



Reflexology Foot Notes

In bygone times, feet were held in high regard. Leonardo de Vinci called the foot "a masterpiece of engineering and a work of art." Considering the size of the feet in relation to the body they support, the feet are short of remarkable.

People often view their feet as an alien part of their anatomy, seldom considering they are the foundation, platform part of our body, while standing.



Each foot contains 26 bones, and 33 joints.* The 52 bones in our pair of feet make up 1/4 of all the bones in the body. More than 100 elastic tissues called ligaments hold the ends of the bones together. The foot also contains 19 muscles, over 125 sweat glands, more than 7000 nerve endings, and yards and yards of blood vessels.

Our feet take a beating with the average person taking 8,000 to 10,000 steps a day. That adds up to about 115,000 miles in a lifetime.

Most people are not born with foot problems. They develop them after years of neglect and a lack of care. Recently I read an article Shoes with an Attitude.

"Aggressive Footwear gives Fashion a Kick" As I looked at the latest styles, it made my feet hurt. "Everything is gravitating toward architectural design", Swennen said. "They're harder on the feet, but the designs are amazing with extravagant details and interesting materials." I don't know about you, but my number one goal when looking for footwear is to choose something that is comfortable. If they happen to be pretty too, that is great!!!

Most often we take our feet for granted and pay little attention to their needs. That is, we ignore our feet until they give us trouble. Socrates said, "When our feet hurt, we hurt all over." This is a true

statement. It is hard to feel good when your feet hurt.

Why not consider making an appointment for Reflexology. It is one way do something nice for a part of your body that does so much for you.

*Source: The American Podiatric Medical Association



Music....How Sound and Music can benefit the Body

Have you ever heard a piece of music that made you want to just stop and listen to it because it was so pleasing to you. Some music makes us want to tap our toes. Other kinds can make us want to just stop what we are doing and give it our full attention.

I had the opportunity several years ago to attend an Integrative Health Workshop at AUM. One of the speakers discussed Music Therapy.

She had us take our pulse in order to get a baseline rate. Then she played music that had a fast beat using drums and electric guitars. Afterwards we took our pulse again. Guess what; our pulse rate had increased. Later in the program she played music which was slow, and our pulse rate slowed down.

She had an information table set up with books and websites for those who wanted to learn more about Music Therapy. I would like to share with you some of the things I learned upon further research.

Music is a combining of elements that typically incorporates sounds into a lyrical blend of pitch, melody, and rhythm, and progresses from one chord to another in an emotional fashion.

Did you know listening to favorite music and be good for a person's cardiovascular system?

Researchers found emotions aroused by joyful music, chosen by study participants, have a healthy effect on blood vessel function, causing the vessels to dilate and increase blood flow. Likewise, when listening to music perceived

as stressful, by and large, study participants said heavy metal was the most stress inducing, and caused blood vessels to narrow.

Steven Halpern, an award-winning recording artist, said, "Perhaps the most obvious physiological response to music is to its rhythm. "Our heartbeat and pulse automatically entrain to the tempo of an external stimulus. If you play music that is faster than 60 beats per minute (which is most music), it is like drinking three cups of coffee and trying to fall asleep." He also says if you are choosing music for relaxation, music faster than a relaxed heartbeat is therefore not a good choice.



Most of us were introduced to music when we were babies. Our parents sang lullabies to us to soothe and quiet us when we were cranky or sleepy.

Advertisers and movie producers realize the influence of music and invest a great deal of thought when choosing background music for a movie or advertisement.

We have long known the power of sound and music to affect our emotions and moods. The history of music goes back to Biblical times when we read about David, the famed harp player whose music eased the madness of King Saul. Today music is an important part of the worship service. Tribal music, ceremonial music and devotional music are also well-known examples of how music and sound can be used to touch our emotions.



The music of nature provides sounds which have a soothing quality. When we hear nature music, it instills in us a quiet, peaceful feeling. Many of the CDs for relaxation provide the sounds of nature as a large portion of their theme.

For this issue of the newsletter instead of Recommended Reading I am going to list several CDs I recommend for their relaxing

benefit. Most will have to be ordered from internet.

The next time we need to move a little faster, we can decide to listen to music with a peppy rhythm. If we want to slow down, choose music with a slower rhythm. Whatever the rhythm we choose, let's appreciate music as a beautiful gift in our lives, a gift to enjoy.



