



What Are the Benefits of Reflexology?

By Victoria Bender

Research has shown the specific techniques of reflexology to be effective and beneficial in many ways. A survey of 170 reflexology studies from 21 countries shows that reflexology is effective, impacting a variety of physical and psychological concerns.

Reflexology:

- **Creates relaxation:** From the moment the reflexologist's hands start their work, the relaxation begins as shown in research using EEG brain activity. All together, 24 studies demonstrate reflexology's relaxation effects.
- **Reduces pain:** Pain reduction following reflexology work is documented in 27 studies including research showing impact on individuals of all ages and health states
- **Ameliorates health concerns:** Research shows that reflexology work helps individuals of all ages with some 78 health concerns ranging from aggressive behavior in children to urinary concerns of the elderly.
- **Improves blood flow:** Separate studies show that reflexology work increases blood flow to the feet, brain, kidneys and intestines.
- **Aids post-operative recovery:** Reflexology work aids recovery after surgery as shown by several studies, reducing pain and lessening the use of post operative analgesics.
- **Impact on physiological measures (e. g. blood pressure and cholesterol; measurements by ECG, EEG, and fMRI)**
- **Enhances medical care:** Reflexology helps where nothing else can for many: phantom limb pain sufferers, neuropathy patients, and hemodialysis patients to name a few.
- **Benefits mental health:** Research demonstrates that reflexology can reduce depression (11 studies) and anxiety (9 studies).



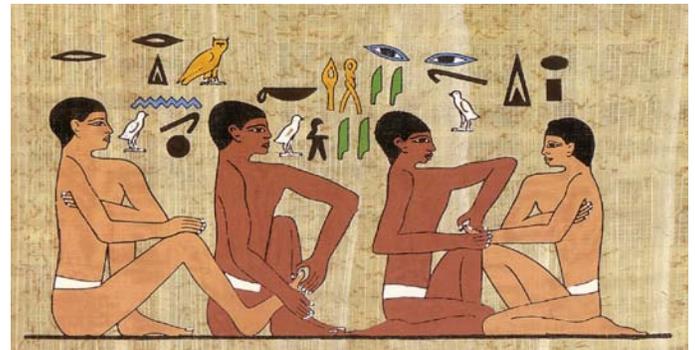
In general terms, the benefits of reflexology have to do with the reduction of stress. Because the feet and hands help set the tension level for the rest of the body, they are an easy way to interrupt the stress signal and reset homeostasis, the body's equilibrium.

Reflexology is a complement to standard medical care. It should not be construed as medical advice. It should not be a replacement to medical help. Please use it wisely. We care about your safety.

History of Reflexology

Source: <http://www.reflexology-usa.net/history.htm>

The origins of reflexology can be traced back to ancient Egypt. Wall paintings in a physician's tomb, at Saqqara, dating back to 2330 BC show patients receiving treatments on their hands and feet.



In Greece until AD200, in addition to being the home of the oracle (explain), Delphi was an ancient health spa where massage, hydrotherapy and reflexology were used to induce well-being, relaxation and foresight. Practices akin to reflexology appear to have been also used in early China, Japan, India, and Russia.

Modern day reflexology has its origins in Zone Therapy which was pioneered by Dr. William H. Fitzgerald. He divided the body into ten longitudinal zones; the theory being that reflexes operate along these zones and that pressure and stimulation of a reflex could relieve pain affecting organs, body parts and glands within a given zone.

Zone Therapy was then adopted by Eunice Ingham, a physiotherapist in her treatment of patients in the 1930's. She developed it further finding that some areas of the body were more effective and accessible than others when she worked on the feet. Eventually she mapped the entire body onto the feet. She discovered that a therapeutic effect could be achieved by using pressure from her thumbs and fingers on specific tender spots which related to problems elsewhere in the body.

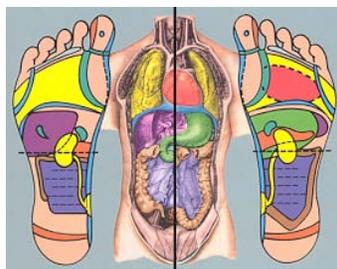


Photo courtesy of Reflexology-USA 1 1



About the Author:

Victoria Bender is recognized as an industry innovator and natural health practitioner specializing in Aromatherapy, Asian Body Therapy, Reflexology, Nutrition, Energy Work, Organic Skin Care, Natural Perfumery, and Green Cleaning.

Victoria is the owner of Vscentials Complementary Healthcare. She is a certified Natural Health Practitioner, Honors Graduate of the American College of Health Sciences with Master Certifications in Reflexology, Aromatherapy, Shiatsu, has formally studied Psychology and Organic Chemistry. A gifted and entertaining speaker, Victoria is also available for seminars, workshops, bridal showers, and house parties.



Call Victoria @978-621-4820 to book a reflexology treatment, or visit www.vscentials.com

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