

# Reflexology

Reflexology can greatly enhance the quality of life for people with cancer.

## **What is Reflexology?**

Reflexology is a therapeutic massage that works on the principle that there are reflexes in the feet and hands which are directly connected to each organ and every part of the body, and that by stimulating these reflexes the body is brought to balance.

## **How is it done?**

The feet and ankles are massaged, sometimes the hands and wrists. Essential oils are never used in Reflexology.

## **What can it do?**

It can promote overall relaxation, stimulating the circulation, nerve and glandular systems to help to restore natural balance throughout the body, and eliminate toxins. The massage itself can soothe and relieve muscle tension.

## **Conditions which can benefit from Reflexology:**

Stress, muscular problems, circulatory problems, ailments of the stomach and colon, respiratory congestion, glandular imbalances, kidney and liver complaints, pre-menstrual problems, prostate and sleeping difficulties.