

Alternative Cure Reflexology May Ease Chronic Pain

By Megan Handley

Having suffered from chronic sinus problems her entire life, our beauty editor Valerie Simmons was a little skeptical when Nourhy Chiriboga, 44, a Certified Reflexologist, offered to cure her of her nasal ailment—for good. Yet, after just 3 visits to Nourhy's Bucktown studio NOW (which stands for Nourhy on Webster), Valerie said her sinuses felt clearer and she hasn't had a sinus infection since. Curious, we sat down with Nourhy to learn more. While she can't make any promises, Nourhy believes her method of healing can do a great deal of good...



How did you get into holistic

medicine? I was hit by a drunk driver on the Kennedy Expressway in 1995. As a result, I broke many bones and herniated several discs in my back. It took me about a year to recover, and even then I had a lot of pain. One doctor suggested holistic treatments such as acupuncture, massage and reflexology and I thought, 'Ok, I've tried everything else.' The treatments had such a profound impact on my health and really changed the way I thought about health, healing and wellness.

What are the benefits of reflexology? Responses to reflexology vary widely. The more often you receive reflexology treatments, the more benefits you're likely to notice. After one session some may feel calm and relaxed while others may experience renewed energy and rejuvenation. Some people may initially feel fatigued after a session, especially if it's new to them, but will notice increased energy in the following days. Other benefits include increased circulation and immune system strength, better skin quality, decreased muscle tension and soreness and reduced swelling from injuries and illnesses. Furthermore, reflexology can help alleviate a host of medical problems including headaches, chronic sinus problems, arthritis, menstrual discomfort, fibromyalgia and many others.

Tell me about NOW. NOW is a retreat from the hustle and bustle of the outside world; the atmosphere is very non-clinical and probably more private than a spa. The treatment room is filled with lovely art and beautiful objects, which I hope provides an immediate calming effect. I just celebrated my second anniversary!

What can clients expect from your services? Generally my first session with a new client lasts an hour in which I diagnose the problem and determine the length and frequency of treatment needed. Someone with sinus problems or headaches may need to receive 30-minute sessions a couple times a week for one to three weeks and then as needed. A new mother with hormonal issues might come in once every three weeks for an hour-long session. It really depends.

Any advice? I encourage people to try holistic treatments. In the long run it's much cheaper to stay healthy with preventative maintenance. Having experienced severe injuries, I know it made a huge difference to use holistic treatments in combination with regular medicine. ■

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The Anti Aging Boom

Even modest changes can rejuvenate your appearance and leave you looking visibly younger.

Your body is actively engaged in a process known as aging. Why is it then that its affects catch us by surprise? Maybe looking in the mirror in the morning feels different, or you come across an old photograph of yourself and can't get over how you've changed. Know that you are not alone and there is a lot you can do to help repair and even reverse the signs of aging.

"The bottom line is that, if what you're seeing in the mirror doesn't please you, you don't have to jump to the conclusion that you need a radical face lift to look better"

— Omeed Memar, M.D., Ph.D.



You'd be surprised at how much satisfaction can be gained from doing smaller procedures over a prolonged period of time, says Dr. Memar. He recommends not wasting time or money with over-the-counter topicals. For lasting improvement, consider wrinkle fillers like Restylane and Radiesse to help restore volume and stimulate the production of collagen; while Botox® and chemical peels can reduce the appearance of fine lines and rough texture.



Omeed Memar, M.D., Ph.D.

Omeed Memar, M.D., Ph.D., is a nationally recognized, board certified dermatologist and cosmetic surgeon. Dr. Memar prides himself on providing the highest level of care for all your medical, surgical, and cosmetic treatment needs.

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