

- Better health or luxury?
- What does touching my foot do?
- Stress and Your Body
- So that's why my "stomach" feels that way

INSIDE THIS
ISSUE:

Stress and Disease	1
Stress and Your Body	1
Homeostasis	2
Reflexology for Relaxation	2
Prominent Piece of the Solution	2
Self-Care	3
Special Offers	3

Journey to Well-Being

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Stress and Disease

True or False: Stress contributes to disease.

True. The American Medical Association reports that 3 out of 4 chronic illnesses have stress as a contributing factor. Similarly, estimates of 75-80% of disease are caused by stress. "75-80% of dis-ease" that means 75-80% of colds to congestive heart failure are caused by, or contributed to, by stress. It seems easy for most of my clients to internalize these numbers. Great! We all get it so that translates to all of us tending to our self-care needs – right? Sadly, no. Why? Because there seems to be this disconnect in our heads that understands the information above but reframes the issue in a way we do not understand. It often sounds something like this:

"Sure relaxing makes me feel better but does it really help with my health?"

We understand that we need to reduce and release stress from our bodies but some how the next step....seems too "luxurious" or even too "whoop-whoop" for us to commit our

resources. (whether mental, financial, effort or time) And this is where **understanding what daily long term stress can do** to your body is helpful.

When we experience stress the sympathetic nervous system is activated. (We have all heard of this as the "fight or flight" response.) Stress is a heightened sense of awareness. It is the ability to respond to a crisis effectively. This is an important survival skill. When our sympathetic nervous system alerts our



Continuous, daily stress has a cumulative effect on our bodies

body to the perceived danger, our body responds by releasing hormones. Adrenaline speeds up our heart rate and increases our vigi-

lance. Our energy increases and our memory actually improves. Well how cool is that!? Improved energy and memory! Why wouldn't we want that to be long term? Read on.....

What does stress do to my body?

The first challenge is where does all of that energy come from? We already spoke about an increase in heart rate that accounts for some of that **surge feeling**. There is also an increase of blood sugars released. *Fast – fast – fast.* Part of your body is moving faster, while another part puts out the alert for systems to slow-down.

The gazelle running away from a lion does not want to take this opportunity to poop.

Fast – fast – fast except for these systems, these must go slow-slow-slow.

In times of stress, your digestive system will slow down. Yet, waste must go somewhere. If it cannot leave the body it must resort to staying in the body.

Long term stress (whether good or bad) does not allow our bodies to function as they are designed. Hormones flood our systems, glands and organs become over-worked and we are full of toxic waste materials.

Lovely, I'm flooded with waste and my organs are exhausted. No wonder I feel bad. What can I do that feels good?



Are you living your natural state of balance?

“I feel as though my brain has been reset and I am calm”
Elizabeth S.

Homeostasis— A Natural State of Balance

Reflexology works with your body to re-establish homeostasis, or your natural state of balance. Homeostasis is often described as feeling deeply relaxed. To understand what your body is doing when you feel relaxed, think about what is happening during the opposite, or times of stress.

Some of the components of **stress** are increased heart rate, heightened alertness, increased surge in adrenaline, higher blood sugar levels, decreased digestion, over worked and ill-used bodily glands and organs as well as an increased level of toxins.

Relaxed is when the body is able to function as it was designed to function on an ongoing basis.

A return to balance means opportunity for: consistent waste removal, stable hormone and sugar levels, decreased heart rate. Also included is repair work for damaged organs and glands which require nutrients and oxygen. A healthy body needs to have systems for receiving nutrients and releasing nutrients. Blood and air flow, along with movement from the muscular system, move oxygen and nutrients to the cells.

With proper opportunity, cells can repair and regenerate and unhealthy byproducts can leave the body. Balance is supported.

Reflexology works to support the entire being by helping your body return to homeostasis.

Reflexology for Relaxation

A comprehensive relaxation reflexology session addresses the entire being. Each system of the body is supported through the process of reflexing the ears, hands or feet.

How does reflexology work? There are many ways conventionally used to describe the how and why of reflexology. Here are just a few:

- by clearing the build-up of neurotransmitters away from the nerve endings, internal communication is improved
- by working the entire body reflexively organs and systems can be, as
- one of my clients called it, “reset” energy can be allowed to flow and the body is given the support and tools it needs to heal and tend to itself
- by interrupting stress patterns balance can be restored
- when respiration and circulation are improved, nutrients are able to reach cells

A Prominent Piece of the Solution

Wisdom Reflexology and Healing Arts offers a unique experience of Mind, Body and Spirit Reflexology. Your care is offered with an intention for your highest and best.

It should go without saying, but just incase it needs to be said, reflexology alone does not guarantee long life with a free pass to

eat ice cream and be sedentary. Well-being is multi-faceted and reflexology can be a prominent piece of your holistic careplan. As we venture inward this fall and winter may each of us embrace our journey fully. And may we each remember that **self-care is a necessary part of good health.**

For more information on resources regarding stress, relaxation or reflexology please see wisdomreflexology.com

Self-care Reflections

Take a moment to get a piece of paper or your journal and reflect on areas of your well-being. Begin by answering the question,

“What are the areas of well-being for my life right now?”

Allow the ideas to come without editing. Write it all down. Now look at that list again and for each area ask, **“Am I holding this blessed part of myself with integrity for my highest and best?”**

I realize that this is the place where most newsletters would provide a list of suggestions or references. And I would more than happily provide these if you desire....

*Nutrition
Breath
Reflection
Release
Prosperity
Vision
Exercise
Family
Prayer*

First, I invite you to seek the resources you already possess or have felt a calling to explore. Take this opportunity to go back to references, books, flyers you have been saving, friendships, guides and teachings and reconnect. If the guidance you seek does not immediately present itself – embrace your friends and family. Ask:

“What is speaking to you today?”

**“AM I
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AND
BEST?”**

Guest Writer

Whidbey Island is a gathering place for those gifted in teaching and seeking the journey of Mind, Body and Spirit Well-Being. I would like to hold this space as an opportunity for those who would like to introduce themselves or share an offering to use this space. If this idea interests you, please

contact me. As editor of the newsletter, selections are printed at my discretion.

Would you like to introduce yourself and your work?



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Upcoming Events

2008 Special Offer

I am in the process of achieving the highest credentialing possible for Reflexologists in the US. This process requires submitted cases. I am offering a special discount to meet this requirement.

For discount details go to wisdomreflexology.com

Introduction to Reflexology for Self-care with Ear Reflexology

December 5, 2008
 At Llynya's in Freeland
 7pm—8:30pm

Please call ahead to reserve your seat! 360-632-4186

By donation

Gift Certificates are Available!



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Wisdom Reflexology and Healing Arts
Mind, Body and Spirit Reflexology
... for your journey to well-being

Reflexology is noninvasive to specific reflexive mini-map points in 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.....

“...describes stress as a three-stage process. Whether it is a the life-threatening stress of falling onto an icy lake or the stress of day-to-day life, stress over time follows a pattern of initial alarm, subsequent adaptation, and eventual exhaustion. During the alarm stage, the body is seen as adjusting to a new stressor. During the adaptation phase, the stressor has been present for a sufficient enough time to become ingrained in the brain-organ dynamics, altering the function of the body. During the exhaustion phase, the response to stress has been conditioned over an extended period of time. It results in alteration of both function and structure of the body.” Kunz and Kunz [The Complete Guide to Foot Reflexology.](#)