

Blood Circulation

Thousands of microscopic capillary vessels converge in the feet. The smallness of these vessels, together with the effects of gravity and restrictive shoes, cause impurities to block them. By stimulating circulation, impurities such as uric acid crystals and calcium deposits are removed, improving conditions such as swollen feet, varicose veins and other circulatory-related ailments.

Nervous System

The nervous system is the master-controller of the body functions. It also plays an important role in all higher mental processes such as thinking and memory. Under the feet there are thousands of nerve endings. Vigorous foot massage stimulates those which have become sluggish through stored impurities, allowing the communication system between the brain and all parts of the body to function more efficiently.

Lymphatic System

Lymph fluids are used by the body to fight germs and disease. Stimulating the pressure points under the feet which relate to the lymphatic system helps to improve the immune system.

HOW TO USE THE REFLEX-O-BOARD

Simply walk randomly on **The Board** for 10 - 15 minutes per day at a rate of approximately 2 steps per second, covering the entire surface of **The Board**. Pressure points under the arches should be stimulated by occasionally walking with toes or heels off **The Board**. Curling the toes every now and then allows **The Board** to stimulate the pressure points in the tips of your toes, especially if you suffer from migraines or headaches.

DRINK A GLASS OF WATER WITH EVERY SESSION TO HELP THE BODY FLUSH OUT TOXINS. HOT WATER IS PREFERABLE FOR HEADACHE RELIEF. THINK GOOD, POSITIVE THOUGHTS WHILE TRAMPING AWAY THE PROBLEMS.

- **Serious or Chronic Disorders?** Discuss with your practitioner before commencing. Use **The Board** twice per day, but start gradually, possibly with a towel over **The Board** and 2 or 3 minutes duration progressing to the full period as you feel comfortable.
- **General Health Maintenance?** It will suffice to use **The Board** every second day.
- **Tender Feet?** Unless you are used to walking on rough surfaces, the initial experience will be uncomfortable until your feet toughen. Lay a towel over half **The Board** and walk on this periodically to lessen the sharpness, gradually progressing to full barefoot treatment.
- **Safety?** What can be more natural than walking barefoot? Your feet are accustomed to your own weight. Walking on **The Board** therefore exerts optimum pressure, but never hesitate to contact your practitioner if you are in any doubt. Always ensure your board is on a non slippery surface, especially if you use it in your shower.
- **Avoid Boredom!** You Can use **The Board** while eating, reading, watching T.V. or while standing and working at one point e.g. ironing or washing-up, but those positive thoughts are important.
- **Dirty Board?** Scrub with a brush, soap and water.
- **It is Important to stand erect and Breathe Deeply and evenly while Walking on the Board.**

N.B. WE ARE ALWAYS INTERESTED TO HEAR FROM OUR USERS. PLEASE FEEL FREE TO CONTACT US. KINDLY LOAN THIS PAMPHLET TO A FRIEND SO WE MIGHT HELP THEM TO IMPROVE THEIR HEALTH TOO!

“HEALTH IS REAL WEALTH”

(Jean-Louis-Dubé)

N.B: The information herein is for educational purpose only. It is not intended to replace the diagnosis, treatment and medication or programmes advised by your medical practitioner.



