

Benefits Frequently Experienced

- Reduction in Stress, Anxiety, & Depression
- Overall Relaxation
- Pain Reduction or Elimination
- Improved Bodily Functions
- Physical, Emotional & Energetic Balancing



SAMPLE

Many health issues can be directly linked to stress. The long-term activation of the stress-response system can disrupt the body's natural processes, leading to unwanted health conditions. Reflexology can have a positive affect upon how this is managed.

Reflexology is

- A protocol of manual techniques, unique to Reflexology, applied predominantly on the feet and hands. These techniques balance complex pathways, linking body systems, and supporting the body's desire to function optimally.
- Recognized worldwide by national health institutions and the public at large as a distinct complementary practice within the holistic health field.
- Supported by over 300 global research studies, including three grant (totaling over \$10 million dollars each) funded by the National Cancer Institute (NCI) to test the efficacy of reflexology on breast cancer patients.
- Recognized by National Cancer Institute as a separate integrative therapy.
- Education with reflexology will
- The growing awareness needed to address a client's concerns.
- Involved with professional memberships such as a state association, national or international associations.
- Hold a proper license or certification.
- Work within the Scope of Practice of Reflexology as a health services field.

A Typical Reflexology session

- May be performed anywhere, anytime, to anyone.
- Clients remain fully dressed.
- Sessions usually last an hour.