

Reflexotherapy - good for the nerves

Reflexotherapy uses targeted stimuli to regulate the nervous system and promote inner balance. It helps the body reduce stress and strengthen its capacity for self-regulation over the long term.



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How does reflexotherapy work?

Reflexotherapy works through the nervous system. Stimulating sensory receptors produces information that travels through the peripheral nervous system, via sensory nerves, to the spinal cord and then the brain. The brain processes this information and generates a motor response in the body through motor nerves. This physiological mechanism occurs in many situations. For example, when we place our hand on a hot surface (sensory stimulation), we withdraw it (motor response).



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Positive effects through targeted stimulation

In reflexotherapy, stimulating specific points in relation to a desired goal helps regulate the body. Complementary therapists use maps established many years ago. Reflexotherapy includes maps for the feet, hands, ears, face and body. In this way, various bodily mechanisms are regulated through the autonomic nervous system, including digestive, respiratory, hormonal, kidney, immune and lymphatic functions. We also observe considerable benefits for sleep disorders, anxiety and pain.

"An imbalance between the sympathetic and parasympathetic nervous systems causes an imbalance throughout the body."

The importance of balance for the body

Complementary therapy places particular emphasis on inner balance and acts on the autonomic nervous system. This has two parts: the sympathetic nervous system (associated with stress and alertness) and the parasympathetic nervous system (associated with rest, recovery and regeneration). An imbalance between these two components causes an imbalance throughout the body.

When balance is disrupted

We regularly observe excessively high stress levels in the general population. The risk is becoming overwhelmed and then unable to act. Homeostasis is therefore essential for healthy functioning.

Stress is not just a matter of 'rushing around', as is commonly assumed. More subtle stressors also put the body on alert: an unbalanced diet, an external attack by a virus or bacterium, an intense emotion, or simply maintaining internal homeostasis. The brain does not distinguish between these different factors. There is either stress or relaxation.



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Regulation and relaxation

The central nervous system works deeply to develop new, appropriate ways of responding and to strengthen its capacity. Complementary therapists practising reflexotherapy act on the central nervous system through the approach described above. Reflexotherapy treatment also helps balance the limbic system. People receiving treatment manage many emotions more effectively. We also observe a more positive overall emotional state. Alongside this, people experience deeper relaxation, better sleep quality, more stable emotions and more balanced physiological functions.



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The complementary therapy approach

Complementary therapy aims to strengthen the body's self-regulation, self-awareness and recovery skills. In reflexotherapy, this is achieved through nerve stimulation. The aim is to improve quality of life, reduce pain or simply be able to accept a situation that is not improving. These goals can be reached through a therapeutic process that mobilises resources and resilience and strengthens autonomy in relation to one's own health. To support improvements in quality of life, it is important to give coherent meaning to the situations and processes proposed. The therapeutic relationship plays a very important role. It is supported by dialogue, positive experiences during sessions and a focus on solutions. It then becomes clear, even essential, to practise the proposed processes at home.

Conclusion

In conclusion, reflexotherapy stimulates the nervous system, which generates a response. Over time, the brain can move beyond automatic patterns towards new ways of functioning through the various elements described above. As a result, inner balance becomes more perceptible and quality of life improves.

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