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Naturopath

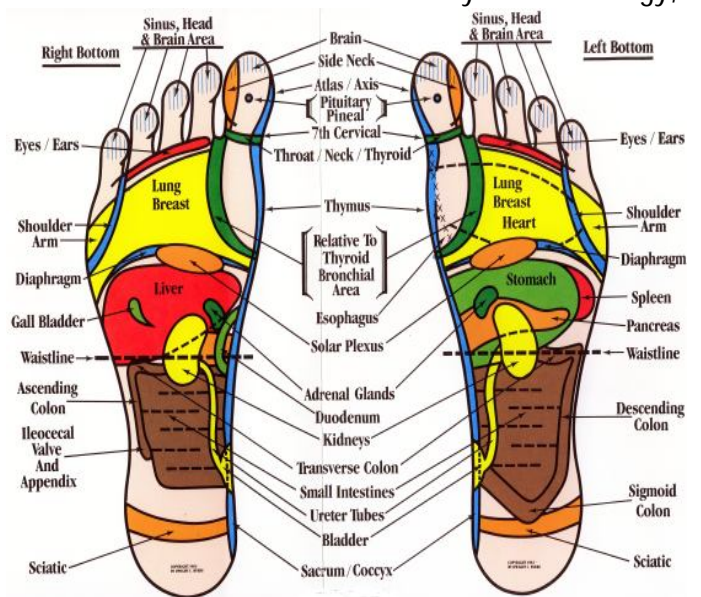
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REFLEXOLOGY

Various parts of the body such as the feet, hands, ears and eyes, have areas that correspond to every other part of the body—much like a map. These areas are known as reflex zones and the modality of Reflexology, which involves working on the feet and hands, is based on working with these reflex zones.

Working on the reflex points assists in normalising energy flow to those corresponding areas of the body. Normal energy flow leads to normal function and in this way reflexology brings about healing to various organs and body systems.

For example, working on the area for the neck (found at the base of the big toe), can help reduce neck pain and discomfort, while working on the reflex area for the liver (found just below the outer edge of the ball of the right foot) can improve liver function.



Who would have thought that such a simple concept could have such a powerful effect on healing the body?