

# Can your feet hold the key? Improve your health and wellbeing with Reflexology

Submitted by: The Marketing-PR Company

Tuesday, 8 January 2013

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What is reflexology?

Reflexology is a non-intrusive complementary health therapy based on the theory that different points on the feet, lower leg, hands, face or ears correspond with different areas of the body.

Check out The Association of Reflexologist's (AoR) interactive reflexology footmap (<http://www.aor.org.uk/custom/footmap/>) which illustrates these points or 'reflexes' and shows which organ or area of the body they relate to.

Reflexologists work holistically with their clients and aim to work alongside allopathic healthcare to promote better health and a sense of wellbeing.

How could reflexology help you?

- Problems that are usually responsive to reflexology are those that have a basis in stress, pain, and sleep issues.
- Research studies into how reflexology can have a positive effect with Pre-menstrual syndrome (PMS) sufferers, Multiple Sclerosis and cardiac patients has been undertaken. Additionally, many favour the positive wellbeing effects reflexology brings to Palliative Care and during pregnancy.
- Reflexologists do not claim to cure but aim to help the body help its self.
- Reflexology is a very individual treatment, each therapist will personalise the treatment to address what they feel in the feet of the client. And in return each client will react in an individual manner.
- Usually you will feel relaxed after a treatment, tension may release and you may sleep better. You may also notice a feeling of improved mood and wellbeing.

How does reflexology work?

There are many theories and these are related to the subtle changes in philosophy behind a practitioners training.

- There are reflexologists that believe in the activation of meridians, rather like acupuncture, where the meridians are stimulated through the points in the feet releasing blockages in energy.
- Some believe in theories of autonomic and somatic integration- that the internal organs adjust to the sensory input of the therapeutic touch on the body.
- Other theories include the release of endorphin and encephalins – the body's natural painkillers, or the release of lactic acid.
- There is a research paper from Japan that shows a link from the foot reflexology points to a brain reaction using functional MRI scanning. This small study goes some way towards explaining how reflexology might link feet to organs – through a blood flow reaction in the brain.

How to 'Find a Reflexologist'

- The AoR has a find a reflexologist (<http://www.aor.org.uk/find-a-reflexologist>) search facility on its website. This can help you find a suitably qualified professional reflexologist close to you.

Association of Reflexologists (AoR) (<http://www.aor.org.uk>)

- The Association of Reflexologists is the foremost aspirational and independent professional body for reflexology in the UK. The letters MAR (member), FMAR (fellow) and HMAR (honorary) after a therapist's name denotes their membership status – a sign of assurance that they have met the strictest standards of reflexology practice, they are insured to practise and that they are committed to continually developing their skills and knowledge.

- The AoR represents reflexology and reflexologists at the Reflexology in Europe Network (RiEN), The Complementary and Natural Healthcare Council (CNHC), Parliamentary Groups and the Reflexology Forum.  
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Notes to editors:

Reflexology articles, information, case studies and specific responses on how reflexology may help common ailments and promote wellbeing is available from The Association of Reflexologists. Call Carolyn on 01822 833488 or email: [cdaw@marketing-pr.co.uk](mailto:cdaw@marketing-pr.co.uk). We have many professional reflexologists able to answer your queries and supply case studies or comment.

Photo: The interactive footchart is available as a PDF upon request.