



## **Client Information**

### Key Information – Neurological problems

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.

Neurological problems stem from the nerve system which is the 'communications network' of the body. The nervous system is a complicated passage of electrical signal down a central core - or nerve which activates something at the end. This activation can be muscular or chemical. Myelin is very important in nerve

conductivity, it is the protective covering that allows the electrical signal to reach the end of the nerve. When myelin does not function correctly, many illnesses happen. This is not really an area where reflexology can help, although there has been some research on Multiple Sclerosis that suggests that there are less muscular problems when reflexology is received. However, there are many side effects with these illnesses, such as pain, sleeping difficulties, constipation and emotional upset that might well be open to the gentle rebalancing that reflexology offers.

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.

MS, multiple sclerosis, Parkinsons

