



## Life Musings, Chakra Handbook, Fall Faves

Happy Monday! How has fall been treating you so far? We're nearing the end of the month, and you know what that means?! 🎃 Perhaps you've been preparing your halloween costume, carving pumpkins, or putting up spooky decorations. Or maybe a stop at the pumpkin patch, with some local apple cider? Whatever it is, we hope it's been most enjoyable. The EGFam definitely loves getting into the spirit and spooking things up a bit.

## Barefoot Shenanigans

Speaking of spooking things up a bit, have you had a chance to check out those feet of yours? 😄 Whatever they look like, whatever shape they may be, they are yours. And they are truly an amazing part of your body! We promised last week we'd go a little deeper into how we can give our feet some more lovin', so here we go. We're starting with the barefoot/ minimal concept, because we really do feel that it's such an essential part of keeping our feet happy. Perhaps you've seen those funky looking shoes that have separated toes, or the super low profile (low heel) and flexible shoes? There has been quite a bit of debate around these, as well as the barefoot topic in general, but if we think about it from an evolutionary standpoint, it seems we've survived quite well for thousands of years with not much on our feet, if anything at all. And these days, the shoes we wear seem to actually be stifling the foot's full range of motion, causing a number of issues such as bunions, back/hip/knee pain, postural changes, decreased mobility, and more. Makes sense, for example, if we think about all the different shoes we stuff our feet into. Being barefoot has a whole range of benefits, but it doesn't mean we need to be barefoot all the time, or even minimal all the time. What is important is that we begin to strengthen our feet and provide it with a healthy variety of movement slowly. And going barefoot, or minimal (like those Five Finger shoes), can help immensely. By (slowly!! starting small is key here, especially if you've been wearing extra chunky shoes for a long time) decreasing the amount of cushion and fluff under our feet, we can:



- build back strength in our feet
- get back to greater range of motion
- improve control, balance, and body awareness
- connect to the earth in a more direct way

Our feet have thousands of nerves that are stimulated and activated when our feet hit the ground. These nerves provide feedback to the brain to interpret what's under our feet and how to respond accordingly. When our feet are covered, especially by excess cushion and inflexible shoes, it can affect this natural nerve feedback from our feet. We know it isn't reasonable to get barefoot all the time, given this modern world we live in, but we do think it's important to incorporate

slowly back into our lives, as well as examine the kinds of shoes we're wearing and notice the kind of impact they may be having on other aspects of our health (ie. posture, range of motion, fallen arches, weak ankles, etc.) Just imagine if we all had to wear high heels or dress shoes on our hands when going outside. 🦶 It'd be pretty difficult to do anything at all, huh?

Check out this [podcast](#) and [these links](#) for some cool info on natural movement and being barefoot!

## EndorphinGirl® News

Friends! The EndorphinGirl® Chakra Handbook is available through this link [here](#) on Amazon.

EndorphinSon™ Erik has done such a great job at capturing the EG message through his digital creations and we want to share another snippet! Check out this snapshot below, from a page on all things essential oils included in the book. You know how we love our EOs! 🍷

[As a side note, the feet love essential oils, and since they have some of the largest pores in our body, we think they're the key for being able to better absorb whatever oils we're using.]

The best way to get the oil out of the bottle is to turn it sideways slowly and add a few drops onto your palm. This allows the oil to remain pure for each use. Typically, the EndorphinGirls™ use essential oils in one of the following ways, but of course it's always good to do what works for you! 😊

- Place a drop in the non-dominant palm, and with a finger from the opposite hand, circulate the oil to stimulate the healing molecules. Then rub both hands together a few times and cup your hands over the nose to smell.
- Dab a drop on each wrist.
- Dab a drop on the nape of your neck.
- Open the cap and simply smell the oil.



Last week, we revealed that we'll be offering a subscription-



based EndorphinGirl® Kit and Caboodle (EGKC) Essential Oils Collection. As a Member of the EGKC, you'll receive your own 'kit' with a 'caboodle' packed with EO-related items monthly, or bi-monthly, depending on your preferences. Be on the lookout in the coming days for next steps on how to join! We're so excited to get this off the ground running! And if you're already interested, send us a thumbs up at [endorphingirls@gmail.com](mailto:endorphingirls@gmail.com)!

## EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is currently walking her feet off and enjoying autumn in Spain along El Camino de Santiago with her two pals. 🍂 EndorphinDaughter™ Mia is now surrounded by lots of snow ❄️, as winter has basically begun up in Lapland, though she's continuing to enjoy her hikes and nature walks all the same. EndorphinSon™ Erik has been into shifting things around his room lately. Moving around furniture 🛋️, switching things up, and trying to, as he put it, "remedy the Fengshui" and harmonize the environment around him. ⚖️

**Stay tuned for more adventures with EndorphinGirl®!**