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## Laura Norman's Reflexology Saves the Day!

By Matthew Yeomans

### Personal Best

#### Reflexology

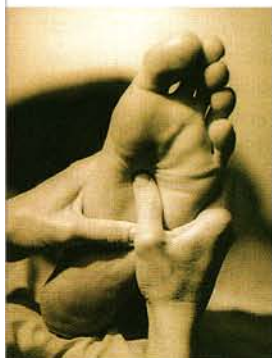
Reflexology draws on theories of the body's energy flow similar to those that shiatsu does. In this mode of massage therapy, the feet are a microcosmic map of the body as a whole, connected energetically through the body's *ki* meridians. Just as shiatsu

accesses specific spots on the body, reflexology promotes relaxation and energy balance through stimulation of pressure points on the feet. Thus the toes link to the head and neck, and the heel to the pelvic area and the sciatic nerve.

Laura Norman is the founder of the Reflexology Center, in New York City, a preeminent teaching school of reflexology. Norman had me lie faceup on a reclined massage table. She washed my feet and then started to warm them up for the session with long strokes of her

hand. As I drifted off into a quiet reverie, she encouraged me to relax and clear my mind of the day's stress. Not only did I physically decompress during the course of the forty-five-minute session but my mind dug up and rid itself of problems I wasn't even aware I was worrying about. In deference to my hip, Norman took time to put pressure on the tissue below my right ankle. I winced in pain as she put pressure on my foot, and only a quick bout of deep breathing prevented me from squealing. But by the end of the session, I was so mellow, I could hardly talk. The next day, I retained a deep sense of relaxation, and my back and muscles felt as if they'd gone through a full workout. ●

*Matthew Yeomans is very relaxed.*



# Liv Tyler

May Be Steven's  
Daughter, but  
She's Nobody's  
Little Girl

By Lucy Kaylin

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