



Alternative Therapies and Posture

Muscles are often strained from bad posture, repetitive movements, or even from being overweight and carrying around a few extra pounds. Joints can tighten, muscles can become weaker and range of motion can get diminished. Add to that a sedentary lifestyle, and muscle stimulation becomes reduced, further limiting natural stretching ability. Reflexology is an excellent complimentary therapy to assist with postural issues. One of the benefits of Reflexology is that it stimulates thousands of nerve endings in the feet targeted to areas that affect postural responses and increased blood flow to blocked/tight channels within the body (ex. Spine, neck and surrounding muscles). As a result, muscles are relaxed promoting flexibility and a wider range of motion allowing the body to re-align itself.

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