

## Reflexology Moncton

Reflexology Moncton - Reflexology therapy includes massaging certain pressure points on the hands, feet and ears so as to heal and treat ailments on the person's body. This therapy is a gentle type of massage used to be able to help maintain the body's natural balance. A lot of Reflexology practitioners will concentrate on the feet.

The use of reflexology dates back to ancient China, Greece and Egypt. A doctor with the name of William Fitzgerald first introduced it to Western civilizations in the 20th century. During the 20th century, Dr. William Fitzgerald was the first to introduce this practice in Western Civilizations. Dr. Fitzgerald called this kind of treatment as zone therapy.

The treatment of reflexology has been utilized in order to effectively treat different health issues comprising: arthritis, sports injuries, migraines and back pains. Some individuals have used reflexology to treat various issues like for example sleep disorders, hormonal imbalances, digestive disorders and infertility. There are several people who rely on reflexology in order to treat a complete range of stress-related problems. It is often used in conjunction with various alternative therapies but is not considered a particular cure for medical diseases or conditions.

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

Individuals of whichever age could benefit very much from reflexology treatments. Some individuals could partake in the therapy on a regular basis whereas others may only take a treatment sometimes. Those who look for regular treatments believe that reflexology helps them to maintain their health and well-being.

Several health care professionals and doctors recognize Reflexology as a helpful therapeutic treatment and it is nice that it is not just known by those interested in alternative therapies. Several health professionals recommend it to their clients as a supplement to their conventional medical care.

Reflexology is done by a practitioner who has taken courses and is trained and educated using zone therapy. A competent Reflexologist could detect 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 amongst other things. By applying pressure to a particular zone, a Reflexologist may be able to affect the body system or the organ which is said to correspond with that certain zone.

An average reflexology treatment session lasts more or less an hour. Through this time, a Reflexologist uses their hands and specially their thumbs 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 needs of the patient. It is often suggested to drink a lot of water after a session to be able to help the body eliminate many of the toxins that were released all through the session.