

TAP INTO YOUR FUTURE

Young and old, we've all seen the commercials. We've all had those fleeting and worrisome thoughts cross our minds. The dreaded incontinence syndrome! Not a pleasant thought! Young mothers battle this after childbirth.

Middle age people are surprised from time to time by the unexpected force of a sneeze or a sudden burst of laughter. Older people constantly fight the embarrassment and fear of it. If you could avoid the terror of incontinence by simply tapping your finger would you do it?

Mike Witort, a reflexologist residing in Westchester, Illinois, offers an amazingly simple exercise that can prevent and treat incontinence in both men and women. By tapping your ring finger on a reflexology point in the hand (see diagram) while urinating, the muscles in your urinary tract will contract. Doing this on a regular basis will strengthen these muscles and help prevent incontinence.

Reflexology dates back to the ancient Egyptians. It is a scientific approach to healing and preventative medicine that is entirely natural and non-invasive. It is based on the premise that there are reflexes in the feet and hands that are directly related to all organs and parts of

the body. Stimulation of these reflexes can, in a natural way, help and prevent many health problems.

Witort has been active in natural health for over thirty years and sees

clients in the greater Chicago area. He explains that rather than diagnosing and treating specific medical disorders, reflexology promotes better health and well being in a natural way. It can be an important technique for alleviating the stress stored in our bodies and restoring a healthy balance.

Mike also practices myotherapy, a technique based on trigger point compression and strength rehabilitation.

Myotherapy alleviates the chronic pain associated with muscle injuries due to accidents, strain, stress and sports activities. It is also effective in the treatment of migraines, fibromyalgia, TMJ (jaw pain) and carpal tunnel syndrome.

So why not give this simple reflexology exercise a try and tap into your own future?

