Export Options	
Export Name	exportRemote
Case Name	1396967352612
Export Date	2014.04.10 14:10:36 EDT
Export Type	One PDF
Package Size	none
Include Mail Attachments ?	yes
Include Search Criteria ?	yes
Include Audit File Information?	no
Include Mail Meta Data ?	yes
Email Notification	no email

Search Tab#1: Search	
Folders	Export
	ALS
Filters	

### Fwd: BCC

From: Amy S

**To:** Eva Brown, John Doe **Date:** 2013/05/23 10:33

Subject: Fwd: BCC
Attachments: TEXT.htm

>>>Amy S 22.05.2013 16:16 >>>

# >>>Admin Admin 22.05.2013 15:56 >>> test

Property	Value
Message id	519DF087.Test Domain with 32 char name lo.LongDom-po1.100.17A6469.1.36.1
Message Path	xml/Mailbox/519DF087.Test Domain with 32 char name lo.LongDom- po1.100.17A6469.1.36.1.xml
From	Amy S
Display Name	Amy S
Email	S.Amy@sqa.com
UUID	1C679890-0F58-0000-8F5F- D5C5F9100229
Reply To	S.Amy@sqa.com
Text	Amy S
То	John Doe
CC	Eva Brown
BCC	First, Last
Subject	Fwd: BCC
Scheduled date	2013-05-23 10:33:30
Creation date	2013-05-23 10:33:30
Modified date	2013-05-23 10:33:43
Delivered date	2013-05-23 10:33:44
Message size	76
Attachments	1
Attachment	TEXT.htm
Name	TEXT.htm
Content ID	519DF087.Test Domain with 32 char name lo.LongDom- po1.200.20000E6.1.2.1@45:519DF08 7.Test Domain with 32 char name lo.LongDom- po1.100.17A6469.1.36.1@1:7.Test Domain with 32 char name lo.LongDom-po1.100.0.1.0.1@16
Is Inline	false

