



Les Pieds Newsletter -June 2014

News /Updates

- The fundraising day for Keech Children's Hospice on the 27th of May went well. Thanks to all who supported this great cause-we raised £120.00!
- Hilary will now be working from 12 noon until 7 pm on Tuesdays, she will still work all day Thursdays.

Interesting Facts About Feet

- There are over 7000 nerve endings in each foot
- The average person walks about 8,000-10,000 steps per day. In a life time this adds up to around 115,000 miles, which is more than four times around the planet.
- Two feet contain a quarter of the bones in the human body

Interesting Facts About Reflexology

- The practise of Reflexology is over 5,000 years old and has origins in China and Egypt, where pressure therapies were recognised to have health benefits. The oldest evidence of Reflexology is on a wall painting in the tomb of an Egyptian physician 'Ankmahar' at Saqqar, dated around 2,500-3,000 BC.
- Most of the Chinese meridians begin or end in the hands and feet. The reflexology treatment covers these points to effectively move the energy.

Quote of the Month

Don't look back. Look forward. You're not going to change anything. Learn from the past, but you're not going to change it. Nothing will change it. The future is yet to be. And, can you affect the future? Yes. How? By what you do every single day. Either consciously or subconsciously. **John Wooden**