed reading the newsletter and have found things that will be beneficial to you. It was my pleasure to put it together.