

Work/Life/Picks

Go with the Flow

Sometimes a solution is so simple it doesn't seem realistic, but that doesn't mean it won't work. Such is the case with Daily Clean Your House Flow, a quick and easy-to-use process to calm your emotions, clear your mind and ease physical discomfort.

Using principles of basic acupressure, Deborah Myers (pictured), director of Health at Your Fingertips, used the system first as a way to ease her own chronic pain. When she shared the techniques with clients, friends, parents and educators, she began hearing about positive changes both from individuals and in group settings. Myers used the feedback to refine the system, ultimately developing one application for classrooms



and one for families.

"At school, I use the Flow with my students daily," writes Lara Futch, a parent and

third grade teacher in Santa Rosa.

"It helps keep them calm, yet still enthusiastic and active learners."

A 6.5-minute animated video is easy to follow and keeps kids engaged; the first 90 seconds is available for preview on the website. A concise accompanying book is available as an epub, pdf or Kindle download. The Daily Clean Your House Flow takes only minutes to perform (so you can do it more than once throughout the day) and it's a valuable stress-relieving tool for all ages. www.dailycleanyourhouseflow.com



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