

Here are some comments from my patients:

“Since I started reflexology my disease has been put on hold and I am able to take my new puppy for long walks and use my car more.” **Mr. Derbyshire with Parkinson**

“I had been ill for 4 years but since my course with Janet I now feel able to visit my family more and go off on much missed holiday trips.” **Mrs Eddowes**

“Thank-you for giving me my wife back”
Mr Eddowes

“I have seen a real improvement since my treatment began and monthly sessions keep me well.”

Mrs. Woodford an Asthma and Hayfever sufferer

“My continual headaches have gone. I am so much better I can't stop telling people.”
Mr Smith



Working with doctors

Reflexology does not conflict with orthodox medical treatment and registered practitioners seek to work with the medical profession.

Registered practitioners work under strict guidelines and are bound by a code of conduct

Registered practitioners do not diagnose disease and do not prescribe, unless qualified to do so.



For further information or to make an appointment for treatment contact:

Janet Day MIGPP

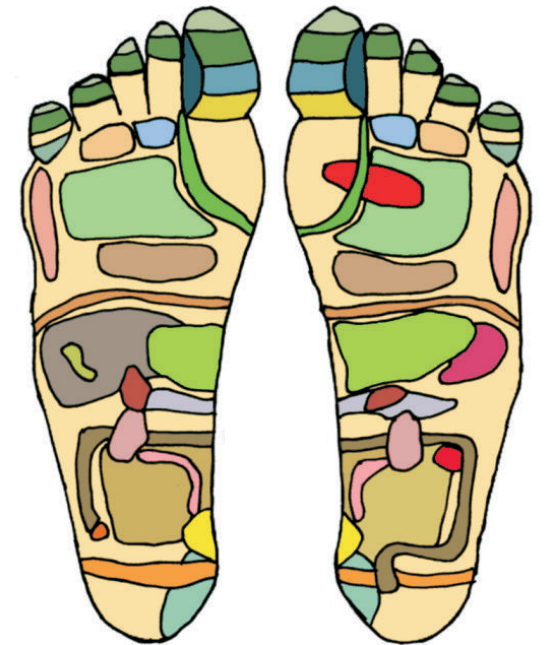
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Janet Day

Registered Clinical
Reflexologist & Nutritionist



Reflexology

A proven complement
to medicine

REGISTRATION NO. G96/2570



How reflexology complements medical treatment

It is now well established that the physical, emotional, mental and spiritual aspects of the body are interactive, not independent, this helps to explain why a medical condition in one part of the body can lead to problems in another.

This is the principle on which reflexology is based. It is a natural, entirely non invasive therapy whose origins date back at least 5000 years, yet it has become a powerful aid to recovery & healing in the 21st Century.

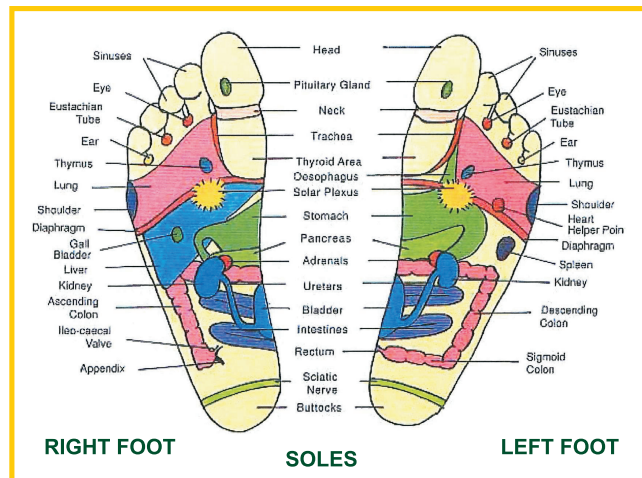


Reflexology treats the whole body through manipulation of the feet and hands. It works because every organ, structure system of the body, is connected to the feet and hands through a system of energy channels which can become congested or blocked when excess stress or tension prevails. By relaxing tension, the Reflexologist is able to stimulate the natural healing capacity within each of us.

Reflexology

Reflexology is effective in treatment or relieving symptoms of many conditions including:

Asthma
Blood Pressure problems
Cancer - Wellbeing
Chemotherapy Effect
Constipation & I B S syndrome
M.E.
Endometriosis
Fibromyalgia
Glue Ear
Lupus
Menopausal
Migraine
Pain relief
Prostate problems
Puberty
Reduces drug dependency
Reduces stress & tension
Thyroid problems



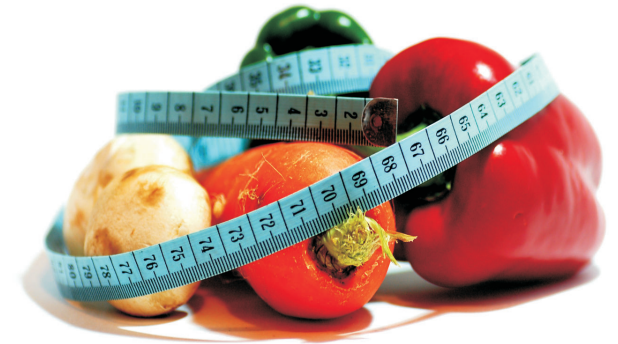
Clinical Reflexology is not a beauty treatment or massage. A clinical reflexologist can treat any patient for any condition with remarkable success rates.

There are no contra indications to clinical reflexology.

Hot Stone Reflexology is also available involving a longer treatment that further opens up the pathways.

Diet & Nutrition

Nutrition and dietary advice is available, which can include the recommendation of supplements. Consultation can be given within a reflexology treatment or at a dedicated session.



My Background

I qualified in 1996 with ITEC in Clinical Reflexology and with The British Homoeopathy Society in Herbalism and Nutrition.

I have a wide range of experience and have followed a programme of CPD (continual professional development) - monitored by my society, to update my knowledge since qualifying.