

### How the treatment works

We understand that by pressing the different points in the feet, a message is sent to the brain via the nervous system then the brain will instruct the body to heal and change accordingly. It is quite hard to prove this scientifically but we know Reflexology works. No doubt in future years this will be explained and this will certainly contribute to making Reflexology a more acceptable form of treatment to those who feel that there has to be 'a scientific' explanation for something before it can possibly be considered effective.

As you know, Reflexology works on a system of energy zones which act longitudinally throughout the body ending in the feet, the head and the hands. By working on the reflex areas in the hands and feet, it is possible to detect imbalances in these energy zones and to correct the flow of energy within the zone and thus right the condition present. When the reflexes are worked on there is an increase in the blood circulation to the corresponding part of the body and this is beneficial since it is through the blood circulation that the various parts of the body receive their supply nutrients, and the blood also carries away from areas waste products which can then be removed from the body through one of the eliminating systems. Also by working on the reflex areas it is possible to reduce the nerve tension present in the corresponding parts of the body and this is another important factor since it is generally accepted that at least 60 to 70 percent of all disorders are due to nerve tension. In some areas of the feet or hands, it may be possible for the practitioner to feel the presence of crystal deposits which will represent an imbalance in the corresponding part of the body, by massaging and pressing these crystals, it is possible to cause them to be broken down and taken up by the blood circulation to be eliminated from the body. It is sometimes stated that the whole purpose of Reflexology is to search out these crystals in the feet or hands and to help the body to get rid of them.

Reflexology tunes the body in much the same way as a mechanic fine tunes a racing car in order to ensure that each part functions at its peak. It helps to reduce stress thereby enhancing a person's ability to overcome symptoms of illness. It teaches that every organ and gland depends for its survival upon its ability to contract and relax. When an obstacle is placed in the energy channels, as when acid crystals, waste or unusual calcium deposits form on the delicate nerve endings of the feet, the energy flow is impeded and the organ it serves is then adversely affected. Obstructions in the energy line and fields register as pain in certain conditions and create limitations in motions and functions, such as a stiff neck or a painful back.

Energy blockage also interferes with blood circulation and this is usually first noticed in the extremities, hands may become stiff, cold and often painful. Waste products accumulate at the lowest part of the body (because of gravity) which can be felt under the thumb and feet as they are worked.

Reflexology brings peace and relaxation to the whole body, calms the mind and mental alertness, resulting in an overall feeling of well-being. There are no boundaries or limitations to its benefits. It is safe for everyone. From babies to adults to the middle aged and the elderly.

A person doesn't need to be sick to benefit from Reflexology. People who have regular treatments of Reflexology have been shown to be able to cope better in general, are more placid within themselves, are less susceptible to minor ailments, have better circulation.

