



Stress & Anxiety

Client Information

Key Information – Stress & Anxiety

Thank you for your enquiry about whether reflexology will help a particular condition. We have provided you with this information sheet because the condition that you have stated is medically considered to be within this group.

Firstly it is important to understand that reflexology does not claim to cure. Reflexologists may claim only to help relaxation and stress, however as stress is involved in many illnesses the prevention or reduction of stress may well help you. With a reduction in stress many other 'problems' may show an improvement.

The theory behind reflexology is that it returns the various systems of the body back to homeostasis, or back to working at their natural level and in doing so that it helps all systems work properly with each other.

Anxiety and stress are very dependent upon the endocrine system, or system of hormones, the key hormone here is adrenaline. This is the 'fight or flight' hormone and allows you to escape from a dangerous situation, by either running away or attacking. This hormone was originally designed to subside but due to high levels of stress in the population and the high levels of stress caused just by day to day activities, this hormone can continue to be produced long past the

initial stimulation which may result in a racing heart, difficulty sleeping, palpitations, sweating, panic attacks, irritability and tearfulness.

The theory behind reflexology, that systems are brought back to their normal level, may aid the body to rebalance it's adrenalin levels thus resulting in a reduction in symptoms.

However, like most other complementary therapies reflexology works on an individualised basis and the degree of effect is specific to the individual. The only way to know whether reflexology will help your particular symptoms or problems is to try it and see.

Should you have any concerns about receiving reflexology especially in conjunction with other medications or treatments then it is suggested that you seek medical advice before commencing treatment.

The Association of Reflexologists can help you to find a qualified Reflexologist in your area, log on to www.aor.org.uk and do a postcode search and then choose a therapist or two and phone and ask if they are experienced in treating problems like yours. The most important thing about finding a therapist is that they are well qualified and that you like them.