

experienced what is called a “healing crisis” with this technique. A recurrence of an old illness or pain of an old ailment may return to “haunt” them. It causes extreme or mild discomfort for a couple of days, at the most, and then disappears.

DHEA and Implications for Healing

Another study that intrigues the practitioner is taking the country by storm in some cases. However, many of us remain unaware of it. Recent articles in the journal, *General Psychiatry*, suggest that a

Web Sites to check out:

www.reflexologyworld.com

This is the site for the journal: *Reflexology World*.

www.relexology-usa.org

Reflexology Association of America

<http://reflexology4health.com/reflex.htm>

Background, history, and definitions of Reflexology.

<http://www.ceri.com/dhea.htm>

Recent articles in *General Psychiatry* suggest that DHEA can relieve depression.

substance called DHEA (a hormone secreted from the adrenal gland) might help those who suffer from depression.

**Back to School?
Return of stress hitting you hard?
TRY Reflexology!**

Since this is a natural substance the body secretes from the adrenal gland, it makes sense that stimulating the adrenal reflex would improve the levels of DHEA in the body and give improved feelings of “well-being” while lowering

body fat. Could it be as effective as paying for supplements for the rest of your life?

If your adrenals are not functioning well or you are interested in discovering the relevance of Reflexology treatments to DHEA levels in the adrenal gland, please contact me!

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- ✓ *Relieves stress*
- ✓ *Improves circulation*
- ✓ *Returns the body to homeostasis*

