

## Reflexology Winnipeg

Reflexology Winnipeg - Reflexology is a kind of therapy which involves massaging particular pressure points on the feet, hands or ears to be able to heal and treat an individual's whole body. This gentle kind of therapy is utilized to be able to help the body maintain its equilibrium and restore the body's natural balance. A lot of Reflexology practitioners' will focus on the feet.

The use of reflexology dates back to ancient Greece, Egypt and China. A doctor named William Fitzgerald first introduced it to Western civilizations in the 20th century. In the 20th century, Dr. William Fitzgerald was the first to introduce this practice in Western Civilizations. Dr. Fitzgerald referred to this type of treatment as zone therapy.

The treatment of reflexology has been utilized in order to successfully treat different health issues consisting of: migraines, back pain, arthritis and sports injuries. Several people have used reflexology to treat various problems like for example digestive disorders, infertility, sleep disorders and hormonal imbalances. There are numerous individuals who depend on reflexology to be able to treat a whole range of stress-related issues. It is usually used in conjunction with various alternative therapies but is not considered a specific cure for medical diseases or conditions.

Among the more common reflexology benefits and applications are utilized for the reduction of stress. Today, numerous people have elevated stress levels because of emotional, physical and mental stress. Reflexology therapy could be utilized in order to effectively help relax the mind and the body by minimizing the impact of stress and helping to restore an overall general feeling of well-being.

Individuals of whatever age can benefit greatly from reflexology treatments. Some individuals may participate in the therapy regularly whereas others may just take a treatment occasionally. Those who seek regular treatments believe that reflexology helps them to maintain their well-being and health.

Various health doctors and health care professionals recognize Reflexology as a useful therapeutic treatment and it is nice that it is not just known by individuals interested in alternative therapies. Various health professionals suggest it to their clients as a supplement to their conventional medical care.

Reflexology is done by a practitioner who has taken courses and is trained and educated utilizing zone therapy. A skillful Reflexologist could detect subtle changes in the zones of the feet. They take note of the ever changing lines, and calluses as well as color and texture of the skin among other things. By applying pressure to a particular zone, a Reflexologist may be able to affect the body system or the organ that is said to correspond with that particular zone.

A typical reflexology treatment session lasts about an hour. During this time, a Reflexologist uses their hands and specially their thumbs to be able to apply pressure to the feet. The location and the amount of the pressure and the effect of the treatment is said to depend on the personal needs of the patient. It is normally recommended to drink lots of water following a session to be able to help the body get rid of lots of the toxins that were released throughout the session.