

Foot Reflexology at Arnold Battle of Columbus



Feb 1-3, (Fri-Sun), 2019 at Lausche Building

Fri.- 12-4pm, Sat.-12-8pm, Sun.-12-4pm

https://www.myvido1.com/wYzIFbVpHa1RleapUZs1UP_-



*Foot Reflexology Health Massage for General Health
by World Renound Leaders in the Industry*

**Specialists Form Seoul, South Korea Served at the
2018 Pyong Chang Winter Olympic**



Nam, Sun Kyu



Kang, Chul



Kim, Eun Young



Jun, Gil Ja



Jung, Sung Ja



Kim, Choongeun(김준근)



Park, Byung Ho



Ahn, Chun Soo



Jin, Sunghee Kim



Kong, Suk Ho



Lee, Ro H



Kim, Roland



Kim, Jimmy Sang



Kim, Yo Han



Mun, Jong S



Yoon, Jung Oh



Kim, Myung Ui



Ohio-International Foot Reflexology Team Members from Ohio-USA



Han, MJ



Moonho Choo



Lee, Hyungsook



Ko Jin Chol



Choi, Soogie



Kang, Dottie



Lee, MiKyung



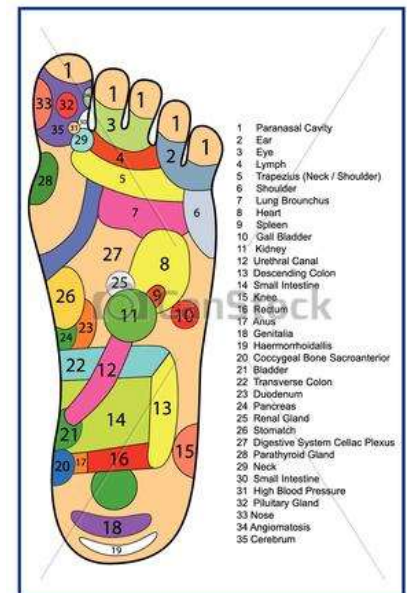
Shunhua Jiang



Lee, Seung Hai



Jiyeon Chang



Reflexology

English Language Learners Definition of *reflexology*: a method of relieving pain or curing illness by pressing on particular parts of a person's hands or feet

Reasons Athletes Use Reflexology

Posted on [December 28, 2010](#) by [Susan Mix](#)

Whether you're a pro-athlete, semi-pro, or a just a weekend warrior trying to stay healthy, incorporating Reflexology into your fitness program can provide amazing benefits. Here's a few reasons both research and my clients say Reflexology can help athletes:

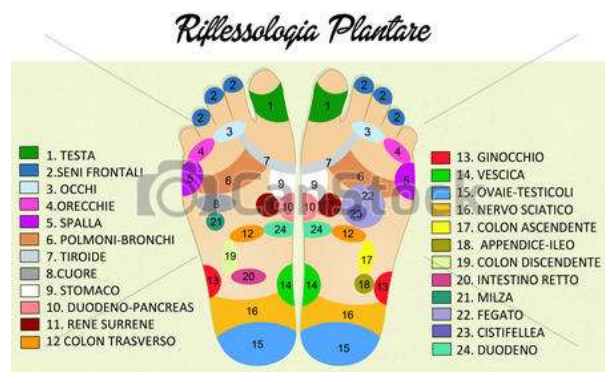
1. According to research at Bonash University, Australia, **Reflexology can remove lactic acid from the legs four times faster than massage**. Some clients who run marathons and half-marathons find a session after their race provides helpful relief for tightness in their legs.
2. Reflexology can increase circulation to an injured area of the body, so it helps support the body's natural ability to heal itself and can **promote faster recovery from injuries**. If you have an injury to the foot, a Reflexologist can work on your hand instead. The hand is the "referral area" for the foot and vice versa, so it's possible to help even when a hand or foot is too badly injured to work directly.
3. **Reflexology can address pain**. Many athletes experience foot pain caused by plantar fasciitis, neuroma or tendonitis. These conditions can be addressed by surgery and other medical treatments, but lots of athletes are holistically inclined and want to avoid drugs and surgery. Many report Reflexology has been a viable option for them. One client with plantar fasciitis pain had a first Reflexology session early in the week and then ran a four mile race later that week without pain. Several other clients who love to hike but have a neuroma found Reflexology helped to get them back on the trail quickly. Others who participate in sports that stress the shoulders, arms and hands such as golf, tennis, racquet-ball, or water-skiing have reported Reflexology helped to address their issues such as tennis elbow and forearm pain.
4. **A Reflexology session promotes deep relaxation and can improve sleep**. Many athletes find Reflexology is useful to help ease nervousness and achieve better sleep in advance of an event. Research has shown a Reflexology session creates a deeply restful and healing brainwave state. One client who is a distance-runner, even uses our sessions for visualizing a successful race! She reports it helps calm her and believes it enhances her performance.

So there are good reasons for any athlete to consider adding Reflexology to a fitness regimen. Even if you're not in it to win, the benefits can be terrific for your overall health and enable you to keep up your fitness routine! *This is the disclaimer to remind you that I am not a licensed physician and cannot give medical advice or treatment. These are my personal opinions and the summarization of research as well as verbal and written reports of some of my clients. As always, consult your doctor if you need medical advice or treatment.*

Reflexology Chart Stock Illustration



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