



Foot Reflexology with Deborah Wood of "Wood Haven Healing"

**Now available on Tuesdays between 9:00am ~ 4:00pm at
the office of Jenene Bowman**

**Please call Deborah @ 449-4892 to schedule your
appointment. \$30.00**

The underlying theory behind reflexology is that there are "reflex" areas on the feet that correspond to specific organs, glands, and other parts of the body. For example:

- the tips of the toes reflect the head
- the heart and chest are around the ball of the foot
- the liver, pancreas and kidney are in the arch of the foot
- low back and intestines are towards the heel

Practitioners believe that applying pressure to these reflex areas can promote health in the corresponding organs and nervous system through energetic pathways.

Reflexology is a popular alternative therapy. It promotes relaxation, improves circulation, reduces pain, soothes tired feet, and encourages overall healing.

Visit Deborah's website @ www.woodhavenhealing@aol.com