



Client Information

Key Information – Allergies

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.

Allergies occur where a normally protective action of the body becomes over stimulated and causes more problems than the original problem might have. In the case of allergies the immune cells that are protecting the body from invading antigens - eg pollens have become over active and start producing chemicals called histamines (amongst others), which causes the symptoms associated with allergies - redness, swelling, itching, heat production, mucous production. This may be annoying but some cases of allergy can also be life threatening, these must be treated by a Doctor and full medical advice taken. For the lesser problems with

allergies, the theory that reflexology brings back systems to balance may be of use here, there is a potential for rebalancing the immune cells and thus reducing the hyper reaction to the allergen.

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.

Allergies of all types BUT not anaphylactic shock allergies

