

# The Foot Beat

## Reflexology Brief

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### Stress and Illness

Stress-related illness is infiltrating our lives. We often think we are just too busy to relax, but then we feel the aches, pains, and cramping in our hands, feet, and legs. We know something is wrong, but we can't seem to take time to figure out how to correct it.

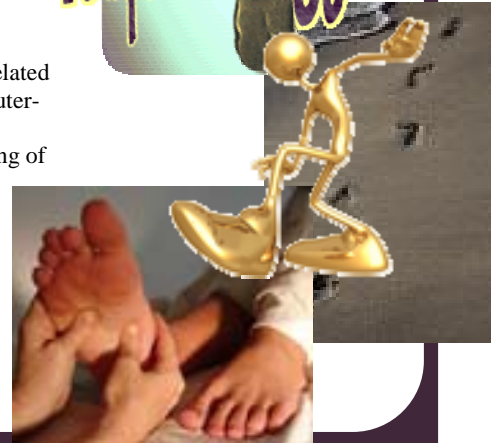
What do you do? Take some time for yourself? How? When? The problem is that we don't even think we deserve that time, and if we do think we deserve it, when we find time to take it; we may enjoy an unhealthy guilt trip over it. So, how do we get ourselves to take the time we need and give ourselves a moment to relax?

You guessed my answer: getting a foot treatment is a start.

Carpal Tunnel Syndrome can be a stress-related illness that develops due to hours of computer-related activities. Most physicians suggest, "Don't Squeeze, Do Stretch." The squeezing of hand grips or squeeze balls may be stress relievers, but aggravate the muscles and ligaments in the hands. Stretching is a good way to open the carpals of the hands, which is very similar to the actions of a hand treatment in reflexology. So, relax. Sit back and enjoy the relief of stretching.

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