



## Pillow Talk

**T**his pillow, designed by New York-based reflexologist Laura Norman, is not so much a rest for weary tootsies as an at-home guide for people seeking total body comfort through the 5,000-year-old art of reflexology. "Imagine the body reduced and superimposed on the feet," says Norman, who in addition to heading the Laura Norman Associates Reflexology Center is the author of "Feet First, A Guide To Reflexology." The foot "map" corresponds to the organs, glands, bones and nerves of the body, suggesting that the right rub in the right place may relieve that nagging ache or pain.

With companies like Sideout of Palos Verdes, CA, and Birkenstock of Novato, CA, offering products with reflexology-based footbeds, and Rockport in Marlboro, MA, including reflexology in its foot care Web site, this holistic approach to well-being is a hot topic. Though Norman can't vouch for the authenticity of the shoes, and points out that reflexology is neither a tool for medical diagnosis nor cures, she says treatments relieve stress and tension, which are medically proven causes of many common illnesses. "I'm always looking for good products related to the feet," she offers. "I'd be very happy to find out about great shoes that I can refer to my clients." Retailers and suppliers may also want to return the favor by carrying a pillow/book as an eye-catching POP display, or tapping Norman herself, who often appears, pillow-in-hand, at promotional footwear events and is available for footwear consultations. Call 1-800-Feet First.