

## What can I expect from a reflexology session?

During a reflexology session, the reflexologist will apply pressure techniques to your bare feet or hands. You'll be seated comfortably in a recliner or lying down facing the reflexologist. A typical session lasts for 30 minutes to an hour.

## How can reflexology help me?

Whether you're seeking to relax, renew and rejuvenate or to care for a recent or chronic condition, choosing reflexology helps you take an active role in your health.

From the moment the reflexologist's hands start their work, the relaxation begins. Studies show this to be true as well as demonstrating that a reflexology session provides a respite from both physical and mental aspects of stress.

Consider a series of sessions if you have a health concern or if you'd like to help your body work better. Such frequency and consistency help the body do both.

"My feet feel like I'm walking on pillows" is a comment frequently heard following a reflexology session. Foot reflexology makes for happier feet especially if they face a standing profession or the challenge of finding comfortable shoes.

Feel good, boost your system and help your body work better: you'll leave your reflexology session with a smile on your face and a spring in your step knowing you're on a path to wellness.

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Reflexology is a complement to medical care. It should not be construed as medical advice or considered to be a replacement for medical help.

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## How long does it take to see results?

### Research shows that a single reflexology session:

- creates relaxation
- reduces anxiety
- diminishes pain
- improves blood flow to the kidneys, intestines, and feet
- improves blood flow to parts of the brain corresponding to the reflex areas on the foot
- decreases the heart rate and blood pressure
- increases oxygen saturation and lowers respiratory rate.

### Research shows that a series of reflexology sessions:

Improves the body overall by helping every part of it, for example:

- improving the functioning of the kidneys (waste product removal, red blood cell level, immune system)
- impacting the digestive system and relieving constipation in children, women, and the elderly
- easing difficult urination for men and incontinence in women
- easing PMS and menopause for women and prostate problems for men
- creating changes in physiological measurements of the pancreas.

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## What is Reflexology?



Reflexology is the systematic application of pressure techniques to the feet and hands. Research has shown the specific techniques of reflexology to be effective in many ways: creating relaxation, easing pain and ameliorating symptoms of health concerns.

Whether you're seeking a treat or a treatment, luxuriating in relaxation or addressing your health concerns, reflexology can help. The long time traditional practice has become a complement to medicine as research has documented its effectiveness.

By choosing to use reflexology, you take a step toward a fitter and healthier you. Improvement in the quality of your life is at hand. Try reflexology today—and join millions of others.

## What is the history of reflexology?

Around the world and throughout history, reflexology has been rediscovered as a health practice time and time again. Archeological evidence in Egypt, China and Japan points to ancient reflexology medical systems.

In the West, the concept of reflexology began to emerge in the 19th century, based on European and Russian research into the nervous system and the reflex (think Pavlov). American developments in charts and techniques launched today's reflexology. Most recently, reflexology use has spread globally with people all over the world seeking fitness, health and medical results.

## Is there research in reflexology?

More than 170 studies of reflexology's effects have been conducted with 90% showing a positive result. Effectiveness was demonstrated as symptoms were ameliorated for health concerns stemming from tension (e. g. elevated blood pressure, anxiety, constipation, headaches, labor times for the pregnant) and pain relief. Further responses (e. g. for those with asthma, diabetes, cholesterol, incontinence) were found to require an appropriate number and frequency of sessions.

## How Do I Get Results?

As you consider how to get results with reflexology, consider what you're seeking and how to focus on the reflexology solution. Is it self-help, at-home help or professional services that will achieve your goal(s)? A reflexologist serves as a resource ready to educate and help with such decisions.

## What are the benefits of reflexology?

As proven by research, the benefits of reflexology include:

- relaxation
- pain reduction
- amelioration of symptoms for health concerns
- improvement in blood flow
- impact on physiological measures (e. g. blood pressure and cholesterol; measurements by ECG, EEG, and fMRI)
- improved post-operative recovery and pain reduction
- enhancement of medical care (e. g. diabetes, phantom limb pain, and hemodialysis patients)
- adjunct to mental health care (e. g. depression, anxiety, post traumatic stress disorder)
- complement to cancer care (pain, nausea, vomiting, anxiety)
- easier birthing and post-partum recovery.

## How does reflexology work?

Pressure sensors in the feet and hands are a part of the body's reflexive response that makes possible the "fight or flight" reaction to danger. Feet ready to flee and hands ready to fight communicate with the body's internal organs to make possible either eventuality. The sudden adrenal surge that enables a person to lift a car is an example of this reaction. Reflexology taps into this reflex network, providing an exercise of pressure sensors and thus the internal organs to which they are closely tied.

The net result is that reflexology impacts multiple mechanisms of the body, helping it re-set tension levels, relieve pain, improve blood flow, and create better communication within the nervous system. One's body, thus, achieves a homeostatic balance, better able to cope with the stresses of life.

### Reflexology Chart

The reflexology chart mirrors a reflection of the body on the feet and hands, left foot representing the body's left half and the right foot its right half.

In reflexology practice, technique is applied to the relevant reflex area(s) to prompt a change in the related part of the body. Research has demonstrated such effects for several reflex areas and their reflected parts of the body.

