

Reflexology and Depression By Pat Bosman

Depression is a very debilitating illness and is very misunderstood, not only by family members but also employers. In some instances people will not go for help as they be classed as lazy or that they a mentally imbalanced. This is not true. Reflexology is an alterative modality that helps and supports you to overcome depression without drugs.

Over the past fourteen years in a lot of cases I have found the problem started when they were children such as being physically and mentally abused. As children they may block out the incident but remember the emotion. Then they start school and are teased or bullied, or even battle academically, emotionally this is stored in the subconscious. Very often you will find that their self confidence is low, as a result of this they always want to please everyone to be able to be accepted by society, employers and friends.

Up till now the person has been described as introvert, shy, or strange.

Then disaster happens there is a death in the family, loss of a job, a divorce, financial problems and all the wheels come off. The person becomes depressed. Once you have been diagnosed, you are the one that has to decide how to overcome the depression. There are many different ways.

Symptoms may be:

Feeling very emotional
Total lack of self-esteem
Everything becomes too much to handle
You would rather stay in bed.

Our emotions cause a lot of our illnesses as research has shown. One does not realize how depression affects all the internal organs of the body see the list below.

Emotional feelings

Anger at Self
Bitterness
Inner Sadness
Resentment
Fed up Relationships

Body Part

Liver
Gall Bladder
Pancreas
Stomach
Bladder/kidneys

Anxiety	Chest
Self-dislike	Lungs/heart
Guilt, lack of nurturing	Breast
Confusion	Upper Back
Unable to express inner Feelings	Mid Back
Insecurity	Lower Back
Emptiness	Stomach
Fear	Intestines
Lack of support	Hips

As a result of the above the body becomes out of balance.

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Reflexology allows you to relax, even fall asleep during a treatment. Because Reflexology works with the bodies own energies through the stimulation of the nervous system, and other areas of the body, this means that blood flow increases and all the muscles relax creating a feeling of upliftment and more energy. The body also detoxifies. Over a short period of time the body comes back into a balance and you feel like a new person.

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