Message id         519DF087.Test Domain with 32 char name lo LongDompo1.100.17A6469.1.36.1           Type         file           Size         341           Date         2013-05-23 06:33:25           CA         contentIBDNBD1559454B629EB944B3 216A307160C15FFA755EB2A18698 C167FBF74704C03C87FE1153           Hash         BD1559454B629EB944B3216A30716 0C15FFA755EB2A18698C167FB7F4 704C03C87FE1153           Recipients         3           Recipient         Eva Brown           Display Name         Eva Brown           Email         Eva@sqa.com           UUID         8533F020-0DE7-0000-8CB4-0050568131FC           Distribution Type         CC           Recipient         First, Last           Display Name         First, Last           Email         Last@sqa.com           UUID         693425F0-17FD-0000-A215-0050568E389B           Distribution Type         BC           Recipient Type         User           Recipient John Doe         Destended John Doe           Distribution Type         USer           Recipient John Doe         Despect John Doe           Distribution Type         TO           Recipient Type         User           Expire         0           Delay delivery until </th <th>Property</th> <th>Value</th>	Property	Value
Type		519DF087.Test Domain with 32 char name lo.LongDom-
Size		i ·
Date         2013-05-23 06:33:25           CA         content/BD/BD/1559454B629EB944B3 216A307160C15FFA755EB2A18698 C167FB7F4704C03C87EF1153           Hash         BD1559454B629EB944B3216A30716 OC15FFA755EB2A18698C167FB7F4 704C03C87EF1153           Recipients         3           Recipient         Eva Brown           Display Name         Eva Brown           Email         Eva@ga_com           UUID         8533F020-0DE7-0000-8CB4-0050568131FC           Distribution Type         CC           Recipient Type         User           Recipient First, Last         Display Name           Display Name         First, Last           Display Name         First, Last           UUID         693425F0-17FD-0000-A215-0050568E389B           Distribution Type         BC           Recipient Type         User           Recipient John Doe         Display Name           Display Name         John Doe           Email         tomabiene@qa.com           UUID         0A08F4E0-0452-0000-B17F-1F3E52A7C86D           Distribution Type         TO           Recipient Type         User           Expire         0           Delay delivery until         0           Delegated         false	Туре	
CA         content\BD\BD1559454B629EB944B3 216A30716DC15FFA755EB2A18698 C167FB7F47V4C03C87EF1153           Hash         BD1559454B629EB944B3216A30716 0C15FFA755EB2A18698C167FB7F4 704C03C87EF1153           Recipients         3           Recipient         Eva Brown           Display Name         Eva Brown           Email         Eva@sqa.com           UUID         8533F020-0DE7-0000-8CB4-0050568131FC           Distribution Type         CC           Recipient Type         User           Recipient Type         User           Recipient Type         User           Recipient Type         BC           Recipient Type         BC           Recipient Type         User           Recipient Type         User           Recipient Type         User           Recipient Type         User           Recipient John Doe         Distribution Type           Distribution Type         To           Recipient Type         User           Expire         O           Delay delivery until         0           Delegated         false           Archived         false           Read         false           Deleted         false           <	Size	341
216A307160C15FFA755EB2A18698	Date	2013-05-23 06:33:25
C15FFA755EB2A18698C167FB7F4	CA	216A307160C15FFA755EB2A18698
Recipient         Eva Brown           Display Name         Eva Brown           Email         Eva@sqa.com           UUID         8533F020-0DE7-0000-8CB4-0050568131FC           Distribution Type         CC           Recipient Type         User           Recipient Display Name         First, Last           Email         Last@sqa.com           UUID         693425F0-17FD-0000-A215-0050568E389B           Distribution Type         BC           Recipient Type         User           Recipient Type         User           Recipient Display Name         John Doe           Email         tomabiene@qa.com           UUID         0AD8F4E0-0452-0000-B17F-1F3E52A7C86D           Distribution Type         TO           Recipient Type         User           Expire         0           Delay delivery until         0           Delegated         false           Archived         false           Read         false           Deleted         false           Opened         false           Completed         false           Security         Normal           Box type         Inbox           Retur	Hash	0C15FFA755EB2A18698C167FB7F4
Recipient Eva Brown  Display Name Eva Brown  Email Eva@sqa.com  UUID 8533F020-0DE7-0000-8CB4- 0050568131FC  Distribution Type CC  Recipient Type User  Recipient First, Last  Display Name First, Last  Email Last@sqa.com  UUID 693425F0-17FD-0000-A215- 0050568E389B  Distribution Type BC  Recipient Type User  Recipient John Doe  Display Name John Doe  Email tomabiene@qa.com  UUID 0AD8F4E0-0452-0000-B17F- 1F3E52A7C86D  Distribution Type TO  Recipient Type User  Expire 0  Delay delivery until 0  Delegated false  Archived false  Read false  Deleted false  Completed false  Security Normal  Box type Inbox  Return notification when opened false  Return notification when declined false  Return notification when declined	Recipients	
Display Name Eva Brown Email Eva@sqa.com  UUID 8533F020-0DE7-0000-8CB4- 0050568131FC  Distribution Type CC Recipient Type User Recipient First, Last Display Name First, Last Email Last@sqa.com  UUID 693425F0-17FD-0000-A215- 0050568E389B  Distribution Type BC Recipient Type User Recipient John Doe Display Name John Doe Email tomabiene@qa.com  UUID 0AD8F4E0-0452-0000-B17F- 1F3E52A7C86D  Distribution Type User Expire 0 Delay delivery until 0 Delegated false Read false Completed false Completed false Return notification when opened false Return notification when declined false Return notification when declined	•	Eva Brown
Email Eva@sqa.com  UUID 8533F020-0DE7-0000-8CB4- 0050568131FC  Distribution Type CC  Recipient Type User  Recipient First, Last  Display Name First, Last  Email Last@sqa.com  UUID 693425F0-17FD-0000-A215- 0050568E389B  Distribution Type BC  Recipient Type User  Recipient Type User  Recipient User  Recipient User  Recipient User  Display Name John Doe  Email tomabiene@qa.com  UUID 0AD8F4E0-0452-0000-B17F- 1F3E52A7C86D  Distribution Type TO  Recipient Type User  Expire 0  Delay delivery until 0  Delegated false  Archived false  Read false  Completed false  Security Normal  Box type Inbox  Return notification when deleted false  Return notification when deleted false  Return notification when deleted false  Return notification when deletied false  Return notification when deletied false  Return notification when deletied false  Return notification when declined false  Return notification when declined	•	Eva Brown
UUID  B533F020-0DE7-0000-8CB4- 0050568131FC  CC Recipient Type User Recipient First, Last Display Name First, Last Email Last@sqa.com  UUID 693425F0-17FD-0000-A215- 0050568E389B  Distribution Type BC Recipient Type User Recipient John Doe Display Name John Doe Email Lomabiene@qa.com  UUID 0AD8F4E0-0452-0000-B17F- 173E52A7C86D  Distribution Type TO Recipient Type User Expire 0 Delay delivery until 0 Delegated Archived false Read false Completed false Completed Security Normal Box type Inbox Return notification when deleted Return notification when declined false Return notification when declined		
Recipient Type Recipient First, Last Display Name First, Last Email Last@sqa.com UUID 693425F0-17FD-0000-A215- 0050568E389B  Distribution Type BC Recipient Type User Recipient John Doe Display Name John Doe Email UUID 0AD8F4E0-0452-0000-B17F- 1F3E52A7C86D Distribution Type TO Recipient Type User Expire 0 Delay delivery until 0 Delegated false Archived false Read false Completed false Security Normal Box type Inbox Return notification when opened Return notification when deelted Return notification when completed Return notification when declined IUID Resipient First, Last First, Last First, Last Last@sqa.com  Delaydenon-A215- 0050425F0-17FD-0000-A215- 0050568E389B  BC Read Gas425F0-17FD-0000-A215- 0050568E389B  BC Read BC Resipient Type User TO ADBF4E0-0452-0000-B17F- 1F3E52A7C86D  O Delay delivery until O Delegated false		8533F020-0DE7-0000-8CB4-
Recipient First, Last Display Name First, Last Email Last@sqa.com UUID 693425F0-17FD-0000-A215- 0050568E389B  Distribution Type BC Recipient Type User Recipient John Doe Display Name John Doe Email tomabiene@qa.com UUID 0AD8F4E0-0452-0000-B17F- 1F3E52A7C86D  Distribution Type TO Recipient Type User Expire 0 Delay delivery until 0 Delegated false Archived false Read false Completed false Security Normal Box type Inbox Return notification when declined false Return notification when completed Return notification when declined false Return notification when declined	Distribution Type	CC
