

# Could reflexology be the answer to the 'foot' of the problem?

## We can help!

PHYSIOTHERAPY  
MASSAGE  
FITNESS  
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*Popularized in the West during the early 19th century by an American doctor named William Fitzgerald, news of its success quickly spread, and now reflexology is practiced throughout the world. Reflexology treatments have even appeared in ancient Egyptian hieroglyphics from more than 4000 years ago!*

All parts, glands and organs of the body are represented as "reflexes" on an "anatomical body map" on the feet. The term 'reflex' means automatic response to a stimulus; therefore, foot reflexology could be defined as the 'study and practice of automatic body responses to



*Becky Ryan, Reflexologist, CR*

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finger pressure on specific areas of the feet to help the body maintain/attain its ideal balance'.

### **Foot Reflexology is:**

**Complementary** – it can be successfully used in conjunction with other treatments and therapies. It is also non-invasive;

**Natural** – Encourages the body to enter its own natural healing state to deal with imbalances without the use of drugs or invasive techniques;

**Preventative** – helps the body maintain its ideal balance, and often will "catch" a problem before it manifests itself as a physical symptom; and

**Effective** – through the release of tension, (thus freeing up the nervous system and improving energy flow), and the increase in circulation, (better oxygen

supply to all tissues, organs and parts of the body), the body is better able to access its inherent self-corrective abilities.

By far, the most frequently reported benefits are total body relaxation. Many health conditions have been helped or healed due to its ability to help the body achieve its ideal balance. Circulation and oxygen flow are always improved.

Some generic conditions and problems reflexology has had success in treating include anxiety, arthritis, back pain, depression, digestive disorders, hormonal imbalances, migraines, relaxation, sinusitis, sports related injuries and stress.

For best results a session should last between 45 minutes to one hour. Though tender

reflexes may be present, or toxin release symptoms may occur, 90% of clients feel terrific after their session and report a sensation of "walking on air". When tenderness or toxin release symptoms occur they are a necessary part of the body's self-correction process.

Some clients may experience detoxification while receiving reflexology. Detoxification is a cleansing process which comes about as the organs are stimulated to bring the body into balance. If you would like to experience the benefits of reflexology please give our office a call.



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... We Can Help.