



Reflexology during Pregnancy

In 2003 I specialized myself in Reflexology during pregnancy, a course which I attended in England with the International Federation of Reflexologists of which I am a member.

The benefits for Reflexology during Pregnancy are many but special precautions need to be taken as certain areas of the foot are a no go during Pregnancy hence a deep knowledge of the body's function during pregnancy is needed by the Reflexologist.

- Benefits are: Reducing and normalizing high and low blood pressure
- fluid retention - swelling of the feet, ankles
- Preventing or lessening heartburn
- Improving sleep quality
- Relieving varicose veins
- Morning Sickness
- Relieving indigestion, lower back pain, constipation and hemorrhoids
- sciatica
- deep relaxation for mother & baby
- supporting the emotional, mental & physical changes that take place during pregnancy
- Preparing the body for labour
- Helping to reduce labour times
- Encouraging labour as it stimulates the release of oxytocin - the hormone that starts uterine contractions

There are instances however where extreme caution should be taken

- Deep vein thrombosis
- women with risk of pre-eclampsia
- women with risk of diabetes should check their blood sugar before and after a treatment as reflexology can help balance the endocrine system and insulin production

Treatments can be taken safely after week 12 either on a weekly or two weekly bases if the Reflexologist is qualified. If regular reflexology was taken before conception the treatments can just be continued but than much gentler.

In addition to treating pregnancy, birth & babies, maternity reflexology can also be used to help with infertility issues in both partners, specifically by easing stress, balancing the hormone system and stimulating the reproductive organs to allow conception to happen.