



# BENEFITS OF REFLEXOLOGY



**PMS Relief:** Decrease somatic and psychological symptoms of pre-menstrual syndrome.



**Palliative Care Support:** Alleviate pain and improve quality of life in the short term for individuals with palliative care needs.



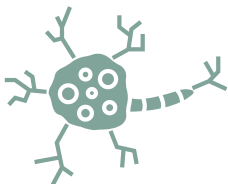
**Cardiovascular Comfort:** Reduces anxiety in individuals undergoing cardiovascular interventional procedures.



**Enhanced Sleep:** Alleviates fatigue associated with sleep disorders. Experience increased effective sleep rates, decreased sleep onset latency, and improved sleep efficiency.



**Labour Comfort:** For pregnant women, significantly reduces pain, duration, and anxiety during labour.



**Multiple Sclerosis Support:** Decreases stress and anxiety, alongside improvements in depression and quality of life for individuals with multiple sclerosis.



**Relief from Functional Constipation:** Applying pressure to specific points on the feet, hands, or ears that correspond to organs and systems of the body offers relief from the discomfort and inconvenience of functional constipation.