

## **Reflexology & Private Healthcare**

There has been an exciting new development in the world of private healthcare. The Leeds Hospital Fund has been allowing its clients to claim back for certain complementary therapies for many years, among these is reflexology. Now, one of the biggest and most well-known of private health insurers BUPA is following in their footsteps. They have now put in place a plan that allows you to claim back for both reflexology and acupuncture.

### **So what is reflexology?**

Reflexology is a gentle, non-invasive treatment. It is based on the principle that there are reflex points in the feet, hands and ears that correspond to every part of the body. When these reflex points are manipulated they trigger responses via a system of energy pathways, encouraging the body to gently correct, strengthen and reinforce itself.

Stimulating the reflexes correctly can help to alleviate imbalance within the body.

Reflexology will leave you feeling deeply relaxed, helping to support improved health and wellbeing. It works on a physical level by increasing the flow of blood and lymph aiding the elimination of waste products and toxins; triggering the release of endorphins (feel good hormones) within the brain, providing relaxation and pain relief; and promoting the healthy flow of vital energy.

### **Here's one of my clients thoughts about his experience of reflexology:**

Recovering from "mild" Guillain-Barré syndrome, and having waited for sufficient progress to have been made, I thought that I was well overdue a much improved quality of life and perhaps more importantly, that it was time for me take charge of my body and not become a victim of my illness.

Symptoms were numbness and tingling legs and hands, severe upper body pain, and Bell's palsy. I knew that there was no cure except time itself and the body's own healing powers, but advice and research indicated that mild therapies might lessen the severity of the syndrome and accelerate recovery.

Initially, I was impressed by Rachel's credentials and in particular her therapy work and support with Cancer patients; then by her honesty because she had never treated anyone with my or similar illnesses. Progressively, and during the course of reflexology treatment – from very regular to now minimal – I realised that despite my early scepticism I was in the hands of a very able and skilled practitioner.

I would have no hesitation in recommending reflexology for illnesses; and specifically I would have no hesitation in recommending Rachel to anyone - regardless of their condition or ailment - because whatever her inner turmoil, on the outside and to all external appearances she appears always calm, collected, and above all professional.

It's hard to describe the effects of reflexology until you've had it. Immediately afterwards – completely relaxed. It almost feels as if you have had a body massage but via your feet.

Then for up to 24 hours the aches and pains with which both you and your body have become accustomed seem to intensify. And then - a relative calmness, and much less pain and discomfort than before.

**If you want to find out more about Reflexology** and how it could help you, please don't hesitate to get in contact with me on 0113 261 2908 or 07946 071 672. Alternatively you can email me at [rachel@appletrholistics.co.uk](mailto:rachel@appletrholistics.co.uk)

**To celebrate this new development I am offering a £10 discount on all reflexology sessions between now and 24<sup>th</sup> December 2011.**

If you want to read more about the new BUPA healthcare plans follow this link <http://www.bupa.co.uk/members/member-news/mn-health-cash-back>