

NEWSLETTER

VFLEXOLOGY - REFLEXOLOGY FOR HEALTH AND WELLBEING

I'm Valerie, a practicing reflexologist since qualifying in 2020, and I'm excited to welcome you to my first newsletter. I discovered reflexology in 2018 for my own wellbeing, it's impact on my health was immense and I gave up my career in finance to re-train in 2019. I now enjoy celebrating the wonders of this holistic complementary therapy with my clients. My dream is for everyone to discover the benefits for themselves.



FIRST

BALANCING YOUR HORMONES

Stress and toxic chemicals are the most likely reasons to trigger a hormone imbalance. Try this serum made from essential oils to relieve mood swings, PMS and menopausal symptoms. Combine the oils in 10ml roller bottle and massage a few drops over your thyroid and adrenals in the morning and before bed and breathe...

THEN

THE WONDERS OF TURMERIC

This well-known spice has been used for centuries to treat various health issues due to its anti-inflammatory properties. The active compound in turmeric is curcumin which has been found to have preventive health advantages. Try this delicious dhal; a great way to spice up a plant-based diet.

AND FINALLY

FUN FACTS ABOUT YOUR FEET

Feet serve as the foundation for your entire body with regard to support, posture and balance. They can also reveal a lot about your health, how you are feeling and your personality. Walking is the best exercise for your feet and the best treat for your feet is a regular soak and, of course, reflexology.



HORMONE BALANCING OIL

10ml evening primrose oil
 2 drops of neroli
 2 drops frankincense
 2 drops clary sage
 2 drops lavender
 1 drop ylang ylang

Health benefits of turmeric

Reduces inflammation
 Helps ease joint pain
 Improves immune system
 Fights free-radical damages
 Treats and prevents cancer
 Guards your heart
 Treats you gut
 Enhances mood
 Supports digestion
 Protects brain functions and improves cognitive functions



COCONUT DHAL

METHOD

Heat the coconut oil in a large saucepan and fry the onions for a few minutes

Add mustard seeds until they pop, then the cumin and turmeric and fry for 2 minutes before adding the garlic, ginger and chili

Add lentils, water and stock powder and simmer for a few minutes

Add the coconut milk then reduce the heat and simmer for 20-25 minutes. Keep stirring and make sure you scap the bottom of the pan to prevent the lentils sticking and burning.

Once the dhal is thick and creamy add the spinach

Serve and garnish with coriander and lime juice.

Ingredients

1 tablespoon coconut oil
 1 onion, chopped
 1 teaspoon mustard seeds
 3 teaspoons of cumin seeds
 2 teaspoons of turmeric
 2-3 garlic cloves
 1 thumb of ginger, grated
 1-2 small chillies, finely chopped
 250g red lentils
 350ml boiling water
 2 tins of coconut milk
 2 heaped teaspoons of stock powder
 1 bag of baby spinach
 1 lime, juiced
 1 handful of coriander, chopped

FUN FACTS ABOUT YOUR FEET

- In each foot there are 26 bones, 33 joints, 19 muscles, 10 tendons and 107 ligaments. That's one quarter of your body's bones!
- Each foot has more than 250,000 sweat glands and they can produce up to half a pint of moisture in a day.
- No wonder some people have ticklish feet, we have 8,000 nerves in our feet. That's more per square centimetre than any other part of your body!
- To grow out a toenail completely takes 12-18 months, slower than your fingernails.
- With every step you walk, each of your feet absorbs one and a half times your body weight. That figure rises to up to five times your body weight when you run. Our feet can be hit with two tonnes of pressure in just over a day.
- On average we walk 115,000 miles in a lifetime, that's almost 5 trips around the earth!
- All babies have flat feet, the arch of the foot doesn't develop until the age of 3.

LEARN ABOUT WHAT THE COLOUR OF YOUR NAIL POLISH SAYS ABOUT YOU IN THE NEXT ISSUE, ALONG WITH ANOTHER DELICIOUS RECIPE AND THE NEW TREATMENTS I'M OFFERING. UNTIL NEXT TIME, BYE!