



## Reflexology set me on the road to recovery

Eve Barnard, 56, from Gloucestershire tried out reflexology in the hope of easing her back pains and IBS symptoms

"Several years ago I had a skiing accident and slipped a disc. I went to have it checked out and I was told I had fractured my spine in an old injury years before, without realising. The pain was awful and I was out of action for a long time. I started going to pilates, which helped to an extent, but I was still in a lot of discomfort.

I also suffered with bouts of IBS every

few months. I'd feel bloated, my skin would be sallow and I would have spasmodic pains in my pelvis. The combination of both problems was really getting me down.

I was introduced to reflexologist Marie Coudounas ([completelycomplementary.co.uk](http://completelycomplementary.co.uk)) about a year ago and I started visiting her for treatment. Before I started the sessions my body felt completely out of sync, but now I feel

balanced again. I'm able to relax and can feel my IBS symptoms easing about 20 minutes into the treatment. It's wonderful.

My back is better too. I used to arrive for my treatment and I could barely get onto the couch – Marie had to help me. But afterwards I was able to get off the couch unaided and could walk straight without any effort. It was such a relief.

I have had around 20 reflexology sessions over the past year and although I wouldn't say that everything is perfect now, it has really helped me. I would thoroughly recommend it."



## Do It Yourself

If you would like to try out reflexology on yourself, it is easier to do this on the hands. Here is a simple 10-minute reflexology routine courtesy of Marie Coudounas of Completely Complementary (Tel: 0787 067 0617, [completelycomplementary.co.uk](http://completelycomplementary.co.uk))

The first four steps help to reduce migraines or tension headaches as well as sinus complaints.

- 1 Start by pinching the tips of each finger and the tip of the thumb of your right hand. A few seconds for each fingertip will do. Repeat this process on your left hand.
- 2 Pinch the sides of the finger tips on each hand.
- 3 With a vigorous motion, rub the fingers (top, bottom, front and sides).
- 4 Next, tug each of the fingers; grasp at the base and tug firmly.
- 5 Pinch and pull the webbed areas between your fingers. This is the ear, nose and Eustachian tube reflex point and can help reduce ear, nose and throat complaints.
- 6 Massage the top of your hand with your thumb. This is the lung reflex point and putting pressure on this area can help when suffering with coughs etc.
- 7 Massage your inner wrists. This helps with lymphatic drainage.
- 8 Massage the palm of your hand. This is the stomach reflex point and can help to calm IBS and other digestive problems.
- 9 The final step involves pushing the thumb deeply into the centre of your palm. This is the solar plexus reflex point and provides an instant calming effect on the body.