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Reflexology is a form of bodywork that focuses primarily on the feet. How does it work? The underlying theory behind reflexology is that there are "reflex" areas on the feet and hands that correspond to specific organs, glands, and other parts of the body. Certain areas on the feet and hands were linked to other areas and organs of the body. This concept was furthered by physiotherapist Eunice Ingham into the modern practice of reflexology.

Practitioners believe that applying pressure to these reflex areas can promote health in the corresponding organs through energetic pathways.

A scientific explanation is that the pressure may send signals that balance the nervous system or release chemicals such as endorphins that reduce pain and stress.

## **Why do people get reflexology?**

- Stress and stress-related conditions
- Tension headaches
- Digestive disorders
- Arthritis
- Insomnia
- Hormonal imbalances
- Sports injuries
- Menstrual disorders, such as premenstrual syndrome (PMS)
- Digestive problems, such as constipation
- Back pain
- Reflexology is a popular alternative therapy. It promotes relaxation, improves circulation, reduces pain, soothes tired feet, and encourages overall healing.

Reflexology is also used for post-operative or palliative care. A study in the American Cancer Society journal found that one-third of cancer patients used reflexology as a complementary therapy.

Reflexology is recommended as a complementary therapy and should not replace medical treatment.

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