



## Pregnancy and Facial Reflexology

During pregnancy it is essential for expectant mothers to maintain a high level of health and fitness - mentally as well as physically. A natural and healthy lifestyle based on a well balanced diet, regular exercise, fresh air and sufficient sleep are the essential elements for healthy foetal development and the well being of expectant mothers.

Although many expectant mothers adhere to these basic requirements, many of them still experience a wide range of pre and post-natal ailments, the most common of which are:

- *Water retention*
- *Swollen hands and feet*
- *Excessive weight gain*
- *Constipation*
- *Bladder infection*
- *Hypertension*
- *Type 2 diabetes*
- *Nausea and vomiting*

Many of these disorders are quite common and are usually the result of the natural hormonal changes that are to be expected during (and after) pregnancy. An expectant mother's hormonal system has to work hard to adjust to these changes - this increases her vulnerability.

Hormonal glands are not only essential to the human body's organic functions, they are also essential in maintaining the body's natural chemical balance – hormone production affects us mentally and physically.

Fluctuations in glandular hormone production always result in various forms of emotional imbalance such as:

- *Tiredness and lack of libido*
- *Mood swings*
- *Depression*
- *Bipolar dysfunction*
- *Hysteria*

Facial reflexology is a form of therapy which, amongst other things, helps and regulates the body's natural hormonal and nervous systems, these have to adapt to accommodate the body's changing state during pregnancy. Regular treatment with facial reflexology throughout pregnancy, provides the opportunity to avoid all of these well known ailments, it assists the body in re-establishing its own natural balance (homeostasis) and helps it to make the necessary adjustments.

Muscular problems during pregnancy are also a common complaint - the main contributing factors are usually; general weight increase, stomach weight, muscular tension and difficult or strenuous working conditions.

Facial reflexology is also an ideal therapy for the prevention and treatment of the muscular complaints which are often the root cause of pelvic instability, Ischia's and lumbago.

Facial reflexology therapy is de-stressing and at the same time relaxing, its use ensures expectant mothers a more pleasant and comfortable pregnancy.

The physical and mental well being of the expectant mother and the healthy development of her unborn child are extremely important factors throughout the pregnancy. Expectant mothers commonly experience emotional and physical imbalances. Fluctuations in an expectant mothers' physical and emotional state are caused by organic and chemical dysfunction, this can result in health problems for both mother and child - this may also cause developmental problems in new born babies.

According to oriental theory, pregnant women should be protected from physical and mental stress and strain throughout their pregnancy.  
The reasons for this are;

From the moment of conception the foetus begins its development in a continuous five phased sequence, each of the five phases interacts with each other. Each individual phase is responsible for the formation and development of different types of cells, this continuous cyclical developmental activity ensures the healthy growth of the foetus throughout the entire nine months of pregnancy

***This phase is called the pre-natal phase***

In a situation where an expectant mother has been exposed to a stressful situation, dependent upon which pre-natal stage the foetus is in - the foetus's natural developmental process could be adversely affected. This may eventually cause dysfunction or impairment in the unborn child.

The initial pre-natal development phase starts with the lung- large intestine channels (metal element) which are responsible for the development of skin cells.

After 18 days the kidney- urinary bladder channels (water element) begin forming the basis for the development of the cells that form genetics, the central nervous system and skeleton. This is followed by the liver-gallbladder channels (wood element) whose initial cells form the basis for the vital organs and muscles.

The heart- small intestine channels (fire element) are responsible for the formation of the first brain cells, veins and arteries.

The pericardium – triple burner channels (fire element) form the first hormonal glands.

In the same moment that the metal element (lung – large intestine) gave life to the first skin cells, the earth element (stomach-spleen) instantly takes up the task of supplying nutrients to all of the new cells that are being formed in all of the elements. The newly

formed cells are dependent upon the nutrients provided by the earth element (stomach-spleen) for their survival. Without nutrition the cells would not survive and the foetus would therefore not develop. The pregnancy would self-terminate and the foetus would be rejected by the body.

In a normal life cycle process that hasn't been interrupted, the water element (kidney-urinary bladder) would then intervene in the metal element's (lung- large intestine) production of skin cells. The wood element (liver-gallbladder) would intervene in the water element's (kidney-urinary bladder) production etc. etc. At the completion of every cycle the whole process starts over from the beginning again and again throughout the entire nine months of fetal development.

