

## Reflexology Brandon

Reflexology Brandon - Reflexology therapy consists of massaging particular pressure points on the feet, ears or hands to treat and heal ailments on the person's body. This particular therapy is a gentle type of massage used 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 Egypt, China and Greece. A doctor with the name of William Fitzgerald firstly introduced it to Western civilizations in the 20th century. In the 20th century, Dr. William Fitzgerald was the first to introduce this particular practice in Western Civilizations. Dr. Fitzgerald called this particular kind of treatment as zone therapy.

The treatment of reflexology has been used to successfully treat different health problems including: sports injuries, migraines, back pains and arthritis. Some people have used reflexology to be able to treat other conditions like digestive disorders, infertility, sleep disorders and hormonal imbalances. There are various people who depend on reflexology to treat a whole range of stress-related issues. It is frequently utilized in conjunction with different alternative therapies but is not considered a certain cure utilized for medical diseases or conditions.

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

Reflexology treatments can greatly benefit individuals of various ages. Some people could partake in occasional treatments, whereas others will partake in regular therapies. Individuals who look for regular treatments believe that reflexology helps them to maintain their well-being and health.

Several health doctors and health care professionals recognize Reflexology as a helpful therapeutic treatment and it is nice that it is not only known by those 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 trained and educated in the use of zone therapy. A competent Reflexologist could notice subtle changes in the zones of the feet. They take note of the ever changing lines, and calluses as well as texture and color of the skin among other things. By applying pressure to a specific zone, a Reflexologist may be able to have an effect on the body system or the organ that is said to correspond with that particular zone.

The average treatment will last for more or less an hour. During the session, Reflexologists make use of their fingers and specially their thumbs in order to apply pressure to the feet. The location 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 often recommended to drink a lot of water after a session to be able to help the body flush out lots of the toxins which were released during the session.