Helping You through a Special Time

Adjunct to Mental Health Care
Research demonstrates that reflexology can reduce depression (11 studies) and anxiety (9 studies).

In addition, women in need of emotional support, hospice residents, and individuals with severe and enduring mental health problems were helped by reflexology work.

Cancer Care
Following reflexology work, chemotherapy patients showed improvements in:

- pain, nausea, vomiting, and/or anxiety.

Reflexology serves as a complement to cancer care easing effects of chemotherapy as demonstrated by eighteen studies from seven countries.

Beneficial for Post-operative Pain Reduction and Recovery
Reflexology helps postsurgically. Five studies demonstrate reduced pain and lessened use of postoperative painkillers. Reflexology also enhances post surgical recovery (urination and bowel movements).

Easier Delivery and Post-partum Recovery
Women who received reflexology showed shorter labor times and used less analgesia. Reflexology aided in concerns during delivery (retention of placenta, primary inertia) as well as postpartum depression and anxiety.

Benefits of a Reflexology Session

Research shows that a single reflexology session:

- creates relaxation
- reduces anxiety
- diminishes pain
- improves blood flow to the kidneys, intestines, brain and feet
- decreases heart rate and blood pressure
- increases oxygen saturation and lowers respiratory rate

Research shows that a series of reflexology sessions:

Improves the body overall by helping every part of it:

- improves the functioning of the kidneys (waste product removal, anemia prevention, infection fighting)
- impacts the digestive system of healthy individuals and relieves constipation in children, women, and the elderly
- eases difficult urination for men and incontinence in women
- eases PMS and menopause for women and prostate problems for men
- improves workings of the immune system.

Can Reflexology Help Me?

The proven benefits of reflexology include:

- Creation of relaxation
- Reduction in pain
- Amelioration of symptoms of health concerns
- Improvement in blood flow
- Impact on physiological measures
- Enhancement of medical care
- Complement to cancer care
- Adjunct to mental health care
- Post-operative recovery and pain reduction
- Easier delivery and post-partum recovery.

Order Today
(Your name)
(Your phone number)
Making You Feel Good

Relaxation
From the moment the reflexologist’s hands start their work, the relaxation begins.
Measuring real-time as reflexology is applied, an EEG shows that the brain immediately goes into a more relaxed state as reflexology work commences.
Reflexology creates a relaxation effect as demonstrated in 24 research studies showing positive changes as shown by measurements of: brain waves (EEG) (5 studies), blood pressure (14 studies), pulse rate (8 studies), and anxiety (9 studies).

Pain Reduction
A single reflexology session reduces the onset of pain as well as increases tolerance to pain.
Those who received a single reflexology session were more able to forestall the perception of pain when hands were immersed in ice water and were able to withstand the pain for a longer period of time.
Pain reduction following reflexology work is documented in 27 studies including research showing impact on individuals of all ages and health states: birthing mothers; menstruating women; sinusitis, phantom limb and lower back pain sufferers; diabetes, cancer and kidney stone patients; senior citizens and individuals with pain following surgery.

Boosting Your System
Amelioration of Symptoms from Health Concerns
Research shows that reflexology work helps individuals of all ages and with some 78 health concerns.
A survey of 169 studies from 21 countries found reflexology to be 80% effective in its testing over 78 disorders. Good results were produced as symptoms were ameliorated for health concerns stemming from tension (e. g. elevated blood pressure, anxiety, constipation, headaches, labor times for the pregnant) and pain relief. Further responses (e. g. for those with asthma, diabetes, cholesterol, incontinence) were found to require an appropriate number and frequency of sessions. Research shows reflexology provided by a partner or self-help application bolsters the reflexologist’s efforts and/or is beneficial as well.

Enhancement of Medical Care
Reflexology helps many where nothing else can: phantom limb pain sufferers, neuropathy patients, and hemodialysis patients to name a few.
Research demonstrates that reflexology benefited patients undergoing medical care for: cancer (side effects of chemotherapy), phantom limb effects (pain), peripheral neuropathy (blood flow to the feet), diabetes (blood glucose levels) and hemodialysis treatments (kidney functions).

Helping Your Body Work Better
Improvement in Blood Flow
Research using advanced technology shows specific reflexology work impacts specific parts of the brain and body.
There are reasons why reflexology gets results and improvement in blood flow is seen as one of them. Studies measuring blood flow in the brain using fMRI technology found that reflexology applied to a reflex area in the foot increased blood flow in the part of the brain related to that part of the body (e. g. intestine reflex area and intestines). Doppler sonogram measurements showed improved blood flow to the intestines when technique was applied to the intestine reflex area as well as with technique applied to the kidney reflex area and the kidneys. Such research provides explanation for studies showing the positive impact of reflexology applied over time on constipation and kidney function.

Impact on Physiological Measures
Research shows that reflexology influences measurements of the body’s functions.
Research provides an objective yardstick to measure reflexology’s effects and explain its benefits with measurements of blood pressure and cholesterol as well as those indicated by ECG, EEG, fMRI and Doppler sonogram (heart activity, brain activity, blood flow to the brain and blood flow within the body.)