

# The Right Pressure

## Reflexology



### Contra-Actions

are possible treatment reactions that can occur during, and after, a treatment

Different circumstances determine wellbeing, so it's variable what can be experienced. There's no right or wrong way to experience holistic therapy! Any treatment reactions tend to take place within (though not always!) 48 hours of the session. Here are some recurring responses: -

<u>During session</u>	<u>Immediately After session</u>	<u>Other Contraindications</u>
Deep Relaxation	Headaches	Mood can improve - can stabilise
Drowsiness, Sleep	Nausea	Energy levels - often improve, sustain better balance
Emotions - Cry, Laugh, Reflective	Pain - existing can increase, then subside.	Better physical strength, balance
Alertness	A new pain may appear then subside. These may last between 1 hour to 1 day, but has been known, after deep healing, to last longer	Clarity and focus can improve - Creative thought can improve, this can be experienced as better able to problem solve
Nausea	Emotional - Sadness, Crying, may increase then subside	Symptomatic relief - for some conditions this may be temporary, for others it can be permanent
Dehydration	Upset stomach	Release from stress

Talkative	Change to sleep pattern - usually improves	Improved sense of self, self confidence
Nervousness	Change to Energy Levels - tired, sleepiness, refreshed, energised	Increased sense of motivation
Body twitches, jumping	Thirst	
Temperature changes	Desiring healthy 'clean' food (!! - no guarantees !!)	
Changes to breathing pattern		

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