

The Foot Beat

Reflexology Brief

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The Health Connection

Recently a client said to me, “You know that pain I was telling you about that has been bothering me for six months?” I pointed to the place on her foot and asked, “Here?” She nodded and said, “The pain is gone.” Later, she said, “You know, you rarely think of pain once it is gone, so you might not connect it to Reflexology. You just know you feel better.”

Exactly! When a client makes that connection, he or she sees the value of reflexology treatments for better health.

I often suggest that patients think about how they feel each day when they wake up to see if there is an ability to get up out of bed and

function better. These are indications that your treatment is changing your health.

It may take longer if you have a chronic problem, or you have trouble with recurring ailments. But, the results for better health are worth the wait. It may even save you money on visits to the doctor’s office for colds, flu, etc. Think of the money you might save on over the counter remedies you buy for such ailments.

One patient says she no longer buys aspirin, ibuprofen, cough syrup, or any of those drug store items! So, think about it. How do *you feel* after a “foot” treatment?



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