

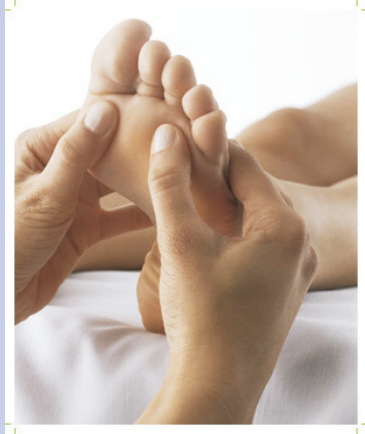
*Love  
Your Feet*

REFLEXOLOGY



## Theory of Reflexology

Reflexology is a focused pressure technique, usually directed at the feet or hands. It is based on the premise that there are zones and reflexes on different parts of the body which correspond to and are relative to all parts, glands and organs of the entire body.



## How Does It Work?

When the reflexes are stimulated, the body's natural electrical energy works along the nervous system to clear any blockages in the corresponding zones. A reflexology session seems to break up deposits (felt as a sandy or gritty area beneath the skin) which may interfere with the body's electrical energy in the nervous system.

Manipulating specific reflexes removes stress, activating a parasympathetic response in the body to enable the blockages to be released by a physiological change in the body. With stress removed and circulation enhanced, the body is allowed to return to a state of homeostasis.

## Homeostasis

Homeostasis\* is the "automatic" process that the body incorporates to bring it back to the 'normal' state. For example, if the blood pressure is abnormal, the kidneys will secrete the enzyme renin which is involved with blood pressure, and the hormone erythropoietin that increases the rate of red blood cell production.

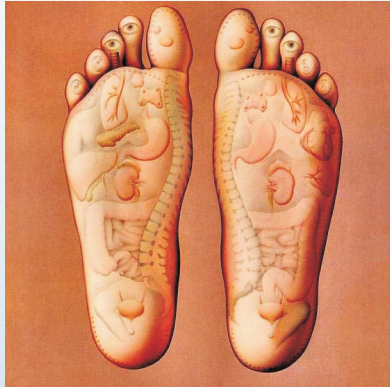
### What Are the Benefits?

Reflexology demonstrates four (4) main benefits.

1. Relaxation with the removal of stress.
2. Enhanced circulation.
3. Assists the body to normalize the metabolism naturally.
4. Complements all other healing modalities

### Reflexologists Do Not:

1. Diagnose medical conditions unless qualified to do so.
2. Prescribe medications unless qualified to do so.
3. Treat for specific conditions except in emergencies.
4. Work in opposition to the medical or other fields.
5. Encourage the client to cease taking their prescribed medication.



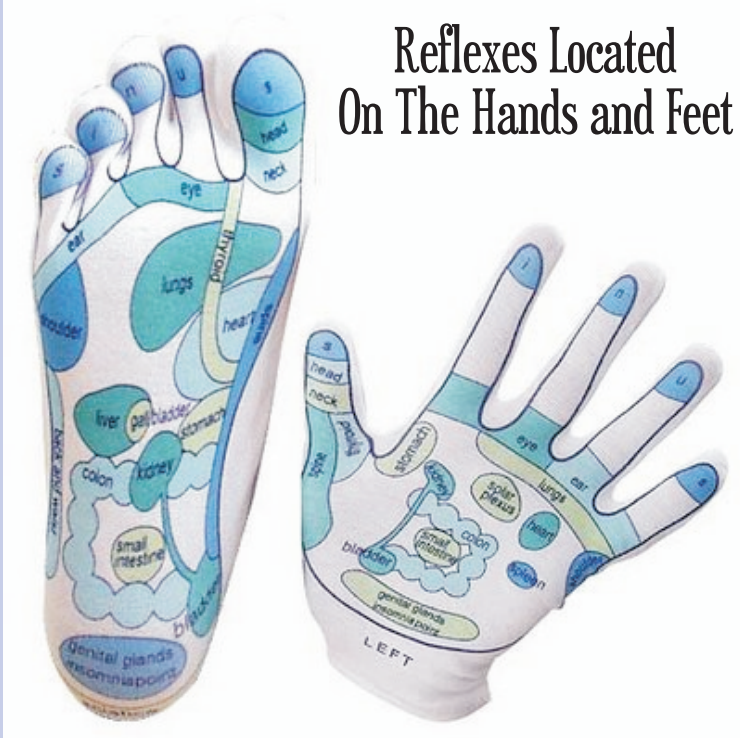
**Reflexologists do not** diagnose medical conditions unless qualified to do so. The only diagnosis made is a "tender reflex." A reflexologist will refer to other qualified health care practitioners when services required are outside the reflexologist's scope of practice.

## History of Reflexology

The oldest documentation of the use of reflexology is found in Egypt. Early Egyptian artists observed and recorded scenes of daily life, which included the medical practices of the times. Ed and Ellen Case of Los Angeles toured Egypt in 1979. During their travels, they discovered and brought back an ancient Egyptian papyrus scene depicting medical practitioners treating the hands and feet of their patients in approximately 2,500 BC.



# Reflexes Located On The Hands and Feet



## Contact Information

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*Anytime is a good time to do a little sole searching!*

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