



## REFLEXOLOGY

### **What is Reflexology?**

Reflexology is an ancient art that can be dated back as far as 2300 BC Egypt where there were pictures found in the Physician's Tomb. Other illustrations have appeared from Japan (690 A.D.) as well as Tibet, India and China.

The feet are referred to through ancient religions of the world. In India a Hindu quotation reads "Disease does not attack one who rubs his feet before bedtime – just as the snakes do not approach the eagles" Buddhism, the Buddha's feet are painted with 108 auspicious signs on his soles, where Reflexology places the Solar Plexus, a cosmic sun appears in the same place on the Buddha's sole.

In Christianity there is a very famous painting of Christ washing St. Peter's feet. Jesus explains to St. Peter that he must do the feet. To which St. Peter replied "Lord not my feet only, but also my hands and my head" John 13:4-20. The Greek philosopher Plato once said "When our feet hurt, we hurt all over".

Reflexology as we know it today came from Europe almost 100 years ago. In 1913 Dr. Wm. Fitzgerald MD in Connecticut was using "Zone Therapy" to deaden pain in some parts of the body. Colleague Joe S. Riley MD was also an American pioneer of Zone Therapy and teacher of Eunice Ingham who traveled the states and sometimes Canada to teach what we call today Reflexology.

Reflexology is also known as Zone therapy, Spot Therapy, Reflex Therapy and Compression Massage.

Reflexology is the physical act of applying pressure to the feet with thumb, finger and hand techniques. Through applying these techniques to certain areas of the feet reflexology causes responses (relaxation) breaking up patterns of stress in corresponding parts of the body.

Relaxation is the first step to the body's return to a state of equilibrium, or homeostasis, in which circulation can flow, unimpeded to supply nutrients and oxygen to the cells. With this restoration of homeostasis, the body's organs and muscles may then return to a normal state of function.

This is very important because your state of health depends greatly on your body's ability to rebound to homeostasis after a trauma or injury (disease, stress). It is the purpose of

reflexology to trigger this return. Since stress and disease are an on going part of life for most of us, reflexology, in addition to its therapeutic uses, can serve as a preventative program. It enables you to restore and maintain a natural state of homeostasis.

**Other benefits include;** improves circulation, normalize and balance the body, improved urination, improved digestion, improved immunity, improved concentration, improved bowel movements, release of gas, release of pain, helps to maintain a good state of health and it complements other healing modalities.

Reflexology is a wonderfully relaxing massage that not only helps you to feel good on the outside but more important.....makes you feel good on the inside. Treatments can be from 30-60 mins. And if done once a month or more you will receive the most benefit. Nancy Reicher has been a certified Reflexologist for 7 years and is a member of RRCO Registered Reflexology Council of Ontario.

She was voted the favorite Reflexologist by the Era Banner Annual Reader's Choice Awards. Nancy can be contacted at M & Y Chiropractic Health & Wellness Centre in Newmarket. 905-898-6644