

## Reflexology Prince George

Reflexology Prince George - Reflexology is a type of therapy which includes massaging specific pressure points on the feet, hands or ears to be able to heal and treat a person's entire body. This gentle type of therapy is used to help the body maintain its equilibrium and restore the body's natural balance. Lots of Reflexology practitioners will focus on the feet.

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

The treatment of reflexology has been utilized in order to successfully treat various health issues including: sports injuries, migraines, back pains and arthritis. Some individuals and practitioners have likewise utilized reflexology to be able to treat concerns of infertility, sleep disorders, hormonal imbalances and digestive disorders. There are numerous individuals who rely on reflexology to treat a whole range of stress-related conditions. It is usually used in conjunction with different alternative therapies but is not considered a particular cure utilized for medical conditions or diseases.

Among reflexology's most popular applications is used for stress relief. In the society today, individuals are swamped with increasing levels of physical, mental and emotional stress. Reflexology therapy could be utilized to successfully help relax the body and the mind by lessening the effects of stress and helping to restore an overall general feeling of well-being.

Individuals of whichever age could benefit significantly from reflexology treatments. Some people can partake in the therapy on a regular basis whereas others may just take a treatment sometimes. Those who seek regular treatments think that reflexology helps them to maintain their health and well-being.

Many health care professionals and doctors recognize Reflexology as a useful therapeutic treatment and it is nice that it is not only known by people interested in alternative therapies. Lots of health professionals suggest it to their clients as a supplement to their conventional medical care.

Reflexology is done by a practitioner who has taken courses and is educated and trained in the use of zone therapy. A good Reflexologist could spot 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 specific zone, a Reflexologist might be able to affect the organ or body system which is said to correspond with that specific zone.

A typical reflexology treatment session lasts something like an hour. All through this time, a Reflexologist utilized their hands and specially their thumbs in order to apply pressure to the feet. The spot and the amount of the pressure and the effect of the treatment is said to depend on the individual requirements of the patient. It is normally suggested to drink plenty of water following a session so as to help the body eliminate lots of the toxins that were released through the session.