

Reflexology

by Vivienne



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The Benefits of Reflexology

It has been suggested that over 75% of all illnesses are stress-related.* Reflexology is becoming increasingly popular as a complementary therapy. It promotes relaxation, improves circulation, reduces pain, soothes tired feet, and encourages overall healing. It can be used for pre-operative, post-operative or palliative care (treatment to alleviate symptoms without curing the disease). **A study in the American Cancer Society journal found that one-third of cancer patients used reflexology as a complementary therapy.****

Reflexology is a holistic therapy which means your body is treated as a whole (encompassing the physical, mental, and emotional aspects of your health). Reflexology focuses on treating the potential root causes, rather than merely symptoms alone. The principle of reflexology is that every area of the body has an associated reflex point on the foot which reflects the condition of an individual area, organ, or system. By stimulating these points, a reflexologist's aim is to assist your body in rebalancing and restoring its natural equilibrium. This holistic approach to your health can be quite effective in balancing/limiting the stress from our lives.

Reflexology is a gentle, non-invasive approach to healing which boosts your body's immune system, allowing it to fight off infections and ill health naturally, and providing relief for a host of ailments.***

Reflexology can help with the following:

aches and pains
allergies

digestive disorders
earaches

insomnia
joint pain

spinal problems
stimulation of endorphins
(natural painkillers)
stimulation of the body's
natural healing abilities

anxiety

eczema

lack of energy

arthritis	endometriosis	migraines	stress-related conditions
asthma	fatigue	neck injuries/issues	sports injuries
auto-immune disorders	grief	non-specific ailments	trauma
back pain	headaches	pregnancy problems (infertility/carrying/delivery/recovery)	
boosting immune system	hemorrhoids	premenstrual syndrome	***Reflexology is recommended as a complementary therapy <i>and should not replace medical treatment.</i>
bowel conditions (including constipation & diarrhea)	hip/knee problems	shoulder problems	
colic	hormonal imbalances	side effects of chemotherapy	
chest pains	improving energy levels	sinus conditions	
depression	irritable bowel syndrome	skin disorders	
detoxification	infertility	sleep disorders	

*<http://www.mothenature.com/Library/Bookshelf/Books/21/42.cfm>

** <http://www.reflexology-research.com/cancer.htm>