

How can I find a professional reflexologist?



Not all people who claim to be reflexologists are necessarily good practitioners. The AoR has an online search facility of fully qualified members who have reached the top of their profession and attained the MAR (Full), FMAR (Fellow) or HMAR (Honorary) status.

We suggest that you ring several reflexologists first for an initial chat before booking an appointment.

Do not be afraid to ask your chosen reflexologist:

- If they have a minimum of a Level 3 Diploma in reflexology or have achieved either MAR, FMAR or HMAR status.
- If they are insured to practise. Do ask to see a copy of their insurance certificate.
- If they can explain their level of experience and any areas of special interests they might have.
- If they use firm or soft touch techniques – this may be important to you.
- Where their clinic is or if they do mobile visits.
- What the cost of each therapy session will be

Most importantly, you must feel comfortable with the therapist.

Where can I start looking for a professional reflexologist?

The letters MAR (Full), FMAR (Fellow) and HMAR (Honorary) after a therapist's name denote their full membership status, demonstrating that they have met the strictest standards of reflexology practice and that they are committed to continually developing their skills and knowledge, together with agreeing to abide by the Association's Code of Practice and Ethics.

Search for a professional reflexologist today.

Online search facility to help find a member near you

www.aor.org.uk

Alternatively,

**email info@aor.org.uk
or call us on 01823 351010**

Postal address

**5 Fore Street, Taunton,
Somerset TA1 1HX**



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Reflexology

supporting you
through your
conception journey

www.aor.org.uk

So how long do you keep trying for before requesting help?

According to the National Institute for Health and Clinical Excellence (NICE)...

- 84% of couples in general population will conceive within 1 year if they do not use contraception and have regular sexual intercourse. Of those who do not conceive in the first year, about half will do so in the second year (cumulative pregnancy rate 92%).
- People who have not conceived after 1 year of regular unprotected sexual intercourse would be offered further clinical investigations including semen analysis and/or assessment of ovulation.
- Couples who experience problems in conceiving should be seen together because both partners are affected by decisions surrounding investigation and treatment.

Information from NICE guidelines

<http://guidance.nice.org.uk/CG11/NICEGuidance/pdf/English>

However, for approximately 25% of couples who have investigations there will be no obvious reason why they cannot conceive (idiopathic infertility).

In either case, stress levels in both partners are likely to be very high.

Feeling stressed? Then try reflexology today!

Stress in relation to fertility

Stress is a complex condition which affects almost all parts of the body in some way. There is also some evidence to suggest that it may affect fertility. Cortisol (a hormone released in response to stress) can cause the release of an inhibiting hormone that reduces the production of follicle stimulating hormone and luteinising hormone. Both of these hormones are integral to the release of the egg and the implantation of embryo after fertilisation. In other words, feeling stressed may be detrimental to the chances of achieving a successful pregnancy.

G.M. Buck-Louis, K.J. Lum, M.S. Rajeshwari Sundaram, Z. Chen, S. Kim, C.D. Lynch, E.F. Schisterman, C. Pyper (2010) Stress reduces conception probabilities across the fertile window: evidence in support of relaxation. In Fertility and Sterility Vol 95

Stress is an issue for both sexes, so it is equally important that both partners employ some method of reducing their stress levels – this can include reflexology.

What is reflexology?

Reflexology is a non-intrusive complementary health therapy, based on the theory that different points on the feet, lower leg, hands, face or ears correspond with different areas of the body. Reflexologists work holistically with their clients and aim to work alongside standard healthcare to promote better health for their clients.

Can you have reflexology while having medical treatment?

There is no evidence that reflexology interferes with medical treatments and if stress is reduced and wellbeing increased, then medical procedures will feel easier.

How might reflexology support you?

If you are trying to conceive, reflexology can help support you and your partner both physically and emotionally - whether you have just started trying to conceive or have been trying for a while.

If you have been given a clearly defined diagnosis and are offered treatment, you will probably want to go ahead and take that route. However, if you are given the diagnosis of unexplained infertility, this can be very frustrating with no clear problem to focus on, nor a clear way forward. You may still be offered medical treatment but may decide to allow the natural route more time. This will be a personal decision, often based on the age of the female partner.

Whatever happens, you may find that you and/or your partner would value support at this time, both on a physical and an emotional level. Having reflexology will provide you with relaxation and stress reduction; this in itself can be beneficial for conception, as mentioned earlier in this leaflet. Reflexology gives you an opportunity to take time out for yourself. Your reflexologist will also provide a listening ear, which can be very comforting at a time when you may have few friends and family that you wish to confide in.