

JANE CAMPBELL COMPLEMENTARY THERAPIES

CAN I HELP YOU WITH YOUR PAIN?

In August I attended a Pain in Cancer Survivors Reflexology course with [ReflexMaster](#) Carol Samuel.

The course is designed to aid people who are experiencing pain as a result of cancer and the treatment(s) received for it. The Reflexology sequence I learned on this two day course is for Chemotherapy Induced Peripheral Neuropathy which is one of the most common types of pain experienced by cancer survivors.

'Reflexology has a positive effect on the sympathetic nervous system and improves both pain threshold and tolerance levels' - you can view all ReflexMaster research and publications [here](#).

If you, or someone you know, suffers with this type of pain please don't hesitate to contact me or you can book an appointment [here](#).

Remember that I also offer [Reflexology Lymph Drainage](#) for anybody who suffers from Lymphoedema or Lipodema.

I attended a couple of other Reflexology courses and learnt a lot of useful techniques which I am incorporating into my treatments. The balancing and relaxation techniques have proved popular already.



Photo of us drawing the bones on the feet



Busy taking lots of notes

With love

Jane x

You can view all my previous Newsletters [here](#)