

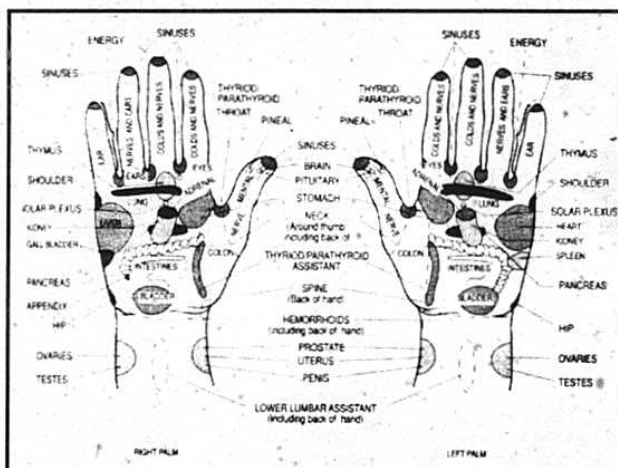
Use your 'reflexes' to ease common pains

BY SHANA NOE

In a culture like today's, hardly anything is considered "radical" anymore. People seem more apt to try anything in order to gain just a few moments' peace. Acupuncture, though it supposedly heals ailments, must be done by a professional. Yoga, although relaxing, must be performed in a non-disruptive environment. Both techniques are said to provide one with a calming, relaxing effect, but they can't be used just anywhere. That's where a new form of therapy comes in: Body Reflexology

Reflexology has been around for thousands of years. Used by the ancient Egyptians, Chinese and Indians, it uses the body's reflex, or pressure, points to alleviate pain and prevent illness. Sometimes being as simple as rubbing the muscle below your thumb, reflexology can be used anywhere, even while sitting in class.

Being divided into ten vertical zones, the body's reflex points all correspond with another part of the body, usually located nearby. Two



exceptions to the rule are the hands and feet, which are connected to every part of the body. By applying pressure to certain points, you can "cure" pain. Using your middle finger, which is said to have the greatest energy flow, you press on the area for seven seconds and then

release. You may repeat as many times as you need to for the ailment to ease.

Experts say that reflexology can also help save your life, in the sense that you can prevent major health problems. If you're practicing reflexology and you come across

tender spots, it means that there is a problem somewhere in that vertical zone you probably don't know about. By rubbing this spot, again using your middle finger, you can stop a health risk before it occurs. The energy flow is supposed to assist in loosening congestions.

Although reflexology seems a little on the "not so normal" side, it seems to be growing in popularity. It's cheap, easy, and you can put it to use anywhere, whether it be at the office or in the middle of

Reflexology Quick Tips

The next time you're sitting in class and a sudden headache comes along, don't bother the nurse for a Tylenol. Use these quick tips to heal the pain!

Headache, cramps- Using your right thumb, work the area between your index finger and thumb on your left hand for a few minutes.



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Jerry J. Cox
John E. Clontz
Jerry Fish

Of Counsel:
Carl R. Clontz

P.O. Box 1350
115 Richmond
Street
Mt. Vernon, KY
40456

Phone: (606) 256-5111 Toll Free: 1-800-572-1143 Facsimile: (606) 256-2036