

## HEALTH

# Keep your heart healthy with reflexology

Heart disease statistics could make one's blood run cold. Clogged arteries, heart attacks and strokes are responsible for almost 40 percent of North American deaths. The good news is that in most cases, heart disease is preventable. If you take action on your heart's behalf, you stand a good chance of enjoying vigorous circulation and heart function into old age.

Maintaining good circulation and consciously being aware of heart health are important factors for overall fitness and wellbeing. Nutrition, supplementation, exercise, avoiding smoking and consuming alcohol in moderation are key factors that aid in supporting these aspects of one's health.

Reflexology also offers many benefits for cardiac and circulatory wellness.

When we speak of heart health we include the cardiovascular system which is made up of the heart, arteries, veins, arterioles, venules and capillaries. This system carries nutrients and oxygen to the muscles and organs of the body through the blood. By applying pressure to specific points on the hands and feet a reflexologist can as-

sist individuals in maintaining good heart health.

A reflexology session addresses more than the heart area. It also assists the heart by working on other key organ pressure points of the body, such as the kidneys, liver, circulatory and digestive systems.

Reflexology is also beneficial for hypertension or high blood pressure, which can be a health threat for the heart. Hypertension is a major risk factor for stroke, heart attack, and heart and kidney failure according to the Heart & Stroke Foundation. A reflexologist can concentrate on the circulatory system's reflexes for a client with high blood pressure by stimulating reflex points such as the heart, kidneys, spine, diaphragm and chest.

Reflexology is never a substitute for medical treatment, however regular reflexology sessions can be an important component of any heart healthy plan for overall fitness and wellness.

— Submitted by Judy Longstreet, specializing in reflexology since 1995. Info: (905) 702-7846, [jl.longstreet@hotmail.com](mailto:jl.longstreet@hotmail.com)

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