Display Name First, Last Email Last@sqa.com  UUID 693425F0-17FD-0000-A215- 0050568E389B  Distribution Type BC Recipient Type User Recipient John Doe Display Name John Doe Email tomabiene@qa.com  UUID 0AD8F4E0-0452-0000-B17F- 1F3E52A7C86D  Distribution Type TO Recipient Type User Expire 0 Delay delivery until 0 Delegated false Archived false Read false Deleted false Completed false Security Normal Box type Inbox Return notification when opened false Return notification when declined false Return notification when completed Return notification when declined false	Recipient Type	User
Email Last@sqa.com  UUID 693425F0-17FD-0000-A215- 0050568E389B  Distribution Type BC Recipient Type User Recipient John Doe Display Name John Doe Email tomabiene@qa.com  UUID 0AD8F4E0-0452-0000-B17F- 1F3E52A7C86D  Distribution Type TO Recipient Type User  Expire 0 Delay delivery until 0 Delegated false Archived false Read false Deleted false Completed false Security Normal Box type Inbox Return notification when opened false Return notification when deleted Return notification when completed Return notification when declined false	Recipient	First, Last
UUID 693425F0-17FD-0000-A215- 0050568E389B  Distribution Type Recipient Type User Recipient John Doe Display Name John Doe Email tomabiene@qa.com UUID 0AD8F4E0-0452-0000-B17F- 1F3E52A7C86D  Distribution Type TO Recipient Type User Expire 0 Delay delivery until 0 Delegated false Archived false Read false Opened false Completed false Security Normal Box type Inbox Return notification when opened false Return notification when declined false	Display Name	First, Last
UUID 693425F0-17FD-0000-A215- 0050568E389B  Distribution Type Recipient Type Recipient John Doe Display Name John Doe Email tomabiene@qa.com UUID 0AD8F4E0-0452-0000-B17F- 1F3E52A7C86D  Distribution Type TO Recipient Type User  Expire 0 Delay delivery until 0 Delegated false Archived false Read false Opened false Completed false Security Normal Box type Inbox Return notification when opened false Return notification when declined false	Email	Last@sqa.com
Recipient Type  Recipient  Display Name  Display Name  Display Name  Display Name  Don Doe  Email  UUID  Don Doe  Email  UUID  Don Doe  Email  UUID  Don Doe  Email  Distribution Type  TO  Recipient Type  User  Expire  Delay delivery until  Delegated  Archived  false  Archived  false  Read  Deleted  Deleted  Dened  false  Completed  Security  Normal  Box type  Return notification when opened  Return notification when deleted  Return notification when completed  Return notification when declined  Return notification when declined  False  Return notification when declined  Return notification when declined  False  Return notification when declined  Return notification when declined	UUID	693425F0-17FD-0000-A215-
Recipient  Display Name  Display Name  Email  UUID  Distribution Type  Expire  Delay delivery until  Delegated  Archived  Read  False  Deleted  Deleted  Dened  Completed  Security  Box type  Return notification when opened  Return notification when deleted  Return notification when declined  Email  tomabiene@qa.com  John Doe  John Doe  John Doe  John Doe  Iohn Iohn Iohn Iohn Iohn Iohn Iohn Iohn	Distribution Type	BC
Display Name Email  UUID  OAD8F4E0-0452-0000-B17F- 1F3E52A7C86D  Distribution Type TO Recipient Type User  Expire  Delay delivery until  Delegated Archived false  Read Deleted Galse  Completed false  Security Normal Box type Inbox  Return notification when deleted Return notification when declined False  Redum Return notification when declined False Return notification when declined	Recipient Type	User
Email tomabiene@qa.com  UUID 0AD8F4E0-0452-0000-B17F- 1F3E52A7C86D  Distribution Type TO Recipient Type User  Expire 0 Delay delivery until 0 Delegated false Archived false Read false Deleted false Opened false Completed false Security Normal Box type Inbox Return notification when opened false Return notification when deleted false Return notification when completed false Return notification when declined false Return notification when declined false	Recipient	John Doe
UUID  Distribution Type  TO  Recipient Type  User  Expire  Delay delivery until  Delegated  Archived  False  Read  Deleted  Deleted  Completed  Security  Normal  Box type  Return notification when deleted  Return notification when completed  Return notification when declined  False  OAD8F4E0-0452-0000-B17F- 1F3E52A7C86D  TO  TO  TO  Recipient Type  User  Delay delivery until  0  Delay delivery until  0  Delay delivery until  0  False  False  False  False  False  False  Return notification when deleted  False  Return notification when deleted  False  Return notification when declined	Display Name	John Doe
Distribution Type TO Recipient Type User Expire 0 Delay delivery until Delegated Archived False Read False Deleted False Opened Completed False Security Normal Box type Return notification when deleted Return notification when completed Return notification when declined Resu False	Email	tomabiene@qa.com
Recipient Type User  Expire 0  Delay delivery until 0  Delegated false  Archived false  Read false  Deleted false  Opened false  Completed false  Security Normal  Box type Inbox  Return notification when opened false  Return notification when deleted false  Return notification when completed false  Return notification when completed false  Return notification when declined false	UUID	
Expire 0 Delay delivery until 0 Delegated false Archived false Read false Deleted false Opened false Completed false Security Normal Box type Inbox Return notification when opened false Return notification when deleted false Return notification when completed false Return notification when completed false Return notification when declined false Return notification when declined false	Distribution Type	ТО
Delay delivery until  Delegated  Archived  False  Read  False  Deleted  Opened  False  Completed  False  Completed  False  Security  Normal  Box type  Inbox  Return notification when opened  Return notification when deleted  Return notification when completed  Return notification when completed  Return notification when declined  False  Return notification when declined	Recipient Type	User
Delegated false Archived false Read false Deleted false Opened false Completed false Security Normal Box type Inbox Return notification when opened false Return notification when deleted false Return notification when completed false Return notification when deleted false Return notification when declined false	Expire	0
Delegated false Archived false Read false Deleted false Opened false Completed false Security Normal Box type Inbox Return notification when opened false Return notification when deleted false Return notification when completed false Return notification when deleted false Return notification when declined false	Delay delivery until	0
Archived false Read false Deleted false Opened false Completed false Security Normal Box type Inbox Return notification when opened false Return notification when deleted false Return notification when completed false Return notification when declined false	-	false
Read false  Deleted false Opened false Completed false Security Normal Box type Inbox Return notification when opened false Return notification when deleted false Return notification when completed false Return notification when declined false		false
Deleted false Opened false Completed false Security Normal Box type Inbox Return notification when opened false Return notification when deleted false Return notification when completed false Return notification when declined false		
Opened false Completed false Security Normal Box type Inbox Return notification when opened false Return notification when deleted false Return notification when completed false Return notification when declined false		
Completed false  Security Normal  Box type Inbox  Return notification when opened false  Return notification when deleted false  Return notification when completed false  Return notification when declined false		
Security  Box type  Inbox  Return notification when opened  Return notification when deleted  Return notification when completed  Return notification when declined  Return notification when declined  Return notification when declined	•	
Box type Inbox Return notification when opened false Return notification when deleted false Return notification when completed false Return notification when declined false	-	
Return notification when opened false Return notification when deleted false Return notification when completed false Return notification when declined false		
Return notification when deleted false Return notification when completed false Return notification when declined false		
Return notification when completed false  Return notification when declined false	-	
Return notification when declined false		
	•	

