

Are you stressed? Take a time out with a reflexology session

By Cynthia Gamble
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We live in a stressful world— at least I do.

According to Statistics Canada, nearly a quarter of all Canadians over the age of 15 reported in 2013 they were “quite a bit” or “extremely” stressful. And what’s more worrying— no pun

intended— is that stress can lead to health issues such as heart disease, stroke and diabetes. It’s no wonder it’s often referred to as the ‘silent killer.’

One of the key recommendations by many health agencies such as the Heart and Stroke Foundation and Canadian Mental Health Association to alleviate stress, is to carve a little time out just for yourself.

It’s not often we take time out of our busy lives for ourselves— guilt, worry and anxiety often accompanies that time.

But recently one afternoon I spent an hour in Georgetown clinic of holistic practitioner Judy Longstreet.

Using the healing practice of reflexology, Longstreet employed a methodical massage of my hands and feet, and in doing so provided an anxiety-free relaxation session. It’s based on the principle that there are mapped reflexes within our hands and feet that correspond to every organ and gland in the body via 10 energy meridians that travel throughout the body. By massaging those points in the feet and hands, it will be reflected in the rest of the body— yes, you can actually feel it throughout your body.

Celebrating her 20th year in business, Longstreet now offers several various holistic healing techniques, in addition to reflexology. They include: herbal therapy, raindrop therapy, relaxation massage, therapeutic touch, Indian Head massage, ear candling and hot stone massage.

“I have a passion for it,” said Longstreet, adding that it began as a lifestyle and progressed from there. “I treat people from the age of three to 93, and it gives me so much gratification

knowing that I can offer a place of sanctuary and reprieve and offering these people relief and relaxation because ultimately we’re a very stressed-out society.”



JUDY LONGSTREET

The hour-long quiet session allows people to go “to their happy place, their zen” to allow complete relaxation.

Longstreet says she puts her heart and soul into her sessions, genuinely wanting to help people— I can attest to that— and that’s why she’s been so successful at what she does. She is also adamant about providing her clients with self-care tips such as stretching, restructuring their diet or a particular massage that could help between sessions.

“Over the past 22 years, I have studied under reputable schools in Canada and have expanded my repertoire of services extensively,” said Longstreet. “I continue to further my education and explore new modalities and techniques for the benefit of my clients. I am proud to be able to serve this community with the diverse services that I provide and I look forward to many more years of continued success.”

To contact Longstreet about her services, call 905-702-7846 or email jl.longstreet@hotmail.com. She also has a Facebook page.



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