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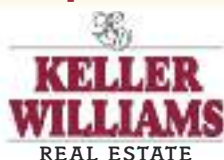


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example, if your immune system is compromised – if you're coming down with a cold – your spleen reflex may feel a bit spongy or rough. She may work the area with more pressure or press additional 'helper' reflexes in order to soften or break up the nodule before moving on to another area of the foot. She might also suggest aftercare – possibly including yoga asana – to strengthen a depleted immune system.

What Does it Feel Like?

The opening sequence of a treatment will feel very much like a typical foot massage. Your therapist may incorporate a few gentle stretches and joint manipulations that are beneficial to the circulatory system and conducive to relaxation. When the more specific aspects of the reflexology treatment begin you'll feel the light pressure of thumb walking along a specific pathway on the foot. When your therapist finds an area of imbalance you may experience tenderness or irritation at that reflex point. Some therapists will prefer to keep your head elevated. This allows them to watch for the subtle changes in your expression as you respond to the treatment. It's important to communicate with your therapist – to tell her if something hurts, or if her touch is too strong – but sometimes during the treatment you'll be too relaxed to speak. Keeping your head elevated is the therapist's way of keeping the lines of communication open.

General Aftercare

You will be encouraged to rest and relax following your treatment. Find a quiet, still environment and sip water or herbal tea. Allow the transition between your treatment and the return to 'real' life to be as gentle and easy as possible.

Reflexology is profoundly relaxing. It soothes the nervous system and relieves stress. While it does not offer a cure or a diagnosis, you can consider reflexology a conduit for greater healing.

While most treatments support general well being, a good therapist will be able to design a program that addresses specific concerns and conditions. For instance, reflexology is excellent for digestive issues and sleep disturbances. It can also be of benefit for anyone suffering from chronic headaches and has been shown to provide relief from fibromyalgia. The truth is, reflexology has a positive effect on many chronic problems. And while it isn't a substitute for medical treatment, it is a powerful complement to an allopathic approach to illness.

For more information about reflexology, or to find a reflexologist in your area visit these websites:

Reflexology Association of America:
<http://www.reflexology-usa.org/>

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Do It Yourself

A Home Treatment for Feet

Use a golf ball to stimulate meridians and reflex points in the soles of the feet. Soaking the feet in warm, scented water only adds to the treatment.



- Place the golf ball on a folded towel (this will help keep it from rolling away from you).
- Begin by resting the right foot on the ball at your diaphragm/solar plexus reflex. This point is just below the ball of the foot, close to the midline. Curling the toes down will stretch the top of the foot. Hold this position for a few breaths.
- When that feels complete, begin running the ball slowly up and down the foot, from the inside to the out. Use firm but not painful pressure. Linger at any areas that may feel sensitive. You can repeat this pattern as often as you like.
- And then run the ball from side to side, working from the toes to the heel. Again, stop and linger at any sensitive areas.
- Repeat with the left foot.

Relieving Stress on the Road

A simple trick for calming down when stress attacks is finding the diaphragm/solar plexus point on the palm of your hand and applying a light pressure.

To find the point:

- Relax the hand
- Allow your left hand to fold gently and observe the creases in the palm.
- They become well defined and move towards one another.
- The point where they are closest – just above the pad of the thumb and just below the space between the index and middle finger – that's the general area of the solar plexus/diaphragm point.
- Press into that spot gently with the pad of your right thumb.
- Breathe in as you press. Breathe out as you release.
- Repeat several times, slowly and with self-awareness.
- Repeat on the right side. ▲



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Rice is Nice



Years ago, when I started eating a healthy diet the only rice that anyone ate was short grain brown rice; day in, day out, pressure-cooked short grain brown rice. It was pretty much the only rice that we could get that was organic. I hate to say, but I ate so much of it that now the sight and smell of plain old cooked rice just turns me off.

Luckily for me – and you, we now have so many more rice options. Each type of rice is unique in its own flavor and texture; each lends itself to different dishes and utilizes different cooking techniques.

Here's a bit of a primer for you on how to choose and prepare the type of rice best suited for the dish you want to make.

To Soak or Not to Soak

Sally Fallon, who wrote the book *Nourishing Traditions*, recommends soaking not only rice, but also all grains, beans, nuts and seeds. These foods contain phytic acid. The theory is phytic acid prevents these foods from sprouting. This is a good thing. It means these foods can be stored for a longer period of time, often years. However, many of us might remember the elementary school science experiment in which we took a lima bean, put it in a clear glass, put a dampened paper towel next to it and kept it damp. Voila – in a few days this bean began to sprout! The water removes the phytic acid and the little bean sprouts.

