

GIVING A REFLEXOLOGY TREATMENT FOR STRESS AND STRESS RELATED DISORDERS

by

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Most stress-related illnesses, including cardiovascular disorders, respiratory disorders, digestive disorders and reproductive disorders can be treated with reflexology.

CARDIOVASCULAR DISORDERS

The old 'cliché' 'The healthy heart is a happy heart' highlights an important medical belief which states that, when we are happy, healthy and well, we are less inclined to get poor circulation of blood, hardening of the arteries and all the conditions associated with this, such as high blood pressure, cerebra-vascular accident or stroke, and myocardial infarction or heart attack.

Reflexology Points: A full treatment is always required, give extra attention to:-

- Kidneys effective filtration helps to get rid of toxins from the body, also helps the body to maintain correct ph levels.
- Adrenals to reduce stress
- Solar Plexus to enhance relaxation response.
- Pituitary gland to activate all other glands in the body
- Brain stem-vascular-motor area in the medulla oblongata.
- Heart Reflex point.
- Circulation point.
- 10th cranial nerve Vagus Nerve
- Lymphatic system for its detoxification role in the body

RESPIRATORY DISORDERS

When we are relaxed, we breathe deeply. Oxygen is vital for all life functions. When we are stressed, shallow respiration reduces our intake of oxygen, preventing the body from functioning normally. Even if we eat good food, unless we have oxygen, we cannot metabolise it and receive the nourishment our body needs.

Reflexology Points: A full treatment is always required, give extra attention to:-

- Lungs to enhance the uptake of oxygen.
- Chest Area on the top of the foot to stimulate the intercostals muscles.
- Opening the chest area to facilitate abdominal breathing.
- Diaphragm to facilitate abdominal breathing.
- Adrenals to reduce stress
- Solar Plexus to enhance relaxation response.
- Kidneys effective filtration helps to get rid of toxins from the body.
- Pituitary gland to activate all other glands in the body.
- Brain stem-respiratory centre in the medulla oblongata.
- Heart Reflex point and Circulation point to enhance circulation of oxygen around the body.
- Lymphatic system for its detoxification role in the body

DIGESTIVE DISORDERS

These include, for example, stomach ulcers; ulcerative colitis; spastic colon; diverticulitis; liver and pancreatic disorders and/or failure. Experts suggest that stress can predispose some individuals to Type II Diabetes — the one that has a slower onset and is more likely to occur in older people.

Reflexology Points: A full treatment is always required, give extra attention to:-

- All the Digestive tract and associated digestive organs including the liver, gallbladder and pancreas.
- Kidneys effective filtration helps to get rid of toxins from the body.
- Lymphatic system for its detoxification role in the body
- Adrenals to reduce stress
- Solar Plexus to enhance relaxation response.
- Pituitary gland to activate all other glands in the body

REPRODUCTIVE DISORDERS

Reproductive disorders include lack of libido, impotence, and infertility. Incidence of infertility has increased dramatically over the past twenty years. Though pollution has contributed to this increase, our stressful lifestyle has also been associated with reproductive disorders.

Reflexology Points: A full treatment is always required, give extra attention to:-

- Ovaries in the female and testes in the male.
- Uterus in the female and prostate gland in the male.
- Pituitary gland to activate all other glands in the body
- Thyroid gland because of its close association to the testes/ovaries.
- Hypothalamus-endocrine system works on a negative loop system.
- Kidneys effective filtration helps to get rid of toxins from the body.
- Adrenals to reduce stress
- Solar Plexus to enhance relaxation response.
- Sciatic nerve
- Lymphatic system for its detoxification role in the body.

NEURO-ENDOCRINE REGULATORY SYSTEM

Another possible outcome of chronic cumulative stress is malfunctioning of the *neuro-endocrine regulatory system*. This is the body system that regulates our thoughts and emotions. An imbalance in this system manifests itself in a whole host of psychological symptoms, which include the following:

- Forgetfulness
- Feeling overloaded or overwhelmed
- Hyperactivity and inability to slow down
- Loneliness
- Problems with relationships
- Dissatisfaction/unhappiness with work
- Difficulty in concentrating
- Frequent irritability
- Frequent boredom
- Frequent worries
- Feelings of guilt
- Sexual problems; loss of libido
- Restlessness
- Temper flare-ups
- Crying spells
- Nightmares
- Apathy
- Confusion
- Irrational fears

- Compulsive behaviour, such as repetitive cleaning or locking of doors.

These psychological symptoms can be accompanied by profoundly irrational distorted negative thinking, with frequent crying bouts and an inability to do anything. While these disorders can cause significant distress, it is important to remember that they are warning signs that the body is trying to prevent its own self-destruction.

Reflexology Points: A full treatment is always required, give extra attention to:-

- Cerebrum to help with thinking patterns away from negativity.
- Cerebellum to facilitate the re-establishment of boundaries.
- Neck- the pathway between the body and the mind
- Shoulders- to release the burden of guilt.
- Liver-to detoxify the emotional as well as the physical body.
- Lungs to allow the breath of life into the body.
- Heart-to heal the hurt and grief and allow the energy of unconditional love enter the body.
- Opening the chest area and the diaphragm to facilitate abdominal breathing.
- Adrenals to reduce stress
- Solar Plexus to enhance relaxation response.
- Kidneys effective filtration helps to get rid of toxins from the body.
- Pituitary gland to activate all other glands in the body.
- Lymphatic system to emotionally and physically detoxify the body.

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