



NEWS RELEASE

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Local Events Part of Worldwide Effort to Relieve Stress

HEALTHY SOLES to introduce the health benefits of reflexology

Try Reflexology for Free! Events at Insight Wellness Center & Mustard Seed Sept. 20-24

(CLEVELAND, OH, Sept. 2, 2010) – Eastside reflexologists will bring the community together through **HEALTHY SOLES**, a series of events to celebrate World Reflexology Week at Insight Learning & Wellness Center, 25901 Emery Road, Suite 114, in Warrensville Heights, Ohio. Organized by the International Council of Reflexologists (ICR), events like these will be taking place worldwide to celebrate World Reflexology Week, raise awareness and spread good health through this healing art.

HEALTHY SOLES: Many Faces of Stress

The first local event takes place Monday, **Sept. 20 at 7:00 p.m.** “**Many Faces of Stress**” will feature Maebelle Mills Algee, ARCB and Terry Carine, IIR as they introduce the health benefits of reflexology and provide demonstrations. Members of ICR, Algee and Carine will discuss how reflexology can help relieve stress and specifically address the ways in which the practice has been documented to help cancer patients as well as those struggling with addictions. Algee is one of the only reflexologists in the area to be board certified by the American Reflexology Certification Board. Carine is certified by the International Institute of Reflexology.

Cheryl Apisdorf, MBA, Outreach Assistant of The Gathering Place, a cancer support center, will also speak as to how reflexology has become a commonly used healing therapy for cancer patients there. Reflexology treatments help to boost the immune system and promote internal healing. It is especially helpful to cancer patients undergoing chemotherapy as it relieves the symptoms of nausea and constipation. Reflexology does not pose any interaction risk with any other treatments or medicine.

Additionally, Marilyn Wise, LICDC, Director of ASTARA Holistic Addiction Recovery will also speak to illustrate how reflexology has helped her clients facing the challenge and stress of overcoming addiction. “Reflexology is a powerful tool in helping the body to detoxify,” said Algee. “This is extremely helpful for those suffering with all types of addictions.”

While at first glance Reflexology may seem like a foot massage, research has documented that the practice provides relief to a wide range of health conditions. Besides soothing tired feet, the practice is a great stress reliever, helps to relieve tension headaches, digestive disorders, arthritis, insomnia and back pain. As reflexology helps to balance mind, body and spirit, it provides calming effects and helps to stabilize emotions.

This event is free, but space is limited. To register, call 216.765.4470.

OTHER EVENTS PLANNED FOR WORLD REFLEXOLOGY WEEK

HEALTHY SOLES: Experience Reflexology – Free Demos at Mustard Seed Market
Tuesday, September 21 from 11:00 a.m. - 3:00 p.m.

Carine and Algee will provide mini reflexology sessions for the public at Mustard Seed Market, 6025 Kruse Drive in Solon. The sessions are free. Those interested in sampling reflexology just need to show up and sign up for a time slot.

HEALTHY SOLES: Reflexology for Parents and Caregivers

Thursday, September 23, 6:30 – 8:00 p.m. at Insight Wellness, 25901 Emery Road, Warrensville Hts.

This free event will demonstrate how reflexology can enhance the health and well-being of children and families. Reflexology helps to calm children, ease anxiety and sleeplessness. It can also help to relieve the symptoms of asthma, allergies and ease digestive symptoms in children (and adults). This event will present a special focus for those with special needs children, as the calming effects of reflexology help to diffuse hyperactivity and quiet the nervous system. Parents will learn the basics of how they can practice reflexology on their own children.

HEALTHY SOLES: Learn Reflexology for Your Own Good Health!

Friday, September 24, 7-9:00 p.m. at Insight Wellness, 25901 Emery Road, Warrensville Hts.

Anyone can learn the basic mechanics of reflexology and reap the health benefits! Algee, a board certified reflexology instructor, will provide an introductory class to share this wellness tool with the community.

Reflexology is a wonderful tool to learn to practice on your own feet and hands to ease anxiety, help the body detoxify and promote good health. **Class fee: \$30.00 per person or sign up two people for \$40.00. Register by calling 216.765.4470.**

WHAT IS REFLEXOLOGY?

Reflexology is a natural healing art based on the principle that there are reflexes in the feet and hands that correspond to an individual's organs and body systems. Through application of pressure on these reflex points in the hands and feet, reflexology relieves tension, improves circulation, helps the body to rid itself of toxins and encourages overall healing.

The pressure on these points can also cause physiological changes in the body that promote health in the corresponding organs through energetic pathways in the nervous system. The pressure sends signals that balance the nervous system and release endorphins that reduce pain and stress.

Algee and Carine provide reflexology services out of Insight Learning & Wellness Center. For more on these practitioners, please visit or www.insight-wellness.com. To schedule an appointment, call 216.765.4470. For more information on reflexology, see the ICR website: www.icr-reflexology.org.

About Insight Learning & Wellness Center

Insight Learning & Wellness Center, LLC, offers programs for both children and adults that include psychological counseling, innovative movement classes, self-improvement courses and a wide range of wellness services such as reiki, acupuncture, reflexology and therapeutic massage. The licensed professionals at Insight incorporate conventional and holistic services to nurture better health. The goal is to offer multiple opportunities to increase happiness, peace, self esteem, self control, concentration and good health. The center offers programming for special needs children and adults including Tae Kwon Do classes, social skills groups, nutritional consultation, ADHD support groups and camps for children. For more information, go to www.insight-wellness.com.

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