

# Reflexology and Wellness Topics at a Glance

## **“ Touch and be Touched “**

Experience the gift of your compassionate touch. Learn how Reflexology in just a few simple steps can ease symptoms of pain, nausea, anxiety, restlessness, fear, and even depression, in Cancer patients or loved ones in palliative care. Help them to feel safer and know they are not alone. Friends and Family members of all ages can learn simple reflexology moves that make a difference.

## **Reflexology and Cardiovascular Health: “Heart and Hands “ our emotional messengers.**

Reflexology helps to adjust the bodies' tone and overall tension level. Reflexology will help the body tone and reset itself to a lower operating tempo, which means less wear and tear on the bodies systems. Regular reflexology may help you reach your goals for maintaining a healthy heart, not only physically but emotionally. The vital energy created through hand reflexology improves mental alertness and reinforces personal confidence.

Come celebrate “ Your Heart “ with Reflexologist Linda Googh RCRT/ for an informative hands on clinic.  
Special requirements: An open Heart, lots of hands!

## **Reflexology and the Diabetic**

What is Diabetic Neuropathies? What are the types? What are the symptoms? Diabetic neuropathy can be classified as peripheral, autonomic, proximal, or focal. Each affects different parts of the body in various ways, like numbness, tingling, or pain in feet, toes, hands arms and fingers. Maintaining safe blood glucose levels protects nerves throughout our body. Join Reflexologist Linda Googh for an insightful hand on interactive /clinic that addresses these issues and the many other issues that trouble Diabetics daily! Linda will discuss your daily foot inspection and why it is imperative...as well as foot care, conditions, and foot hygiene. Wake up your Reflexes! Learn self-reflexology techniques for feet hands and ears, which improve circulation, balance the body and promote overall mental and physical awareness. Learn how to stimulate your brain to release endorphins, which are the pain relievers our body manufactures. Just being aware and taking action when need be is the best way to keep healthy!” Reflexology “ is a compassionate healing touch, come learn the many benefits.

## **“ You and Your Baby Reflexology “ 3hour workshop/ plus 30 minute private lesson with your baby Minimum of 5 participants, Maximum of 10 per workshop**

Reflexology is a "bonding tool" for parent and child there are several differences when sharing foot reflexology with a baby as compared to an Adult. Babies' feet are much smaller than adults; Also, babies' feet are not fully formed, so the pressure used, should be gentle and nurturing. A good "sign" that the baby has had enough, is when they withdraw their feet. They intuitively know that they've had enough - so please respect this. A good time to start applying some foot reflexology is before a nap or after the baby's evening bath - right before bedtime. They will be most relaxed and receptive. You do not have to be a certified foot reflexologist to help your "little one "By reaching out in a loving and caring way, you'll be amazed at how a parents touch can bring about natural healing. Parents will learn basic hand and finger techniques as well as the necessary anatomy relating to babies feet. This hands on clinic will cover many baby issues such as Teething, Anxiety, Colds, Emotional Stress, Colic, Sleeplessness, Constipation, and more..

Requirements: Guardians to bring several outlines pictures of their babies' feet and hands on blank paper, you will learn basic anatomy first, and all the basic techniques required by practicing on each other first.

One on One Appointments with Linda and your baby will follow, this insures (Accuracy and safety.) Your appointment must be set at the time of booking.

Babies do not attend the Workshops; you will need sitters, until it is your private session