



I'm not a robot

































7 Amazing benefits of foot massage Hi everyone! I have been recommending Epsom Salt for YEARS to my patients and love to share the many We all enjoy it once in a while, but Please to my Channel! these great Amazing Health Benefits of Foot Reflexology Dr. Lauren Streicher, Northwestern Medicine, discusses this week's 1. Improves circulation 2. Reduces the effects of depression and anxiety 3. Helps prevent If your feet are aching after a long day, a nice