
What Is Reflexology?

By: Alternative Healing Academy

Presented By: [Dondrea Braun](#)

Reflexology Gains Popularity

Where conventional medicine has failed, natural medicine can make a real difference!

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. In our society today, one that relies heavily on chemically laden prescription drugs, psychotherapy and surgical procedures to "heal" the sick, there has never been a better time to look into such alternatives. Where conventional medicine has failed, natural medicine can make a real difference.

Natural medicine and alternative treatments in general is a booming industry. Our society has become very interested in how to help cure us from common problems such as allergies, depression and anxiety. But with so many products claiming to be the next miracle cure, how do you really know which kind of alternative therapy to use? Maybe it is time to skip the pills and give reflexology a try.

If you are unfamiliar with reflexology, here are the basics. Reflexology is the practice of applying pressure in a strategic manner to areas of the feet and hands, and even the face and ears. Reflexologists see the hands and feet as an open door to the bodies systems. Each section of the feet and hands correlate to a specific organ. By stimulating nerves on specific areas of the feet and hands, you can stimulate blood flow and eliminate toxin buildup in the corresponding organs and systems of the body.

Although reflexologists cannot diagnose or claim to cure a sickness or disease, the results speak for themselves, making it one of the most sought after treatments today. In fact, celebrities pay an arm and a leg for just a few minutes of reflexology.

Not only is it beneficial as a tool for relaxation and stress relief, but it is also an effective tool for improving circulation; relieving pain, and as an immune and nervous system stimulator. In fact, many people with illnesses such as allergies; chronic sinus problems; acid reflux; migraines; PMS; menopause; insomnia; fertility problems and even arthritis have been helped tremendously by reflexology treatments.

Quick Reflexology Fact

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.

However, if you do not like the idea of others touching your feet, or you do not have the big bucks to shell out, you can opt to learn basic reflexology yourself. I prefer this method not

only because it is free, but also because it is extremely convenient. If you want to dig in and learn the basics, there are many online reflexology courses you can take.

Moreover, many adult education programs offer weekend reflexology programs. Check with your local school district to find a class near you. Although these weekend seminars will not authorize you to claim yourself as a reflexologist, you will learn enough to effectively treat yourself and your family.

The bottom line is that reflexology has proved to be a therapy that is beneficial for everyone. It is the perfect complimentary medicine whether or not you must take prescription drugs or not. Once you try it you will understand why reflexology has found a permanent place in the health industry.

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

Reflexology...A Quick Definition

Reflexology, or zone therapy, is a complementary therapy, intended for use alongside conventional medical care and not as a replacement. It is the practice of stimulating nerves on the feet, hands and ears, in order to encourage a beneficial effect on some other parts of the body, or to try to improve general health. Reflexology is most commonly performed on the feet, moving on to the hands and/or ears where physical restraints (contraindications), such as veruccas or fractures, apply.

There is no one fixed theory to explain reflexology. All practitioners believe that areas on the foot correspond to areas of the body, and that reflexology assists the self-healing process.

Some practitioners believe these zones to reflect the energy (Qi) body, and that blockages of energy in the body are reflected through "grit" or "lumps" on the foot. A therapist will apply pressure in the form of relaxing massage to these areas, in order to stimulate the corresponding area and thereby remove blockages in the energy body.

Contrary to some beliefs, reflexology does not seek to diagnose or cure medical conditions - merely imbalances in the life energy or Qi of the body. There are concerns over the efficacy of this treatment, and about the safety of using such a therapy instead of conventional medicine, which have resulted in some studies to investigate reflexology.

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Reflexology Expectations

Bring your body to a state of well-being!

Although reflexology is proven to be beneficial for a multitude of problems, your reflexologist

cannot diagnose or claim to cure any diseases. They are not medically trained to do so. The practice of reflexology is meant to bring your body to a state of well-being. Only in this state is your body able to heal itself and perform at an optimal level. If your body is full of toxins, your immune system is severely compromised, making you much more likely to succumb to sickness and disease.

Once you have made the decision to visit a trained reflexologist, you may be wondering what you can expect from him or her. You may also be asking yourself, what if I am embarrassed about my feet, or my feet are ticklish, how will I be able to handle the therapy? All of these are viable questions.

As far as the appearance of your feet, don't worry about them. All feet are different and there is nothing to be ashamed about. The only possible thing that might come up in direct relation to the appearance of your feet may be if you have a severe problem with corns or the like. In this case, your reflexologist may recommend treatment options.

Ticklish feet are not usually a problem for a reflexologist. Once pressure is applied, the sensation will quickly turn from a tickle to massage and you should be ok. Very, and I mean very few people that claim to have ticklish feet are unable to go through with the therapy.

Quick Reflexology Fact

Reflexology has been shown to relieve many common pregnancy complaints including headache, nausea, backache, stress and anxiety, sleeplessness, fatigue, constipation, swollen ankles and digestive problems. Furthermore, in one study, women that had at least 10 reflexology sessions showed reduced labor times and complications than women who did not have the treatments. Children can benefit from reflexology in many ways as well.

Your therapy session will begin with a questionnaire or one on one question and answer session. This is, of course to get your personal history and determine where your therapy should be most concentrated.

For example, if you are going in suffering from frequent migraines and neck pain, your reflexologist will concentrate on the areas of the feet and sometimes the hands, in areas that deal with the head and neck. Of course, you will be treated in all areas of the feet. In order to bring your body to a state of well-being, you must detoxify your organs and this is exactly what happens during reflexology therapy.