Property	Value
Message id	519DF087.Test Domain with 32 char name lo.LongDom-po1.100.17A6469.1.36.1
Archive Version	2008.1
Internal ID	519DF087.Test Domain with 32 char name lo.LongDom- po1.100.17A6469.1.36.1@1:7.Test Domain with 32 char name lo.LongDom-po1.100.0.1.0.1@16
Name	
Source	received
Class	Public
Account	First, Last@Last.LongDom-po1.Test Domain with 32 char name lo
Location ID	1354548508456
Class Name	GW.MESSAGE.MAIL
Original Subject	
Personal Subject	
Enclosing Folders	1
Folder	Mailbox
ID	7.Test Domain with 32 char name lo.LongDom-po1.100.0.1.0.1@16
Name	Mailbox
Type	Mailbox
System	true
Share Type	NotShared

## Fwd: Marc-France Léger La Presse (TEXT) (test BCC)

From: greg smith

**Date:** 2013/05/23 12:14

Subject: Fwd: Marc-France Léger La Presse (TEXT) (test BCC)
Attachments: TEXT.htm, Fwd: Marc-France Léger La Presse (TEXT)

>>>greg smith 5/23/2013 10:25 AM >>> BC 3 users

### >>> Milena Test 13.05.2013 11:45 >>>

Property	Value
Message id	519E0862.dom1.po1.100.138656E.1. D5.1
Message Path	xml/Mailbox/519E0862.dom1.po1.100. 138656E.1.D5.1.xml
From	greg smith
Display Name	greg smith
Email	greg@sqa.com
UUID	0ECEDC10-1017-0000-8579- 005056805FF9
Reply To	greg@sqa.com
Text	greg smith
То	
CC	
BCC	Amy S
Subject	Fwd: Marc-France Léger La Presse (TEXT) (test BCC)
Scheduled date	2013-05-23 12:14:56
Creation date	2013-05-23 12:14:56
Modified date	2013-06-11 10:47:12
Delivered date	2013-05-23 12:15:31
Message size	89
Attachments	2
Attachment	TEXT.htm
Name	TEXT.htm
Content ID	519E0862.dom1.po1.200.200000F.1. 1D7.1@45:519E0862.dom1.po1.100. 138656E.1.D5.1@1:7.dom1.po1.100. 0.1.0.1@16
Is Inline	false
Туре	file
Size	354
Date	2013-05-23 08:14:56
CA	content\6B\6B0F3D3B27349C65336A 642FECE5DA77D59EFEEEA0D500B C697E4C4ACC9765BB91BBCC56

