

# Healthy Lifestyle with Reflexology for Seniors

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Canadians are enjoying longer life spans than ever before. The proportion of seniors in the Canadian population is expected to double by 2025. The down side of increased longevity is increased risk of certain diseases and disorders including:

- \* Arthritis
- \* Sleeping Disorders
- \* Diabetes
- \* Loss of Balance
- \* High Blood Pressure
- \* Digestive Troubles
- \* Fatigue
- \* Varicose Veins.

Good nutrition and physical exercise are the cornerstones of a healthy lifestyle. Reflexology provides a valuable contribution to the relief of these disorders.

## How does Reflexology work?

- Reflexology promotes self-healing by the regenerative power in the human body through touch of the feet, and addresses the causes of the diseases rather than the symptoms.
- Through the foot's reflex zones, when touched in reflexology, the corresponding organs of the body are affected, providing balance in the functions of organs and tissues.

## What conditions are helped by Reflexology?

- Therapeutic Foot Reflexology improves the natural functions of the body, such as breathing, circulation and digestion.
- Reflexology also releases stress, relieves pain and breathing difficulties, eliminates toxins in the body and boosts the immune system.
- Seniors experience lower blood pressure, less pain and a better balance while walking. Fatigue, sleeplessness and bowel problems will be reduced.
- Significant improvement in overall health, more relaxation and vitality are often the result of a series of reflexology treatments.

## What is a Reflexology Treatment?

- With shoes and socks removed, the patient rests comfortably on a treatment table.
- The first appointment includes an assessment of the feet and takes about an hour. The following treatments last 40 to 50 minutes with a rest time afterwards of 10 minutes.

## What is the standard for Reflexology?

- Reflexology is a method that has developed out of old cultural knowledge and that has been around for centuries. In Europe and Great Britain it is an accepted therapy prescribed by physicians and covered by medical insurance.
- It complements the medical profession, Chiropractic and other health professions.
- Reflexology is a therapy with professional standards of practice and code of ethics.

**Heike Walker** is a member of the **Reflexology Association of Canada** (RAC) [www.reflexologycanada.ca](http://www.reflexologycanada.ca) founded in 1976. It has a well-respected standardized professional training program and ongoing education for reflexologists to maintain the status of Registered Canadian Reflexologist Therapist (RCRT).

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