

## Reflexology Stratford

Reflexology Stratford - Reflexology is a type of therapy that consists of massaging certain pressure points on the feet, hands or ears to be able to treat and heal a person's entire body. This gentle form of therapy is utilized so as to help the body maintain its equilibrium and restore the body's natural balance. Many Reflexology practitioners will concentrate on the feet.

Reflexology therapy dates back into earlier cultures in Egypt, China and Greece. In the 20th century, Dr. William Fitzgerald was the first to introduce this particular practice in Western Civilizations. Dr. Fitzgerald referred to this form of treatment as zone therapy.

The treatment of reflexology has been used to be able to successfully treat a variety of health issues consisting of: arthritis, sports injuries, migraines and back pains. Some individuals and practitioners have also used reflexology so as to treat problems of infertility, sleep disorders, hormonal imbalances and digestive disorders. There are several people who depend on reflexology to treat a complete range of stress-related issues. It is often utilized in conjunction with other alternative therapies but is not considered a specific cure used for medical diseases or conditions.

Among reflexology's most popular applications is utilized for stress relief. In the society today, people are swamped with increasing levels of physical, mental and emotional stress. Reflexology therapy could be used to efficiently help relax the mind and the body by minimizing the impact of stress and helping to restore an overall general feeling of health.

People of whatever age can benefit very much from reflexology treatments. Some individuals may partake in the therapy on a regular basis whereas others can only take a treatment at times. People who seek regular treatments believe that reflexology helps them to maintain their well-being and health.

Lots of health care professionals and doctors recognize Reflexology as an effective therapeutic treatment and it is nice that it is not just known by those interested in alternative therapies. Numerous health professionals suggest it to their clients as a supplement to their conventional medical care.

Reflexology is performed by a practitioner who has taken courses and is educated and trained utilizing zone therapy. A competent Reflexologist could detect subtle changes in the zones of the feet. They take note of the ever changing lines, and calluses as well as color and texture of the skin among other things. By applying pressure to a particular zone, a Reflexologist may be able to have an effect on the body system or the organ that is said to correspond with that certain zone.

An average reflexology treatment session lasts roughly an hour. Throughout this time, a Reflexologist makes use of their hands and especially their thumbs so as to apply pressure to the feet. The location and the amount of the pressure and the effect of the treatment is said to depend on the individual needs of the patient. It is often recommended to drink a lot of water following a session to be able to help the body get rid of lots of the toxins that were released during the session.