

Easing the Discomfort of Pregnancy with Reflexology

The joys of being pregnant can often be overshadowed by the physical discomforts that result from all the physical and emotional changes your body is experiencing. Each pregnancy is different so there are many methods and wise tales to deal with the aches and pains. What most pregnant women don't realize is often the physical aches are actually a result of your organs being squished and moved around due to the growing baby. Many women are starting to discover reflexology as relaxing and soothing treatment to alleviate many of the physical discomforts of pregnancy.

Most commonly reflexology is known to help reduce or eliminate nausea, hemorrhoids and backaches. In addition, with the increased susceptibility to diabetes and high blood pressure during pregnancy, reflexology treatment is able to improve these conditions.

"It seemed like no matter what I did during my last few months of my pregnancy I just couldn't get comfortable," explains Melanie. "After a few treatments of reflexology I was able to start to relax and actually enjoy my pregnancy."

Reflexology is an applied pressure technique that brings the body to a state of homeostasis -- the body's normalizing and healing mode. Though reflexology is normally directed at the feet or hands, it directly affects all of our organs, as they are connected to reflex points in the feet. Applying pressure to these touch points on the feet, the whole body is affected.

Reflexology can be especially effective with fatigue and swollen ankles. As women get closer to the end of their pregnancy, blood chemistry changes and they retain more water. Blood does not move the same way through the body and can pool in the veins of the ankles. Through the applied pressure technique, this helps increase circulation that can result not only in relief in your feet but through your whole body.

Podiatrist, Dr. Adrienne Curry, finds reflexology aids her pregnant patients. "Reflexology, while pregnant can offer not just immediate relief to your feet that are probably carrying more weight than they ever have, but it can ease any body discomfort from compromised organs to misaligned joints," says Curry. "The response to this relaxation modality is phenomenal – it is one of the best kept secrets of getting through your pregnancy, especially in the third trimester."

Rest assured that there is no evidence of reflexology causing miscarriages. The causes of miscarriage can be varied and it is important to relax a nervous mother-to-be. Reflexology may assist in inducing labor for overdue mothers -- but only if the body is willing to let it. Reflexology encourages the uterus to become a healthy muscle, which is vital during pregnancy. It can be performed in various positions that are comfortable for the client, whether the woman is on her side, somewhat elevated or even in a chair.

Reflexologists do not work in opposition to other medical professionals and works always within the pain threshold of the individual. Some reflexologist are known to even work with clients in the birthing room during the labour process. But that may just be to a way to avoid kicking someone else.

Shani Scherenzel is a Certified Foot Reflexologist working in Toronto. She can be reached through her website www.goshani.com