

## REFLEXOLOGY



The American Dr. William Fitzgerald first documented his findings about reflex zones of the human body in his book "Zone Therapy" in 1917. His findings were taken up by Eunice Ingham who, after many years of research, released her book "Stories the feet can tell" in 1938. Both Fitzgerald and Ingham concluded that our feet are a reflection of our body and that certain areas on the feet represent certain organs or parts of the body.

Eunice Ingham developed a massage technique which became known as Reflexology throughout the world. Reflexology treatments can prevent sickness and relieve symptoms of / or cure disease as you can reach the entire body via the feet. Furthermore it relaxes and simultaneously energizes the body, whilst stimulating the body to heal itself.

Our feet are often the most neglected part of our body, although it is they who carry us through our entire life and to take a stand in life. I therefore urge everybody to take better care of their feet and treat them with love and respect and pamper them on a regular basis with a good reflexology massage.

Sylvia Hecker has been working as a Reflexologist since 1993. She also started working with Orgon , which is a vibrational therapy, in 2002 with very good results.

