

Reflexology and Bowen therapy treatments
for relaxation, pain management, and stress relief



Ruth Schippers RN

- 25 years as a Registered Nurse (specializing in emergency medicine and palliative care)
- Qualified as a Registered Reflexology Therapist in 1998
- Completed 2-year Holistic Health Program at Langara College in 2001
- Certified Bowen Work Therapist by the Bowen Therapy Academy of Australia in 2007.
- Member of the Reflexology Association of Canada since 1998
- Certified ongoing training has included: Cranio-sacral Reflexology, Sport Bowen, and Bowen Bridge – Level 1 and Special Procedures level 1 of Bowenwork.
- Now certified in Specialized Bowen Procedures 2 from the Bowen Therapy Academy of Australia.
- Member of the Natural Health Practitioners of Canada

More Tips for less stress this Christmas

Make a list. It works for Santa, and it will work for you. List the things you have to do to prepare for the holiday season, such as gift shopping, on one side of the page and the things you want to do, such as special holiday baking, etc. on the other side of the page. If the things on your list that you have to do outnumber the things that you want to do, it's time to make your list more manageable by eliminating some of them.

Get help. Who says that you personally have to wrap all the Christmas gifts, do all the baking, and ++? Delegate. Turn chores into events.

For some, the holidays can be a depressing time, feelings of sadness, loneliness and anger intensify. Some suggestions that might help:

- **Try something new.** Take a vacation with a family member or friend.
- **Spend time with people who care about you.**
- **Get help if you need it.** Don't be embarrassed to ask for help any time of the year.

Simplify holiday commitments and traditions. Discuss with your family which traditions are most important to you and to them. It's okay to re-evaluate past traditions. **Avoid time crunches** by making plans to visit some friends and family soon after the holidays. **Don't over-schedule yourself.** Allow enough time to relax and recover after visiting with others. **Tell family members about your commitments** so you are not struggling against their expectations. **Travel after rush hour.** When driving long distances, give yourself time to stop and rest. **Rest when your body tells you to.**

If you enjoy your Reflexology and or Bowenwork, let your family know that they can purchase gift certificates.



"Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful."

~ NORMAN VINCENT PEALE (1898-1993)

May your holidays be filled with Peace, Contentment, and the love of the season.

Much gratitude to you, *Ruth*

Emergency Preparedness

Thank you to VEMA for sponsoring my attendance at the Emergency Preparedness Conference in Vancouver last week.

Will you encounter snow during your holiday travels?

- Travel with a fully charged cell phone
- Do you have an emergency kit in your vehicle?
- Make sure you include a sleeping bag or extra warm clothes & footwear.
- Plan your trip and check road & weather conditions
- Winter tires or tire chains & gloves

For more tips:

- www.th.gov.bc.ca/SeasonalDriving/winter
- www.th.gov.bc.ca/SeasonalDriving/winter_checklist
- www.drivebc.ca



Our holiday meals contain foods that supply us with great nutrients - for one - sweet potatoes. They have high stores of vitamins B6, C and D and are a good source of iron and magnesium. For more info check out: [9 Health Benefits of Sweet Potatoes](#) by [Michelle Schoffro Cook](#)

Services

Bowenwork:

A gentle, safe, effective method that triggers the body to heal itself. Most symptoms are relieved with just 2-5 treatments!

Reflexology:

An ancient healing technique that is done on the feet, hands and ears. In modern times science has been able to map out the body on the feet, hands and ears. The reflexes are reached and stimulated with pressure from the practitioner.