

## **REFLEXOLOGY**

Reflexology rests on the ancient Chinese belief in qi (pronounced “chee”), or “vital energy.” According to this belief, qi flows through each person. When a person feels stressed, their body blocks qi.

This can cause an imbalance in the body that leads to illness. Reflexology aims to keep qi flowing through the body, keeping it balanced and disease free.

In Chinese medicine, different body parts correspond with different pressure points on the body. Reflexologists use maps of these points in the feet, hands, and ears to determine where they should apply pressure.

They believe their touch sends energy flowing through a person’s body until it reaches the area in need of healing.

Reflexology is considered a complementary therapy for sickle cell disease, meaning it offers some benefits alongside conventional medical treatment.

### **Benefits of Reflexology:**

- **Pain Management:** Similar to massage, reflexology improves circulation and promote relaxation, which can indirectly help manage pain associated with sickle cell crises.
- **Stress Reduction:** Reflexology is known for its potential to reduce stress and anxiety. Since stress can worsen pain perception in SCD, reflexology offers some relief.