

Refresh

THE REFLEXOLOGY MAGAZINE

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Women and Spring



**Reflexology: an Approach to
Rekindling from Burnout**
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Water and Reflexology

By Linda Googh, RCRT™



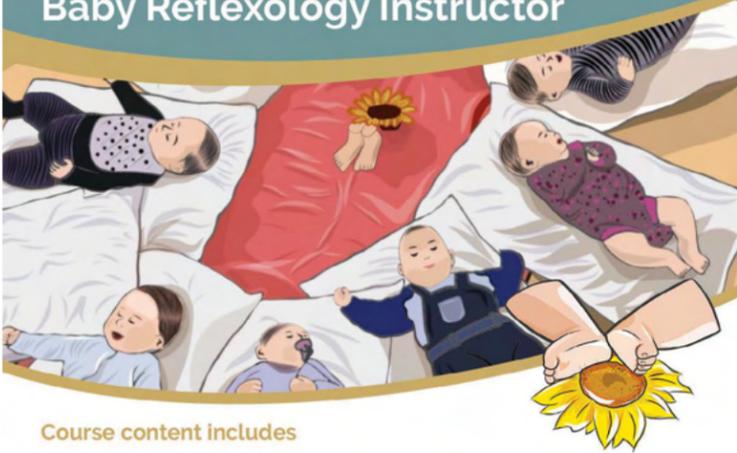
Water is the vehicle that helps flush waste.
Reflexology helps speed up the detoxification

The moment reflexology starts to work, it “Kick Starts” the body’s detox system working twice as hard to get rid of waste from our cells and organs. Together, they team up as the “Feature Balancing Act.”

This “Feature Balancing Act” improves elimination through not only our bowels and urinary system, but also the respiratory system and the skin. Water is the fundamental solvent for all our body’s biochemical processes. Did you know, hemoglobin, carbonates, various proteins, and many other molecules in our body use water as a solvent? It is so easy to forget that water is vital in delivering oxygen to our muscles. Reflexology aids this process to improve circulation and oxygenation. Let’s give this team a big round of applause!

Online Training Courses
Baby Reflexology
Baby Reflexology Instructor

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Course content includes

- Contraindications
- Behavioural states and baby cues
- Common childhood ailments
- Adapting techniques for older children and teenagers
- Treatment plans and home care advice
- Simple hand reflexology and abdominal massage routine suitable for all ages
- Specialised baby reflexology techniques for digestive ailments, teething, anxiety, irregular sleep patterns

Students who complete this training can follow onto 'Baby Reflexology Instructor Training' course (optional)
CPD Approved & Certified Training

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Sponsored content

Hot and Cold-Water Therapy

Water on the outside of the body is just as beneficial as water that you consume. Cold water works by constricting the blood vessels in the area that has been injured. Heat helps to reduce pain.

During my many years as a dancer and choreographer, I was like a traveling pharmacy! To this day, I still carry a big bag of tricks that would give Mary Poppins a run for her money.

A Hard Act to Follow!

Whether it is the onset of neck or shoulder strain, ball of the foot pain, or a flare up of arthritis or carpal tunnel syndrome, water and self-reflexology can be a healing combination!

MY PERSONAL WATER STORY

Many years ago, prior to becoming a Reflexology Therapist, I suffered with water retention, as a result of salt sensitivity and an issue with my kidneys.

During a visit to a neighborhood Health Store, I found myself at a loss when searching for a natural diuretic. Most herbal supplements and teas had warnings for those who have impaired kidneys. The storeowner noticed I seem to need help and quickly asked, “How can I help you?” In total frustration I blurted out about the edema I suffer in my body! In the meantime, I have extreme water retention!

The very sympathetic woman firmly asked, “How much water do you drink?” I laughed and answered her most abruptly, “Water is the enemy!” “Don’t you get it, I said” if I drink water I will blow up!

Well that did it! You could tell she wanted to slap me right there and then, but she held her breath, counted to 3, took my hand, and dragged me to the back of the store where she then filled a very small Dixie cup of about 2 ounce of water and handed to me to drink. Down it went in 2 gulps.

The woman now waving her finger said, “You don’t know this now, but I have given you one of the most important lessons of your life!

Water is essential for balance in the body.