

Ease your pain

Find out more and book an appointment...

For your chance to see what Reflexology or Reiki can do for you, please call or e-mail me to discuss your needs, discover our competitive rates and book your appointment.

Call on **07989 768774**
or e-mail carol@reflexmaster.co.uk

Please do call to learn more, there's no obligation and I'll be happy to tell you more about how Reflexology and Reiki can help you.

If you find yourself unable to attend an appointment please let us know as soon as possible. **Please note** appointments cancelled with less than 24 hours notice will be charged for.

IMPORTANT WARNING

You should **NOT** stop taking any medication without prior consultation with your usual medical practitioner. Reflexology is a 'complementary' practice and works alongside traditional medical services. It is not a substitute for your usual medical treatment and you should not change your medication without the advice of your GP or consultant.



Carol Samuel PhD. Cert-Ed
Mob: 07989 768774
Email: carol@reflexmaster.co.uk
Website: www.reflexmaster.co.uk

Carol Samuel PhD. Cert-Ed

I have been in practice as a complementary therapist and lecturer for almost 20 years. I gained my PhD in the scientific evaluation of reflexology for pain management*. My results showed that reflexology can increase pain threshold (the time at which you first feel pain) and significantly increase pain tolerance (your ability to withstand pain). Reflexology also lowered the heart rate and induced a sense of relaxation and calm in the subjects.

What does this mean?

For those of you suffering from chronic pain this means that reflexology may support you in your pain management regime. For example, if you are taking a large amount of pain-relieving medication and have been worried about the side-effects, reflexology may enable you, under the guidance of your GP or consultant, to reduce the volume of medication you usually need for pain relief.

Memberships: British Pain Society, Booth (VRT), Association of Reflexologists, Fellow of The Federation of Holistic Therapists, MNT-NR International.



*Samuel C. The efficacy of reflexology for the management of acute pain in healthy human subjects. Portsmouth, 2010



Carol Samuel PhD. Cert-Ed

Mob: 07989 768774
Email: carol@reflexmaster.co.uk
Website: www.reflexmaster.co.uk

Reflexology

Reflexology is the art of applying gentle pressure to specific areas of the feet or hands, known as reflexes or zones.

Reflexology has been around for thousands of years and was practiced by ancient Chinese and Egyptians. Many believe it has connections with traditional Chinese acupressure techniques. It is a safe and effective method of sensory stimulation and is used to support the body in maintaining a homeostatic environment.

How can reflexology help?

Reflexology relies on the body's own healing ability to return it to physiological balance. There is good research evidence for its efficacy in both physical and psychological disorders, including:

- Relaxation
- Reducing anxiety and tension
- Increasing pain threshold and tolerance
- Improving the circulation of blood and lymph
- Reducing the heart rate
- Decreasing labour times
- Improved quality of sleep
- Improvement in IBS symptoms
- Managing the side effects of cancer treatments

An imbalance in any of the major body systems can prevent the body from functioning effectively. Reflexology attempts to address any imbalance via communication with the nerve receptors in the feet or hands. These receptors send signals to the brain through the spinal cord. A natural feedback loop within the body then signals the release of certain hormones which may be distributed to target organs, muscles or glands, affecting the body's normal physiological processes.

What happens during a treatment?

During a reflexology treatment the practitioner will apply pressure to the feet or hands in order to stimulate nerve receptors. Clients remove only their footwear and are either seated in a specialist chair or reclined on a treatment couch. Each tiny movement works to encourage the release of blockages, which in turn helps to eliminate toxins, ease tension, improve circulation and induce a feeling of relaxation and calm. Research has shown that within one hour of a reflexology treatment, clients are able to tolerate pain for longer and feel more able to cope with their pain.

Other benefits of reflexology treatment include, but are not limited to:

- Stress relief
 - Improved sleep
 - Improved mobility
 - Increased energy levels
 - Relaxation
- Furthermore,
- There are no known side effects
 - It is non-invasive
 - There is no machinery involved

Reflexology is not a 'one size fits all' approach to health, it is an holistic treatment tailored to your individual needs. You will be regularly assessed and the treatment plan will be adapted according to your needs at that time. If your treatment is for pain management, you may be encouraged to have regular treatments of nerve reflex point therapy (NRP) in addition to standard reflexology sessions.

靈 Reiki

氣 This wonderful energy therapy is a form of healing and is deeply relaxing.

What happens during a treatment?

The treatment is non-invasive and non-intrusive; you remain fully clothed throughout. You may be asked to lay on a treatment table or sit in chair, whichever you find most comfortable. The practitioner will place her hands on, or slightly above the body in a number of key positions and you may feel warmth and a feeling of comfort and being cared for. It is an extremely relaxing experience and may assist the body in finding its natural balance.

How can Reiki benefit me?

Anecdotal evidence suggests individuals may experience the benefits of Reiki in their own unique way, and there are reports that it:

- Calms the mind
- Decreases tension and anxiety
- Provides a place of quiet and relaxation

Scientific evidence has shown that healing may improve psychological and physical functioning* by:

- Decreasing stress
- Decreasing pain
- Increasing ones ability to cope

Whatever your reason for treatment, Reiki may be the answer.

*Weze C, Leathard HL, Grange J, Tiplady P, Stevens G. Evaluation of healing by gentle touch. Public Health 2005;119:3-10