Property	Value
Message id	519E0862.dom1.po1.100.138656E.1.
iviessage id	D5.1
Hash	6B0F3D3B27349C65336A642FECE5
	DA77D59EFEEEA0D500BC697E4C4
	ACC9765BB91BBCC56
Attachment	Fwd: Marc-France Léger La Presse (TEXT)
Name	Fwd: Marc-France Léger La Presse
Name	(TEXT)
Content ID	519E0862.dom1.po1.200.200000F.1.
	1D8.1@49:519E0862.dom1.po1.100.
	138656E.1.D5.1@1:7.dom1.po1.100. 0.1.0.1@16
Is Inline	false
Type	message
Size	0
Date	2013-05-13 11:45:59
CA	accounts\Amy
CA	S@Amy.po1.dom1\msg\519E0862.do
	m1.po1.100.138656E.1.D5.1\519E086
	2.dom1.po1.200.200001A.1.24E.1.xml
Hash	xp6x+INQpFPnrdXv3z9bLGV1DmE=
Recipients	1
Recipient	Amy S
Display Name	Amy S
Email	S.Amy@sqa.com
UUID	1C679890-0F58-0000-8F5F- D5C5F9100229
Distribution Type	BC
Recipient Type	User
Expire	0
Delay delivery until	0
Delegated	false
Archived	false
Read	true
Deleted	false
Opened	true
Completed	false
Security	Normal
Box type	Inbox
Return notification when opened	false
Return notification when deleted	false
Return notification when completed	false
Return notification when declined	false
Return notification when accepted	false
Archive Version	2008.1
Internal ID	519E0862.dom1.po1.100.138656E.1.
	D5.1@1:7.dom1.po1.100.0.1.0.1@16
Name	
Source	received

Property	Value
Message id	519E0862.dom1.po1.100.138656E.1. D5.1
Class	Public
Account	Amy S@Amy.po1.dom1
Location ID	1354548508456
Class Name	GW.MESSAGE.MAIL
Original Subject	
Personal Subject	
Enclosing Folders	1
Folder	Mailbox
ID	7.dom1.po1.100.0.1.0.1@16
Name	Mailbox
Туре	Mailbox
System	true
Share Type	NotShared
Published	2013/6/11-14:46:41

## Fwd: Marc-France Léger La Presse (TEXT)

From: Milena Test
To: Milena Test
Date: 2013/05/13 11:45

Subject: Fwd: Marc-France Léger La Presse (TEXT)
Attachments: Fwd: Marc-France Léger La Presse (TEXT)

Property	Value
Message id	519E0862.dom1.po1.200.200001A.1. 24E.1
From	Milena Test
То	Milena Test
Subject	Fwd: Marc-France Léger La Presse (TEXT)
Scheduled date	2013-05-13 17:45:59
Creation date	2013-05-13 17:45:59
Message size	0
Attachments	1
Attachment	Fwd: Marc-France Léger La Presse (TEXT), Size: 0, Date: 2013-05-13 17:24:50
Recipients	1
Recipient	Milena Test[Milena@sqa.com]
Expires	0
Conceal subject	false
Priority	Standard
Delay delivery until	0
Delegated	false
Archived	false
Read	false
Deleted	false
Opened	false
Completed	false
Security	Normal
Box type	Inbox
Priority	
Read	
Accepted	
Completed	
Return notification when opened	true
Return notification when deleted	true
Return notification when completed	true
Return notification when declined	true
Return notification when accepted	true

### Marc-France Léger La Presse (TEXT)

From: Admin Admin
To: Milena Test
Date: 2013/05/13 11:24

Subject: Marc-France Léger La Presse (TEXT)

Un instrument de relaxation

Marc-France Léger La Presse

Le réflexologue travaille avec des zones réflexes bien précises correspondant à des organes du corps. Le thérapeute exerce une pression sur la terminaison nerveuse des points réflexes du pied, de la main ou de l'oreille. Et telle une télécommande, notre pied réagit en envoyant des ondes le long des méridiens, à travers le tissu, la lymphe et les couches internes.

Les 10 principales zones du corps sont représentées sur une carte géographique de la plante du pied ou de la paume des mains. En 2008, notamment, une équipe scientifique japonaise a constaté sur imagerie neurologique que le cortex réagissait aux stimulations provoquées par le travail de certains points réflexes situés sous le pied : ceux de l'œil, de l'épaule et du petit intestin.

### Contre le stress

Plus traditionnellement, cette approche naturelle est pratiquée depuis des millénaires dans les pays asiatiques et en Inde. Des techniques d'effleurage et de lissage des côtés, de la plante des pieds et des orteils favorisent à la fois une grande relaxation et une meilleure circulation de l'énergie. Elles sont pratiquées de façon séquentielle et rythmée. L'obstruction du flux d'énergie peut être à l'origine d'un inconfort ou d'une maladie chez une personne et les techniques de massage des pieds vont stimuler et ouvrir ces canaux.

### Notre test

Nous nous sommes prêtés à l'expérience dans les locaux de La Presse, un lundi matin, 9 h. D'un côté : la journaliste stressée par la circulation et craignant d'être en retard. De l'autre : Merhdad Ameli, un thérapeute en réflexologie.

#### Technique avec bâtons

Cette fois, il s'agit de réflexologie thaïlandaise, approche incluant le massage des pieds et de la partie inférieure des jambes. Outre les mains et les pouces, le thérapeute se sert de courts bâtons

en bois pour presser, lisser les côtés et balayer la plante du pied. Les sensations sont différentes de celles éprouvées sans les accessoires.

Après une dizaine de minutes, le cobaye a ressenti des influx dans la jambe traitée et à l'arrière de la cuisse. Quelque 45 minutes plus tard, il a ressenti le travail des stimulations ainsi qu'une lourdeur dans les jambes. Fait notable : les battements du cœur ont pris plus de place dans la cage thoracique. Sous les conseils de M. Ameli, la journaliste a pris plusieurs bonnes respirations avant de se lever délicatement, afin de laisser passer l'étourdissement. Une heure après le massage, un apaisement réel s'est installé. « La réflexologie thaïlandaise est très énergétique, avec la friction et le balayage. Le message est bien envoyé aux organes. Ça fonctionne très bien. Il ne faut pas trop stimuler, non plus. On s'offre un cadeau de relaxation. »

M. Ameli, qui a suivi la formation de l'Association canadienne de réflexologie (ACR) et qui détient également une assurance professionnelle, a pimenté sa technique de gestes tirés de l'approche tibétaine et de l'ayurvéda. On conseille de toujours vérifier que le thérapeute est diplômé et membre d'une association professionnelle.

