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In February 2013, our branch hosted a “Stressless Wellness Workshop” by Linda Googh RCRT who is a Reflexology Therapist/Teacher and Keynote Speaker with the Reflexology Association of Canada

Recently when I started to feel the headache come on, I followed the technique that she taught us in the workshop. It helped me with the tension in my neck and upper back and also headache disappeared in 5-10 minutes. When I taught my husband the same technique for his headache, he experienced the same result too.

Reflexology, or zone therapy, though it is a complementary therapy, is intended for use alongside of conventional medical care and not as a replacement. But if practiced as directed, the stimulating of the nerves on the feet, hands and ears, supposedly will encourage a beneficial effect on some other parts of the body as well, as result, one’s general health can be improved. It is also proven to help with sinus pain relief, nasal congestion and sleep.

Linda has shared her invaluable “recipes of wellness” with us. As Reflexology has no side effects, I would not hesitate to practice the other techniques taught by Linda.