

# **REFLEXOLOGY**

## **FOR RELAXATION AND HEALTH**

### **What is Reflexology?**

It is Relaxation Therapy that originated in Egypt and China. It works on the principle that the feet 'mirror' the body and have reflex points that correspond to every organ and bone. By applying pressure to the reflex points on the feet, the corresponding parts of the body are stimulated through improved blood and nerve supply, thus helping the body to heal itself.

### **How can Reflexology help me?**

In the modern world stress is a factor in the development of most illnesses and diseases. Conventional medical treatment focuses on symptoms and attempts to relieve them. Reflexology is a 'holistic' therapy, which treats the whole person via the feet to bring the body's energies into balance.

Reflexology can complement conventional treatment. However, it can be effective if drugs are not working for you or if you prefer to avoid them because of unpleasant side effects. Of all the complementary therapies it is considered to be one of the safest since it only involves using the healing power of the hands – a power which we all have but rarely acknowledge these days.

### **What conditions can respond to Reflexology?**

Examples include:

|                    |                   |               |
|--------------------|-------------------|---------------|
| Arthritis          | Frozen Shoulder   | M.E           |
| Asthma             | Hayfever          | M.S.          |
| Bladder Infections | Insomnia          | Migraine      |
| Colic (babies)     | Irritable Bowel   | PMT/Menopause |
| Constipation       | Kidney Infections | PMR           |
| Croup (babies)     | Lumbago           | Sinusitis     |
| Eczema             | Lupus             | Ulcers        |

### **How many Treatments will I need?**

This depends on how long you have had a condition. However, each individual is different so there is really no formula for this. It takes time for illness to develop so you must not expect to get better overnight. Usually a course of 6 weekly treatments will be sufficient to see a significant improvement, and thereafter you may wish to have occasional 'top-up' sessions to reinforce this.

### **Must I be ill to benefit from Reflexology?**

No. Many people enjoy Reflexology solely as a relaxing way to unwind from the pressures of the day. It can be a good way to make the body's defences stronger and more able to prevent the onset of illness. Many doctors now acknowledge that stress is one of the largest contributors to disease, so it makes sense to find ways to relax.

LINDA FORREST M.I.I.R. AoR  
"BETTER HEALTH REFLEXOLOGY"  
11, RECTORY LANE  
GUISBOROUGH  
CLEVELAND TS14 7DJ  
TEL 01287 630113