

WISDOM REFLEXOLOGY
AND HEALING ARTS
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**SPECIAL
POINTS OF
INTEREST:**

- **Hormones**
- **Benefits of Reflexology**
- **Living with Vision: Panel Discussion**

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Journey to Well-Being

VOLUME 1, ISSUE 2

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Hormones — Come on, keep reading...

Although popular culture would like us to believe that one should only care about hormones when we are talking about “girlie problems” and “those hormonal teenagers”; hormones are a primary operating system for our entire body. The truth is if we want to really love our body and be healthy, we need to appreciate all of our hormones. We cannot survive without them.

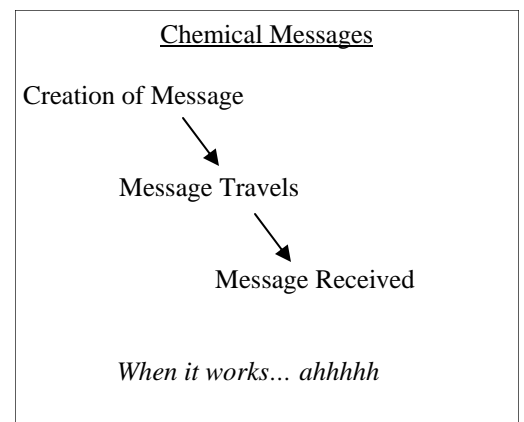
In previous newsletters, we have spoken about stress in terms of its effects on the nervous system, digestive system and respiratory system. This newsletter is a **light, basic introduction to some of the roles of the endocrine system**. The endocrine system is a little less well known than other systems, so let's begin with a few basics. First, endocrine system is the hormonal system of the body.

The much maligned “hormone” is simply a chemical messenger. This means that hormones are a way that the body sends messages to itself. Chemical messages are produced in many areas of the body including glands (like the pancreas or thyroid), parts of the brain (like the pituitary or the pineal) and it is believed that as many hormones are produced in your digestive tract as your brain. (Hint: “Gut instinct” has more validity than previously believed, thanks to our increased understanding of hormones.)

Here are just a few odd and end things that are supported by hormones in our bodies:

- Hair growth
- Cellular renewal and growth
- Increases calcium in blood by removing it from the bones (ek!)
- Regulates intuition and creativity
- Thickens the vocal cords
- Retard aging process
- Dilates vessels in skeletal muscles
- Dilates bronchioles
- Increase fatty acid release
- Anti-inflammatory

Like any form of communication, hormones are only effective if they can get to their destination and are understood properly. (Well, it also helps if the message is acted upon correctly.) For our purposes, let's begin with the production of a healthy and needed message. The next step is for the message to travel to the target destination where it can be united with the waiting open arms of the receptor cells that continue to move the communication forward. Unlike the nervous system which can send an electrical impulse relatively quickly, hormones have to navigate slower highways (which are often plagued with potholes). Oh, only if it were so simple! But, I jump ahead of myself, first back to the basic process. Quick review:



If this offering does not serve you at this time or you would like to receive these files via email, please contact Nydia at wisdomreflexology@whidbey.com or register at www.wisdomreflexology.com



My apologies for the
vivid jolt—cough,
cough

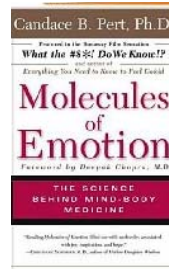
Is it time for you to
clean your highways?

Unclear Communication: the Blank Stare

Some hormones operate via a negative feedback loop. What that means is that once the message gets to its location another message is sent out to say, “Hey, thanks! Got it.” Think of it this way, and this is a purely fictitious example mind you, you ask your son to take his stuff up to his bedroom instead of leaving it on the floor. Your beloved son doesn’t even grunt a response and continues to read. You figure the message was not received and so you repeat it. No eye contact – nothing. And so, once again you remind him. This loop continues until he screams, “For goodness sake MOM! I heard you!” **The body needs a response of some kind before it knows that the message was received.**

In order for the system to function well, it requires all other systems of the body to be working well. Kinda a chicken or the egg cycle unfortunately.

Backed up, slow moving clogged highways mean the messages struggle to get through. Once they do get through the receptors that grab the message must be ready to go. Unfortunately, we got involved in creating all kinds of “helpful” things that we can use on and in our bodies and all around us.



“Molecules of Emotion” by Candace Pert, PhD

These fun things can also mimic hormones. The body created a key and a lock and then we came a long and created a whole bunch of keys that fit in those locks but don’t quite know what to do and

when they do turn the lock, oh that’s a different problem and strays from our goal of remaining light so see Candace Pert’s work for more information.

