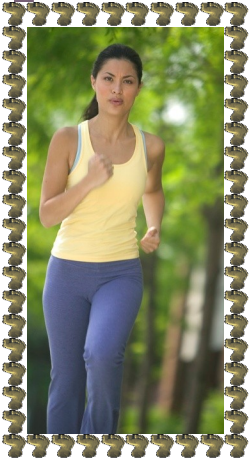


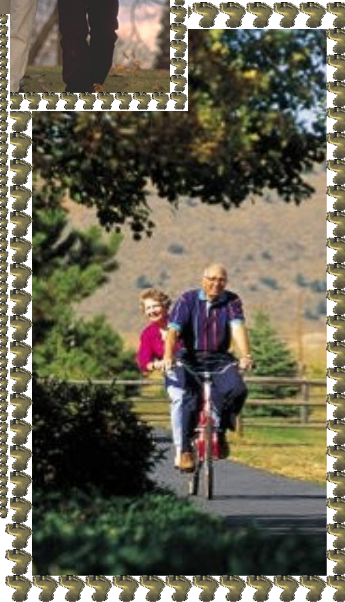
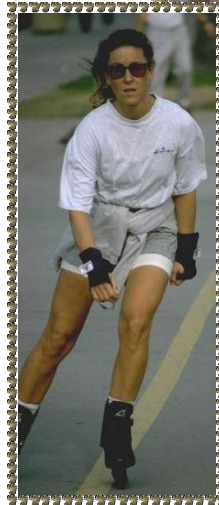
Get moving again!

Has it been a long time since you felt like playing? Are you worn out and unable to sleep at night? Imagine feeling like you have the energy to shop and "not drop"! It is possible to feel well, look your best, and even feel like moving your body!



Stress, depression, aging, and the ill effects of not eating well can zap your energy. With Reflexology treatments you can begin to feel relaxed and benefit from treating yourself to a technique to revitalize the inner you.

If you have been diagnosed with an illness such as diabetes or fibromyalgia that depletes your energy and wears you down, you may benefit from "foot treatments" as well. You deserve to feel better. Improve your circulation and enjoy the benefits of your own body's ability to improve your health.



Applicable Donations:

Foot /Hand Treatment: \$30.00 (1 hour)

Foot Treatment Only: \$25.00 (3/4 hour)

Hand Treatment Only: \$10.00 (1/4 hour)

Gift coupons available upon request.

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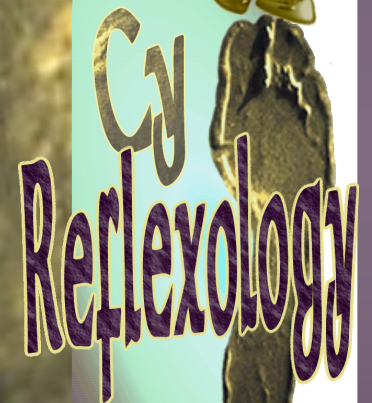
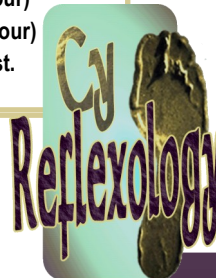
Connie Young

For location and directions call or write:

Phone: 402-699-2527

Email: info@cyreflexology.com

Web Site: www.cyreflexology.com

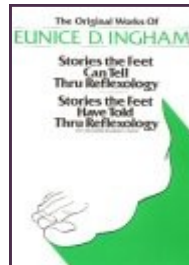


See why you need Reflexology!

What is Reflexology?

Reflexology is a science, which deals with the principle that there are reflexes in the feet relative to each and every organ and all parts of the body. Stimulating these reflexes properly can help many health problems in a natural way, just like preventive maintenance.

—Eunice Ingham



Eunice Ingham's book available at Amazon.com

Reflexology Around the World

Besides the USA, the United Kingdom, Canada and Australia are countries embracing Reflexology. Research is encouraged and studies are showing the benefits of Reflexology for health and wellness.

Training/Goals:

Hong Kong (Asian Method) experiential training.

International Institute of Reflexology (IIR): over 1000 hours of training seminars, study, and treatments.

Goals: In 2007: Enroll online at the Universal College of Reflexology in Edmonton, Alberta, to study and obtain certification. **In 2008:** Obtain national certification in Reflexology.

By 2010: Establish a free clinic. (Donations will be welcomed.) A free clinic would allow diabetics and fibromyalgia clients the ability to receive needed treatments two to three times per week.

Expect . . .

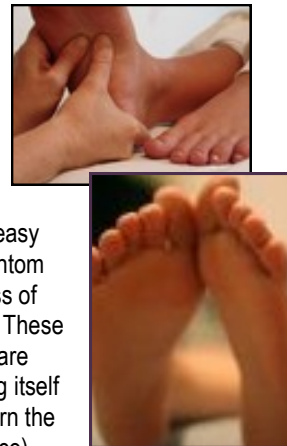
A treatment that is focused on you. Reflexology treatments vary with the Reflexologist who treats you. My treatments start with a warm foot bath for five to ten minutes. Next, you will lay back in a reclining chair designed to position your feet up while the practitioner works on the reflexes of your feet. Some reflexes may cause pain if there is congestion in the foot. The object is to eliminate the congestion built up to improve the blood circulation and nerve responses within your system. By improving circulation to areas of your body that might not be getting enough blood flow, your overall health should improve.



Get results . . .

Most people enjoy a feeling of "well-being" after the first treatment. If you suffer from a chronic disease, the toxins released into your system may cause some discomfort the next day: queasy stomach, headache, or phantom pain. Be sure to drink a glass of water if you feel discomfort. These symptoms will subside and are signs that the body is ridding itself of toxins. The goal is to return the body to homeostasis (balance).

Reflexology research shows that many people experience benefits such as: relief from pain, reduced suffering from colds or flu, reduced swelling, reduced stress and nervousness, and increased energy.



About me . . .

My name is Connie Young.

I learned about Reflexology at the age of 21 in Canada while visiting family. I was skeptical that the treatment could really help me.



In 1993-94 I moved to Hong Kong for eight months. A Reflexology student in Hong Kong asked me to be her "test" case. For six weeks I experienced the Asian method (no pain, no gain) of Reflexology and then felt the amazing results that changed my attitude toward the treatment forever. The recurring pain from fibrocystic disease *vanished* from my life after the third treatment.

While in Hong Kong my mother, a diabetic with Type II diabetes, contracted gangrene and I flew back to the States to be with her during her surgery. Her right foot had to be amputated just below her knee. I began working on her left foot every day in the hospital. I saw an amazing change in her left foot after consistent treatment. Ten years later, a doctor she visited found it unbelievable that she still had the left foot. He said, "Most people lose the second foot within a year or two." My sister and I believe Reflexology gave her another ten years of quality living.

When you are healthy, Reflexology may feel like a nice massage, but it is not massage. In Asia I learned the "Asian" method and at the International Institute of Reflexology (IIR), I studied the Western method. What I do is a combination of these two methods. You can read more about Reflexology at the IIR Web Site (www.reflexology-usa.net).

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