



Reflexology for Pregnancy

Words: Lesley Jepps

Reflexology can be a wonderful therapy to balance the body, mind and spirit to assist conception and help mother and baby throughout pregnancy.

CASE STUDIES

Jane came to me in 2006 having had an ectopic pregnancy and one fallopian tube removed. She was planning IUI and the consultant had given her only a 15% chance of conceiving. She was given nine treatments, having found her psoas muscle very tight around the pelvis.



If this is tight, it can make the womb tight, and the egg is unable to implant. Her thyroid was unbalanced, and her lumbar back was sore from a fall some years before and the vertebrae involved,

related to the uterus area.

After balancing her endocrine system, and the whole reproductive area, she was given some psoas muscle exercises to do at home to loosen the psoas. Jane's attempt at IUI was successful, and because

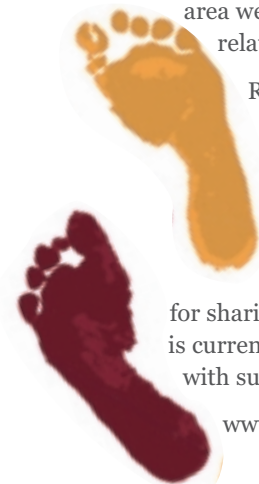
she had received several treatments before conception was able to receive treatment throughout her pregnancy until she gave birth to a healthy baby. (Pregnant, and with a history of miscarriage, most women, unless they've had a course of treatment, are better to wait until 13 weeks)

Jane used reflexology treatments to help combat sickness, fatigue and oedema. A special pregnancy spinal twist also helped to keep her spine comfortable,

and lymphatic drainage on the feet, kept her ankles slim and system drained. Holding the solar plexus calmed her tension, and linking techniques for sense of self, and balance, helped her to retain her identity during such a time of change. As with many of my clients, she also responded well to Bach flower remedies, to help with states of mind like fear, despondency, depression and anger etc.

Another lady waited quite a few years to conceive, and her feet were almost too sore to touch. After a few sessions, the soreness lessened, and we were able to work on the main fertility points for the thyroid, adrenals, psoas, uterus and ovaries. After several treatments, the thyroid balanced out and the other points also, became less sore. Several systems were found to need help, so we added herbs and She-Oak from the Bush flower remedies, which help to clear the fallopian tubes and any blocks to conception. After a year of treatment, (it can take time), she conceived. Her ankles have stayed slim with the lymphatic drainage, and pressure point holds, helped to ease hip pain.

Sharon had constant miscarriages, and after three treatments to balance her system, she was able to conceive and carry her baby to full term. The pituitary, uterus, adrenals, fallopian and lower back area were very sore, all areas relating to conception.



Reflexology certainly has a lot to offer, whether you are trying to conceive, or are already pregnant.

Thanks to Lesley Jepps for sharing her case studies. She is currently treating several ladies with sub-fertility problems.

www.lesleyjepps.co.uk