Earlier, we spoke about how hormones are *absorbed* into the tissue. This means that they linger for a bit until they can be cleared away. So here as well we see **the same patterns that we have seen with other systems** that we have discussed; when we breathe shallowly and do not get oxygen to our organs and when we block the flow of nutrients, we stress our body’s ability to clear away the spent hormones. Let’s also add to this picture a backed up digestive system where toxins are being pushed back into our tissues. Alright already! Got the picture? We expect our body to be able to send out the correct messages and then we try to make it as hard as possible for the message to get through. Sadly, we can be our own abusers.

There is forgiveness

The good news is that our body loves us and wants to help us heal. And we are all capable of supporting that healing by giving ourselves the things that we need to well. Our body can be very forgiving and it responds to us making better choices. And we stop making those better decisions; well it responds that way as well.

By law, what is the one thing I can say reflexology promotes?

Relaxation.

And when is the body relaxed?



When it is functioning well, in a state of balance.

Stress Reduction
Pain Reduction or Elimination
Deep Relaxation
Revitalized Energy
Natural Detoxification
Accelerated Self-Healing
Restoration of Internal Balance
Enhanced Well-Being

Reflexology is not the cure all for all that ails you nor can it be your only tool. However, it is a mighty powerful tool and a pretty darn pleasant one as well! You cannot escape the stressors in the world, but you can support your body. *This is the point where I remind you to choose to support your body and schedule your session NOW!*

When we care
for ourselves—
We help our
body forgive
itself

Cranio-Sacral Reflexology



In September, I completed the certification program for Cranio-Sacral Reflexology and am now in the process of receiving full membership into the Cranio-Sacral Reflexology Institute where the method was developed. At this time, less than 5 Americans have achieved membership. Stay tuned for more!

As life is a series of synchronicities, as I planned my training, it

also came to my attention that one of my sons has a very small jaw and would most likely face orthodontics in his future.

As our space in this newsletter is small—I skip to the point where I enthusiastically shout that **we have seen great success in supporting his jaw to increase in size and watch his teeth align.** A fuller story is available on my website.

<http://wisdomreflexology.com/testimonials> and click on “Children’s Teeth”

Lots of fun links are included.

I am so excited about this work that I am offering to teach parents how to work with their children to begin this process.

Please contact me for more information.

Can braces be a thing of the past?

Maybe.

Has Reflexology Gone Mainstream?

Reflexology has been slowly making its way into the mainstream press over the last few years. From Regis Philbin speaking about how he believes reflexology saved him from surgery to **Dr. Mehmet Oz**, appearing on the **Oprah Winfrey Show** stating “Every patient that I operate on at New York Presbyterian Hospital gets a reflexology type treatment ...” He also outlines how he saved a patient during a surgery by using reflexology. (See: “Healing from the Heart”) I even

found an online article called “Reflexology’s Use by Famous Persons”. Really, no kidding – it’s not my favorite article but it is there.

The reflexology community gets very excited each and every time reflexology (vs. “foot rubbing”) received series attention from mainstream media. Why? Like it or not, many people spend so much time with their TV friends that they feel a “referral” from them is worth considering.

I recently told my sister about the media attention reflexology has been getting, as she was excited, I laughed, “Most of the people I know don’t watch TV!”

But the truth is, reflexology is only going to grow by people talking about it. So, if you believe in this modality– **TALK ABOUT IT!**

Upcoming Events

Save a Tree!

Switch to my email list and I’ll donate \$5 to the Food Bank.

Subscribe on my website today!

Have you ever wanted to ask?

Why you and not me?

How do you KNOW you are speaking to the divine?

What does it feel like?

.... And this is just the beginning

*Living With Vision:
Conversations with God
A Panel Discussion*

January 31, 2010
10:30—12:30
Freeland Library

Seating is limited. To register contact Llynya at Llynya@whidbey.com



Wisdom Reflexology And Healing Arts
6441 Harding Avenue, Suite 1
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Wisdom Reflexology and Healing Arts
Mind, Body and Spirit Reflexology
... for your journey to well-being

Reflexology is non-invasive to specific reflexive mini-map points on the hands, ears and feet. This process soothes the nervous system, increases circulation, and improves respiration. The body is effected at the cellular level with an increase flow of nutrients and waste removal. This allows the body to relax and create conditions for self-healing.

Reflexology is an integral part of a comprehensive plan for your health and well-being.

Reflexologists do not cure, prescribe nor diagnose.

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Potential Benefits of Reflexology:

Stress reduction

Pain reduction or elimination

Improved circulation

Natural detoxification

Deep relaxation

*It is estimated that 75-80% of disease is caused by stress and tension.
Wouldn't you like to be in the top 20%?
Relax and let your body heal.
Naturally.....*

Introduction to Reflexology for Self Care a 3 part series

South Whidbey General Hospital,
Coupeville

**Foot Reflexology – February 6, 2010
10:00am – 11:30 am**

**Footwear – February 13, 2010
10:00am – 11:30 am**

**Ear Reflexology – March 20, 2010
10:00am – 11:30 am**

For more info see
wisdomreflexology.com/Events

Tools for Self-Care