

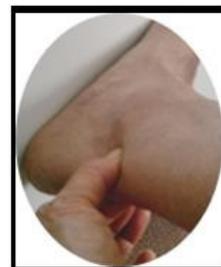
My Skunk Encounter (and Feet)

Hello Toerific Friends,

The time is ripe for another Toerific update. Yes, the skunk encounter is true! We are blessed to live in an area near a lake, with lots of trails. Recently, very near our home I went for a nice jog in the afterglow of the sunset. When I came to the canal bridge, I paused, leaned back and took in the beauty of the sunset. Somehow I noticed something in my right lower vision—a skunk had joined me on the bridge—it was very close!!! The skunk halted and made a hybrid grunt-squeak sound. I dreaded what was coming! In my reflexive escape attempt, I'm not sure which was pounding faster—my heart beat or my feet! ... (see what happens when you join our Toerific family:)

With my foot specialty training, I've become hyper-sympathetic to beat feet—no doubt my encounter with the skunk made my feet feel like 'pounding blocks'. Thankfully, most daily activities allow more thoughtful patterns. For example, decades ago, I used to stomp up flights of stairs. Now I think of stairs as 'mini-platforms'. With firm, yet gentle steps, I meet 'sole to stair' and use them as supports to push 'onward & upward'. My feet and ankle joints are happier, and so are my knees and thigh muscles. Next time you take stairs, see what you discover in your biomechanics.

Foot Fluidity Refresher (A quick review of '10 Tips', pg. 11 will enhance this refresher)... Do congratulate yourself for taking time to treat your worthy feet (and whole being:) Begin by grasping/massaging the area between your ankle bones & Achilles tendon. You'll hit two great Acupoints that give multiple balancing benefits.... (Join the Toerific family to continue the transforming journey:)



Enjoy renewed 'toerific' freedom:)



Linda Dunn
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