

REFLEXOLOGY: Q & A

WITH LARA OSIS

What drew you to learn the practice of reflexology?

My first experience with reflexology was when I was a teenager and read about a point on the hand that could help with headaches and nausea. It kind of seemed like magic when it worked on me. I was sold on the practicality of the practice.

What do you find to be some of the advantages of reflexology?

I am a big fan of anything that is gentle but effective. Sometimes we are sold the “no pain no gain” approach to healing and recovery. I have found reflexology can provide support and relief without being overwhelming. Reflexology is also great for people who may not be able to tolerate more intense forms of hands-on body work.

Reflexology came from Eastern cultures. What can Western cultures learn from this tradition?

In the West, we neglect several parts of the body that reflexology focuses on. We neglect our feet. They work so hard to get us where we need to go, so giving them some attention and thanks is long overdue! Also, the hands – we use our hands for so many tasks and they are so profoundly important to how we express ourselves and our ability to feel our world. Lastly, the ears -- just a few minutes of working with your ears can provide such a sense of comfort and well-being.

Lara is a member of the Natural Health Practitioners of Canada and a certified reflexologist. She also teaches Yin Yoga and T'ai Chi and is trained in spiritual healing and trauma recovery techniques.

