Reflexology in weeks 12-40

Reflexology prepares the body for labour by balancing all the body systems particularly the Endocrine system which governs the labour process.it has been noted that the length of labour may be significantly reduced by having regular treatments in the weeks prior to the expected delivery date.

Reflexology during Labour

Helps to boost energy levels and aids deep muscle relaxation between contractions. It helps with pain control by stimulating the production of natural endorphins. Partners can be taught the areas of the feet and hands to treat during labour. Using Reflexology can help reduce the need for epidurals.

After delivery:

Reflexology can help expel a retained placenta…..promote rapid healing of episiotomies, will encourage milk production , and relieve urinary retention. Very good in cases of traumatic delivery experiences
Babies are usually very calm ,suckle faster and better, plus being less prone to colic.

Reflexology is contraindicated in cases of

Unstable diabetes…..those on heavy medication/ Warfarin
History of blood clotting….psychiatric disturbances.

Your Reflexologist should preferably have done the IRIL Course
 Reflexology in Pregnancy and Labour.

Irish Reflexologists' Institute Limited
Tel. 085 2153475, Email: administrator@reflexology.ie

Irish Reflexologists' Institute Ltd.

REFLEXOLOGY FOR THE REPRODUCTIVE SYSTEM

INCLUDING

PREGNANCY AND LABOUR

Prepared by Lua McIlraith.

What is reflexology?

Reflexology is the holistic understanding, study and practice of treating points and areas in the feet and hands that relate to corresponding parts of the body. Using precise hand and finger techniques, a reflexologist may improve circulation, induce relaxation and enable homeostasis. This encourages the person's own healing systems to be activated to maintain wellbeing.

Homeostasis: This is a term relating to the maintenance of a state of natural balance within the cells in the organs and structures of the body.

How reflexology affects the body.

Reflexology affects the body in different ways and no two clients will have identical experiences. Without scientific proof we cannot say definitively that Reflexology will help various medical conditions but we can say it <u>may</u> help in the following ways

- Reduces stress and induces relaxation allowing cellular repair.
- Improves the circulation of both blood and lymph.
- Provides a more efficient removal of toxins and impurities
- Allows the body to balance itself.
- Revitalises energy
- Strengthens the Immune System
- Relieves pain
- Improves sleep patterns
- Improves Hormonal imbalances
- Helps with Infertility of unknown origin
- Can help with Sports injuries
- Can help with Digestive and endocrine disorders.

REFLEXOLOGY FOR THE REPRODUCTIVE SYSTEM.

This includes treating conditions of both the male and female sex,

Female conditions that may benefit from a course of Reflexology treatments are Irregular periods, painful periods, heavy periods, and endocrine conditions. Endometriosis, ovarian conditions & infertility of unknown origin.

Male conditions that may benefit from a course of Reflexology treatments are mainly various hormonal conditions, stress, low sperm counts/infertility of unknown origin

Reflexology for Pregnancy
Once pregnancy occurs Reflexology is a wonderful therapy to use during pregnancy and labour. It will not interfere with the viability of the pregnancy but clients may prefer to wait until after the twelfth week to avail of its benefits

Reflexology is now being used to help couples (who are having difficulty conceiving) to achieve that longed for pregnancy. Due to its stress reducing effects couples with no physical reasons for not becoming pregnant can be helped to relax sufficiently to allow natural conception. Both partners are advised to have treatments.

Benefits include
Reduces morning/all day sickness, vomiting which persists past the three month stage of pregnancy. Helps to relieve indigestion, lower back pain, constipation/haemorrhoids, poor sleep patterns, lowers high blood pressure, reduces stress.