Property	Value
Message id	519E0862.dom1.po1.200.2000067.1.1 28B7.1
From	Admin Admin
То	Milena Test
Subject	Marc-France Léger La Presse (TEXT)
Scheduled date	2013-05-13 17:24:50
Creation date	2013-05-13 17:24:50
Message size	3081
Attachments	0
Recipients	1
Recipient	Milena Test[Milena@sqa.com]
Expires	0
Conceal subject	false
Priority	Standard
Delay delivery until	0
Delegated	false
Archived	false
Read	false
Deleted	false
Opened	false
Completed	false
Security	Normal
Box type	Inbox
Priority	
Read	
Accepted	
Completed	
Return notification when opened	true
Return notification when deleted	true
Return notification when completed	true

Property	Value
Message id	519E0862.dom1.po1.200.2000067.1.1 28B7.1
Return notification when declined	true
Return notification when accepted	true

### Fwd: BCC

From: Amy S

**To:** Eva Brown, John Doe **Date:** 2013/05/23 10:33

Subject: Fwd: BCC
Attachments: TEXT.htm

>>>Amy S 22.05.2013 16:16 >>>

# >>>Admin Admin 22.05.2013 15:56 >>> test

Property	Value
Message id	519DF07A.dom1.po1.100.138656E.1. D4.1
Message Path	xml/Mailbox/519DF07A.dom1.po1.100 .138656E.1.D4.1.xml
From	Amy S
Display Name	Amy S
Email	S.Amy@sqa.com
UUID	1C679890-0F58-0000-8F5F- D5C5F9100229
Reply To	S.Amy@sqa.com
Text	Amy S
То	John Doe
cc	Eva Brown
BCC	Archive Dedicated; First, Last
Subject	Fwd: BCC
Scheduled date	2013-05-23 10:33:30
Creation date	2013-05-23 10:33:30
Modified date	2013-06-11 11:51:44
Delivered date	2013-05-23 10:33:30
Message size	76
Attachments	1
Attachment	TEXT.htm
Name	TEXT.htm
Content ID	519DF07A.dom1.po1.200.20000E6.1. 18E.1@45:519DF07A.dom1.po1.100. 138656E.1.D4.1@1:19.dom1.po1.100. .0.1.0.1@30
Is Inline	false
Туре	file
Size	341
Date	2013-05-23 06:33:25

Property	Value		
Message id	519DF07A.dom1.po1.100.138656E.1.		
<u> </u>	D4.1		
CA	content\BD\BD1559454B629EB944B3 216A307160C15FFA755EB2A18698 C167FB7F4704C03C87EF1153		
Hash	BD1559454B629EB944B3216A30716 0C15FFA755EB2A18698C167FB7F4 704C03C87EF1153		
Recipients	4		
Recipient	Archive Dedicated		
Display Name	Archive Dedicated		
Email	Archive@sqa.com		
UUID	0C9DEB70-02A7-0000-A1C8- F41B868EB8D1		
Distribution Type	BC		
Recipient Type	User		
Recipient	Eva Brown		
Display Name	Eva Brown		
Email	Eva@sqa.com		
UUID	8533F020-0DE7-0000-8CB4- 0050568131FC		
Distribution Type	CC		
Recipient Type	User		
Recipient	First, Last		
Display Name	First, Last		
Email	Last@sqa.com		
UUID	693425F0-17FD-0000-A215- 0050568E389B		
Distribution Type	ВС		
Recipient Type	User		
Recipient	John Doe		
Display Name	John Doe		
Email	tomabiene@qa.com		
UUID	0AD8F4E0-0452-0000-B17F- 1F3E52A7C86D		
Distribution Type	ТО		
Recipient Type	User		
Expire	0		
Delay delivery until	0		
Delegated	false		
Archived	false		
Read	true		
Deleted	false		
Opened	true		
Completed	false		
Security	Normal		
Box type	Sent Items		
Return notification when opened	false		
Return notification when deleted	false		

Property	Value	
Message id	519DF07A.dom1.po1.100.138656E.1. D4.1	
Return notification when completed	false	
Return notification when declined	false	
Return notification when accepted	false	
Archive Version	2008.1	
Internal ID	519DF07A.dom1.po1.100.138656E.d D4.1@1:19.dom1.po1.100.0.1.0.1@3	
Name		
Source	sent	
Class	Public	
Account	Amy S@Amy.po1.dom1	
Location ID	1354548508456	
Class Name	GW.MESSAGE.MAIL	
Original Subject		
Personal Subject		
Enclosing Folders	1	
Folder	Mailbox	
ID	7.dom1.po1.100.0.1.0.1@16	
Name	Mailbox	
Туре	Mailbox	
System	true	
Share Type	NotShared	
Published	2013/6/11-14:46:41	

## Fwd: Marc-France Léger La Presse (TEXT) (test BCC)

From: greg smith

To: Admin Admin, Mike1 Test1

**Date:** 2013/05/23 10:25

Subject: Fwd: Marc-France Léger La Presse (TEXT) (test BCC)
Attachments: TEXT.htm, Fwd: Marc-France Léger La Presse (TEXT)

BC 3 users

### >>> Milena Test 13.05.2013 11:45 >>>

Property	Value
Message id	519DEEBE.dom1.po1.100.138656E.1 .D3.1
Message Path	xml/Mailbox/519DEEBE.dom1.po1.10 0.138656E.1.D3.1.xml
From	greg smith
Display Name	greg smith
Email	greg@sqa.com
UUID	0ECEDC10-1017-0000-8579- 005056805FF9
Reply To	greg@sqa.com
Text	greg smith
То	Mike1 Test1
CC	Admin Admin
BCC	Amy S
Subject	Fwd: Marc-France Léger La Presse (TEXT) (test BCC)
Scheduled date	2013-05-23 10:25:41
Creation date	2013-05-23 10:25:41
Modified date	2013-06-11 10:47:12
Delivered date	2013-05-23 10:26:07
Message size	49
Attachments	2
Attachment	TEXT.htm
Name	TEXT.htm
Content ID	519DEEBE.dom1.po1.200.200000F.1. 1CE.1@45:519DEEBE.dom1.po1.100 .138656E.1.D3.1@1:7.dom1.po1.100. 0.1.0.1@16
Is Inline	false
Туре	file
Size	287
Date	2013-05-23 06:25:36
CA	content\CD\CD0FF9A4CF7E62BA4F7 C075F36FC5A61A5343F108BE14095 0D3E082D439837616DB38664
Hash	CD0FF9A4CF7E62BA4F7C075F36F C5A61A5343F108BE140950D3E082 D439837616DB38664

