

HUMAN PERFORMANCE CENTRE

Could Reflexology be the answer? Christina Can Help!

How Much Do You Know About Your Feet?!

LOW BACKACHE,
HEADACHES, or
INDIGESTION?

These are a few symptoms that can often be traced to foot problems!

The average person throughout their lifetime walks about 160 000 kms ... That's like you walking around the earth 4 times!

6 ½ kms a day you rely solely on your feet! With each step you can exert pressure on your feet that exceeds your bodyweight, and when you run it can be 3 to 4 times that ... it all adds up to a force of over 500 tons per day! ...With certain sports the exerted force on your feet can go up to

more than 7 times your bodyweight!

FUN FOOT FACTS:

- standing in one spot for a length of time is more tiring than walking
- your Achilles Tendon is the strongest tendon in your body, and is attached to your heel
- skin on your feet is thicker than anywhere else on your body
- corns & calluses are caused by friction and pressure from skin rubbing against your shoe
- ever wonder why your feet smell ... our feet have 250 000 sweat

glands, and sweat about ½ pint per day

- we have over 7000 nerve endings in each foot, that's more nerve endings per square centimeter in one foot than anywhere else in our body

Ever wondered or heard about Foot Reflexology, and how it may benefit you?

Our feet have pressure points that correspond to specific organs, muscles and tissues throughout our entire body that are linked by way of nerve endings (remember 1 foot has 7000 nerve endings)

When these nerve endings are stimulated correctly, they send messages through a pathway to our nervous system in our brain, and our

brain responds by sending messages back.

When our pathways are blocked due to an injury, stress, illness, inactivity or overactivity the messages remain stagnant and our body cannot reach its full potential.

Reflexology treats the body as a whole unit by way our endocrine system (hormones) to stimulate homeostasis; at this stage our pathways are free flowing opening our body to balance.

Still wondering about how foot problems can cause low backache, headaches, and indigestion?

Schedule a Reflexology Massage and I would be happy to address your concerns and provide you with tips for improvement following a full

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assessment and treatment to your feet and lower legs.

Remember your feet are your foundation for your overall health and wellbeing.

Healthy Feet Healthy Body

Reviews:

Apprehensive, don't like people touching my feet, first 5 min somewhat uncomfortable. Christina was excellent at guiding me through each area of my foot and its representation in my body. I did notice some discomfort and how it's your body telling you what need to work on. The treatment was beneficial for me because it opened my eyes to some problem areas I have with my body because of my profession. Christina recommended some great exercises to help reduce pain in my legs. **Jackie: LPN**

So relaxing, very soothing. I am going through menopause and struggling with sleeping. I'm awake most of the night. After my treatment I sleep through the night, felt so rested and had more energy. I absolutely would recommend this treatment and found it very beneficial to me.

Sheri: Physio Assistant / Receptionist

Almost fell asleep, very relaxing, helped the muscles in my feet and soothed my Plantar Fascitis.

Linda: Retired

I stand a lot, run/walk a lot, garden a lot, Salsa dance, so basically on my feet a lot. The treatment was both informative and relaxing. Christina really likes to get to the reason "why" certain aspects of your feet are the

way they are. For instance, it was recommended that I move and bend my toes daily, which in the past never really crossed my mind. Exercise my toes, I love to have my feet massaged, so getting helpful information was an added bonus. My toes were a bit achy the next day following the treatment. ...kind of like my toes had finished a mini marathon and were tired... Now when I stretch my toes, they do not hurt. I guess I should have been exercising my toes years ago. **Carla: Retired Elementary Teacher**

Very relaxing, enjoyable, no change in my feet as there was no problem with them, just the relaxing feeling was beneficial, I would absolutely book another session. **Sean: Electrician**

A good feeling of wellbeing & helped relieve a painful toe.

Helena: Travel Agent



Christina Randell RMT, Christina is a Registered Massage Therapist at the Human Performance Centre located in the outskirts of Grand Bay-Westfield. You can contact her at 738-8299.



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