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Reflexology by Ann White

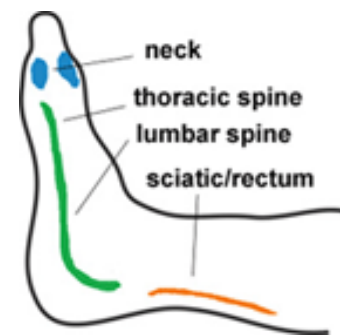
Reflexology is an ancient healing technique that has been practiced for many centuries. The first evidence of reflexology was on wall paintings from the ancient Egyptians, which portrayed people receiving foot massages; the Chinese have also used reflexology for many centuries in conjunction with Acupuncture.

Reflexology works on the reflexes of the feet, hands or ears. These areas in particular have a relationship with our entire body, and by massaging the reflexes; the body experiences deep relaxation. Reflexology can also release toxins, allowing the body to heal itself. People who have had treatments notice a feeling of complete relaxation and well-being for several days following their treatment.

Other benefits include improved digestion, increased circulation and for some people, elimination of swelling that may occur in their feet. Reflexology can even improve our concentration and sleep - as well as boost our energy.

Studies conducted over the last several years have shown that reflexology, other than the benefits mentioned above, can reduce high blood pressure. Diabetic patients have also experienced significant pain relief when receiving regular treatments.

Above are a pair of feet that show some of the reflexes. Reflexology should not be painful and its effectiveness is not reliant on the amount of pressure involved. In fact, better results can be achieved by using a light pressure – accuracy of the reflexes is the reason a treatment is effective.



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