Message id   519DEBE.dom1.po1.100.138656E.1   D3.1     Attachment   Fwd: Marc-France Léger La Presse (TEXT)     Name   Fwd: Marc-France Léger La Presse (TEXT)     Content ID   519DEBE.dom1.po1.200.200000F.1     10F. (@49.519DEEBE.dom1.po1.100.     138656E.1.D3.1@1:7.dom1.po1.100.     1381mine   false   Type   message     Size   0     Date   2013-05-13 11:45:59     CA   accounts\Amy     S@Amy.po1.dom1\msg\\$19DEBE.d     Om1.po1.100.138656E.1.D3.1\\$19DEBE.d     Om1.po1.100.138656E.1.D3.1\\$19DEB.d     Om1.po1.100.138656E.1.D3.1\\$19DEB.d     Om1.po1.100.138656E.1.D3.1\\$19DEB.d     Om1.po1.100.138656E.1.D3.1	Property	Value
D3.1		1 333 3
Name	eeeage ia	
Content ID	Attachment	
1CF.1@49:519DEEBE.dom1.po1.100	Name	
Type         message           Size         0           Date         2013-05-13 11:45:59           CA         accounts\Amy S@Amy.po1.dom1\msg\519DEEBE.dom1.po1.200.200001A.1.247.1. xml           Hash         PqKkt9Ms3+3YGmEau8UFvffY5qw=           Recipients         3           Recipient         Admin Admin           Display Name         Admin Admin           Email         Admin@sqa.com           UUID         05943430-02CD-0000-A46A-6A00FD00C800           Distribution Type         CC           Recipient Type         User           Recipient Mike1 Test1         Display Name           Email         Mike1Test1           Distribution Type         Mike1 Test1           Email         Mike1R2@sqa.com           UUID         B9D8E4B0-0528-0000-AE4C-0C2A195B0C37           Distribution Type         User           Recipient Type         User           Recipient Type         User           Email         S.Amy@sqa.com           UUID         1C679890-0F58-0000-8F5F-D5C5F9100229           Distribution Type         BC           Recipient Type         User           Expire         0           Delegated         false	Content ID	1CF.1@49:519DEEBE.dom1.po1.100 .138656E.1.D3.1@1:7.dom1.po1.100
Size         0           Date         2013-05-13 11:45:59           CA         accounts/Amy           S@Amy, po1.dom1\msg\519DEEBE.dom1.po1.100.138656E.1.D3.1\519DEEBE.dom1.po1.200.200001A.1.247.1.xml           Hash         PqKkt9Ms3+3YGmEau8UFvffY5qw=           Recipients         3           Recipient         Admin Admin           Display Name         Admin Admin           Email         Admin@sqa.com           UUID         05943430-02CD-0000-A46A-6A00FD00C800           Distribution Type         CC           Recipient Type         User           Recipient Display Name         Mike1 Test1           Display Name         Mike1 Test1           UUID         B9D8E4B0-0528-0000-AE4C-0C2A195B0C37           Distribution Type         TO           Recipient Type         User           Recipient Amy S         Display Name           Email         S.Amy@sqa.com           UUID         1C679890-0F58-0000-8F5F-D5C5F9100229           Distribution Type         BC           Recipient Type         User           Expire         0           Delay delivery until         0           Delegated         false           Archived         false	Is Inline	false
Date         2013-05-13 11:45:59           CA         accounts\Amy           S@Amy.po1.dom1\msg\519DEEBE.dom1.po1.100.138656E.1.D3.1\519DEEBE.dom1.po1.200.200001A.1.247.1.xml           Hash         PqKkt9Ms3+3YGmEau8UFvffY5qw=           Recipients         3           Recipient         Admin Admin           Display Name         Admin Admin           Email         Admin@sqa.com           UUID         05943430-02CD-0000-A46A-6A00FD00C800           Distribution Type         CC           Recipient Type         User           Recipient Display Name         Mike1 Test1           Display Name         Mike1 Test1           Email         Mike1R2@sqa.com           UUID         B9D8E4B0-0528-0000-AE4C-0C2A195B0C37           Distribution Type         TO           Recipient Type         User           Recipient Amy S         Display Name           Email         S.Amy@sqa.com           UUID         1C679890-0F58-0000-8F5F-D5C5F9100229           Distribution Type         BC           Recipient Type         User           Expire         0           Delay delivery until         0           Delegated         false           Archived         false </td <td>Туре</td> <td>message</td>	Туре	message
CA         accounts\Amy \$@Amy.po1.dom1\msg\519DEEBE.dom1.po1.100.138656E.1.D3.1\519DE EBE.dom1.po1.200.200001A.1.247.1. xml           Hash         PqKkt9Ms3+3YGmEau8UFvffY5qw=           Recipients         3           Recipient         Admin Admin           Display Name         Admin Admin           Email         Admin@sqa.com           UUID         05943430-02CD-0000-A46A-6A00FD00C800           Distribution Type         CC           Recipient Type         User           Recipient         Mike1 Test1           Display Name         Mike1 Test1           Email         Mike1R2@sqa.com           UUID         B9D8E4B0-0528-0000-AE4C-0C2A195B0C37           Distribution Type         TO           Recipient Type         User           Recipient         Amy S           Display Name         Amy S           Email         S.Amy@sqa.com           UUID         1C679890-0F58-0000-8F5F-D5C5F9100229           Distribution Type         BC           Recipient Type         User           Expire         0           Delay delivery until         0           Delegated         false           Archived         false           Opened         true <td>Size</td> <td>0</td>	Size	0
S@Amy.po1.dom1\msg\519DEEB.d om1.po1.100.138656E.1.D3.1\519DEEBE.d om1.po1.200.200001A.1.247.1 xml	Date	2013-05-13 11:45:59
Recipients         3           Recipient         Admin Admin           Display Name         Admin Admin           Email         Admin@sqa.com           UUID         05943430-02CD-0000-A46A-6A00FD00C800           Distribution Type         CC           Recipient Type         User           Recipient         Mike1 Test1           Display Name         Mike1 Test1           Email         Mike1R2@sqa.com           UUID         B9D8E4B0-0528-0000-AE4C-0C2A195B0C37           Distribution Type         TO           Recipient Type         User           Recipient         Amy S           Display Name         Amy S           Email         S.Amy@sqa.com           UUID         1C679890-0F58-0000-8F5F-D5C5F9100229           Distribution Type         BC           Recipient Type         User           Expire         0           Delay delivery until         0           Delegated         false           Archived         false           Read         true           Deleted         false	CA	S@Amy.po1.dom1\msg\519DEEBE.d om1.po1.100.138656E.1.D3.1\519DE EBE.dom1.po1.200.200001A.1.247.1.
Recipient         Admin Admin           Display Name         Admin Admin           Email         Admin@sqa.com           UUID         05943430-02CD-0000-A46A-6A00FD00C800           Distribution Type         CC           Recipient Type         User           Recipient Mike1 Test1         Display Name           Email         Mike1 Test1           Email         Mike1R2@sqa.com           UUID         B9D8E4B0-0528-0000-AE4C-0C2A195B0C37           Distribution Type         TO           Recipient Type         User           Recipient Amy S         Display Name           Email         S.Amy@sqa.com           UUID         1C679890-0F58-0000-8F5F-D5C5F9100229           Distribution Type         BC           Recipient Type         User           Expire         0           Delay delivery until         0           Delegated         false           Archived         false           Read         true           Deleted         false           Opened         true	Hash	PqKkt9Ms3+3YGmEau8UFvffY5qw=
Display Name	Recipients	3
Email         Admin@sqa.com           UUID         05943430-02CD-0000-A46A-6A00FD00C800           Distribution Type         CC           Recipient Type         User           Recipient         Mike1 Test1           Display Name         Mike1 Test1           Email         Mike1R2@sqa.com           UUID         B9D8E4B0-0528-0000-AE4C-0C2A195B0C37           Distribution Type         TO           Recipient Type         User           Recipient         Amy S           Display Name         Amy S           Email         S.Amy@sqa.com           UUID         1C679890-0F58-0000-8F5F-D5C5F9100229           Distribution Type         BC           Recipient Type         User           Expire         0           Delay delivery until         0           Delegated         false           Archived         false           Read         true           Deleted         false           Opened         true	Recipient	Admin Admin
UUID         05943430-02CD-0000-A46A-6A00FD00C800           Distribution Type         CC           Recipient Type         User           Recipient         Mike1 Test1           Display Name         Mike1 R2@sqa.com           UUID         B9D8E4B0-0528-0000-AE4C-0C2A195B0C37           Distribution Type         TO           Recipient Type         User           Recipient         Amy S           Display Name         Amy S           Email         S.Amy@sqa.com           UUID         1C679890-0F58-0000-8F5F-D5C5F9100229           Distribution Type         BC           Recipient Type         User           Expire         0           Delay delivery until         0           Delegated         false           Archived         false           Read         true           Deleted         false           Opened         true	Display Name	Admin Admin
GA00FD00C800	Email	Admin@sqa.com
Recipient Type         User           Recipient         Mike1 Test1           Display Name         Mike1 Test1           Email         Mike1R2@sqa.com           UUID         B9D8E4B0-0528-0000-AE4C-0C2A195B0C37           Distribution Type         TO           Recipient Type         User           Recipient         Amy S           Display Name         Amy S           Email         S.Amy@sqa.com           UUID         1C679890-0F58-0000-8F5F-D5C5F9100229           Distribution Type         BC           Recipient Type         User           Expire         0           Delay delivery until         0           Delegated         false           Archived         false           Read         true           Deleted         false           Opened         true	UUID	05943430-02CD-0000-A46A-
Recipient         Mike1 Test1           Display Name         Mike1 Test1           Email         Mike1R2@sqa.com           UUID         B9D8E4B0-0528-0000-AE4C-0C2A195B0C37           Distribution Type         TO           Recipient Type         User           Recipient         Amy S           Display Name         Amy S           Email         S.Amy@sqa.com           UUID         1C679890-0F58-0000-8F5F-D5C5F9100229           Distribution Type         BC           Recipient Type         User           Expire         0           Delay delivery until         0           Delegated         false           Archived         false           Read         true           Deleted         false           Opened         true	Distribution Type	CC
Display Name         Mike1 Test1           Email         Mike1R2@sqa.com           UUID         B9D8E4B0-0528-0000-AE4C-0C2A195B0C37           Distribution Type         TO           Recipient Type         User           Recipient         Amy S           Display Name         Amy S           Email         S.Amy@sqa.com           UUID         1C679890-0F58-0000-8F5F-D5C5F9100229           Distribution Type         BC           Recipient Type         User           Expire         0           Delay delivery until         0           Delegated         false           Archived         false           Read         true           Deleted         false           Opened         true	Recipient Type	User
Email         Mike1R2@sqa.com           UUID         B9D8E4B0-0528-0000-AE4C-0C2A195B0C37           Distribution Type         TO           Recipient Type         User           Recipient         Amy S           Display Name         Amy S           Email         S.Amy@sqa.com           UUID         1C679890-0F58-0000-8F5F-D5C5F9100229           Distribution Type         BC           Recipient Type         User           Expire         0           Delay delivery until         0           Delegated         false           Archived         false           Read         true           Deleted         false           Opened         true	Recipient	Mike1 Test1
UUIDB9D8E4B0-0528-0000-AE4C-0C2A195B0C37Distribution TypeTORecipient TypeUserRecipientAmy SDisplay NameAmy SEmailS.Amy@sqa.comUUID1C679890-0F58-0000-8F5F-D5C5F9100229Distribution TypeBCRecipient TypeUserExpire0Delay delivery until0DelegatedfalseArchivedfalseReadtrueDeletedfalseOpenedtrue	Display Name	Mike1 Test1
Distribution Type	Email	Mike1R2@sqa.com
Recipient Type Recipient Amy S Display Name Amy S Email UID 1C679890-0F58-0000-8F5F- D5C5F9100229 Distribution Type BC Recipient Type User Expire 0 Delay delivery until 0 Delegated Archived False Read True Deleted Opened  Lyser  Lyse	UUID	
Recipient Amy S Display Name Amy S Email S.Amy@sqa.com UUID 1C679890-0F58-0000-8F5F- D5C5F9100229 Distribution Type BC Recipient Type User Expire 0 Delay delivery until 0 Delegated false Archived false Read true Deleted false Opened true	Distribution Type	ТО
Display Name Email S.Amy@sqa.com  UUID 1C679890-0F58-0000-8F5F- D5C5F9100229  Distribution Type BC Recipient Type User  Expire 0 Delay delivery until 0 Delegated false Archived false Read true Deleted Gpened true	Recipient Type	User
Email S.Amy@sqa.com  UUID 1C679890-0F58-0000-8F5F- D5C5F9100229  Distribution Type BC Recipient Type User  Expire 0 Delay delivery until 0 Delegated false Archived false Read true Deleted false Opened true	Recipient	Amy S
UUID  1C679890-0F58-0000-8F5F- D5C5F9100229  Distribution Type  BC  Recipient Type  User  Expire  0  Delay delivery until  0  Delegated  false  Archived  False  Read  true  Deleted  Opened  true	Display Name	Amy S
D5C5F9100229  Distribution Type BC Recipient Type User  Expire 0 Delay delivery until 0 Delegated false Archived False Read true Deleted Opened true	Email	S.Amy@sqa.com
Recipient Type User  Expire 0  Delay delivery until 0  Delegated false  Archived false  Read true  Deleted false  Opened true	UUID	
Recipient Type User  Expire 0  Delay delivery until 0  Delegated false  Archived false  Read true  Deleted false  Opened true	Distribution Type	ВС
Delay delivery until 0  Delegated false  Archived false  Read true  Deleted false  Opened true	• •	User
Delay delivery until 0  Delegated false  Archived false  Read true  Deleted false  Opened true		
Delegated false Archived false Read true Deleted false Opened true	-	0
Archived false  Read true  Deleted false  Opened true		false
Deleted false Opened true		false
Deleted false Opened true	Read	true
Opened true	Deleted	false
	Opened	
	Completed	false

