

REFLEXOLOGY

Submitted by: Dawn Ettinger (River Crossing)

Reflexology is a compression technique used on the hands, feet, face, ears or body. These compresssion points correspond to points in our bodies, such as nerves, muscles, bone, organs, teeth, etc. For example, when you look down at your feet, notice the inside curve of the foot. This looks like your spine, and that is where the spine is worked on the foot. Working this area relaxes the spine and everything associated with it.

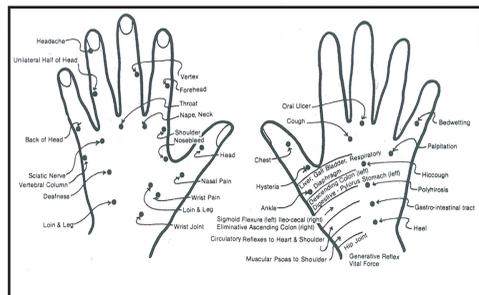


A Reflexologist's hands become attuned with the client's body. A change on or below the surface of the skin will indicate an area in "stress". Working an area of stress along the spine, will allow increased blood flow to that area and those beyond. Once the stress is removed, you will find an increase in flexibility, relaxed tension in the nerves and an increase in organ function.

Getting up from the chair half way through a session would give a good indication of the work being done. The foot being worked on will feel light and pillowy, while the other will feel like a lead weight.

Before a session, it is imperative that no alcohol be consumed. Reflexology will enhance the effects from the alcohol and you will feel ill. It is, however, beneficial to have water. If you feel that you can't drink water without haveing to pee alot, than try holding water in the mouth so it can absorb directly into the blood. This is done via the vessels under the tongue.

Animals can receive Reflexology just as humans can. Often they have the same issues with elimination as we do, as well as similar disorders. The areas are smaller to work on, so more is covered at one time.



Have a wonderful session with your Reflexologist and remember to drink water to flush out the toxins.

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