

The Gift

Where the focus is on you!



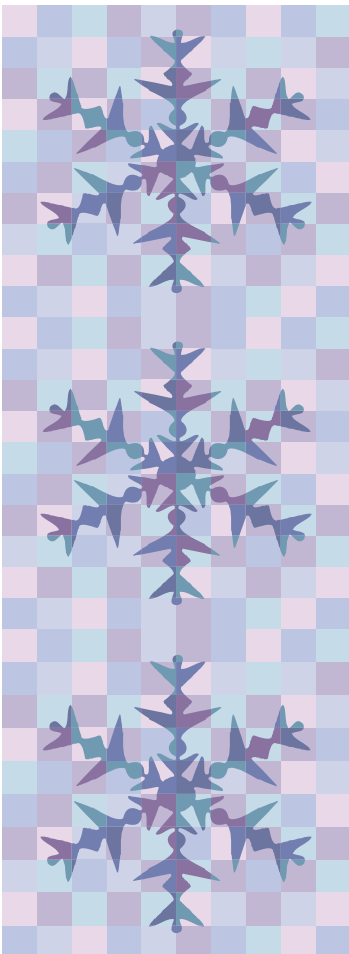
*Gift of Touch of Fitness
Personal Training*

THE GIFT OF MASSAGE

The Benefits of Reflexology Massage Therapy

GIFT CERTIFICATES
JANUARY SPECIAL

PURCHASE 5
AND RECEIVE \$5 OFF
30 MINUTE MASSAGES
OR \$10 OFF



This time of year it's typical to feel run down with a cough, runny nose and even the occasional itchy eyes during cold and flu season. There are many preventative approaches for these systems. However, have you tried reflexology? What is Reflexology, you ask? Well, it's a non-invasive therapeutic massage, which can be applied to your feet, hands, and ears. These areas contain pressure points known as reflexes that correspond to your organs, glands and body parts which influence the well being of the entire body. This relaxing techniques uses compression movements that are applied mostly by the fingertips helps restore balance to the body and therefore encourages optimum well being.

Some of the most well documented benefits include:

- Strengthens the immune system – reflexology can bring the liver, spleen, and lymph systems into balance and therefore help the body ward off illness.
- Increases energy- if you are feeling sluggish, reflexology can act as a pick me up. It helps to unlock any restrictions in the body, which allows energy to move freely.
- Healthy skin, hair and

nails – because reflexology is effective at increasing circulation, it helps remove toxins and disperses nutrition throughout the body. It can also help regulate hormones. This promotes glowing skin free of impurities, strong nails and hair.

Provide pain relief – reflexology can bring relief from many different types of pain like; back ache, nerve pain, cramps, toothaches, and menstrual cramps.

The most common conditions that benefit from reflexology massage include:

- Stress – when we are stressed we tense our muscles causing pain, headaches and sleep difficulties. Reflexology can ease taut muscles because it frees nerve supply from constriction. When pressure is applied to the solar plexus on the foot it aids relaxation and reduces tension.
- Digestive difficulties – by working the stomach, intestines, liver, pancreas, colon and gall bladder point's reflexology can aid digestion and assist with problems like irritable bowel and constipation.



• Respiratory problems – reflexology can aid in the removal of mucus, bring relief from cold and flue symptoms and reduce the incidence of asthma attacks. High blood pressure – reflexology can help lower blood pressure when the heart area, kidneys, adrenal glands, solar plexus, diaphragm, lungs and chest are all stimulated to work effectively. Many people have been treated in as little as 3 treatments, and their testimonials are: they have overall better health, fewer colds, and illnesses do to the regular ongoing reflexology treatments. Many people are grateful for the stress relief that lasts for days, after only one treatment. Go ahead and make a life changing decision, call me today to schedule your calming, therapeutic treatment today.

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Massage Therapy—Craniosacral
Therapy - MAT—Pregnancy
Massage—CORE Work—Reflexology

We're on the web!
www.thegiftoftouchkc.com



Gluten-Free Recipes

Super Easy Taco Soup

Ingredients:

- 2 lbs. lean ground beef
 - 1 envelope taco seasoning (I used McCormick)
 - 1 ½ cps water
 - 1 can Hy-Vee chili beans
 - 1 can Hy-vee pinto beans
 - 1 can whole kernel corn, drained
 - 1 (14.5 oz) can Hy-Vee stewed tomatoes
 - 1 (14.5 oz) can Hy-Vee diced tomatoes with green chilies
 - 1 envelop Hidden Valley ranch seasoning, optional*
- Optional ingredients: cheese, Hy-Vee light sour cream, Health Market corn tortilla chips



Directions:

- Brown beef and drain grease. Add taco seasoning, mix well.
Combine all ingredients in large stock pot. Simmer uncovered 15 minutes or until heated through. Stir occasionally.
Garnish with light sour cream, cheese, and Health Market corn chips if desired