



## Digestive System

### Client Information

#### Key Information – Digestive system

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.

The digestive system is basically a long tube with stop-off points for food digestion and nutrient absorption. To achieve this there is a complex interplay of enzymes, stomach acid, bacteria and mechanical or muscular movement. Any of these areas may become out of balance. The level of hydration (how much water

you drink) of your body can also play an important part as well. This lack of balance can result in sluggishness, lack of energy, pain, constipation, diarrhoea and may even be diagnosed as irritable bowel syndrome. IBS may well also have a stress component becoming worse when the individual is stressed.

The theory behind reflexology, that systems are brought back to their normal level, may aid the rebalancing of the complicated interactions and remove some of the stress that may be making the symptoms worse.

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](http://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.