Recommended Music for Relaxation:

Springtime Reflections *Soothing, Relaxing Instrumental Melodies*
— Arranged & Performed by Gary Prim

Language of Touch *Beautiful music to drift and relax to.*
— L'ESPRIT (Serenity Music)

Spectrum Suite *Music for Meditation & Inner Peace*
— Steven Halpern

Gifts of the Angels
— Steven Halpern



Balance the Scale

Work and Play

Work and play go together like eating and drinking. They are each necessary for our well-being.

Work is a part of our being. It is necessary to put food on the table and clothes on our back. It can also be individually fulfilling when we see a successful conclusion.

How we view work comes in stages. When we are in our twenties and getting ourselves established in the work place, it might require more of our time, but we are excited about the potential and are willing to devote the time.

If we get married and have children, then we work because of our responsibilities to others. We want to take care of and support our loved ones. This then becomes our motivation.

The work side of the scale becomes unbalanced if we see the scale dipping with all work and no play. This is sometimes referred to as burnout, and it is our indicator that it is time to play.

Play is also a part of our being. It is necessary to energize, renew, and restore. Play time can be one

of our fondest memory makers. I remember the time I took a Saturday to do something fun, but seem to forget the Saturday I spent the day cleaning. Cleaning can be rewarding at the end of the day, but to me it is not a memory maker.

Play can be:

- A day at the beach.
- Browsing antique stores.
- A day of golf.
- Several sets of tennis.
- Time at the park to read a book.
- A motorcycle or bike ride on country roads.
- Time taken for personal interest and hobbies.
- Watching our children play a sport of their choice.
- Going out for breakfast or lunch with a friend or friends.

Work and play go together like eating and drinking, both necessary and complimentary to each other. Balancing the scale in areas of work and play is important and at times tricky; but we need both for our sense of well-being.

LIFE "What you get out of it depends on how you play it"
— Author unknown

Seven Meaningful Gifts We Can Give to Others

1. The Gift of Listening...

But you must really listen. No interrupting, no daydreaming, no planning your response. Just listen.

2. The Gift of Affection...

Be generous with appropriate hugs, kisses, pats on the back, and hand holds. Let these small actions demonstrate the love we have for family and friends.

3. The Gift of a Written Note...

It can be a simple "Thanks for the help" note or a full sonnet. A handwritten note may be remembered for a lifetime, but it is one way to show the person you appreciate their assistance.

4. The Gift of a Compliment...

A simple and sincere, "You look great in red," "You did a super job" or "That was a wonderful meal," can make someone's day.

5. The Gift of a Kindness...

Each day, go out of your way to do something kind for someone.

6. The Gift of Solitude...

There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

7. The Gift of a Cheerful Disposition...

The easiest way to feel good is to extend a kind word to someone. It's not hard to say "Hello" or "Thank You."

A friend and I were discussing how a person had done or said something that touched our life. As a young girl she and her family relocated to a new town. She felt so alone. On this particular day she met a woman on the street, who gave her a big smile and a cheery, How are you today? She said it was hard to describe the warmth she felt and this feeling is etched in her memory until this day. This friendly person probably was not even aware that she had touched someone's life in such a positive way. These types of gifts are free and might just make someone's day.



Smile

A smile costs nothing but gives much. It enriches those who give it. It takes but a moment, but the memory of it sometimes lasts forever.

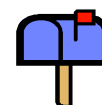
None is so rich or mighty that he can get along without it, and none is so poor but that he cannot be made richer by it.

A smile creates happiness in the home, promotes good will in business and is the cornerstone of friendship.

It can perk up the weary, bring cheer to the discouraged, sunshine to the sad and is nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away.

When people are too tired to give you a smile, give them one of yours. No one needs a smile as much as he who has none to give.



Gift Certificates are a way to encourage someone to take time from their busy schedule and do something nice for themselves. Remember, gift certificates are available in person or by mail. Call: 334-358-3990 for information. Visit my website for a menu of services. www.reflexologybypaula.com

About Heart & Sole: *I hope you have enjoyed reading this newsletter as much as I have enjoyed writing it. It is always my goal to share with you things I find uplifting and thought-provoking and I hope you have found it interesting.*

Paula