

Margie DeHays, CR, RMT

Reflexology

Reflexology 'A natural healing art, based on the principle that there are reflexes in the feet and hands which correspond to every part in the body'.

We're on the Web!
www.mdreflexology.com

Reflexology has been shown to be effective for....

- Back Pain
- Migraines
- High Blood Pressure
- Diabetes
- Sports Injuries
- Infertility
- Stress Related Conditions
- Sleep Disorders
- Digestive Disorders
- Hormonal Imbalances

Volleyball Sports Clinic Held

Margie DeHays CR,RMT and Dr. Josh Oakley, DC. of Oakley Chiropractic held their first Volleyball Sports Clinic at Sidney Lehman High School on Sunday, February 20, 2005. The agenda included Nutrition, Dietary Supplements, Training Exercises, Jump /Swings, Sports Injuries, Chiropractic Care, Spinal Examination/Adjustment, and Reflexology/Chair Massage. The sponsor of the 2 hour clinic was Kirby King of the Team Atlantis Volleyball Organization. Team Atlantis Volleyball has produced teams rated the top 10 in the U.S. Forty girls registered for this free clinic.



New Location In Cincinnati, Ohio

Margie is now taking appointments at Beckett Ridge Chiropractic in West Chester, Ohio (20 minutes south of the Dayton Mall and 2 minutes north of I270 & I75). Beckett Ridge Chiropractic is owned by Dr. Joe Lindeman and is located at 4936 Wunnenberg Way, West Chester. Dr Joe is a strong believer of the benefits of Reflexology and recommends to his patients Reflexology. Margie is available at Beckett Ridge Chiroprac-

tic every Monday and Wednesday. Margie still schedules appointments at Oakley Chiropractic every Thursday and Friday. Oakley Chiropractic is owned by Dr. Josh Oakley, who also fully supports Reflexology. Oakley Chiropractic is located at 1830 Main Street, Troy, Ohio . For appointments at either of these locations please contact Margie at [937-671-7478](tel:937-671-7478) or send an email at mdehays@att.net. Don't forget to visit her website

Issue Highlights:

New Location Announcement

Treatments

Contact Information

Troy Location

Sports Clinic

Hand Reflexology

Do you work at a computer for most of the day? Hands are often damaged at work due to 'over use', which can lead to Carpal Tunnel Syndrome and other RSIs. Having Hand Reflexology on a regular basis can ease the strain and help prevent you having to take time off work.

Don' forget to schedule your weekly appointment at either location by calling 937-671-7478 or by email at mdehays@att.net.