

Consent Form

Last Name: _____ First Name: _____

How did you hear about Heal & Toes? _____

What is Reflexology and how does it work?

Reflexology is a modern western therapy based on a long international history in which pressure is applied to distinct areas of the feet. It is a gentle art and depends on the skillfulness and variations of the practitioner. Scientific studies have shown fascinating physiological and neurological observations. Reflexology is an effective healing form in the field of alternative/complementary medicine.

What does Reflexology do for the person receiving treatment?

When the body is out of balance it doesn't function efficiently. By stimulating the reflexes on the feet an involuntary response is elicited in the organs and glands connected by energy pathways to these specific reflexes. This sets a chain reaction in motion which causes physiological changes to occur through the body bringing better circulation, deep relaxation, less pain and balance to the organs.

Who can benefit from treatment?

Anyone can benefit from reflexology regardless of age or sex. However caution is taken with the following:

- Thrombosis or internal bleeding as blood circulation could increase
- Insulin-dependent diabetics as stimulating the pancreas could increase insulin levels
- Pregnant women especially in the first and last trimesters
- Phlebitis, lymphatic cancer, leukemia, osteoporosis and epilepsy

The effects of Reflexology may not be capable of removing the cause of terminal diseases such as cancer, multiple sclerosis or AIDS, but the person can be made more comfortable and the pain bearable. It can significantly improve the client's general condition, activate excretory organs, stimulate the respiratory system and assist in better control of the bladder and bowels. Reflexology can improve your quality of life.

Reflexologists do not diagnose, treat a specific disease or illness, interfere with medication or prescribe medication. If you have a specific medical problem or complaint, you are advised to seek professional medical help. You should also discuss problem and complaints with the reflexology practitioner if you are unsure whether or not to continue sessions for what ever reason.

I have read and understand the above and am receiving treatment at my own request.

Signed: _____ Date: _____

Address: _____

Phone: _____ E-mail: _____

Reason for reflexology: _____

Please put me on Heal & Toes Tips em/ mailing list Please call for appointments I will call for appointments

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