

foot fetish

WE WALK YOU THROUGH ALL THE TIPS AND TRICKS YOU NEED TO TAKE CARE OF YOUR FEET.

flex time

If you can pull your feet up to your mouth, you should kiss them. Not only do they take a beating as we run through life, but they hold the keys to self-healing, says **Laura Norman**, a leading reflexologist, author and instructor based in Delray Beach and New York City.

There are nearly 15,000 nerves in the feet, which may explain, once and for all, why stubbing a toe hurts so much. But the point of reflexology is that soothing these nerves can help the entire body relax.

"[It's] the key to better health," says Norman. "When we relax, everything in the body can function at a more optimal level."

Reflexology can also treat specific areas of the body by targeting different parts of the foot. Got a headache? Massage your big toes. Really. Nerves in big toes are linked to the brain, among other things. Stimulating those nerves can help improve circulation and increase the flow of blood and oxygen to the brain—a process that can help relieve headaches.

Still skeptical? Just ask Regis Philbin. About 10 years ago, the talk-show host had a kidney stone and was readying for a major surgery.

"The stone, the doctor said, was very large and irregularly shaped," Norman says. "So the only solution was to do this major surgery to

remove it. ... He was just screaming in pain."

Philbin remembered how Norman had once treated him with reflexology on "Live with Regis and Kathy Lee," and he asked her to help him relax before surgery. After a reflexology session with Norman, Philbin finally fell asleep. When nurses came in to prepare him for surgery the next morning, they discovered that the kidney stone had dissolved.

For more information, call 561/272-1220.



REFLEXOLOGY TO GO

Take the healing touch home with Norman's reflexology book, *Feet First: A Guide to Foot Reflexology*, now in its 21st printing. This guide outlines everyday techniques you can use to incorporate reflexology into your life. Whether you're trying to enhance a romantic relationship, manage pain or prevent illness, you'll learn how to do it in *Feet First*, available at lauranorman.com.



SOLE SEARCHING

Think of your feet as a miniature map of your body. With that in mind, look at the illustration above to find some of the key areas you need to target. One of the easiest massage methods is thumb-walking. While holding your ankle with one hand, use the outer edge of the thumb on your free hand to apply pressure, with the thumb slightly bent, to one point. Then move the thumb forward slightly and repeat, slowly moving around the target area.

- 1 Sides of neck, release tension
- 2 Chest/lungs, improve breathing
- 3 Liver, detoxify blood
- 4 Kidneys, facilitate elimination of waste
- 5 Sinuses/inner ear, open sinus cavities
- 6 Heart, improve circulation
- 7 Shoulders, relax muscles
- 8 Stomach, encourage muscular activity
- 9 Small intestine, eliminate toxins

Source: *Feet First: A Guide to Foot Reflexology*