Phytic acid combines with iron, calcium, magnesium, copper and zinc in the intestinal tract, blocking their absorption.... Traditional societies usually soak or ferment their grains before eating them, processes that neutralize phytates and enzyme inhibitors and in effect, predigest grains so that all their nutrients are more available. Sprouting, overnight soaking, and old-fashioned sour leavening can accomplish this important predigestive process in our own kitchens. Many people who are allergic to grains will tolerate them well when they are prepared according to these procedures.

– *Nourishing Traditions*, Sally Fallon, Pg 25

More reasons to soak your rice:

Soaking speeds up the cooking process. By letting rice soak for a minimum of 30 minutes you can reduce the cooking time of many types of rice by 20 minutes.

Aromatic varieties of rice such as Wehani (a wonderful red rice), jasmine, basmati and Texmati, contain a flavor component called acetylpyrroline. This flavor and aroma will dissipate during cooking. Less cooking equals more flavor and it's the wonderful aroma and flavor that we want when using these varieties of rice.

I have found a significant difference in flavor when rice is soaked overnight compared to just an hour or so. It is sweeter and much easier to digest.

When it comes to the proportions of water to rice, you will have to do a little experimenting. Rice soaked overnight will require far less water than rice soaked for two or three hours. Each variety of rice also requires varying proportions of water. Read the package first for the proportions recommended; keep a notebook and track how long the rice soaked, how much water you used to cook it and how long it takes to cook. If it comes out too soft – too much water. Too dry – you need a bit more next time.

The Varieties:

In India, the ideal cooked rice dish is one in which each grain of rice will be separate and yet intact. Long grain varieties of rice are most commonly used in Indian cooking since they have less starch.

While I prefer to use brown rice to white, I have found that brown basmati rice always has a dry quality to it, especially if it is left over for a day or so. To remedy this I add a little oil to the rice while it is cooking.

In China and Japan starchier medium grain rice is preferred since this rice sticks together. This rice is perfect for picking up with chopsticks and making sushi.

There is also a type of highly glutinous rice called sweet rice or sticky rice that is used for a variety of dishes in Japan and Thailand. This rice makes a great rice pudding when cooked with coconut milk. See recipe below.

And then of course there is the very starchy rice used for risotto. You definitely have to use Arborio, Carnoroli, Roma or some other type of risotto rice that has high starch content if you want a delicious creamy risotto.

RICE AND BLACK BEAN PILAF 4 servings

1 cup organic short grain brown rice soaked a minimum of 2 hours
 2 cups No-chicken broth or another sugar free organic vegetable broth
 1 tablespoon organic olive oil
 1 cup (approximately) onion, diced
 2 cloves garlic, minced
 2 teaspoons chopped fresh oregano or 1 teaspoon dried
 2 teaspoons fresh thyme or 1 teaspoon dried
 1 stalk celery, diced finely
 1 medium carrot, diced finely
 ½ cup frozen organic peas, defrosted
 ½ cup frozen organic sweet corn, defrosted
 1 teaspoon ground cumin
 ½ teaspoon dried chili flakes (optional)
 1 – 15 oz can organic black beans (I prefer Eden brand since they make sure not to use BPA lined cans)
 1 tablespoon chopped cilantro or parsley

Put the rice and vegetable broth into a saucepan and bring to a boil. Cover the pot and reduce the heat. Cook the rice, covered, until tender and all the liquid has been absorbed – about 35 – 45 minutes. Remove from heat and fluff with a fork.

About 10 minutes before the rice will be ready heat the oil in a large sauté pan. Add the onions and cook, stirring regularly, until they are soft and translucent – about 5 – 7 minutes. Then add the garlic, oregano, thyme, celery, carrot, cumin and, if using, the chili flakes. Cook covered, stirring occasionally, until the carrots are cooked through, but still a little firm, about 6 – 10 minutes. If the vegetables begin to stick, add a bit of water to prevent burning. When the carrots are tender, add the black beans, peas, corn and rice. Cook until just warmed through. Garnish with parsley or cilantro.

continued on page 48

VEGETABLE BIRYANI *Makes 4 – 6 servings*

Adapted from a Food Network Recipe

This recipe is a little time consuming, but well worth the effort! I usually make at least enough for 4 days.

Ingredients

For the rice:

¾ cups brown basmati rice
1 tablespoon unsalted butter or Earth Balance
2 tablespoons organic raisins
2 tablespoons chopped toasted almonds
½ teaspoon turmeric
¼ teaspoon whole cumin seeds
¼ teaspoon whole coriander seeds
3 whole cardamom pods
1 cinnamon stick, broken in half
1 cup water for rice that has been soaked (for 3 hours)
1 teaspoon sea salt

For the vegetables:

