

Nail News from Kathi's Hands and Feet

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Silly Tricks That Work:

Brain Freeze: ate some ice cream or something cold too fast? Quickly run the tip of your tongue over the roof of your mouth. This action stimulates your internal thermostat through nerve endings to stop the brain freeze.

Sudden Leg Cramp: Squeeze the indent below the tip of your nose and above your upper lip. Squeeze with your thumb and index finger for a full minute this acupressure point increases your circulation to your lower extremities relieving your leg cramp fast.

Tension Headache: Skip aspirin, try pressing or rubbing the underside of your big toe. By applying pressure for one minute to this acupressure point, you increase the blood flow to your neck where most stress headaches originate.