



## Client Information

### Key Information – Reproductive 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.

Menstruation and cessation of menstruation are very dependent upon the endocrine system, or system of hormones.

Menstruation involves the complex interplay of several hormones and they all need to work in tandem with each other, having any of the group at an insufficient level may result in pain, heavy bleeding, discomfort and feelings of irritability and anger. The theory behind reflexology, that systems are brought back to their normal level, may aid the body to normalise its hormone levels and

how they work with each other resulting in a rebalanced body that may lead to a reduction in symptoms.

At menopause there is a gradual decrease in hormonal production, this cannot be prevented except by administration of synthetic hormones in the form of hormone replacement therapy or HRT. While this decrease is inevitable, allowing the body to adjust gently with support from reflexology may help with the symptoms such as hot flushes, night sweats, anxiety, insomnia and depression.

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.

PMS, period pains, menopause

