

Feet, Your GPS to Wellness



By Linda Googh
Dedicated to Angelo D'Addario
in memory of our shared energy.

Feet show us the travel route to reflex points that correspond to every part, gland, and organ in the body. It is important to understand that the feet are channels of healing for all the body systems and not just the two structures that take us everywhere on a daily basis. The human foot is a masterpiece of 26 bones (the same number as there are vertebrae in the adult spine) 33 joints, and a network of 100 tendons, muscles, and nerves. Wow! Let's show some applause and give it up for the tootsies that walk, run, jump, dance, and boogie day after day!

When you bring your two feet together, you have a completely mapped outline of the human body, with the big toe representing the head, and the lateral sides of the feet reflecting the outsides of the body, shoulders, knees and hips. It is also important to note that the curves of the feet look just like the curves of the spine.....amazing, just like a road map!

Hey, how about I take you on a little trip, oh yes, can't forget my reflexologist's "G.P.S". Let's see what the menu say's under Conditions? Click...allergies arthritis asthma bunions insomnia back pain diabetes, neuromas, edema, coldsooooooh too many to choose from, let's just click "Diabetes" It is showing a destination of the endocrine system, let's narrow that down to the closest intersection ...okay that's better "Pancreas and Adrenals". What about type two diabetes? Click.. Yes of course the "Immune System". I'm thinking we should take a drive by Bunions, make sure you are buckled up, click.. Destination "Musculoskeletal System" What a ride!

As you can see there are many conditions that benefit from reflexologies natural healing. The experience itself does not "Heal"it merely creates the circumstances through which self healing occurs, a state referred to as homeostasis. So who benefits from a reflexology treatment? Everyone from babies to seniors all ages benefit from this road trip to "Wellness"! Linda's traveling tip for tootsies... One cap St John's



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Is there scientific data to support hair analysis?

Yes. There are over 1200 references from respectable institutions and leading medical journals that have confirmed **hair tissue mineral analysis** as a valuable screening tool. In conclusion, the important role of minerals in maintaining homeostasis and the destructive effect of toxic metals in the human body is recognized. It becomes equally important to monitor these levels, and correct imbalances and toxicity, that may exist.

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Wart oil with a few drops Typhoon oil.Warm in palms and rub on numb or sore areas of feet, especially effective for neuroma's between the toes and ball of feet. Cover with a light sock , and sweet dreams!

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