

Judy Dobbs BS, CCIR

Aroma-Reflexologist and Holistic Comedian



"Judy Dobbs is one of the most engaging speakers I have ever heard because in sharing her extensive knowledge of Reflexology and other alternative methods of healing, she relaxes into her wonderful sense of humor that holds her audience's attention in a remarkable way. Judy incorporates personal experiences that vividly illustrate the information she is presenting. She has a talent that even many speakers might envy."

Katherine Subramanian, MA

PRESENTATIONS

THE SCIENCE BEHIND REFLEXOLOGY

You'll press where? And I'll feel it, where?

Let's go on an amazing journey through the body, relating a map of the body on the feet with the different glands, organs and systems. Foreign sounding names like Ileocecal valve and Pituitary gland have important jobs when working normally. But there are times when they can wreak havoc too. Tucked deep within the body, these locations, when not functioning properly, can influence uncomfortable symptoms like the over production of mucus or the creating of unwanted growths in distant locations. After explaining Reflexology as related to the feet, you'll look at the feet as never before, realizing the similarities they have to the body, exploring reflexes relating to distant locations and learning easy techniques to influence rebellious body parts to cooperate.

EASY REFLEXOLOGY FOR MANAGING STRESS AND PAIN

Have you ever been in a dentist's chair and felt like jumping out of your skin? How liberating it would be to squeeze points between the fingers to calm yourself! We all have the innate ability to heal ourselves. Judy taps into personal experiences and stories to teach simple techniques and emotional exercises to help you cope with stresses and often feel free from pain within minutes, empowering everyone to be relaxed yet energized in a stressful world.

STAYING HEALTHY IN THE FAST LANE

This presentation explains easy alternatives to fast foods, caffeine and over-the-counter drugs for headaches, sinus congestion and digestive problems. Making these easy choices gives clearer thinking, longer lasting energy, stable blood sugar levels and natural weight control. When we combine food choices with Reflexology and Aromatherapy and nurture our emotional self, life flows with ease in the fast lane.

HOUSEHOLD CLEANING WITH EVERYDAY NON-TOXIC INGREDIENTS

Can't breathe when cleaning the bathroom? Get headaches with commercial cleaning products? Household chemicals are the #1 pollutants in the sewer systems in America today AND they proliferate the mutation of microbes! Let's have fun learning how to naturally kill microbes in our environment, build our immune systems and use common household items to create "foaming bubbles" to scrub away soap buildup or kitchen grease. By adding certain essential oils to these easy cleaning agents and in our lives, we can degrease the kitchen while cleaning our receptor sites in our brains and sinuses, neutralize mold AND kill harmful microbes once and for all in one fell swoop! Now that's multitasking!

“Taking wellness to the world, one pair of feet and one person at a time!”

BIOGRAPHY

Speaking from her heart and wit, Judy Dobbs clearly explains the complexities of Reflexology, Aromatherapy and other Holistic Modalities and how she uses them in daily living to stay pain-free, happy and healthy. Her humorous twist on personal experiences and insights integrates the body-mind-spirit connection with hands on fun that engages her audience to discover how quickly and easily health challenges can change!

Some people think they have to continue going through life in pain, feeling miserable and unhappy. “I look at the body as a million piece puzzle. Sometimes the pieces are in the wrong place, sometimes one is squeezed into the wrong spot, or some are even missing!” She also guides her audience through a tangled maze of how emotions locked in cells, toxic environmental stimuli and certain foods can trigger many symptoms.

From tragic to life-changing; that’s what life’s about!

Drawing on personal experience gives even more depth and substance to the advice that she lends. Judy Dobbs recalls, “At 16 years old I was 5’6 and 200 pounds, suffered from chronic depression, back pain, TMJ and constant intestinal distress which actually included bulimia for a time. In 1973 an accident left me paralyzed. Being carried into my first Reflexology session changed my life forever! During the session while my feet were being worked on, there was a ‘pop’ in my low back and I walked out!”



Life is about making choices; Judy loves to give easy shifts to make life’s challenges more relaxed and fun! Since 1975, practicing Reflexology while helping herself and many others overcome health challenges has become her life’s work and love! Pressing on the hands and feet, Reflexology works like remote control into the body. Compression on these “reflexes” improves circulation that relieves stress and discomfort plus restores a wonderful feeling of well-being and balance. Interesting stories of clients are woven with easy self-help Reflexology techniques to reduce headaches, chronic neck, back or digestive complaints, empowering everyone to ease their day-to-day stresses

The Empowerment of Healing

Judy says, “I don’t just talk the talk. I walk the walk. Everyday I marinate myself with some emotional oils, work on my hands and feet to release tightness, set my intentions and say my affirmations while I create delicious healthy foods! Life is about making shifts and changes. Helping people to see how simple making shifts can be is the enlightening part. Teaching them to be pain-free is the fun part! The accumulation of these is the empowerment of healing!”