

Reflexology - an effective therapy for treating

THE BENEFITS OF REFLEXOLOGY

Initially you should have a good knowledge of the anatomy, natural nutrition and behavior of animals; dogs, cats, horses, cows etc. When you have developed an awareness of the body and the normal behavior of animals, you are ready to start working with ARM. You will be amazed, how this approach gives good results in treating many animal problems. You can use ARM to ease many problems in animals. The most common problems are moving problems, muscular stress, symptoms of the alimentary canal, hormonal and behavioral problems. These things are usually due to unnatural living situation. The effects of stress can often be seen in animal behavior. Therefore a therapist has to be able to recognize these things as well.

Reflexology is a splendid method for finding out what the underlying cause is, for example when an animal is limping. Reflexology is a very pleasant way of treating an animal who needs care; the therapist can make the "diagnosis" and nurse at the same time. When an animal has severe problems, it is important, that a vet examines the animal. If the animal is injured in some way, consult a vet.

DOGS' HEALTH PROBLEMS AND REFLEXOLOGY

All kinds of mobility problems are common in dogs. Sometimes when a vet has examined the dog and he can't find any reason for limping or stiffnesses, these dogs are referred to Natural Animaltherapy Center where I am working. Often the animals have been X-rayed and ultrasound have been done. In these situations I know that the vet has not found any structural cause for the problem... Often when a dog is limping the underlying cause can be found inside the body through reflexology.

Quite often the liver causes the animal to have difficulty in moving. The liver may be stressed and overloaded by different kind of substances and additives nowadays. A liver may be tender to touch on the right side of the body or the animal can't move normally. In these cases the therapist can do "diagnostic" massage and examine the reflexareas. This can be done with a flat palm and with fingers. Signs of pain, heat, lack of coat or something else abnormal in an animal gives important information to a reflexologist.

Hoitoon tulon syyt

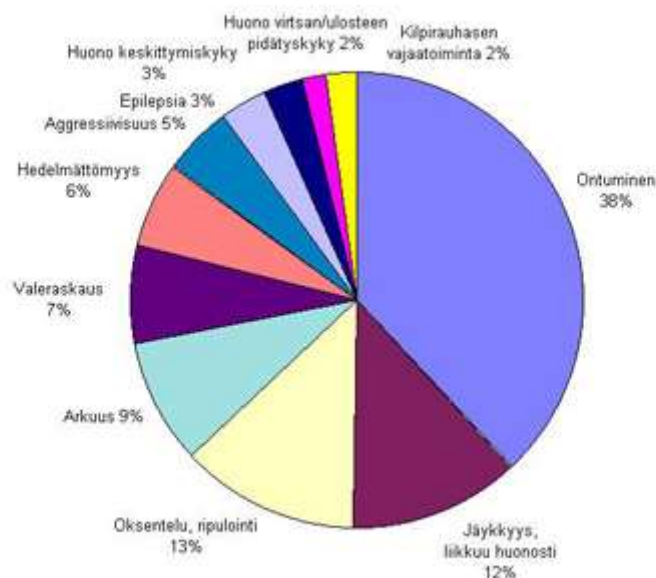


Table 1. Reasons to get help. Key: limping 36%, stiffness 12%, vomiting and diarrhea 13%, soreness 9%, false pregnancy 7%, infertility 6%, aggressive behavior 5%, epilepsy 3%, concentration problems 3%, fecal and urine incontinence 2%, hypothyroidism 2%.

Inevitable it is important for the therapists to know something about the things which can cause liver problems in animals. Using reflexology alone will not help the animal get rid of the discomfort, but reflexology helps the animal quicker recovery.

Nutrition is a factor which inevitably influences a dog's health. In the last ten years, a great change has occurred in the way people feed their dogs: manufactured food has become the main source of nutrition for dogs. As a consequence, the daily additive intake has increased while fresh, unprocessed food has been nearly or totally excluded from dogs' diets.

Various additives and heavy metals disturb the functions of the nervous system and the cell metabolism. I think it is possible that a dog strained with additives develops behavioral problems, anal gland disorders, ear and eye infections or difficulties with mobility. The condition of the liver, overloaded with various foreign substances, can be the underlying cause for many problems.

