

Seeing is believing as stressed mother gets 'Aqua Detox'

By Leslie F. Thomas

It may be a new technique offered in East Lincoln, but it's based on an old holistic approach to feeling better. While looking for a little relaxation when my kids were away during Spring Break, I decided to try Reflexology and a new procedure called Aqua Detox offered at a local salon.

Starla Sutton, owner of My Blade of Grass, is trained and licensed to perform reflexology and uses the new product machine called Aqua Detox. She had suggested I give the two procedures a try. Both work through your feet to relieve stress.

Did you know you have over 7,000 nerve endings on the soles of your feet? And did you know that reflexology, an ancient healing art, can help relieve some of the stresses in our body? Through the skillful application of pressure to specific points in the feet, reflexology can help relax you.

I have been in and out of the salon often in the past year. Sutton knows I work a full time job and that I am a single mother of three elementary children. We had talked for weeks about Reflexology and a new machine she had started using called the Aqua Detox.

Although I don't often stop to take care of my self, I decided to give the old tradi-

tional reflexology along with the new Aqua Detox system a try. Sutton said reflexology could help relieve a number of aches and pains. She said the Aqua Detox would "clean out my system." I am typically not one to go to the doctor or even take anything for a headache. If this really worked, it might just help with my occasional headaches, allergies, and muscle tension.

When I entered the salon it was a quiet surreal room. Candles were lit and there was the smell of vanilla incense burning. Sounds of bubbling water and soft music filled the air. Although a little skeptical about the procedures, the atmosphere began to put me in a relaxed mood.

I sat in a very comfortable chair and soaked my feet for about ten minutes in luke-warm water. I tried to just relax - something that is often difficult when you are trying.

The session began with Sutton's skillful application of pressure to specific points on my feet. Research says that "your body is reflected in your feet. When pressure is applied to the feet, predictable positive changes occur elsewhere in the body." Sutton even showed me a map of pressure points in the feet and where they connect elsewhere in the body.



Photos by Joseph Brymer

Starla Sutton checks Leslie's feet as Aqua Detox removes toxins from Leslie's body

She started around my toes and immediately began to ask questions about my aches and pains.

"Do you ever have headaches at the top of your neck around the basin of your head," she questioned.

That is often where I get my headaches especially now that allergy season is in full bloom. Then there are those headaches around and underneath my eyes.

Sutton began working around my smaller toes. The pressure hurt a little causing me to move my foot from her hands. She said, "Do your eyes ever hurt?" How did she know? I hadn't told her about the allergy headaches around my eyes.

Sutton told me you can tell



Setting a relaxing mood is important to treatment

a lot about someone through their feet. I started to think she was right. She knew my stress was carried around my neck and head area. She could feel it in the points on

my feet that she massaged.

There were indicators of other problems she pointed out, too. The puffiness on the tops of my feet was caused by allergies. My heels that are dry and callused showed I do not drink enough water. Since our body is made up of 70 percent of water, Sutton pointed out that I must drink more water.

I was amazed at the overwhelming relief my body felt during the reflexology session. I was finally able to relax some and enjoy the rest of the session.

Next was the Aqua Detox. The system is a treatment designed to detox and re-balance the body. The use of the detox system takes about 30 minutes. Your feet are immersed in tepid water with a salt solution. A metal coil known as an "array" is added to the water.

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Before and after photos of Leslie's Reflexology treatment



Aqua Detox cleans toxins from your body through the pores in your feet.

Mom feels relaxed after Reflexology treatment

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A current is passed through water and creates a flow of electrons that converts the water into an energetic field, according to the information Sutton provided.

There are 2,000 pores on the bottom of each foot. Using the Aqua Detox machine allows positive and negative ions to travel through the body which in turn sets up a vibration that releases any harmful toxins through the pores of the feet. Although it sounds strange, Sutton tried to convince me that it really works.

I placed my feet into this clear clean salt water and Sutton placed the "array" into the water. She cut the power on and cranked the switch up to 2.0 amps. I could feel the conductivity flowing in my feet from the water. Within three minutes the water started to turn a murky red clay color. Small bubbles began surfacing to the top while more and more sludge like substance showed up in the tub of water.

I felt a sense of energy flowing through my feet. The water was beginning to look like the bottom of Lake Norman.

My 30 minutes ended and Sutton cleaned the sludge off of my feet. We talked a little about the water. I was a bit skeptical about the foul color. Even if your feet were not in the water, Sutton admitted, the water would turn a weak tea color from the salt and tap water with



A gentle massage helps to relive the stress

the "array" circulating a current. But Sutton said there were toxins released from my body that made the water darker.

I had a headache the first hour after the session but

'Within three minutes the water started to turn a murky red clay color'

that disappeared after several hours. I don't often sleep well, but the first night after the treatment I slept like a baby. When I woke the next morning, I felt relaxed and refreshed. I had a small boost of energy.

The following afternoon, I had another headache. About that time, Sutton called to see how I felt after the treatment. We went over my good night's sleep,

the boost of energy and the dreadful headache I had at that moment.

"Are you drinking your water?" she asked. "You need to be drinking your water especially when your body is still detoxing."

With that warning, I started drinking several glasses of water and my headache stopped. A little more water intake and I felt absolutely awesome.

I know all of this sounds strange, but I had an energy boost, the headaches are gone, my nose is not stopped up and I just feel great. Several days have passed and I have no aches, pains, or sinus headaches. Sutton says the procedures aren't to be used to diagnose, treat or cure illnesses, but the relaxation they gave me may have reduced some stress. And that just may have made me feel better.

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HERBS CAN SWEETEN OR SPICE UP YOUR LIFE

Paradise Gardens offers a variety of herbs. All of our herbs may be grown in or outdoors. Many are edible, as well as fragrant. Here are ideas for some of our more popular herbs:

Sweet Basil - Use in salads, tomato dishes, pesto and vinegars.

Chives - The slender leaves and flowers are edible. Add to salads, potato dishes or use for garnishing.

Cilantro - Grown for its edible leaves, seeds and roots. A must in salsa and a nice accent on fresh fruits.

Lavender - Fragrant flowers may be harvested for garnishing, use in sachets or potpourris.

Oregano - Use sprigs in salads, teas, or bathwater. Don't forget pizza and Italian dishes!

Parsley - Offers great source of Vitamins A & C, calcium and iron, and breath-sweetening chlorophyll. Use to create herb butter, serve over chopped eggs, potatoes, rice or pasta.

Rosemary - Use flowering branches in arrangements and for garnishing. Great with poultry and making tea.

Sage - Use dried branches in wreaths and as an insect repellent. Great for seasoning stuffing, garnishing soups and salads

Thyme - Use to flavor soups, vegetables and poultry. Also great in potpourris and for making tea. Blends well with most foods.



Tony L. Davis

Republican Candidate For Sheriff



The Reason Why:

- * I am not a politician.
- * I am a lifelong resident of Lincoln County.
- * I will serve the people to the best of my ability.
- * I want to make Lincoln County the safest and the best county in the state for us to live and raise our children in.
- * I will cut all unnecessary spending.
- * I will work hard to keep drugs out of our county.
- * Our officers risk their lives to protect the people and their property and deserve pay competitive to surrounding counties.
- * I will use the citizens of Lincoln County as a resource as to what we need.
- * I will push for the most severe punishment for crimes involving murder, rape and child molestation.
- * I do not desire this position for popularity, prestige or money.
- * I ask for your support and prayers.

Thank You,
Tony L. Davis

Paid for by the committee for Davis for Sheriff

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