

The NEWSLETTER for the WOMAN on a quest to find the TRUTH



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"Of our days, many women feel sadness and they do not end up knowing why. Even though we accomplish what we set ourselves to do, we still have the feeling that something is missing. And we seek outside of ourselves for the cause. Too often the problem is that we have cut ourselves from our authentic Self."

EMILY HANCOCK

[Yale University](#)

[Research on PMS - Dr.](#)

[Yonker.](#)

Good day dear woman reader!

This month, I will suggest you reflect upon what it is to 'feel'.

As we say: "*Feeling is Healing.*"

To practice our ability to feel is not only a physical aspect of us but a challenge to explore, appreciate and master as we live our life if we wish to have a fuller life.

In our modern world where speed appears to be the 'soup du jour', we rarely take the time to stop. We are more often than not absorbed in our thoughts whereas to feel requires time to connect with our body as our most accessible tool to learn to feel and understand the messages it attempts to give us.

I invite you to take the time to feel your body and to do so, I will propose an approach that has made its proofs in many ways.

You can consult this research about Reflexology and its results on PMS published in the American Journal of Obstetrics and Gynaecology:

<http://www.greenjournal.org/cgi/content/abstract/82/6/906>.

It has clearly demonstrated that reflexology brought an improved relief from its utilisation.

Therefore, here is the exercise I propose this month: if you take the time to consult the feet charts herein and allow yourself to explore certain specific reflex points, you may discover a release of your pains and feel better after doing so. What would happen to your symptoms in general if you went that path?

My long research has proven me that our subconscious is very powerful but if by any fate I had to treat myself with something else, what would I choose to do so?

My answer is as follows : Everything and anything that remains in the holistic realm.

Now, here are some very detailed feet charts. These charts come from Ron Carnavil and his site I invite you to consult.

<http://solework.wordpress.com/2007/06/22/pms-and-the-moody-blues/>

[Visit:](#)

www.paulinehoule.com



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Here is what Ron suggests:

“Reflex Points to Work

- ~ **Pituitary Gland** (to help with water retention and regulating hormones)
- ~ **Brain/Head** (calms nerves and improves circulation)
- ~ **Spine** (calms the nerves and brings out Serotonin)
 - ~ **Ovaries** (regulates hormones)
 - ~ **Uterus** (to ease contractions)
 - ~ **Fallopian Tubes** (relieves pain in pelvic area)
- ~ **Chest/Breast** (for tender breasts and to help lymphatic system)

*By using your **thumb** or **index** finger - gently **press**, **rotate**, then **release** on these reflex points.

*Work **each** point for approximately **1** minute. Wait **30** minutes, then work the reflex points again.

*Continue this process until **relief** is felt.

* Be sure to work **both** feet.

*Reflexology is **cumulative** - therefore it takes a little time for the **influence** to

manifest.

*Start using reflexology **before** you feel PMS coming on - to help assist your body at the onset.

Caution Care

*~ When working the **ovary** and **uterus** points - always work for a shorter period of time (1 minute each). These two points can be very **sensitive** during PMS - so apply a **gentle** touch."*

* * * * *

I really wish you will inform me about your own treatments and success so I can pass it along to all other women.

Until next month, I hope you continue your self growth and keep feeling better and better.

NEXT MONTH: PMS and therapeutic aromas.

Warmly:

Pauline Houle - Therapist – author

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