

Reflex reaction to today's sub-fertility problems

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Reflexology?

Reflexology is said to have originated in the East some 5000 years ago. It works on the person as a whole; working on both a physical and mental level to calm the body and mind. Today, many people encounter stress at work or at home but rarely take time for themselves. Reflexology helps the individual to cope with these strains by promoting a deep sense of relaxation and well being. As a complementary therapy, it encourages the body's natural healing processes to combat current disorders, restoring equilibrium in the body by helping it return to a state of homeostasis that may have been lost through stress, injury or illness.

Who can it help

Anyone and everyone can benefit from reflexology and it can bring relief from a wide range of acute and chronic conditions. The practice can be used to treat a myriad of ailments including back pain, migraines, digestive disorders, stress-related conditions, hormonal imbalances, arthritis, sleep disorders and infertility. Many are unaware of it's benefits related to infertility but growing numbers of people are turning to reflexology to combat this growing phenomenon.

How it works

Reflexology is a non-invasive form of therapy based on the principle that reflexes on the hands or feet correspond to each organ and structure in the body and are linked to these organs by energy channels, zones or meridians. When illness occurs in the body, the corresponding energy channels become blocked. By working on specific reflexes a reflexologist can release energy blockages and restore the free flow of energy, helping to relieve and control pain and encourage the body to heal itself. Reflexology tries to find and resolve the cause of a problem, rather than just cure the symptom, helping the body heal itself.

Reflexology and Fertility

Reflexology can be a very effective treatment for sub-fertility problems and especially with the more common finding of unexplained infertility. There is increasing evidence that sub-fertile women can significantly improve their chances of conception when a method of stress reduction, such as reflexology, is used. Around one in six couples trying to conceive have problems and it is not uncommon for couples to take two to three years to become pregnant. One in four women miscarry and reflexology can help to consolidate a pregnancy by calming the body and helping it return to a state of equilibrium.

There are many reasons why people have trouble conceiving. Lifestyle factors can play a part but, more commonly, hormone imbalances are the culprit.

Reflexology can be used to work on the body's hormone or endocrine system (often the cause of problems conceiving). By focusing on the key reflexes related to areas of imbalance such as the pituitary (the master of all the hormone glands) or the thyroid, a reflexologist can help the proper functioning of these vital glands and assist the body to achieve optimum health, thus increasing the chances of conception.

For more information please call Susie on 07966 888 901 or visit her website at www.susieray.com. A 20% discount on your first treatment is available by quoting 'EC1 Flyer Issue 4'.