
Heal Yourself With Reflexology

By: Alternative Healing Academy

Presented By: [Dondrea Braun](#)

Manage Your Stress With Reflexology Therapy

Stress is a silent killer. In fact, stress is so commonplace in our society today, that associated behaviors, such as road rage, are becoming just an acceptable part of everyday life.

Research has shown that high stress levels not only increase negative hormone levels, the ones responsible for inhibiting sickness and disease, but it also suppresses the immune system. More than ever before in our history, we are in need of a way to unwind, and care for ourselves in an effective manner.

The vast majority of people today are on the go almost constantly. This is only one of the reasons that people are looking for an effective way to escape the stress of daily life. Yet most people simply cannot afford a getaway to a luxury spa every time they feel the need for a time out. Not all of us can be celebrities, and receive the royal treatment every time we need to unwind, that is just not reality for most people.

Reflexology provides an answer to this common problem. Not only is this form of self-help therapy relaxing and provides immediate relief in many cases; moreover it is free of charge and extremely convenient. If you are unfamiliar with reflexology, it is simply the practice of strategically applying pressure to areas of the feet and hands as they correspond with specific body organs.

Just like the teeth, the feet and hands are a map to the health of our entire body. By stimulating nerves on specific areas of the feet and hands, we can stimulate blood flow and eliminate toxin buildup in the corresponding areas of the body.

Quick Reflexology Fact

Reflexology Gains Popularity Far Eastern cultures have been using alternative treatments for thousands of years. However, in most places of the world, natural medicine is the first line of defense against sickness and disease. Even the most technically advanced countries such as China and Japan, appreciate the effectiveness and simplicity of natural medicine. In fact, we could stand to take some of their knowledge to heart these days.

Reflexology is fairly simple to perform and even simpler to incorporate into your daily routine. There are many online guides and diagrams that you can use. Or, if you prefer to have the information at your fingertips, there are many great books you can even get at your local library that will walk you through the process of reflexology treatment.

If you are really serious about learning the techniques, there are numerous online reflexology schools where you can take classes and learn in-depth techniques for more specified sicknesses and diseases.

Try something simple for starters, such as relieving a headache, once you have witnessed the benefits, you may find yourself hooked. I started using reflexology therapy a few years ago just for the purpose of relieving the tension headaches I was experiencing due to stress.

I can attest to the fact that it works, as I have been successful at curing my headaches without the use of drugs ever since.

In the fast paced society that we live in today, I highly recommend that you take a time out for yourself each day. Set aside a specific time early in the morning or before you go to bed and practice deep breathing and reflexology techniques. Before long you will notice a big difference in how you see life and that you are able to manage your day so much better.

To learn more about becoming a **certified reflexologist through home study**, visit the **Alternative Healing Academy** at:

http://www.alternativehealingacademy.net/affiliates/id/1000_1

Treat Pregnancy Woes With Reflexology

Did you know that only ten sessions of reflexology could actually help get you in and out of labor much faster?

There are many natural approaches to combating one of the most common pregnancy complaints, morning sickness. Most people have heard of the age-old ginger remedy for upset stomachs and intestinal gas. It is an effective remedy that is cheap to use and has no side effects, which is very important to most expectant

mothers. However, there are many more natural remedies that you can use not only to ease the stomach, but also to ensure a smooth, faster labor. Yes, it is true, say hello to reflexology.

Did you know that only ten sessions of reflexology could actually help get you in and out of labor much faster? Yes, it is true. Furthermore, women that undergo reflexology treatment during pregnancy also appear to have fewer complications during labor. These benefits are great, but what about the nine-months of uncomfortable, often painful symptoms?

If you are new to reflexology, here are the basics. Reflexology is the practice of strategically applying pressure to areas of the feet and hands as they correspond with specific body organs. By stimulating nerves on specific areas of the feet and hands, we can stimulate blood flow and eliminate toxin buildup in the corresponding organs and systems of the body. And it is not only limited to the feet and hands, although they are the most widely used areas. Reflexology can also be used on the face and the ears as well.

Because reflexology works to put the body in a state of well-being, it is beneficial to every system in the body. Reflexology has been known to relieve many common pregnancy complaints including headache, nausea, backache, stress and anxiety, sleeplessness, fatigue, constipation, swollen ankles and digestive problems such as acid reflux.