2 tablespoons unsalted butter or organic Earth Balance
¼ small yellow onion, thinly sliced
1 tablespoon peeled, minced fresh ginger
2 cloves garlic, minced
2 tablespoons raisins
2 tablespoons organic almonds, chopped
1 ½ teaspoons whole coriander seeds
½ teaspoon whole cumin seeds
5 whole cardamom pods
1 cup small cauliflower florets
3 ounces green beans cut into 1-inch pieces (I always use organic frozen green beans)
3 small potatoes (about 6 ounces), quartered
1 medium carrot, cut into 1-inch pieces
1 teaspoon sea salt
¾ cup water
2 tablespoons toasted shredded organic unsweetened coconut
2 tablespoons toasted chopped almonds

Directions

Make the rice: Place the rice in a sieve and rinse under cold running water until the water runs clear. Cover with filtered water and let soak a minimum of 3 hours or overnight. Adjust the amount of water for longer soaking. Melt the butter or Earth Balance in a medium saucepan with a tight-fitting lid, over medium-high heat. Add the raisins, almonds, turmeric, cumin seed, coriander seed, cardamom pods, and cinnamon stick and cook, stirring, until toasted and fragrant, about 2 minutes. Add the rice and cook, stirring, until toasted, about 1 minute more. Add the water and salt and bring to a boil. Lower the heat and simmer, covered, and cook until the rice is tender for 20 minutes. Remove from heat and let rest, covered, for 10 minutes. Fluff with a fork and set aside.

Meanwhile, make the vegetables. Melt the butter or Earth Balance in a medium straight-sided skillet with a tight-fitting lid, over medium-high heat. Add the onion and cook, stirring, until lightly browned, about 1 minute. Add the garlic and ginger and cook, stirring, until fragrant, about 1 minute. Add the raisins, almonds, coriander seed, cumin seed, and cardamom and cook, stirring, until toasted and fragrant, about 2 minutes. Stir in the cauliflower, green beans, potatoes, carrots, and salt. Raise the heat to high; pour in the water, and cook, covered, for 4 minutes. Uncover and cook, stirring, until the vegetables are tender and most of the water has evaporated, about 1 ½ minutes more. Add the rice to the vegetable mixture and stir to combine. Season with salt to taste. Divide the vegetable-rice mixture among plates and top with some of the toasted coconut and almonds. While the recipe says to serve immediately, this is one of those dishes that is great the next day!

SHIITAKE AND CREMINI MUSHROOM RISOTTO

8 cups organic low vegetable broth
3 tablespoons olive oil
1 onion, diced, divided in half
2 garlic cloves, minced, divided in half
1 ½ pounds fresh shiitake and crimini mushrooms, sliced
2 bay leaves
2 tablespoons fresh thyme, chopped
2 tablespoons fresh sage, chopped
2 tablespoons butter or organic Earth Balance
Salt and pepper
2 cups Arborio rice
½ cup dry white wine (optional)
½ cup fresh Parmesan cheese, grated (optional)
Fresh Italian parsley, for garnish

Heat the broth in a medium saucepan and keep warm over low heat. Heat 1 tablespoon of oil in a large skillet over medium heat. Add ½ the onion and ½ the garlic, cook, stirring regularly, until translucent, about 5 minutes. Next add the fresh mushrooms, herbs and butter or Earth Balance. Sauté for 3 to 5 minutes until lightly browned, season with salt and pepper then remove from heat and set aside. Coat a saucepan with remaining 2 tablespoons of oil. Sauté the remaining onion and garlic. Add the rice and stir quickly until it is well coated with oil and opaque, about 1 minute. This step cooks the starchy coating and prevents the grains from sticking. Stir in wine and cook until it is nearly all evaporated.

Using a ladle, add 1 cup of the warm broth and cook, stirring regularly, until the rice has absorbed the liquid. Add the remaining broth, 1 cup at a time. Continue to cook and stir, allowing the rice to absorb the broth before adding more. The risotto should be slightly firm and creamy, not mushy. Transfer the mushrooms to the rice mixture. Stir in Parmesan cheese if you are using it and cook briefly until melted. Top with chopped parsley before serving.

RICE AND BLACK BEAN PILAF *4 servings*

1 cup organic short grain brown rice soaked a minimum of 2 hours
2 cups vegetable broth
1 tablespoon organic olive oil
1 cup (approximately) onion, diced
2 cloves garlic, minced
2 teaspoons chopped fresh oregano or 1 teaspoon dried
2 teaspoons fresh thyme or 1 teaspoon dried
1 stalk celery, diced finely
1 medium carrot, diced finely
½ cup frozen organic peas, defrosted
½ cup frozen organic sweet corn, defrosted
1 teaspoon ground cumin
½ teaspoon dried chili flakes (optional)
1 – 15 oz can organic black beans (I prefer Eden brand since they make sure not to use BPA lined cans)
1 tablespoon chopped cilantro or parsley

Put the rice and vegetable broth into a saucepan and bring to a boil with a lid on. Reduce the heat and cook the rice, covered, until tender and all the liquid has been absorbed – about 35 – 45 minutes. Remove from heat and fluff with a fork. About 10 minutes before the rice will be ready heat the oil in a large sauté pan. Add the onions and cook, stirring regularly, until they are soft and translucent – about 5 – 7 minutes. Then add the garlic, oregano, thyme, celery, carrot, cumin and if using the chili flakes. Cook, stirring occasionally, until the carrots are cooked through but still a little firm, about 6 – 10 minutes. If the vegetables begin to stick, add a bit of water to prevent burning. When the carrots are tender, add the black beans, peas, corn and rice and cook until just warmed through. Garnish with parsley or cilantro.



