



### Controlling your Health through your Feet

Hypertension, or high blood pressure, is a dangerous condition that affects one in four UK adults and over a third are unaware of the problem or fail to seek treatment. High blood pressure can reduce life expectancy and could lead to kidney failure, impaired vision and an enlarged heart. Regular reflexology treatments are a natural way to keep blood pressure under control and prevent the onset of serious health problems.

There are many causes of high blood pressure, including obesity, smoking, high salt intake and excessive alcohol consumption. One of the most common causes is stress. Whilst high blood pressure is usually associated with adults, a number of children are now being diagnosed. This is thought to be linked to obesity, lack of exercise and high salt intake through regular consumption of convenience foods.

Whilst some people may need medication to control high blood pressure, reflexology can also be used. Reflexology could also be a useful way of helping to reduce it by relaxing, reducing stress and improving blood circulation.

A Reflexologist works on the theory that there are reflex points on the hands and feet that correspond to all of the organs, glands and parts of the body. The practitioner uses a unique thumb and finger pressure on the reflexes that works to calm and relax and encourage the body to become more balanced.

Stress is the root cause of so many health problems. Most people are so busy that they fail to take responsibility for their health and well-being until they get a serious warning sign. I always recommend making time for a reflexology treatment at least once a month to maintain a healthy balance.

If a client has hypertension, I would suggest weekly reflexology treatments for 4-6 weeks until an improvement is noticed, then ongoing maintenance treatments. Reflexology is an extremely effective way of controlling blood pressure and ensuring that each part of the body is working in harmony. Often reflexology will result in the client needing less blood pressure medication, however this must always be checked by a GP before altering the dosage.

*Why not take control of your health today, starting with your feet? To find out more about Reflexology, or to book an appointment telephone please contact me.*

You can also find out more by visiting: [www.reflexology-uk.net](http://www.reflexology-uk.net).