Property	Value	
Message id	519DEEBE.dom1.po1.100.138656E.1 .D3.1	
Security	Normal	
Box type	Inbox	
Return notification when opened	false	
Return notification when deleted	false	
Return notification when completed	false	
Return notification when declined	false	
Return notification when accepted	false	
Archive Version	2008.1	
Internal ID	519DEEBE.dom1.po1.100.138656E.1 .D3.1@1:7.dom1.po1.100.0.1.0.1@16	
Name		
Source	received	
Class	Public	
Account	Amy S@Amy.po1.dom1	
Location ID	1354548508456	
Class Name	GW.MESSAGE.MAIL	
Original Subject		
Personal Subject		
Enclosing Folders	1	
Folder	Mailbox	
ID	7.dom1.po1.100.0.1.0.1@16	
Name	Mailbox	
Туре	Mailbox	
System	true	
Share Type	NotShared	
Published	2013/6/11-14:46:41	

## Fwd: Marc-France Léger La Presse (TEXT)

From: Milena Test
To: Milena Test
Date: 2013/05/13 11:45

Subject: Fwd: Marc-France Léger La Presse (TEXT)
Attachments: Fwd: Marc-France Léger La Presse (TEXT)

Property Value		
Message id	519DEEBE.dom1.po1.200.200001A.1 .247.1	
From	Milena Test	
То	Milena Test	
Subject	Fwd: Marc-France Léger La Presse (TEXT)	
Scheduled date	2013-05-13 17:45:59	
Creation date	2013-05-13 17:45:59	
Message size	0	
Attachments	1	
Attachment	Fwd: Marc-France Léger La Presse (TEXT), Size: 0, Date: 2013-05-13 17:24:50	
Recipients	1	
Recipient	Milena Test[Milena@sqa.com]	
Expires	0	
Conceal subject	false	
Priority	Standard	
Delay delivery until	0	
Delegated	false	
Archived	false	
Read	false	
Deleted	false	
Opened	false	
Completed	false	
Security	Normal	
Box type	Inbox	
Priority		
Read		
Accepted		
Completed		
Return notification when opened	true	
Return notification when deleted	true	
Return notification when completed	true	
Return notification when declined	true	
Return notification when accepted	true	

### Marc-France Léger La Presse (TEXT)

From: Admin Admin
To: Milena Test
Date: 2013/05/13 11:24

Subject: Marc-France Léger La Presse (TEXT)

Un instrument de relaxation

Marc-France Léger La Presse

Le réflexologue travaille avec des zones réflexes bien précises correspondant à des organes du corps. Le thérapeute exerce une pression sur la terminaison nerveuse des points réflexes du pied, de la main ou de l'oreille. Et telle une télécommande, notre pied réagit en envoyant des ondes le long des méridiens, à travers le tissu, la lymphe et les couches internes.

Les 10 principales zones du corps sont représentées sur une carte géographique de la plante du pied ou de la paume des mains. En 2008, notamment, une équipe scientifique japonaise a constaté sur imagerie neurologique que le cortex réagissait aux stimulations provoquées par le travail de certains points réflexes situés sous le pied : ceux de l'œil, de l'épaule et du petit intestin.

### Contre le stress

Plus traditionnellement, cette approche naturelle est pratiquée depuis des millénaires dans les pays asiatiques et en Inde. Des techniques d'effleurage et de lissage des côtés, de la plante des pieds et des orteils favorisent à la fois une grande relaxation et une meilleure circulation de l'énergie. Elles sont pratiquées de façon séquentielle et rythmée. L'obstruction du flux d'énergie peut être à l'origine d'un inconfort ou d'une maladie chez une personne et les techniques de massage des pieds vont stimuler et ouvrir ces canaux.

### Notre test

Nous nous sommes prêtés à l'expérience dans les locaux de La Presse, un lundi matin, 9 h. D'un côté : la journaliste stressée par la circulation et craignant d'être en retard. De l'autre : Merhdad Ameli, un thérapeute en réflexologie.

#### Technique avec bâtons

Cette fois, il s'agit de réflexologie thaïlandaise, approche incluant le massage des pieds et de la partie inférieure des jambes. Outre les mains et les pouces, le thérapeute se sert de courts bâtons

en bois pour presser, lisser les côtés et balayer la plante du pied. Les sensations sont différentes de celles éprouvées sans les accessoires.

Après une dizaine de minutes, le cobaye a ressenti des influx dans la jambe traitée et à l'arrière de la cuisse. Quelque 45 minutes plus tard, il a ressenti le travail des stimulations ainsi qu'une lourdeur dans les jambes. Fait notable : les battements du cœur ont pris plus de place dans la cage thoracique. Sous les conseils de M. Ameli, la journaliste a pris plusieurs bonnes respirations avant de se lever délicatement, afin de laisser passer l'étourdissement. Une heure après le massage, un apaisement réel s'est installé. « La réflexologie thaïlandaise est très énergétique, avec la friction et le balayage. Le message est bien envoyé aux organes. Ça fonctionne très bien. Il ne faut pas trop stimuler, non plus. On s'offre un cadeau de relaxation. »

M. Ameli, qui a suivi la formation de l'Association canadienne de réflexologie (ACR) et qui détient également une assurance professionnelle, a pimenté sa technique de gestes tirés de l'approche tibétaine et de l'ayurvéda. On conseille de toujours vérifier que le thérapeute est diplômé et membre d'une association professionnelle.

Property	Value	
Message id	519DEEBE.dom1.po1.200.2000067.1. 128B4.1	
From	Admin Admin	
То	Milena Test	
Subject	Marc-France Léger La Presse (TEXT)	
Scheduled date	2013-05-13 17:24:50	
Creation date	2013-05-13 17:24:50	
Message size	3081	
Attachments	0	
Recipients	1	
Recipient	Milena Test[Milena@sqa.com]	
Expires	0	
Conceal subject	false	
Priority	Standard	
Delay delivery until	0	
Delegated	false	
Archived	false	
Read	false	
Deleted	false	
Opened	false	
Completed	false	
Security	Normal	
Box type	Inbox	
Priority		
Read		
Accepted		
Completed		
Return notification when opened	true	
Return notification when deleted	true	
Return notification when completed	true	

Property	Value
Message id	519DEEBE.dom1.po1.200.2000067.1. 128B4.1
Return notification when declined	true
Return notification when accepted	true

The following attachments could not be rendered and were added to a zip file:				
Sender	Date	Subject	MessageID	File
all attachments were successfully rendered				