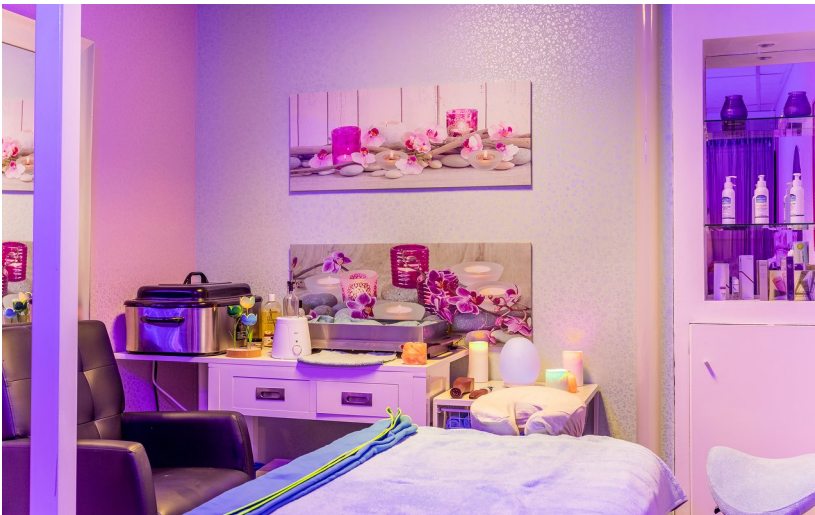


Reflexology is it a proven treatment for anxiety and illness?



If you are keen to learn a different massage technique to reap its benefits on your health and well-being it is recommended to consider Reflexology. Reflexology, an ancient Chinese treatment method which targets specific regions of the body using pressure, is also known as Reflexology. It is possible to learn more about Reflexology from the American Reflexology Certification Board. Reflexology (also called reflexology) is a different form of therapy that applies pressure to certain areas of the hands and feet. In general, this practice is carried out without the use of oils or lotions. The application of pressure is accomplished by pressing gently into the skin in specific areas on the feet and hands.

Studies have shown many health benefits from using hand reflexology. For example, reflexology has been shown to relieve the pain and treat migraines, anxiety, stress, chronic fatigue, joint pain as well as other ailments. Many people who experience Reflexology have reported increased circulation, decreased anxiety, stress, lessens the symptoms of depression, as well as greater range of motion and power. In fact, some people who have experienced Reflexology describe their experience as feeling like "high" or "invigorated." Massage could offer the same benefits to health.

There's a whole-body approach to Reflexology that certain practitioners believe enhances overall wellness. Research has shown that Reflexology could improve blood circulation, enhance the lymph system, increase immunity, slow the slowing of aging, lower high blood pressure, and promote wellness in the lymphatic system, glands, and organs. Reflexology could boost the efficiency as well as the efficacy of medication and pharmaceuticals. However, it's important to be aware that simply because Reflexology can be beneficial for the entire body does not mean that it will immediately alleviate the pain or other symptoms. Reflexology is only one part of a healthy lifestyle. To enable Reflexology to work properly it should be done together with a healthy diet, regular exercise, relaxation techniques such as meditation, yoga, the use of hypnosis, as well as other stress management techniques.

Reflexology can also be practiced by tapping pressure points on your feet, elbows or hands to ease tension and restore equilibrium to the body. This kind of Reflexology is known as Oriental Reflexology. It is built on the principles of traditional Chinese medicine, which

suggests that there are different zones or "humors" within the body. Each one has distinct health benefits, and patients will be able to get relief from various ailments when they maintain the proper balance. The person might feel relief from digestive issues or headaches when they put their head, feet, and hands in the groin.

In addition to the many benefits to health that come from Reflexology massage is also able to help sufferers reduce pain and improve the overall quality of their life. People who regularly practice Reflexology find that they sleep better, have more energy and experience less tension and stress. Massage can improve circulation relieve pain and discomfort, and reduce the feeling of stress and tension. For those who are suffering from anxiety or stress-related issues find that they benefit from regular massages as it helps reduce depression and symptoms of anxiety. Regular Reflexology treatments have also been proven to reduce blood pressure and heart rate and also help individuals relax.

Although there is evidence that Reflexology may have positive physical effects, it's important to remember that there's at present no scientific evidence to support the claim that Reflexology can be a beneficial alternative to pain medication. Only licensed therapists can practice Reflexology. Talk to your doctor in case you suffer from chronic pain or disease and want to know more about Reflexology. You may have your family doctor recommend you to a Reflexology practitioner or recommend one. Reflexology is something to think about if you're curious about it. You should also have regular visits by your family doctor. Reflexology can be a good alternative therapy to treat of chronic illness or pain However, it isn't intended to replace conventional pain medications.

One of the many advantages of Reflexology is that it can be utilized on all parts of the body, rather than just one region. It is practiced by placing the pressure on specific reflex points for example, the hands, feet, or lower legs. Research suggests that pressure on reflex areas like the hands, feet, and lower legs could increase circulation and lower stress and anxiety levels. This could be because reflexology helps to relax the muscles in those areas, which increases blood flow and reduces the feelings of stress and anxiety.

To become a certified reflexologist, the American Reflexology Certification Board established the requirements. To qualify, the reflexologist has to be able to examine and treat aches or discomforts, keep a proper posture while lying down, and identify physical reactions like muscle spasms in patients with various illnesses. The professional development process, anatomy and anatomy and physiology, massage therapy reflexology, counseling, and counseling should all be completed.