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

Property	Value
Message id	519DF087.Test Domain with 32 char
	name lo.LongDom-
	po1.100.17A6469.1.36.1
Type	file
Size	341
Date	2013-05-23 06:33:25
CA	content\BD\BD1559454B629EB944B3 216A307160C15FFA755EB2A18698 C167FB7F4704C03C87EF1153
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	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	ТО
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 accepted	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
Type	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
Ivairie	(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
Type	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)

	ents: Fwd: Marc-France Leger 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	BC
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.1. D4.1@1:19.dom1.po1.100.0.1.0.1@3 0
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. (249.519DEEBE.dom1.po1.100. 138656E.1.D3.1(201.7.dom1.po1.100. 1381me false Type message Size 0 Date 2013-05-13 11:45:59 CA accounts\Amy S@Amy.po1.dom1\msg\519DEBE.d Om1.po1.100.138656E.1.D3.1\519DEBE.d Om1.po1.100.138656E.1.D3.1\519DEB.d Om1.po1.100.138656E.1.D3.1\519DEB.d Om1.po1.100.138656E.1.D3.1\519DEB.d Om1.po1.100.138656E.1.D3.1\519DEB.d Om1.po1.100.138656E.1.D3.1\519DEB.d Om1.po1.100.138656E.1.D3.1\519DEB.d Om1.po1.100.138656E.1.D3.1\519DEB.d Om1.po1.100.138656E.1.D3.1\519	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
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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)

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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.

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Creation date	2013-05-13 17:24:50	
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Property	Value
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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				