The vital energy of the earth element (stomach-spleen) is extremely vulnerable to stress, this is evident in incidents where people are exposed to shock, worry or other stressful situations – in such incidences the earth element (stomach-spleen) ceases to function properly. It is therefore logical that a pregnant woman should not be exposed to these types of experience - this avoids negative influences on the earth element (stomach-spleen). Stress inhibits the earth element's (stomach-spleen) ability to provide nutrition to the cells that play such a vital role in the process of foetal formation.

Other types of emotional fluctuation can also affect the vital energy of other elements; these fluctuations can have an adverse influence on various phases of foetal development – resulting in dysfunction in the particular task of that phase.

It is not uncommon for people who feel deep disappointment or extreme sadness at the loss of someone close to them, to experience changes in their skin production. Anxiety has the ability to influence our central nervous system at a genetic level; this can also affect normal bone production.

Hate and anger influence the formation of vital organs and muscles. Deep sorrow has a direct effect on the development of brain tissue and the circulatory system.

Frustration has a destructive effect on the formation of hormonal glands.

According to oriental medicine, there are therefore many good reasons for protecting expectant mothers from exposure to emotionally charged situations.

Facial reflexology has a regulating and balancing effect on the vital energy's cycle, it helps the system to maintain a constant and stable "flow" of vital energy.

In other words, facial reflexology has a significant preventative effect when practiced on pregnant women. Reflexology helps to restore the system's energy supply in cases where, despite preventative measures being taken, an expectant mother should be exposed to a situation that might affect her psychological balance.

An uncomplicated and well functioning body provides the ideal conditions for an uncomplicated and normal birth.

An uncomplicated and normal pregnancy without birthing complications, results in a healthy and well functioning child.

The duration of the birthing process is important. The birthing process should not take too long; neither should it happen too quickly. It is important that the unborn child not get stuck during delivery, or be subjected to any other kinds of stressful situation such as in breech birthing. Such complications in the birthing process often cause the baby to be starved of oxygen - this could eventually cause brain damage. Crises and complications during the birthing process could be the root cause of physical and psychological problems that manifest themselves later in life.

The final hours and minutes of the baby's pre-natal phase are decisive and extremely relevant to the child's welfare and development in the post-natal life cycle, which begins the second the child, exits the womb - and carries on for the rest of its life.

Difficulties during childbirth that cause a stressful birthing process can eventually result in post-natal complications for the child, such as;

- *Socialising difficulties*
- *Learning difficulties*
- *Hyperactivity*
- *Behavioural problems*
- *Or even more serious complications - e.g. autism.*

By using facial reflexology regularly during pregnancy, you can establish and maintain the physical and psychological balance that is so important for your own well being and the healthy development of your baby.

For many years facial reflexology has been used as a form of preventative treatment for expectant mothers. During this time therapists have been able to collect and formulate data which confirms that women, who received regular treatment with facial reflexology (normally once a week) throughout their pregnancy, apparently suffered less than others from physical, organic or chemical dysfunctions during that period. Births have also been less complicated, less painful and completed within a normal timeframe.

It is also apparent that the new mothers have no problems with expelling the placenta, their bodies also return to normal more quickly after the birth.

It has been observed that children born to mothers, who have received regular facial reflexology, are often calm and well balanced.

Newborn babies and toddlers can enjoy the benefits of facial reflexology.

Many years of practice and experience has shown that facial reflexology treatments are effective in the general treatment of most common developmental difficulties such as:

- *Colic*
- *Allergies*
- *Breathing difficulties*
- *Digestive problems*

## **Facial Reflexology for Infertility**

For many years, facial reflexology has been successfully used for the treatment of infertility in men and women. Scientific research has shown that in 85% of cases where men and women were unable to conceive, at least one of the partners in the relationship displayed symptoms of long term stress. It is easy to understand why facial reflexology, which is a very relaxing and de-stressing form of therapy, is so successful in the treatment of infertility.

It is not only the relaxation element that helps reflexology therapy to be so effective, there are also other elements that play a major role.

In facial reflexology the stimulation of specific key points on the face produce a normalisation and eventual increase in the hormonal production especially in the hypothalamus, ovaries and testicles – it is precisely these areas that, in many cases, fail to produce enough hormones because of stress.

Facial Reflexology has proven to be an extremely effective form of treatment for all types of learning disabilities and behavioural problems.

Temprana therapy – which is a combination of; facial, foot and hand reflexology, is used to treat children suffering from brain damage and syndromes.

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