

What is Reflexology and how can it help me?

Reflexology of the hands, feet and even ears is a technique of applying pressure to specific areas, which may correspond to body organs and systems.

This technique is a deeply relaxing way to help decrease stress and anxiety throughout the entire body. And it's not just for adults. Reflexology promotes wellness in everyone from babies to the elderly.

For those dealing with illness, stress or injury reflexology can help remove obstacles or blockages that can get in the way of circulation and normal activity of the organs, nerves and muscles throughout the body.

In addition to stress relief and injury repair, a few other benefits include: pain relief, improvement in mental alertness, improved sleeping patterns, improved fertility, immune system support, increase in energy and helps eliminate toxins.

If you're looking for a natural way to improve the function of your body, decrease stress and anxiety or repair from an injury then reflexology is something you should look into.

For more information, please call Yost Family Chiropractic at 278-YOST.

Information submitted by Anna Crank, Licensed Massage Therapist and Reflexologist

References: ABMP.com/reflexology

Meet ANNA CRANK, LMT

Hello, my name is **Anna Crank** and I am honored to join the YFC team as a licensed massage therapist. I graduated from Body Wisdom Massage School in Urbandale in 2012 and received my license in 2013. I am trained in Swedish, Deep Tissue, Reflexology, Geriatric and bamboo massage. I look forward to helping others relax, manage their pain and improve their overall health and wellbeing!

I grew up right here in the Des Moines area and I am a Saydel graduate. My husband and I live in Grimes. We have two sweet busy little boys Weston, 3 and Wyatt, 1 as well as two furry girls Chloe and Hayley.



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