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Reflexology can help 'the weekend warrior'

The "weekend warrior" is a common client type to turn up in a reflexology practice for sports injuries, muscle strains from home improvement projects, or just physical fatigue from an unordinary amount of work.

Often, ones much-loved hobby(s) can cause them a great deal of back, neck, shoulder, arm and leg pain. Reflexology is extremely effective for any type of pain, whatever its origin.

When the corresponding areas of the feet or the hands are treated with the right amount of pressure, the results are truly amazing. Nerve flow to the area of the back, neck, or shoulders causing the pain is improved and, over several sessions can even be optimized. The same goes for the blood and the lymph, which flows to the problem areas of the body.

With reflexology treatments, increased circulation and lymphatic action revitalize the muscles and remove lactic acid. Less muscle stiffness due to increased elimination of lactic acid, improves recovery time.

You are less likely to suffer soft tissue sprains, strains, tears, and ruptures as a result of less muscle fatigue. Inflammation and pain, sprains, strains and injury may be reduced quicker with less need for medication as reflexology accelerates the body's own healing process



Reflexology can be added to a bi-weekly or monthly routine to maintain endurance and flexibility as well as to cope from the body-strain.

The Golden Rule of Reflexology is that the closer together the sessions are in the beginning, the faster the recovery. Often, after a few weeks of intensive treatments, a patient will experience great improvement in the health of their overall body.

Reflexology relaxes, detoxifies, and revitalizes the body. Treatments are safe, calming and unobtrusive.

*Submitted by: Judy Longstreet of
Georgetown
Specializing In Reflexology
since 1995*

Dr. Brian Clement returns to Georgetown to speak at Health and Wellness Fair

Halton Hills' first Health and Wellness Fair of 2014 is set for Saturday, Jan. 25 at the Gellert Community Centre.

The event begins at 1:30 p.m. and continues until 5 p.m.

Don't miss this great opportunity to listen to a fantastic line-up of experts in health and wellness.

Dr. Brian Clement, Director of Hippocrates Health Institute in Florida, world renown and sought-out expert as well as author of seven wellness books will answer all your health-related questions to help you stay on track with your New Year's resolutions or help you overcome challenges.

As well as Dr. Marianne Switchuk, an expert on hormone balancing and bio-identical hormone therapy, will be speaking and answering questions.

Lari Laurikkala is a chef and health

food expert from Helsinki, Finland who dedicates all his time to talk and teach about health, natural foods, and herbalism. Laurikkala travels the world, sourcing the best health food products from each continent and bringing



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his knowledge to the public. He will be speaking on medicinal mushrooms and adaptogenic herbs.

There will be more than 20 vendors including fitness experts, yoga teachers, organic clothing, natural creams, lotions water experts, protein powders and supplements, cosmetics, herbal dentistry, lots of healthy food plus a whole lot more.

Tickets are \$10 and can be purchased at either healthnut café location, 71 Main St. in Georgetown or 20 Martin St. in Milton. For more information contact Susan, 905-965-3246.