RESULT OF THE REFLEXOLOGY TREATMENTS

Refleksologisen hoidon onnistuminen

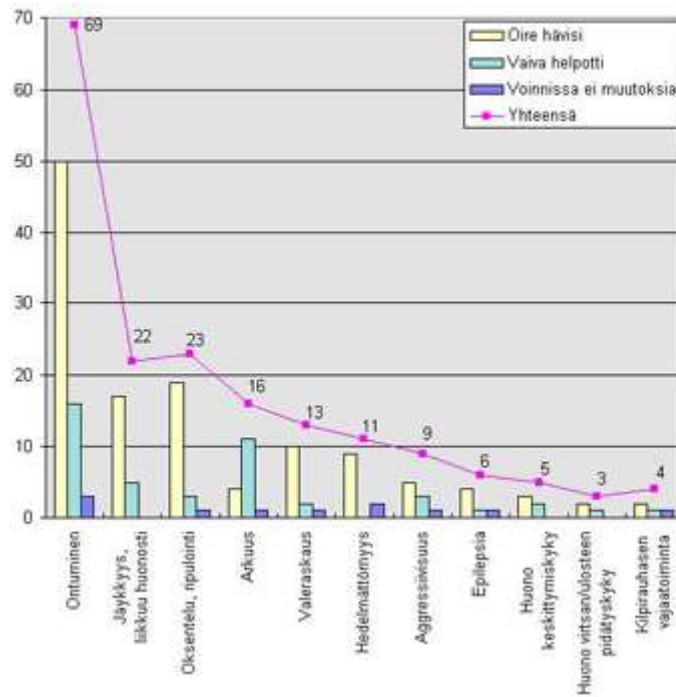


Table 2. Results after reflexology treatments. Key: ontuminen=limping, jäykkyyttä, liikkua huonosti=stiffness, oksentelu, ripulointi=vomiting and diarrhea, arkuus=soreness, valeraskaus=false pregnancy, hedelmättömyys=infertility, aggressiivisuus=aggressive behavior, epilepsia=epilepsy, huono keskittymiskyky=concentration problems, huono virtsan/ulosteen pidätyskyky=fecal and urine incontinence, kilpirauhasen vajaatoiminta=hypothyroidism. OIRE HÄVISI=PROBLEM IS GONE, VAIVA HELPOTTI=PROBLEM IS SMALLER, VOINNISSA EI MUUTOKSIA=TREATMENT HAD NO EFFECT, YHTEENSÄ=CASES TOTAL

CASE STORIES

CASE 1:

A young, two years old sheepdog has changed his behavior quite suddenly. He was easily irritated, especially with children, which had never happened before. The children's parents were very worried about the dog's behavior which was no wonder. If the dog bites, the results can be severe. The irritability was most obvious in the situation when a child came from the behind the dog and touched it on the loins. The dog howled and tried to snap. This has occurred several times and the dog's behavior was getting worse all the time. It was only a question of time when the dog would bite.

The father of the family came with the dog to the therapy session. He told me that they have recently moved to countryside. The living conditions should have been better for the sheepdog, but now the dog's behavior was worse than ever before. A month before the moving the dog had had several vaccines; against distemper, parvovirus, liverinfection, kennel cough and rabies. These vaccines have been given a few months earlier than they should have been. The move has caused much more work to the parents of the family, so that the dog mainly fed with artificial food.

While I was examining the reflex areas of the hindlegs, the dog hawled and tried to snap. The reflex area of the liver was full and large. I could feel it with my fingers. Also the right side of the body was tender to touch.

The change in the living conditions and the amount of the foreign substances due to too early given vaccines caused a crisis in liver's cleaning system, I supposed. It is known that when the liver is overloaded, it can cause great irritability. And this dog showed it.

During the session the dog's whole body was treated very gently. He just couldn't bare heavy touch. Two weeks later, the dog's owner phoned me and reported that the dog was nearly same as it was before the behavior changed. So we agreed that he will call if the symptoms reappear. It is now two years from this phonecall, and I haven't heard about this dog.

CASE 2:

I'd like to tell you about a cat, who was living in a city and was always inside. He was suffering from chronic diarrhea. Nothing helped him. This cat had had conventional medication by a vet and I had been treating him with reflexology. Through ARM the areas which were giving problems could be perceived. Namely, the stomach and the rectum but also the small area of the mental stress on the cat's paw. This cat had also been given some homeopathic medication, but nothing seemed to give him release.

The main problem in this case of this cat was the unnatural living conditions. He wasn't able to live the natural life of a cat. He could never catch a mouse, and he had to live in close contact with humans all the time. There was a big conflict between the living situation and a cat's normal, instinctual behavior. Cats are the most independent of all animals, and this cat was experiencing a huge amount of stress because of its unnatural lifestyle. It was destroying him, because his ability to absorb nutrients was insufficient.

The owner of this cat was able to make some radical changes in the cat's life to relieve the stress. The cat got some mice every week, to catch and eat, which is of course a totally natural thing for cats to do! He was also able to be outdoors with his owner every day. Since these changes were made the alimentary canal problems have disappeared.

In this case also ARM – treatment method gave the signal for the right direction to proceed. The area of mental stress was there on the cat's paw to touch and feel. However, reflexology alone wasn't sufficient to relieve this cat's problems, but reflexology was the most important way to check the underlying reasons for its symptoms. Knowing the nature of animals, you can often find the right diagnosis as well as the solution for individual problems using reflexology.

When the therapist gives treatment for the whole body, it works very well with animals. You have to use your hands to explain the meaning of the touch: The touch is for the welfare of the animal. Usually animals get your message very quickly. During past eight years I have noticed, that the language of reflexology is familiar to all animals.

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