Found in the physician’s tomb at Saqqara

"If you're feeling out of kilter
Don't know why or what about
Let your feet reveal the answer
Find the sore spot work it out"

*By Eunice D Ingham*

Online resources:

American College of Healthcare Sciences www.achs.edu

Interactive foot chart http://www.dk.co.uk/static/cs/uk/11/features/reflexology/extract.html

Jane Thomas email: jane@jbshealthmart.com

Leyden House http://www.leydenhouse.com/

My health food store's website www.jbshealthmart.com

Reflexology research and information http://www.reflexology-research.com/

Sense of Smell Institute located at http://www.senseofsmell.org/smell-library.php (To download their PDF, “Living Well with the Sense of Smell,” click here:
http://www.senseofsmell.org/pdf/LivingWell.pdf)
Formulae

Deb's Relaxation Blend (for use with an inhaler or application of choice)

2 Drops Peppermint *Mentha piperita* – analgesic, antispasmodic, anti-inflammatory
10 Drops Roman Chamomile *Chamaemelum nobile* - sedating, calming, anti-inflammatory, antispasmodic
6 Drops Bergamot *Citrus aurantium* var *bergamia* - helps with stress, indigestion, depression, infection, insomnia, anxiety, nervous tension
3 Drops Juniper *Juniperus communis* – antispasmodic, anti-anxiety, when used as an inhalant it balances emotions
2 Drops Frankincense *Boswellia carterii* - stimulates immune system, anti-depressant, stimulates limbic system of brain…
1 Drop Sandalwood *Santalum album* - stimulates emotions, releases melatonin (a hormone released by the pineal gland in the brain – regulated by light), antioxidant, supports nerves and circulation, helps assuage muscle spasms

Blend the oils together on a small glass or ceramic saucer in order given. Allow the wick to fully absorb the oils for at least a minute or longer. Use a tweezers or the end of a paper clip to transfer the wick into the inhaler. Cap tightly and seal. Create a label with instructions After a 7-day break, continue for another 4 weeks. (The inhaler efficacy can last for 6-12 months if tightly capped. Juniper and sandalwood can have nephrotoxic effects during prolonged usage.

How to pamper your feet:

Gather your materials before you begin. (Mise en place!)

You will need: Thirsty Terry Towels, Epsom salts or bath salt blend, essential oils, pumice stone, nail brush, tooth brush, foot scrub (formula below), and foot lotion of choice such as Tropicin or Derma e Intensive Foot Therapy or best yet, make your own.

Soak your feet in a foot bath tub using 1 cup of bath salts (high in magnesium and minerals - helpful for aches, pains, and jittery nerves) and comfortably warm water - to which you add 8 drops of chosen essential oil – good choices would be rosemary, peppermint (anti-itch), eucalyptus, orange, clary sage, lavender, or cedarwood, which is excellent for circulation. Soak the feet for 5-15 minutes, no longer. Caution: not recommended for diabetics. If you find the Epsom salts are too draining, use sea salt and baking soda.
Use a foot brush to scrub the foot including the heels, balls of the foot and toe nails. The toothbrush is handy to gently scrub any debris or loose skin lurking between the toes. Finally, use your pumice stone to smooth any rough spots especially on the heels. Rinse feet.

Towel dry your feet including between toes. Use about a tablespoon of cornmeal foot scrub per foot. (Formula is included below.) Work the scrub on the dorsum and plantar surfaces of the foot and work up the ankle. Use soothing circular motions – this is stimulating to your nerve endings and helpful with blood flow. After 3 minutes on one foot, return it to the water and repeat on the other foot. Rinse off both feet well. Pat Dry. Use a towel to dry between toes with a sawing motion or even a blow dryer.

Complete your treatment by massaging a luxurious essential oil scented emollient cream all over your feet and ankles. Rub continuously until all of the cream is absorbed. Relax for the remainder of the evening or retire to bed and enjoy a wonderful night’s sleep.

A great finish to this treatment is a piping hot cup of herbal tea infused with a kiss of raw buckwheat honey and wedge of citrus.

**Jane's Bath Salt Formula:**
Mix together 1 cup Epsom salts, 1 cup Celtic grey salt and 1 cup baking soda. You can also add 1T of powdered mustard if you have a cold or flu. Make large batches and store in an air tight container or zip bags.

Soak several times a week. Add 1 cup salt blend to a foot or hand bath. Just before dunking those tired dogs add 4-6 drops of essential oil, and if you're doing this at home, light some candles and listen to some soft music or read something inspirational and just relax. Soak for 5-15 minutes, no longer or the toxins extracted will be reabsorbed into your body.

Diabetics should be cautious about soaking their feet which softens the skin making it susceptible to being cut or torn. Check with your doctor.

Foot Notes: Your foot health is a window to you overall health and well being. Please take good care of you feet because they must “carry” you through the rest of your life. Use this simple foot care routine at least once per week. Teach it to your kids. Offer it to your grandmother. Keep a foot care brush and pumice stone in the shower and use it daily to clean tops, bottoms, and all sides of you feet and ankles. Very quickly, you will notice that your feet look healthier with fewer cracks and calluses. As your foot health improves, so does overall health. This is why it is so important to have a “good understanding.”

