



Good Gut Health – Naturally

It is estimated that over three million people in the UK suffer from constipation every month. If you're someone that is affected, the chances are you suffer in silence, as it's not the sort of thing you want to shout about. You could experience abdominal pain, bloating, flatulence and lethargy and this can have a significant effect on your lifestyle. There is however, a very effective, natural solution that could put a stop to all those distressing symptoms, and that is Reflexology.

Reflexology is one of the most popular complementary therapies in the UK and has been known to be very effective in the treatment of many digestive problems. It works on the theory that there are reflexes on the feet and hands that correspond to the organs, glands and parts of the body. A qualified practitioner can use a special thumb-walking technique to work the reflexes and encourage the body to work more efficiently, eradicating toxins and encouraging natural healing.

If you suffer with constipation, a Reflexologist can pay particular attention to the reflexes relating to the colon, along with spinal nerve reflexes that provide a nerve supply to the digestive tract. The practitioner will also work the liver and gallbladder reflex points as these organs play an important role in lubricating the tract, and the adrenal gland reflexes will be worked to assist with muscle tone.

Constipation is such a common complaint with many different causes. A Reflexologist will take a holistic approach, looking at the client's health and lifestyle and in particular their diet, when formulating a personalised treatment programme. Many clients say how relaxing they find Reflexology and are delighted with the results, helping to relieve conditions such as constipation, which may have plagued them for a long time.

"It is important that you choose an experienced practitioner, The International Institute of Reflexology® is the only organisation licensed to teach the Original Ingham Method® of Reflexology. Its practitioners have to undergo comprehensive training in anatomy and physiology alongside their practical studies. Registered members hold the letters MIIR (Reg'd)."

For further information visit the [Love Your Gut](#) website.