

Reflexology —

Studies revealed that foot reflexology could reduce pain and psychological distress like depression and anxiety. This body work relieves symptoms of depression as it stimulates particular pressure points/nerve endings in the hands and feet.

Reflexology benefits

Reflexology may help you feel less stressed, more relaxed and more energized.

Some people with medical conditions find that they feel less pain and discomfort.

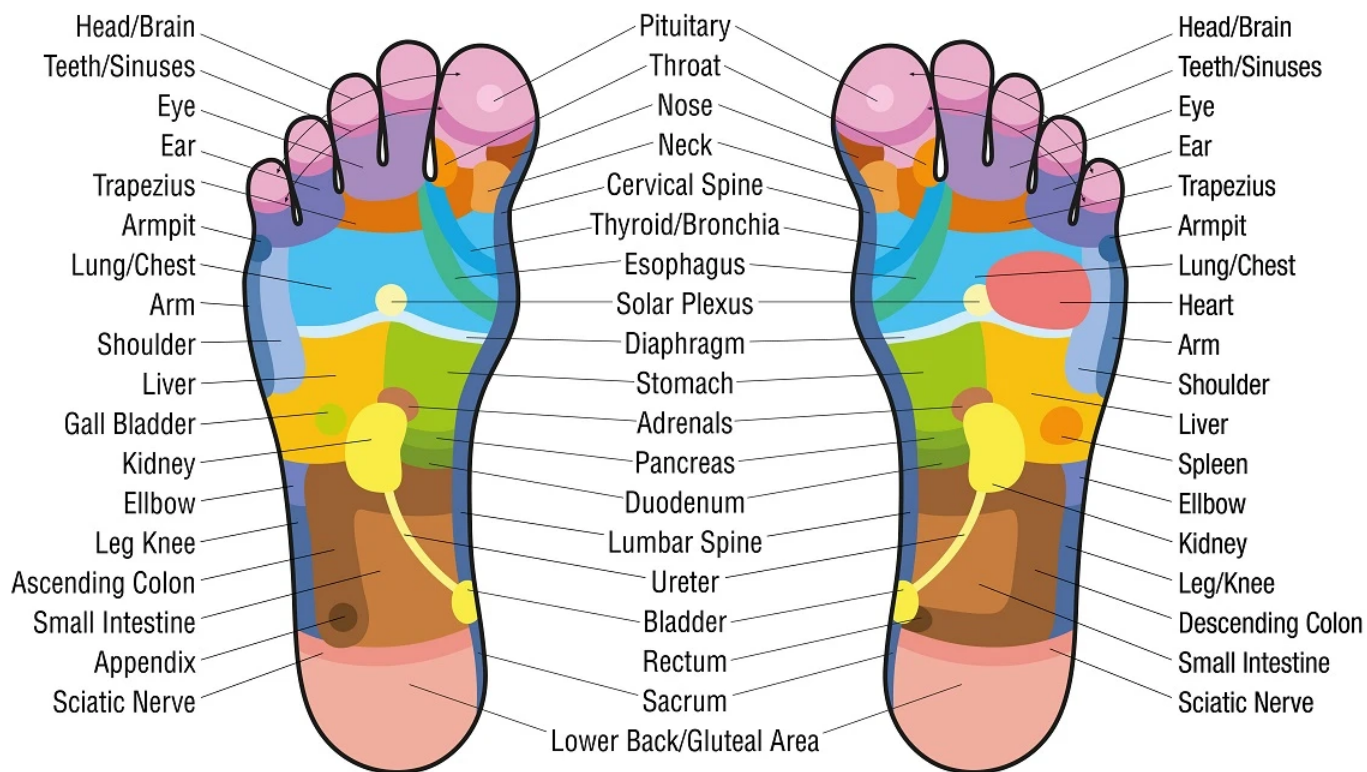
Reflexology may ease anxiety among people who've had

heart surgery, pain during labor, arthritis pain, some symptoms of multiple sclerosis (like fatigue and uncomfortable skin sensations) and emotional and physical pain caused by cancer.

It may also help improve sinus issues, relieve back pain and ease constipation.

Avoid reflexology if you . . .

are recovering from an injured foot, have gout, have blood clots or are pregnant. If you have a chronic condition, a disease that affects your feet or legs, or arthritis in your feet or ankles, ask a doctor. If your feet are off-limits, you may still be able to have reflexology on your hands or ears.



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