

REFLEXOLOGY IN PREGNANCY

Reflexology aims to improve both physical and emotional health by bringing the body back into harmony generally as well as during pregnancy.

What Reflexology does:-

- Reduces stress and induces deep relaxation
- Improves circulation
- Strengthens the immune system
- Cleanses the body of toxins and impurities
- Balances the whole body system
- Revitalises Energy
- Preventative health care
- Brings relief to a wide range of conditions including high blood pressure, digestive problems, headaches, arthritis, back pain, sinus and menstrual disorders.

A confidential health consultation is taken on first visit. Treatments last approximately 1 hour. Four weekly treatments are recommended initially followed by fortnightly or monthly until 36 weeks. The treatments then revert to weekly intervals between weeks 36-38/39.

Reflexology in Pregnancy

Pregnancy is an important event in the lives of women and their mates. Women don't become mothers alone, and becoming a father has its own unique complications. Let's consider in some detail the many benefits that reflexology can bring to you, your mate, and the unborn child.

Infertility

The first problem that some couples face is *getting* pregnant. When a doctor tells a woman who has difficulty conceiving that "it's all in your head" I always say, "Well, if the problem's in the head, the solution is partially in your feet". Reflexology can offer a way out of the perplexing dilemma. If there is a genuine physical problem, such as a disorder in the reproductive system, a woman should follow the advice of her gynaecologist. But when you are told that "there's nothing wrong *physically*", that your problem is primarily psychological, what can you do? Psychological problems always seem more elusive and harder to pin down than physical ones. Additional worry about being infertile only compounds the situation, and the diagnosis becomes self-fulfilling. It becomes a marital Catch-22. You can't get pregnant until you relax and you can't relax because you're worried that you can't get pregnant. Worry and anxiety over not being able to have children can create the very physical conditions that prevent conception.

The non-physical causes of infertility lie in unnecessary stress and anxiety that grows out of many legitimate concerns, such as the relationship with your husband, the responsibility having children will bring, changes in your job or career, even the degree of sexual satisfaction in your marital relationship. Just the thought of becoming pregnant and becoming a mother can cause tension on a subconscious level even if you aren't totally aware of it.

Deep relaxation alleviates stress and tension so that conception may take place. When the husband gives reflexology to his wife, the married couple experience a growing closeness and warmth that in itself can build the trust and assurance a woman may need to be physically receptive. Not only are reflexology sessions relaxing and enjoyable, but the released energy gently stimulates the reproductive organs and promotes normal glandular functioning.

Common Ailments During Pregnancy

Nature never intended pregnancy to be a form of disease, and yet some women experience it as a long period of discomfort and fatigue. From the initial bouts of morning sickness after conception to the physical discomforts in the reproductive organs after delivery; having a baby is physically stressful and for some women an annoying ordeal. It

doesn't have to be. The fact that a good number of women have relatively painless and easy pregnancies is strong evidence that when the body process function properly, having children can be one of life's greatest joys, not a source of aggravation. Bringing a new life into the world is not a simple matter. It's not easy providing for your own life as well as for that of your child. Even in the first few months of existence, an unborn baby uses enormous amounts of nutrients that would ordinarily go to providing energy for the mother in her normal activities. But not only are her activities not normal, mum-to-be has less energy to go around. It is the first indication to the new mother that her life from now on will be one of sharing, including the energy sources needed even more at this critical time when daily activities become increasingly fatiguing.

There can also be complications. The list of potential physical ailments for the pregnant woman can look foreboding to someone who doesn't realise that many of them can be avoided or minimised by proper treatment. In fact, reflexology has something to offer in the way of relief for each, and in some cases, instant relief. The most common problems during pregnancy such as tiredness and lack of energy, nausea and vomiting, oedema, high blood pressure, headache and neck tensions, insomnia, constipation, haemorrhoids, hypertension, back strain, dizziness, fluid retention, leg cramps, sore breasts, stomach cramps and swollen ankles can all be helped by reflexology and may not develop or will be less severe if the mother has received regular reflexology from early pregnancy.

The Father's Role

Pregnant women have told me countless times how important it is for their partner to join them in reflexology sessions during pregnancy. Reflexology can provide times to be together in a loving and sensitive way. The father can learn a short reflexology routine to relax mother at home pre-natal and during labour.