

Sleep Hygiene & Duopody[©]

Achieving Homeostasis

Our primary goal is to encourage your body to return to **homeostasis** the state of equilibrium where your body's self-healing mechanisms are most active.

Duopody[©] & Your Nervous System

Duopody[©] Reflexology stimulates the Parasympathetic Nervous System ("Rest and Digest"). Signs of this shift during your session include: Deep, rhythmic breathing; digestive "gurgling"; and often a feeling of deep relaxation.

Sleep Hygiene Tip

The 10-Minute Reset: Grounding your feet can tune out psychological stressors. Before bed, spend 5 minutes focusing exclusively on the sensation of your feet on the floor.

Monitor Your Vitality

Ask your practitioner for a **CALM[©] tracking sheet** today to record your daily scores. Identifying patterns is the first step towards lasting, restorative sleep.



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Reflexology on Another Level

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