

A Danish Reflexologist tells about her experience with treatment of a cancer family.  
- with respect for the anonymity of the family, the names have been changed -



## This is written to tell a little about my work as a reflexologist

I met this family of 5 on a workshop. Mother and father, their 9 year old daughter Ann, her sister Benedict and their 5 year old son Casper. 3 years ago the doctors found out that Ann had leukaemia. She was treated for a longer period with chemotherapy. When I met the family Ann was declared healthy and able to get back to life. It had been a hard period for the family, and they had to work their way back to normal life.

I work in a clinic with lots of good facilities and lots of space. In this case it was good for the family. They decided to come on the same day all together for treatments. Since they were a very busy family who had only weekends for their private doings, it was a great solution for the family to have "*Family Saturdays for Reflexology*".

Ann (the child diagnosed with leukaemia) is a happy choppy open hearted girl and very out going. Her looks is at first sight pale. Her structure is normal as any other 9 year old. Her appetite is good and there is something about her behaviour that sets her a year or two back. She demands a lot of attention, probably because of her life situation. She is a bit overprotected. Through the last three years she has taken a lot of medicine, which her body has responded to. Her immunity is very fragile. She often has colds, infections in throat, blisters, stomach pain, diarrhoea and constipation. She is very responsive for fungus and has allergic symptoms from grass, pollen and a lot of different foods. Also her eye and nose often run and she is itching.

She responded very positive to the Reflexology. After the first treatments her skin started to smell sour, and there were smelling excrements. This continues often for several days after each treatment. She gets better after each treatment as the time goes. We discuss food habits through a busy day and I suggest that the family eat healthier and if they have the energy, to look more at their way of living. I recommend intestinal bacterial, good strong vitamins/minerals, lots of good plant oils, and no milk products when having colds because of the phlegm.

Sister Benedict had a hard time during the period when her sister was sick. She had many problems with her health too. She had stomach problems, constipation, headache and psychological problems. She was afraid of losing her sister. Some times she was angry with her, but she could not talk to anybody about it. She felt guilt. After a few times of treatments there was good response. No more stomach and headache problems. She became more open and happy. We had good talks. She enjoyed having my full attention.

Brother Casper was allergic to a lot of foods and he had eczema on legs and arms. He often had a cold and he was asthmatics when playing sports (football and running). He was treated with asthma medicine. He often had diarrhoea. He is a very open minded kid and he loves the reflexology treatments.

Mother and father enjoy the treatments. For a very long time they did not spend any time as lovers, because all the time was used on the children and their daily life. They were tired and their bodies desired to be touched. They often had body pains, headache, and stomach pain.

After 6 reflexology treatments the mother called and cancelled our next appointment.

### Conclusion

As a therapist it has been fantastic to see this family get well again. My experience is that Reflexology can be a great suggestion for families in stressed situation. The families can have great benefit of bringing reflexology into a part of their lives and to use reflexology as a tool to take care of each other. I believe that the reflexology treatments, the sessions this family experienced – together - has been a kind of a gift to the family, and I really hope that the future will bring more positive possibilities to families of this kind. Including, having the change of getting reflexology (08-2008).