



Staying in Touch

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Hello –

It's quite a surprise to most people when they discover the extent of the benefits available through reflexology, a science that deals with the principal that there are reflex areas in the feet and hands that correspond to all of the glands, organs and parts of the body. Once you learn a little of the philosophy of reflexology and experience a session yourself, you begin to appreciate what a positive effect it can have on your overall health.

One thing most people have in common is the desire to feel their best and to be as healthy as possible. To achieve optimum health, you need to remove any physical restrictions that reduce your body's ability to function properly. Reflexology addresses many health issues in a soothing, natural way that enables your body to do its job better and more easily.

A common result from a reflexology session is to leave the recipient feeling thoroughly relaxed. This state of relaxation allows healing to occur. This may help to explain the wide range of health improvements people report from receiving regular reflexology sessions. The accompanying article should give you basic understanding of the many ways reflexology can help you achieve your health goals. See you soon!

Nothing beats a gift voucher for a massage session. Make someone's day with a gift of health & peaceful relaxation!

Karen Mae Simpson
Massage Therapist

Reflexology – A

Almost everyone enjoys a good foot rub. Not everyone realizes how beneficial – or how important – the right kind of foot treatment can be. Read on to learn more about the amazing appendage that literally is the foundation of your life, and the therapy that can pave the way to better health.

What is Reflexology?

The encyclopedia of *Complementary Health* defines reflexology as: "...the practice of applying pressure to points on the feet and hands, usually the feet, to stimulate the body's own healing system. The name 'reflexology' may come from the fact that reflexologists believe parts of the body are reflected on the feet and hands, or it may come from the concept of a reflex action. A reflex action occurs in a muscle or organ when it is activated by energy from a point of stimulus on the body."



The sole of each foot contains more than 7,000 nerve endings that are connected to (reflex to) all areas of your body and brain. As each part of your foot is treated, corresponding areas in your body (your organs, etc.) are affected. Your body operates as well as its lines of communication are open and functioning properly; reflexology helps to stimulate these energy flows.

Consider for a moment what an important role your feet are designed to play. Although comprising a small percentage of your body, they are responsible for providing a proper foundation and support throughout your lifetime. The average foot contains some 26 small bones, 114 ligaments and 20 muscles. The hands and feet contain the same number of bones – together they make up half of the bones in the body.

Foundation of Health

Problems with your feet can lead to other physical maladies. For instance, if your feet are improperly aligned, this can cause structural imbalances that lead to problems in the knees, hips, lower back, etc. Foot problems caused by ill-fitting shoes, walking incorrectly, or excessive stress can adversely affect the reflex areas in the foot, possibly leading to reduced energy flow that inhibits proper function in the associated organs.

Our early ancestors traveled through the wilderness on bare feet that were constantly being massaged and "adjusted" by the varied surfaces over which they moved. In modern times, our feet are crammed into shoes that pretty much eliminate this natural form of foot stimulation. Our modern lifestyles have changed the way we use our feet and quite possibly contribute to many of the health challenges we face today.

Reflexology history –

Rubbing sore feet no doubt was practiced by our earlier ancestors, but the first documented evidence of reflexology was found in Egyptian tomb drawings from about 2400 – 2500 B.C.

Jumping forward to more modern times, a doctor practicing in the early 1900s named William Fitzgerald developed a technique called Zone Therapy. He had observed that applying pressure on the fingers would act as an anesthetic along the arm and all the way to the face. His research led him to divide the body into ten equal zones, running from head to toe, with five zones on each side of the spinal column.

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Prostate Protection

Why is prostate health important? The prostate is a gland, about the size of a walnut, which lies beneath the bladder. The gland produces prostatic fluid, which makes up the bulk of semen. It is the most common site of disorders in the male genito-urinary system and there are three main conditions that can affect this organ – inflammation, enlargement (**Benign Prostatic Hypertrophy or BPH**) and cancer.

Prostatitis is a benign condition in which the prostate becomes inflamed and painful. Unlike BPH or prostate cancer, prostatitis commonly affects younger men. Although it is painful and debilitating, it is not life threatening. Alternative treatments should consist of anti-inflammatory and immune boosting herbs and nutrients, as well as **antioxidant** support from nutrients such as **Selenium** and **Zinc**.

BPH causes urinary problems or reduced urine flow in nearly half (43%) of men over the age of 65. It often involves getting up in the middle of the night to urinate as the prostate gland becomes enlarged and places pressure on the urethra, obstructing the flow of urine.

Prostate cancer occurs when a group of cells begins to divide abnormally, growing into a tumour. Some tumours are slow growing and remain contained within the prostate whilst others can be more aggressive and may spread outside the prostate.

The theory was that each part of the body in a zone was linked to one another by the energy flow within the zone and consequently could affect one another.

Dr. Fitzgerald's work was further refined by Dr. Joseph S. Riley. But it was Dr Riley's assistant, Eunice Ingham, who pursued the work and became known as the Mother of Modern Reflexology. She charted the feet in relation to the zones and their effects on the rest of the anatomy until she had evolved on the feet themselves a 'map' of the entire body.

Reflexology's health benefits –

The goal of reflexology is to help bring the body back into balance by opening the energy pathways, invigorating you physically, mentally and emotionally.

Reflexology helps alleviate the effects of stress by bringing about deep relaxation, which allows the nervous system to perform normally. As much as 80 percent of disease is stress-related, so reducing stressful conditions can help your body return to a state of balance.

You could think of your nervous system as your body's electrical system, supplying the energy signals throughout your body. Proper nerve flow is essential to good health, and reflexology encourages this by stimulating the thousands of nerve endings in the feet.

Tied to proper nervous system function is that of the glands, the organs whose secretions determine the chemical activity in your body. Every tissue and organ is controlled by the complex interaction among chemicals released into your bloodstream and the hormones secreted by your glands – activities that can be affected by reflexology.

A reflexology session also encourages the release of endorphins, your body's natural pain killers, while the pressure helps to reduce the pain signals, further helping you to relax.



**In every Journey, there is meaning
In every Conflict, there is growth
In every Action, there is purpose.**

How do I know I have a prostate problem and what action should I take?

The signs of a prostate problem include an inability to urinate, a feeling that the bladder has not been completely emptied. The need to pass urine often and having to visit the toilet several times at night, or perhaps a burning sensation when passing urine, and seeing blood in the urine. Lower back pain and pain in the crotch, chills and fever are other symptoms.

It is important to remember that many men have no signs or symptoms. Prostate disease may only be discovered when they have a routine medical examination or a screening test.

What should I do if I have symptoms?

If you notice any of the signs listed above, visit your GP as soon as possible. Early detection and treatment for all of the three prostate conditions is very important.

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