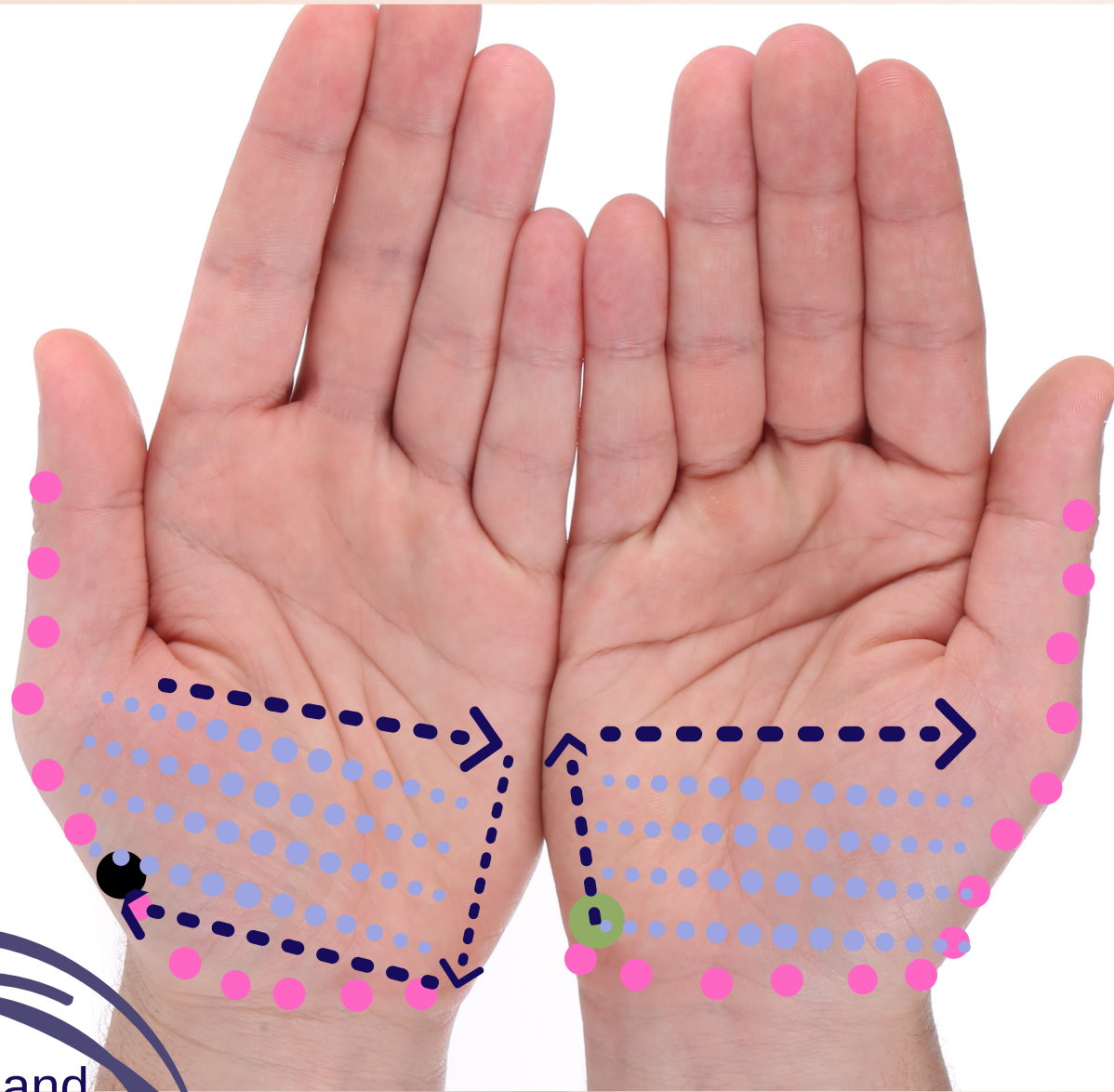


REFLEXOLOGY



DIGESTIVE HEALTH *for clients*

Work one hand at a time, using the other hand to work the reflexes. Then swap hands.

WORK BOTH HANDS: TRY THIS FOR 5 MINUTES A DAY

- Use your thumb to push across the area with the light blue dots (small intestine reflexes).
- Use your thumb or finger to circle over the green dot on the right hand only (ileocaecal valve reflex).
- Use your knuckles to work in a clockwise direction over the arrowed lines (large intestine reflexes).
- Use your thumb or finger to circle over the black circle on the left hand only (rectum/anus).
- Use your thumb to push firmly along the pink dots (the spine reflexes).

TIPS FOR DIGESTIVE HEALTH

A healthy digestive system is key to our wellbeing, whilst a sluggish bowel can make us feel tired and bloated. Eat a variety of whole and fresh foods every day and consider:

- A fibre-rich diet can help prevent constipation – introduce it slowly to prevent bloating. Include fruit and veg, beans, oats, bran, nuts and pulses and wholegrain bread and pasta.
- Daily probiotics such as live-cultured yoghurt replenish the normal flora within the gastrointestinal tract.
- Drinking at least 1.2 litres of water a day encourages the passage of waste through the body and keeps stools soft.
- Daily exercise helps assist the passage of food through the intestines.

Healthy changes to your diet and exercise will often help ease a sluggish bowel. If you have tried these for 2 weeks and noticed no change, have abdominal pain, tiredness, weight loss, bleeding, or just feel concerned, make an appointment to see your GP.