

Reflexology 2 Go!

Self-Healing Recipes for Daily Wellness

Did you know that you could take an active part in your own daily wellness?

Sure we know that a healthy diet, plenty of exercise and the right amount of sleep are very important to our everyday wellbeing, but how about “Self-Healing Recipes” for Daily Wellness? Not the kind you mix in the blender like a tasty Smoothie, but the kind you implement for daily balance and harmony to clear your mind and allow the body to recharge and realign itself.

I’m talking about healing through self-reflexology! One of the primary benefits of reflexology is to relieve stress and restore balance to the body, mind and spirit. In this interactive audiovisual reference guide, I’m going to share with you, my healing secrets. Learning how to use simple and effective, hands-on self-reflexology techniques is a way to be proactive.

This simple tool will challenge you to take responsibility for your choices, live in the moment and learn to listen to your body talk. The visual charts, photographs and live videos will serve as an ongoing reference guide.

You will learn a combination of moves and techniques that when combined, flows like a strategically choreographed dance routine. In each of the different recipes, I will explain the benefits and key reflexes to work on, as well as the method and actions to execute. Self-reflexology is simple, safe and non invasive.

One Definition of Reflexology
Reflexology Association of Canada

Reflexology is a natural, healing art based on the belief that there are zones and reflexes in the feet, hands and ears that correspond to every part, gland and organ in the body.

By stimulating nerve endings, we send messages along the nerve pathways to various parts of the body, stimulating and communicating with our body’s nerve network. This helps to balance the energies within the body.

As you work your way through these “self-healing-recipes,” you will experience some wonderful benefits including:

- Good-Feeling Endorphins
- Enhanced Vitality and Energy
- Improved Circulation

- Improved Muscle Tone
- Stronger Immune System
- Restored Balance: Body, Mind & Spirit
- Reduction in Inflammation
- Mood Elevation
- Pain Reduction
- Less Stress

The section titled “Treasure Maps” gives you access to the basic reflexology maps and charts needed in order to learn, understand and landmark all the key reflexes listed in my “self-healing-recipes.”

Self-reflexology is an excellent skill for everyone to know. It can be executed anywhere! Standing in line, waiting at the Doctor’s office, sitting at a desk, on a bus, train, plane, or before a nail-biting meeting.

There is no right or wrong way to read or reference this material. It is your interactive, ongoing, daily reference guide.

Practice makes perfect! Just like golf, karate, yoga or any other newly acquired skill, the more you practice, the more proficient you will become. After all, you’re in good hands ... YOUR OWN!

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