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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Understanding Reflexology

By Allison Preston

Reflexology is the application of pressure, stretches and movement to the feet and hands to affect corresponding parts of the body. By applying certain techniques it can be used to reduce stress in the body. It is not just a massage. Reflexology concentrates on strategic zones within the feet and hands which correspond to the nervous system. Massaging concentrates on your muscles and soft tissue.

When you apply pressure to these strategic zones of the hands and feet, the pressure enters the central nervous system. It is then processed in various parts of the brain and relayed to the internal organs to allocate the necessary adjustments in fuel and oxygen. A response is sent to the motor system. Your body's tone and overall tension level will adjust and if the pressure is applied properly the tone will decrease the stress and abuse of the body's systems.

Reflexology has been used as a form of natural healing since the time of the pharaohs. It can help alleviate headaches, lower blood pressure, reduce anxiety attacks and help reduce acne and dandruff. Regular practice may also eliminate ulcers, help digestion, alleviate pain and boost your energy level. The effects of reflexology on other more serious medical conditions are still being researched.

Reflexology is based on the principle that there are numerous energy pathways that travel to every organ of the body and have endings in many locations just below the skin surface primarily on your hands and feet. The techniques involve massaging these endings to improve energy flow in order to treat illness and alleviate pain in organs elsewhere in the pathway.

If you are looking to cure a specific problem, you can research if reflexology has been tested in its treatment. There are books and training manuals available which outline the techniques and locations of these nerve endings and their pathways. It is easy to do reflexology and it can be done while doing other activities, so it can become part of your daily routine. It is being introduced in many hospitals and HMOs and is even being considered for possible insurance reimbursement. Be aware however, reflexology is to be used with medicine and should not replace it.

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. She also discusses health and fitness related products on

her website

<http://www.fitness-web.com/>

Benefits of Reflexology

By Kelly-Sue Chobotiuk

Benefits of Reflexology by Kelly-Sue Chobotiuk

Stress Relief—counteracts the effects of stress and helps the body relax

- Works on the nervous system—thus effecting the muscles
- Unblocks the energy in the nerves— there are 7,000 nerves in the feet that effect your entire body
- Improves circulation—it is essential for blood to circulate and reach every cell; the blood carries nutrients and oxygen to the tissues. When we become stressed, breathing becomes shallow and circulation is sluggish. Reflexology encourages a steady blood flow to and from the heart.
- Detoxify and Cleanse—eliminates toxins
- Body system balancer—every part of the body is interconnected, so when there is imbalance in one area, it leads to an imbalance in another.
- Pain Relief—by unblocking the pathways where energy may be stuck, and balancing the energy in the rest of the body, reflexology can effectively relieve pain and send healing energy to the rest of the body.
- Nurtures loving relationships— Encourages a safe and trusting touch. The power of touch can bring loved ones closer together.

More info 403 242-6860

www.boobobears.com

EACE, massage therapist, reflexologist, owner of Herbs for Hurts Inc. who manufacture natural, gifts and products for children. www.boobobears.com



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