

Reflexology and Stress

Stress is the effect of your body fighting to maintain its balance. When you are under stress your body does its best to bring your system back into equilibrium. It does this through secreting hormones and enzymes into your bloodstream in an effort to counteract the effects of stress. The adrenal glands must produce an excess of corticoids to maintain life in a stressful situation. The resulting hormone excess itself has consequences to our health. It is recognized that flooding the system with any hormone will create dis-ease in the body. When the thyroid gland secretes too much of its hormones, the metabolism is accelerated unnecessarily. When the pituitary gland secretes large amounts of its hormone STH, gigantism results. When the adrenaline medulla secretes an excess of its adrenalines, your pulse will quicken and your blood pressure will rise. The trouble starts when our system is under stress for a prolonged period of time. So many of us live our lives in constant pressure on the job, at home, and in our daily commutes. This prolonged stress causes our bodies to secrete hormones and enzymes continually, having immense negative effects on our health.

These adverse effects are mirrored in our feet, hands, and ears long before they become apparent in the rest of our body, and will show up on the hands, feet, and ears as reflexes that are tender and painful in the course of a reflexology session. Stress cues help alert the Reflexologist to stress patterns that can occur locally (at the spot), regionally, and generally throughout the body. Understanding these reflexes allows a Reflexologist to detect problems early in their development, long before they lead to serious illness. With an awareness of what is happening in the body, a person can make choices and change habits to help alleviate the negative effects of stress in their lives. In discovering problems in our hands, feet, and ears long before they become serious in the rest of our body we are able to take more control over our own health and health care.

Stress-Related Diseases:

The following is a short listing of some of the more common diseases that have been linked to stress:

Kidney Diseases

Peptic Ulcers

Migraine Headaches

TMJ (Jaw pain)

Hypertension

Neck, Back, Arm, Leg, Hand and Foot Aches

Skin Reactions

Tinnitus (ringing in the ears)

Pain Control, Environmental Concerns, and Serious Diseases

Reflexology can be helpful with many acute and chronic conditions. Here are some examples:

Pain:

Whether due to a trauma, injury or something that has been nagging you for years such as headaches, migraines, and TMJ. Pain can be reduced through the process of deep breathing and stimulation of the *pituitary gland* and *solar plexus* to release endorphins. Additionally, Sciatic pain can be reduced when acupressure is applied to the *leg reflex points*.

Allergies:

Caused by seasonal pollens, dust and mold, animals and foods. Body pollution by way of a contaminated environment can be filtered more efficiently through the *lymph glands* when stimulated.

Respiratory problems:

Including asthma may be helped by stimulating the *chest reflex points*.

Women's Health:

Ranging from menstruation to menopause: PMS, cramping, bloating, irregular cycles, infertility, mood swings, hot flashes and night sweats. These issues may be reduced by acupressure to *various reflex points*.

Gastrointestinal:

Problems such as acid reflux, diarrhea or constipation, colitis, Crohn's disease, nausea and vomiting (including morning sickness). *Various reflex points*.

Cold and Flu:

Sinus congestion, headaches, body aches, lowered immune response, chest congestion. Sinuses can drain and clear with acupressure applied to the *sinus reflex points*.

Chemotherapy:

Offers relief for side effects. Depending on conditions *various reflex points* can be stimulated to assist with relief.

Serious Diseases:

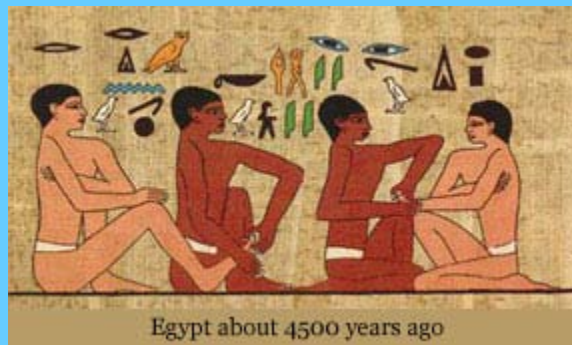
The person's overall health and stamina can be significantly improved along with helping the person to become more comfortable and relaxed, thus improving the quality of life on a day to day basis by providing *standard or charka reflexology treatments*.

Please search the Internet under such queries as Reflexology Research; Reflexology Research Case Studies; Real Reflexology; You Tube and search for Reflexology, and other Reflexology queries in the search engines to gather more detail about Reflexology, and how it may be used to assist with various health conditions.

HISTORY OF REFLEXOLOGY

The healing practice of massage / acu-pressure techniques on the hands, feet, and ears dates back to earlier times from Asia, Africa, India, North America, and likely other continents. Over the period of many hundreds of years and in different cultures acu-pressure has progressed in one method or another until the present day where the name Reflexology was eventually applied to this process. Although it is mostly unknown how the methodologies were used in times past there are some pre-historic and historic carvings, drawings, and written references that show acu-pressure was used for healing. Acu-pressure / Reflexology has evolved and gone through many changes and adaptations. Even today Reflexologists have and are still developing different methodologies using techniques that also involve the Chakras, sound, color, and music.

For further information please search the Internet for various articles on the History of Reflexology.



EGYPTIAN FOOT & HAND REFLEXOLOGY TREATMENT

Early in the sixth dynasty, about 4500 years ago. Wall painting in tomb of Ankhmahor at Saqqara, and is known as the physicians tomb. Translation reads: “Don’t hurt me.” The practitioner’s reply: “I shall act so you praise me.”

