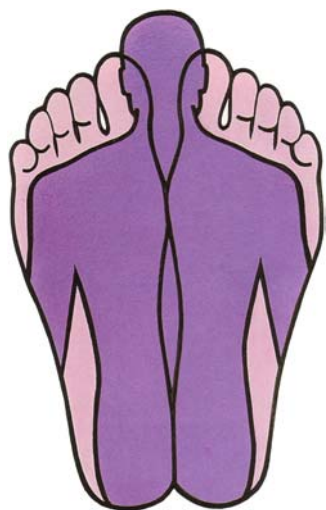


### What is Reflexology?

Reflexology is a specific touch technique of applying pressure with the thumbs and fingers to reflex points on the feet and hands.

### What can Reflexology do for you?

This complementary modality creates a physiological change, by improving circulation and reducing body stress.



**The foot is a map of the body**

### **A Footnote from MCR**

We're all searching for ways of staying well, not just getting better We believe holistic health care can involve many modalities such as good nutrition, exercise, spinal alignments, massage and reflexology.

Reflexology does not claim to be a "cure" but our clients have experienced relief of symptoms for many common disorders.

Following are comments from some of these clients.

**"Reflexology helps reduce my body stress and the pain in my shoulder!"**

**A.G., Corporate Manager**

**" I received my 1/2 hour session...as a gift at my workplace. As a nurse for the past 38 years, I have spent a lot of time on my feet...I actually felt as if I had new feet and continued to feel that way for several days along with feeling very relaxed and sleeping very well."**

**E. D., Registered Nurse**

### **Maine Council of Reflexologists**

**P.O. Box 5583  
Augusta, Maine, 04332-5583**

**E-Mail:  
info@mcronline.org**



## ***Reflexology***

*Promoting Health,  
Balance  
and Wellness for  
Today's World*

**2010  
Fall Edition**

[www.reflexologyofmaine.org](http://www.reflexologyofmaine.org)

**Established in 1991**

**Why not help balance your health through an appointment with a  
local Certified Reflexologist from your area?**

**The Maine Council of Reflexologists**

**is a non-profit organization bringing awareness to the public about this complimentary modality of nurturing your feet and hands to better your health.**

**MCR:**

- ◆ **Promotes public awareness of reflexology.**
- ◆ **Provides a forum for the sharing of information through speaking engagements to community groups.**
- ◆ **Maintains a strong voice for the reflexology profession in the state of Maine.**
- ◆ **Provides networking throughout the state, country and world.**
- ◆ **Holds general membership meetings 3 times annually.**
- ◆ **Provides ARCB (American Reflexology Certification Board) approved continuing education for our members and associates through workshops and lectures.**

**We are members of the  
Reflexology Association of America and  
International Council of Reflexologists**

**MCR Officers**

**President:** Alina Blakesly, Boothbay Harbor

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***JOIN US!***

Annual dues are \$40 for MCR or \$115 for MCR and RAA (Reflexology Association of America) membership. Please e-mail to request more information and an application.

**[www.reflexologyofmaine.org](http://www.reflexologyofmaine.org)**

*\*Denotes a member who is  
Nationally certified through the  
American Reflexology  
Certification Board*