



Client Information

Key Information – Pregnancy- during pregnancy, at labour

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.

Throughout the 40 week process of pregnancy there are points where reflexology may help. The pregnancy hormone present may cause nausea to a greater or lesser state of sickness. This is normal and is a good sign as it indicates a well attached baby. However, reflexology may help to calm an overworked stomach and settle it down. Later in the pregnancy there may be aches and pains and tiredness all of which may be aided by reflexology. Towards the due date it might be beneficial to have regular weekly treatments to help prepare the body to give birth. Two areas are required to work properly for an easier birth – the hormones need to be produced to begin the contractions and the cervix needs to be soft. 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, however in the case of labour the process is one of positive feedback and the natural state is to increase the production of hormones. Reflexology may be helpful in escalating the hormonal levels and softening the cervix resulting in an easier birth.

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.

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