

# reflexology

A higher level of healing and its impact on weight management

“Take care of your body. It’s the only place you have to live.”

*Jim Rohn*



As the holidays are fast approaching, weight management is often at the forefront of everyone’s mind. With busy schedules and holiday parties we are often faced with the challenges of healthily eating and the stressful hustle and bustle of holiday shopping. In this month’s Performance For Life topic we share how the holistic treatments of Reflexology can impact your health and help you navigate the waters of weight management with a new approach.

The primary concept of Reflexology is that energy blocks occur along the zones and pathways in our hands and feet which contain nerve endings corresponding to the organs and muscles experiencing the dysfunction. This may occur due to lesions caused by injury, poor eating habits, lack of exercise, sluggish circulation of blood and lymph, environment and one’s emotional state.

A person’s health may be compromised unless blockages are corrected. Reflexology positively effects and addresses all eleven systems of the body, which synchronously work together for our perfect health. That being said, treating the Digestive System directly encourages weight-management by stimulating the mechanical and chemical digestion process, while assisting in the absorption, assimilation and elimination of nutrients, food and waste. The following are the 11 main organ systems that can be impacted and treated with Reflexology:

- **Integumentary system** supports and protects, regulates body temperature, makes chemicals and hormones, and acts as a sense organ.
- **Skeletal system** supports and protects, makes movement easier (with joints and muscles), stores minerals and makes blood cells in the marrow.
- **Muscular system** brings about body movement, maintains posture, and produces heat.
- **Nervous system** allows a person to communicate with the environment and integrate and controls the body.
- **Endocrine system** secretes hormones into the blood that serve to communicate with, integrate, and control mechanisms.

- **Circulatory system** transports substances through the body and establishes immunity.
- **Lymphatic system** (subdivision of the circulatory system). Its main function is movement of fluid and plays a critical role in the defense mechanism of the body against disease.
- **Respiratory system** exchanges oxygen from the air for the waste product carbon dioxide in the blood.
- **Digestive system** breaks down food, absorbs nutrients, and excretes solid waste.
- **Urinary system** cleans waste products from blood in the form of urine and maintains electrolyte balance, water balance, and acid-base balance.
- **Reproductive system** produces sex cells, allows transfer of sex cells and fertilization to occur, permits development and birth of offspring, nourishes offspring, and produces sex hormones.

The old saying, “You are what you eat,” is proving truer than once believed. It’s possible that many new health problems today are occurring as a result of the assault of pesticides, fertilizers, GMO’s, sugar, fillers, preservatives and other toxins infiltrating our food. The foods we consume are our “body fuel”. We cannot escape the importance of a clean Organic diet, purified water and moderation in the maintenance of our health.

Reflexology treatments powerfully encourage the body to maintain homeostasis, thereby giving us a jump-start, correction and forgiveness in our inner-workings. Treatments are performed and is not a massage; however, it does relieve stress and tension through a specific pattern of pressing-touch on the hands and feet. By releasing endorphins, our body-image has naturally been given a lift. This paves the road to continuing the practice of nurturing our bodies, minds and souls, thus experiencing weight-management as merely one of the gift’s along the way.

Reflexology can also be enhanced by using essential oils to help facilitate the natural healing of the body. For example, apply the following essential oils to corresponding points:

- 1) Lavender or Serenity Blend to adrenal points to help promote deep relaxation and sleep.
- 2) Lemon, peppermint or ginger to digestive points to help aid in digestion and detoxification
- 3) Slim and Sassy or grapefruit to endocrine points to promote a healthy metabolism.

So don’t let the holiday season stress you out. Discover the benefits of holistic and natural treatments and give yourself the gift of health for the holidays!

“ Our bodies communicate to us clearly and specifically, if we are willing to listen.”

Shakti Gawain

Thank you to Liz Vreeland, Massage Therapist and Wellness Coach, for her contributions to this months Performance for Life topic. Liz loves to share her knowledge and gift to facilitate healing through peaceful body treatments. Her energy and vibration light up while serving others. She has been in practice since 2001 and is making a huge impact at Back 2 Normal with her healing energy.