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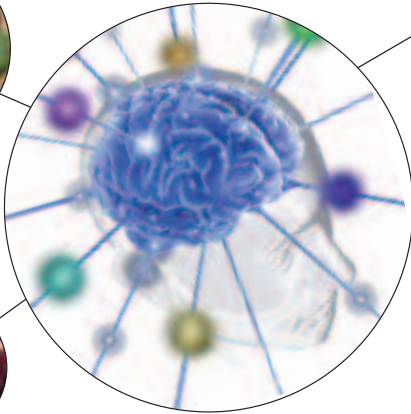


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Sama Center 610-692-8082 1240 W Chester Pike Ste 207 West Chester PA 19382
Simply Yoga Studios 610-306-4730 598 Wharton Blvd Exton PA 19341
The Center: Health Yoga Arts 610-269-7171 15 Green St Downingtown PA 19335
The Spirit Of Yoga 610-873-2307 721 E Lancaster Ave Downingtown PA 19335
The Spirit Of Yoga 610-429-0920 525 E Gay Street West Chester PA 19380
Symmetry Yoga 610-431-8990 18 N Church St West Chester PA 19380
Temenos Retreat Center 610-696-8145 1564 Telegraph Rd Rt 162 West Chester PA 19382
Turks Head Yoga 484-467-4234 780 Miles Rd., West Chester 19380
Village Yoga 484.639.7602 3421 St. Peters Rd, St. Peters Village, PA 19470
YogaLife Institute 610-688-7030 111. E. Lancaster Ave, Devon, Pa 19333

DELAWARE COUNTY

Amy's Yoga With A Heart 610-331-3796 623 W Lancaster Ave Wayne PA 19087
Barefoot Yoga 610-558-9944 377 Glen Mills Rd Thornton PA 19373
Belly Pilates 610-608-5883 25 Elliott Ave 2nd Fl Bryn Mawr PA 19010
Bend and Breathe 610-558-0565 Rte 202 & Ridge Rd Chadds Ford PA 19317
Body Precision 610-520-2348 28 Garrett Ave Rosemont PA 19010
Bodyworks, Power Yoga Ctr 610-566-6280 135 E Baltimore Ave Media PA 19063
Enso 610-892-9642 3198 W State St Media PA 19063
Focus Fitness of the Main Line 610-525-5515 1111 E. Lancaster Ave Bryn Mawr, PA 19010
Harmonia Healing Arts Spa 610-688-1007 413 E. Lancaster Ave, Wayne, Pa 19087
Jai Yoga 610-324-3139 727 Montgomery Ave Narberth PA 19072
Main Line Yoga 610-645-7900 66 Rittenhouse Place Ardmore PA 19003
Pilates & More 610-687-6855 115 Bloomingdale Ave Wayne PA 19087
Self Mastery Yoga Programs 610-642-5621 833 Buck Ln Haverford PA 19041
Soul Source Yoga 610-690-3620 631 Fairview Rd Swarthmore PA 19081

TriYoga Center of Phila 301 West Chester Pk Ste 102 Havertown PA
www.mindbodyservices.com 610-664-6446 Classes by donation (seva)

Verge Power Yoga 610-971-0518 250 W Lancaster Ave Wayne PA 19087
Yoga Sport 610-525-5651 200 S.Roberts Road Bryn Mawr PA 19010

LANCASTER COUNTY

Bikram Yoga 717-392-4200 1140 Elizabeth Avenue Lancaster PA 17601
Briala Bodyworks 717-396-1108 407 West Chestnut Street Lancaster PA 17603
Evolution Power Yoga 717-391-1060 398 Harrisburg Ave #250 Lancaster PA 17603
Grant Street Dance Co 717-431-2444 27 East New Street, Lancaster, PA 17602
Radiance 717-290-1517 9 W Grant St Lancaster PA 17603
Tranquility Ctr for Well-Being 717-390-0760 3004 Hempland Rd Lancaster 17601
Yoga Path 717-392-3992 428 North Duke Street Lancaster PA 17602
The Yoga Place 717-336-5299 922 N Reading Rd Ephrata PA 17522

LEBANON COUNTY

Yoga For You 717-867-4517 502 East Main Street Anneville PA 17003