Of all of the pregnancy complaints, nausea, or morning sickness is one of the most uncomfortable. Not only can it last all day and can onset in the blink of an eye, but also can lead to problems holding down food if it becomes severe. Here is what I would recommend if you are having trouble with nausea on a regular basis.

* Start a reflexology treatment schedule and stick to it. In a very short time you will feel like you are on top of the world.

* Eat frequent, small meals throughout the day. This is a common recommendation, but one worth mentioning at anytime.

-
- * Do not eliminate your carbs but rather take in complex carbs instead of simple, sugar-laden carbs. They will only make matters worse.
 - * Because prenatal vitamins contain a lot of iron, that can be a cause for upset stomach. I always got in the habit of taking it later in the day or before bed versus in the morning.
 - * Another common recommendation, and a good one at that, is to have some saltine crackers on your bedside. When you wake up in the morning, wake up slowly and munch on some before you rise. One sure fire way to get nausea going is to jump up out of bed. Just don't do it, I learned this the hard way! It is better to be late than to be sick all day!
 - * Avoid strong odors and smells. If you can't hack a smell, go out and take a light walk in the fresh air. That will usually do the trick.

To learn more about becoming a **certified reflexologist through home study**, visit the **Alternative Healing Academy** at:
http://www.alternativehealingacademy.net/affiliates/id/1000_1

A Simple and Affordable Detox

Toxins are everywhere!

If you are unaware of the importance of detoxification, please listen up. Toxins are everywhere. The food we eat, the products we clean ourselves with, as well as the air we breathe all contribute to the build up of toxins in our bodies. Without effectively eliminating those toxins from our organs, they will eventually cause havoc and we will be led down the path of sickness and disease. In a society that relies heavily on chemically laden prescription drugs, psychotherapy and surgical procedures to "heal" the sick, it is more than time to put matters into your own hands.

Our society has become very curious about detoxification. In fact, nowadays there are so many products trying to get your attention, that it can be very challenging and overwhelming to know just what is best. If you search for detoxification online today, you will find everything from detox diet plans and fasting to high priced spa treatments, herbal cleansing pills and patches.

Far Eastern cultures have been using alternative treatments for thousands of years and still do so today. Even the most technically advanced countries such as China and Japan, appreciate the effectiveness and simplicity of natural medicine. So why not try a form of therapy that is effective, yet has no side effects? However, with so many products on the market begging for a sale, where do you begin? Maybe it is time to introduce you to reflexology.

Reflexology is the practice of strategically applying pressure to areas of the feet and hands as they correspond with specific body organs. By stimulating nerves on specific areas of the feet and hands, we can stimulate blood flow and eliminate toxin buildup in the corresponding organs and systems of the body.

Reflexology is not only effective for self-healing, but has made its mark as an effective detoxification procedure as well. And maybe most importantly in today's society, it is free, depending on which therapy you use and very convenient. Yes, unlike our current healthcare system, reflexology therapy is available to everyone!

Quick Reflexology Fact

The more feet you work on the more success stories you will receive from satisfied, paying customers. In a business like reflexology, this is key to success. The truth of the matter is, one person could be responsible for making or breaking your reputation, but more commonly, it takes many satisfied customers to get a foothold in your community.

If you want to go the free route, learning the simple massage techniques is all you will have to do, outside of applying it. Each part of your feet and hands relates to a body system. By applying pressure and massage to those areas, you will increase blood flow and help push toxins out of the body. One of the major benefits here is that it is relaxing and therapeutic at the same time. I use reflexology to relieve tension headaches all of the time and it works!

If you prefer to try one of the many products on the market today, try the herbal foot detox patches. They are quite affordable and very effective. By simply applying them to your feet at night before bed, you will help detoxify all of your organs at the same time. Not only are well-known healing oils and tree extracts used in these patches, but there are no side effects, making them a very popular choice.

If you are really serious about detoxification, and you should be, I would recommend that you not only learn the reflexology techniques, but you use them on a regular basis. Use it as a first line of defense. After all, you only have one body in this lifetime, treat it with care.

To learn more about becoming a **certified reflexologist through home study**, visit the **Alternative Healing Academy** at:

http://www.alternativehealingacademy.net/affiliates/id/1000_1