**HEALTHY
ALTERNATIVES CC**

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REFLEX-O-BOARD

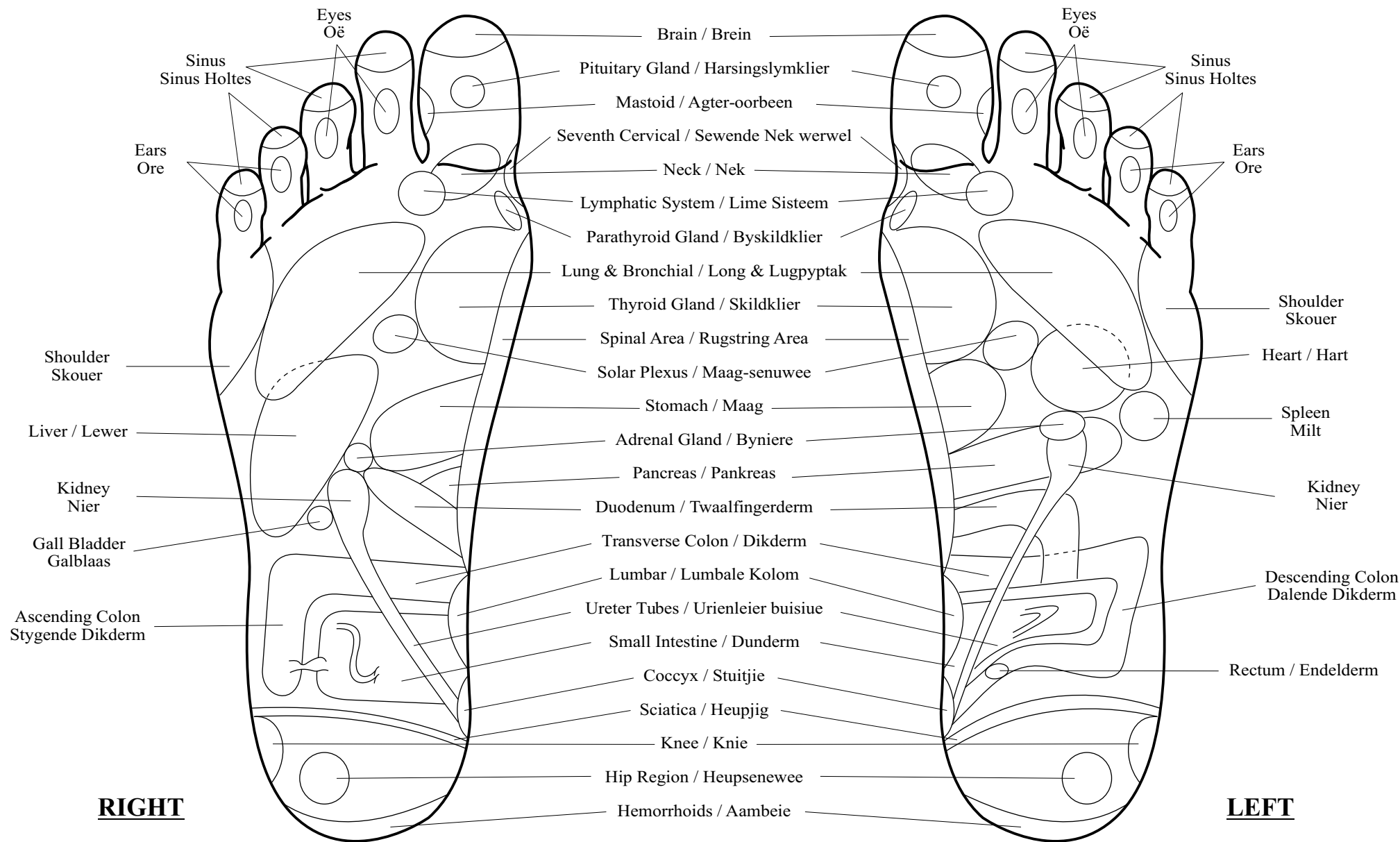
Healthcare costs are escalating at an alarming rate and many people can no longer afford the time or money. The REFLEX-O-BOARD was developed to assist people who seek *holistic therapy at an affordable price in the convenience of their own homes*. For the health-conscious who want to help their body heal itself naturally, the REFLEX-O-BOARD harnesses the established principles of Reflexology, also complementing treatments by health practitioners.

Our family was introduced to the REFLEX-O-BOARD when my daughter, Cari, opted not to go the recommended cortisone injection or surgery route for a frozen shoulder. After 5 weeks of regular REFLEX-O-BOARD use, she was able to lift her arm above her shoulder. After 8 weeks she could play tennis again. She also noticed her menstrual cramps had disappeared. Cari then bought me one for my sport-ravaged arthritic knees. Sure enough, after a few weeks I was no longer getting out of bed like a cripple. My insomnia had also abated. So strong was our belief in the REFLEX-O-BOARD, that we bought the business.

When my 97 year old father, an avid reader, could no longer read due to failing eyesight, his ophthalmologist advised that due to his age and poor circulation, his optic nerves were no longer getting sufficient oxygen - "bilateral optic atrophy". With his Visual Acuity down to 20/100, we encouraged him to use the REFLEX-O-BOARD, five months later, his eye specialist was amazed when tests revealed his Visual Acuity had risen to 20/30 and he could once again read. At the same time, stubborn ulcerated sores on his legs and feet had also slowly healed.

Many satisfied REFLEX-O-BOARD users testify that they have experienced relief from stress and many other dis-eases and health-related problems. Independent testing by the Department of Human Movement Studies at Stellenbosch University supports certain of these claims. Dr. Bressan, who headed up the study, even requested to keep her Board as it alleviated her painful varicose veins. More recently, the Oregon Research Institute (USA) has confirmed that walking on similar cobblestone-like surfaces greatly improves mobility and blood pressure in older folk.

If you are interested in owning or distributing this remarkable product, please contact us or find out more at www.mindoverfatter.co.za



HOW REFLEX OLOGY AND THE REFLEX-O-BOARD WORK

The underlying principle behind the success of the REFLEX-O-BOARD lies mainly in the ancient holistic therapy of reflexology, which is a recognised method of combating health problems by stimulating the pressure points under the feet. These points are linked to endocrine glands and body organs.

The stimulation provided by the REFLEX-O-BOARD helps to maintain the metabolic balance of the body, thus assisting the body in healing itself.

Reflex ology is a completely safe, natural aid to restore the body's healthy balance.

SEE INSTRUCTIONS FOR USE OVERLEAF