

My Reflexology Miracle or Why I Became a Reflexologist

It's my Mother's fault! In 1984 she bought a book about Reflexology. We tried to learn to work on each other from the book but discovered it was more complicated than it looked. I found a Reflexologist in a nearby town and started going to her as a client.

Trying something new was not unusual in my family. My Dad was told, before age twenty, to go home and spend his last few months with his family. He had diphtheria as a child and then rheumatic fever, and his heart was so badly damaged that the doctors said he was going to die. He chose not to do that!

Instead, he went back to work and he and my Mother started their lifelong quest to find alternate solutions to health issues. From them, I learned to read everything I could find about a problem, experience different solutions and then make up my own mind about what is good for me. Long before the current popular trend, vitamins and herbal supplements, chiropractic, massage, and other alternative therapies were part of my life.

On my first Reflexology visit, I was a bit skeptical, to say the least. I didn't tell her much about myself, but she quickly found the tender spots on my feet and asked me if I had problems with my reproductive organs. I did! My cycles had never been regular and I took hormones for three years to become pregnant with my first child in 1977. I wasn't able to conceive again and the doctors told me to give up and stay on birth control pills to keep my cycles regular and my moods balanced. That, of course, was before all the new fertility options were available, and I am glad, since I found a natural way to solve the problem!

I stopped taking the pills and went to her twice a week for a month. I had the first normal cycle I'd had on my own for years. The following month I was pregnant! Unfortunately, I miscarried, probably because my body was not strong and healthy enough, but my cycles started again immediately (and continued to be regular until my hysterectomy in 2004). When I tried again I immediately conceived!

That pregnancy and delivery was much more comfortable than my earlier one, because of the continued Reflexology throughout. However, during this time my job ended. I had been a licensed employee and office manager to an insurance agent. I realized that, although I enjoyed settling claims and solving people's problems, I really didn't like selling insurance. It was time to move on and because Reflexology had changed my life so dramatically, I decided to make that my new path.

I started my training with the International Institute of Reflexology soon after and when my son, whom I refer to as "my Reflexology Miracle", was six months old, I started my professional practice. He will be twenty one years old on November 9, 2006! His infant footprint is still the logo on my business cards and I've found helping others with Reflexology to be an INCREDIBLY REWARDING career!

PS My Dad died in 1988, at the age of 70.

Patricia Kenworthy June 2006