

From the Feet Up: Top Ten Reasons People Get Reflexology

Reflexology is more than a fancy foot massage. Although there are great benefits for your feet, the technique actually provides benefits for the entire body including organs. By applying pressure to certain points on the foot, reflexology can enhance the body's circulation, provide the body with relief from stress and assists the body to normalize metabolism naturally.

Still not sure yet about reflexology? Here are the top reasons why patients come in for treatment to alleviate pain and discomfort.

1 Stress Level

Even if you are experiencing a low level of stress, if you keep going at this pace you will likely affect your immune system and become sick. Being sick and stressed is a terrible combination. Taking the time to take care of yourself is a step in the right direction for your good health, well being and longevity.

2 Standing All Day

Some jobs require you to be on your feet all day. This can impact your whole body as you will start to feel fatigued and achy. By manipulating the feet you can soothe your feet and loosen up your aching back, shoulders and legs.

3 Running is Your Sport

Although running has many benefits, the pounding on the pavement can be hard on the body. Remember to stretch, wear proper shoes and give yourself rest time. Reflexology can help return your feet back to a balanced state.

4 You Have Diabetes

Diabetes causes your feet start to lose sensation so it is especially important to look after them. Regular reflexology can help ease your discomfort. It complements all other healing modalities. "In my practice I see many diabetics who are struggling with feet problems," says Julie Irwing a registered dietician. "A practice of reflexology and other foot care greatly can help the patient manage their disease."

5 Time to Detox

The benefits are multiple here. Whether it is a dietary changes or the elimination of toxins from your body and environment, reflexology is a

gentle way of balancing the system during this time. It should make the transition from unhealthy to healthy a lot smoother.

6 Baby on the Way

Reflexology can help ease pains that are caused by organs that are being squished making space for the growing uterus. Comfort is key during this time as is getting relief from the swollen feet and achy back. "During my pregnancy I was having major discomfort in my back," explains Melanie, new mother. "I would always get massages that only relieve my pain until I got off the table. Once I went for reflexology it was like it was massaging from the inside."

7 Digestive Issues Are Slowing You Down

Remarkable results have resulted from reflexology to make sluggish bowels that start moving even after one session! It is recommended to drink lots of water after a session that can also benefit a slow digestive system. Clients sometimes need to go use the bathroom right after the session.

8 Cold Feet

The cause for cold feet is often likely a circulatory issue. Reflexology can offer your body a kick-start, helping the blood flow and warming up your feet!

9. Insomnia

Reflexology is extremely relaxing and many patients fall asleep during sessions. Let your active mind take a break and balance your lifestyle. This is especially good at the end of a long day. Reflexology allows your mind to take a break so that you can heal and not worry about what is coming next.

10 Nothing Else Seems to Work

Sometimes you may need your body to reach a state of homeostasis and relaxation in order to heal. Reflexology has been helpful when nothing else has been effective. It can affect the organs and other parts of the body that are not easily accessible with massage or other treatments.

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