*It isn't practice that makes perfect; it's perfect practice that makes a practice perfect.*

-Dwight C. Byers
These are some books that you may find useful in your practice:


---

Some testimonials from my clients about reflexology:

“I heard of reflexology but had never tried it before. I made an appointment and it was the BEST thing I ever did! I now have reflexology every other week. After each session, I feel FABULOUS! Any aches and pains that I might have when I walk in the door are gone when I leave. I’d definitely recommend if you are having specific issues, or even if you aren’t…it’ll make you feel like a million dollars.”

Heather B, West Plains, MO

“Reflexology has been so beneficial to me. The toes on my right foot have been numb and felt stiff as a result of spinal compression. After the very first session, I felt a change in the condition and have enjoyed greater comfort and flexibility in my toes after each subsequent session. These sessions are relaxing and make me feel so “pampered” and the comfort and well-being are not felt exclusively in my toes but seem to spread throughout my entire body.”

Laura S, West Plains, MO

“I just wanted you to know that I went for my yearly eye check up and my eye pressure went down from 19 each eye to 17 & 18. Very good news for me. I believe that the reflexology has been the only new thing I have done this year.” Thanks, Paula.
Reflexology has improved the circulation in my feet and legs. Neuropathy had caused numbness and stabbing pain that hindered sleep. I am very thankful that I rarely have any stabbing pain now, and the numbness is less than half of what I’d had before reflexology.”

Barbara S., Birch Tree, MO

“When I lived in Iowa, I got hooked on reflexology. I was so happy to have found Jane. After one visit I noticed that I am getting the same benefits as I did in Iowa. No more menstrual cramps and no more irritable bowels. It is awesome. When my feet are happy, I’m HAPPY!”

Marci F., Thayer, MO

“I am a nurse who worked 12 hour shifts at the hospital. When I got home in the morning, my feet hurt so bad I could barely stand on them. I was a nurse for 25 years and worked a lot of overtime. My poor feet have taken a lot of abuse over the years on tile floors. When I saw in the paper that there was a Reflexologist in West Plains, I made an appointment. It was the best money I ever spent. She is worth every penny. Jane is fantastic and my feet never felt so good. I had been walking with a limp because of a bad sprain I had at age 15. After the reflexology session, I no longer walk with a limp. It is so great to be able to walk and not have to shift my weight to my right side because my ankle hurts. I now walk every day without limping. I am eternally grateful to Jane for this privilege to walk normally.”

Linda R., RN, West Plains, MO

“I think Western medicine tends to cover up the problem with health issues. The medication is meant to keep people on it and not to fix the problem. In my experience, you have to give complementary medicine a fair length of time; it does not work overnight. So, I decided to give reflexology a try and persevered for three months. I’ve had issues with bursitis, sinus, and constipation. These problems have been alleviated or diminished greatly. Reflexology is relaxing, reduces pain, rejuvenates tired feet and improves blood flow. I’m feeling like a new woman. I’m so grateful reflexology is available in our area.”

Sherri B., Koshkonong, MO

“I am a college athlete and last season I broke my foot twice. I came home from college in May and spent the whole month in a cast. After the cast was removed, I had a large knot on the top of my foot and was told that there was nothing that they could do about the knot or the pain that I was experiencing. As all college athletes know, you prepare for the next season during the summer. I was barely able to walk, much less run. The pain was so severe that I was taking large amounts of over the counter pain medications. Needless to say my condition looked very grim. Approximately two months ago I came into JB’s Health Mart and told Jane my situation. She suggested a supplement and began Reflexology on my foot. After the first treatment the knot on my foot began to shrink and the pain was less severe. In the weeks that followed, my knot totally disappeared and I didn’t have any pain. I am a firm believer that Reflexology works. I would tell anyone that Reflexology gets results.”

Johna W., West Plains, MO

Jane A. Thomas ©2012
Jane and her husband Dan own JB's Health Mart in West Plains, Missouri, a health food store in the Missouri Ozarks that was recently awarded the Rising Star of Entrepreneurship award. Jane is the author of the e-book Smoothies for Health and edits JB's Health Mart's newsletter. Her lifelong passion for holistic health has led her to being an enthusiastic ambassador for wellness. Jane is a current student in the American College of Healthcare Sciences working toward her Associate of Applied Science in Complementary Alternative Medicine degree. Jane is also a Certified Ingham Reflexologist and a lifetime Certified member of the International Institute of Reflexology, St. Petersburg, Florida. In addition, she is a member of the Alliance of International Aromatherapists, www.aia.org for which she recently presented a national teleconference. She loves sharing tips on getting and staying well with her clients and customers.

Disclaimer: This information has not been reviewed by the FDA. The materials contained herein are intended for educational purposes only and are not meant to diagnose, treat, prescribe, or cure any condition. If you have medical concerns, please discuss this with a licensed practitioner. We just aim to please!