



### Reflexology helps Multiple Sclerosis

A recent study claimed that Reflexology improves the symptoms of multiple sclerosis (MS) and this was further supported by a special National Health Service guidance document published by the National Institute for Clinical Excellence (NICE) stating that MS patients should be informed that ‘there is some evidence to suggest that some might have benefits from Reflexology, even if there is not enough evidence to make firm recommendations’. The study involved giving a Reflexology treatment weekly for eleven weeks and significant improvements in paresthesias, urinary symptoms and muscle spasticity were observed.

MS is an autoimmune disorder affecting the nervous system. There is a progressive destruction of the myelin sheath which surrounds the central nervous system, affecting the nerve function. Symptoms include muscle spasms, tremors, weakness, blurred vision, paresthesias, poor bladder control and vertigo. Many orthodox medications are limited by their serious side effects and debate continues on the issue of cannabis as an effective treatment.

Jennie Levick, National Director of the International Institute of Reflexology® (UK) said: “Many of our qualified practitioners regularly treat those with MS and several work at Multiple Sclerosis therapy centres. They have all found that Reflexology brings about numerous positive benefits to the patients. A general Reflexology treatment will help to alleviate common problems such as indigestion and constipation and we would incorporate work on other specific areas for example, the reflex areas to the adrenal glands as they have powerful anti-inflammatory properties. We would also focus heavily on the brain and spinal reflexes to assist the nervous system.”