

Is there a beach calling your name ?

If you can't make it to the beach, try Reflexology!

Web Sites to check out:

The Association of Reflexology
(AoR), United Kingdom

This is a British web site telling the stories of Reflexology in Britain and how doctors are hiring Reflexologists to give treatments to patients, which "saves money on drugs."

<http://www.reflexology.org>

"Reflexology History Chronicled in
Media" by Barbara and Kevin Kunz

Kunz and Kunz give a rundown on the famous people who used reflexology from Prince Charles and Diana to Muhammed Ali. Regis Philbin is mentioned as well.

<http://www.reflexology-research.com/media.htm>

✓ *Reflexology relieves stress*

✓ *Improves circulation*

✓ *Returns the body to homeostasis*

