

# REFLEXOLOGY

Reflexology has its roots in the ancient world, at least 5000 years ago. The Chinese, Japanese, Indians, Russians and Egyptians first practised it.

Reflexology came to the West in 1913, when William Fitzgerald, an American Ear, Nose and Throat Specialist, started to practice what was known as Zone Therapy. Eunice Ingham, an American physiotherapist, later developed this into Reflexology. A student of hers, Doreen Bayley, brought the therapy to Britain in the 1960's and she set up her own practice and training courses for others.

Reflexology restores normal nerve tone, stimulates the cardiovascular system, gives relaxation and rebalances the person's energies so that all organs and glands function at their optimum performance.

At the first visit the therapist will begin by asking you questions about yourself and your family background, your medical history, illnesses, operations and accidents, your lifestyle, diet and drinking habits and any medication you may be taking.

The first treatment will last 1½ hours. Many people are surprised at the length of time the therapist devotes to talking and listening to the details of their lives. Further treatments will last about one hour.

The Reflexologist works on your feet or hands if necessary, noting problem areas. There may be discomfort in places but it is fleeting. This shows imbalance or congestion in the corresponding part of the body. For the most part the sensation is pleasant and soothing.

Reflexology will relax while stimulating the body's healing powers.

Most people benefit from treatment. The therapy brings relief to a wide range of acute and chronic conditions. It is suitable for all ages. Once your body is in-tune, it is wise to have regular treatments in order to help maintain health and well being.

## **AVAILABILITY**

Reflexology is available at Emery House Clinic. Phone for the days and times of the practitioner.

## **PRACTITIONER**

Sharon Callaby, (I.I.H.H.T.), practising at Emery House Clinic