After the initial interview, your ears, feet and hands will probably be thoroughly looked over for discolorations and tender spots. According to the theories reflexology stems from, these things can be warning signs that correlating body parts are not functioning, as they should.

At this point the therapy will begin. It will usually start with rubbing of the ears, hands or feet and then will turn into pressing. It closely mimics acupuncture, but without needles. By pressing in certain areas of the feet, hands and even the ears, the brain will send signals and release neurochemicals to stop pain and relieve tension.

Probably one of the biggest expectations is the relaxation factor. It is true; you will become very relaxed during the therapy. Believe it or not, some people even fall asleep. It is one of the single most powerful ways to relax and eliminate stress in your body. Once you try it you will be a believer, furthermore you will be hooked.

To learn more about becoming a certified reflexologist through home study, visit the

Reflexology Research

Reflexology is the practice of strategically applying pressure to areas of the feet and hands!

Many studies have been done in relation to the effectiveness of reflexology. If you are unfamiliar with 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. Reflexology is safe and effective for everyone. Furthermore, it can and should be used throughout a lifetime.

So how can reflexology really help you? Research has found that not only is it beneficial as a tool for relaxation and stress relief, but it is also an effective tool for improving circulation; relieving pain, detoxification, recovering from surgery, and as an immune and nervous system stimulator. In fact, many people with illnesses such as allergies; chronic sinus problems; acid reflux; migraines; PMS; menopause; insomnia; fertility problems and even arthritis have been helped tremendously by reflexology treatments.

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 shown to relieve many common pregnancy complaints including headache, nausea, backache, stress and anxiety, sleeplessness, fatigue, constipation, swollen ankles and digestive problems. Furthermore, in one study, women that had at least 10 reflexology sessions showed reduced labor times and complications than women who did not have the treatments.

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Children can benefit from reflexology in many ways as well. A few of the most common reasons for conventional medical treatment today are ear infections, constipation, colic and bed-wetting. Reflexology has been shown to dramatically improve these problems, and many more in children.

In fact, research has actually shown that children with cerebral palsy who received reflexology work actually had increased growth rate over the kids who did not receive therapy. The list goes on and on.

In a society that relies on chemically laden prescription drugs to cure the sick, especially in the elderly sector of society, reflexology is providing success stories worth examining. Did you know that elderly patients that routinely get reflexology treatment could reduce

cholesterol, lower and maintain blood pressure and treat painful digestion better than drugs? Not only that but elderly patients that have reflexology mats in their homes experience less pain and a greater sense of control when walking.

And this is just the tip of the iceberg. For patients recovering from surgery, reflexology can be a dream come true. Studies have shown that patients that received reflexology treatment after surgery experienced far less pain than the patients that received painkillers alone. Moreover, reflexology was shown to be more effective than catheterization in patients with retention of urine after surgery.

Reflexology has made its mark in the world of alternative therapies because it works. If you doubt that reflexology works, try it and see the results for yourself. Once you try it you will be a believer and most importantly, you will be hooked for life. Find yourself a good reflexologist, or better yet, learn the techniques for yourself. Having the knowledge to treat yourself and your family is one of the smartest things you can do.

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The Facts About Reflexology

Reflexology is the practice of strategically applying pressure to areas of the feet and hands as they correspond with specific body organs.

Reflexology is becoming a more and more popular term in today's society. Like no other time in history, people are diligently seeking alternative medical treatments. So what is reflexology and how can it help you? I have outlined the basics for you.

What is 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. 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.

What problems is reflexology beneficial for?

Reflexology is a holistic treatment and is used for a variety of ailments. Not only is it beneficial as a tool for relaxation and stress relief, but it is also an effective tool for improving circulation; relieving pain, and as an immune and nervous system stimulator. In fact, many people with illnesses such as allergies; chronic sinus problems; acid reflux; migraines; PMS; menopause; insomnia; fertility problems and even arthritis have been helped tremendously by reflexology treatments.

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What reflexology and reflexologists are not

Although reflexology is proven to be beneficial for a multitude of problems, your reflexologist cannot diagnose or claim to cure any diseases. They are not medically trained. Reflexology is meant to bring your body to a state of well-being. Only in this state is your body able to heal itself. If your body is full of toxins, your immune system is severely compromised, making you much more likely to succumb to sickness.

Do I need to be on a special diet for reflexology to work?

Although you do not need to be on a special diet to get benefits from reflexology, it is always highly recommended to watch what you put in your body. As many holistic nutritionists would agree, you will find that it is very beneficial to consume as much whole foods as possible.

Keep in mind that processed foods are one of the biggest sources for the toxins we build up in our systems; the very toxins that reflexology strives to rid the body of. Outside of a whole foods diet, the basics of a good diet always apply. Make sure to drink plenty of water, cut down, or better yet eliminate caffeine, eat a well-balanced diet, exercise and get adequate rest. Reflexology will help take care of the stress!

Do I have to go to a professional or can I do it myself?

Reflexology treatment offers two treatment options: do it yourself or get the assistance of a trained reflexologist. Taking a look at your goals should help you determine which route to take. If you are looking for immediate results for an impending problem, a trained reflexologist may be the way to go.

However, I found it more beneficial to learn the techniques myself so that I can help my family and myself whenever I need to for free. Many of the techniques are basic and can be learned quite easily. If you want to start out simple, try to get rid of a tension headache. This is the first technique I learned. And not only did it work, it reassured me that I can treat myself.

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Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does ***NOT*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.