

## INTRODUCING NANCY GRACE



Nancy Grace is a Reflexologist certified by The American Reflexology Certification Board. Says Nancy, “reflexology is a preventative, holistic therapy that uses tactile stimulation on the feet, hands, face, and ears.” It helps a person relax and regain a sense of well-being after suffering adversity in life. Stress, grief, fatigue, and pain may be relieved through reflexology.

Nancy maintains a beautiful, immaculate office and treatment room in suite 208. When a client first arrives there, Nancy sets about building a rapport with that person. “A trust intake session” is what Nancy calls the first meeting. The information Nancy gathers in this session is very helpful in treatment afterwards.

Once settled in the treatment room, Nancy goes to work on the client's hands and feet using special techniques to relieve blocked energy. Reflexes “mapped” in these body extremities correlate to ten body systems, so Nancy looks for discolorations, texture changes, sensitivities and input from the client to provide indications of blocked energy in various parts of the body. Nancy calls blocked energy “congestion” and her

aim is to release that congestion to make way for vitality and clarity.

Before she became a Reflexologist, Nancy was trained in traditional mental health care. She graduated from the University of Alabama in Birmingham and later worked as a Montessori teacher before moving into the mental health arena where she stayed for 20 years. For the last 15 years Nancy worked at Cone Hospital as a mental health technician facilitating groups that concentrated on anger management, mindfulness, self-esteem, conflict resolution, goal setting, and relaxation techniques.

Her first venture into alternative medicine was after a minor automobile accident several years ago. A friend encouraged her to try acupuncture, and she visited a chiropractor to relieve lingering symptoms from her accident. Then she met a reflexologist and the rest is history.

Reflexology is evidence-based, and research supports its effectiveness on people of all ages and health concerns. HIPPA & COVID protocols are maintained. To find out more about this therapeutic modality, contact Nancy at 336-279-4133.

Coming soon! The parking deck on the south side of The Guilford Building will be torn down, and a lower level parking area will be created mostly to accommodate apartment tenants next door. Watch this newsletter for upcoming information.