

# March 2026

## Social Media Caption Set

These captions are provided to support clear, professional communication.  
You may use them as written or adapt them to reflect your clinic voice and client base.

### Image #1 - Your Nervous system is adjusting

**Your nervous system notices seasonal change before you consciously do.**

As winter shifts into spring, many people experience:

- ◆ lighter or disrupted sleep
- ◆ mood fluctuations
- ◆ restless energy
- ◆ hormonal shifts

Seasonal transition places subtle demand on the nervous and endocrine systems.  
Clinical Duopody© Reflexology works system-led, supporting regulation rather than chasing symptoms.

March is often about adjustment, not dysfunction.

#ClinicalReflexology #Level5Reflexology #Duopody #NervousSystemSupport #CAREA  
#ReflexologyonAnotherLevel

### Image #2 - Stress is a Psychological state

**Stress is not simply emotional - It is a physiological state.**

When the body remains in sympathetic dominance, clients may experience:

- ◆ digestive disruption
- ◆ muscular tension
- ◆ sleep disturbance
- ◆ heightened anxiety

Clinical Duopody© Reflexology supports parasympathetic activation and internal regulation.

Professional practice is structured.

- ✓ Assessment-informed.
- ✓ Anatomically mapped.
- ✓ Regulation changes everything.

#ClinicalPractice #Level5Reflexology #Duopody #PodyCharts #ProfessionalStandards #CAREA

### Image #3 - Hormonal Changes aren't Random

**Hormonal fluctuations are rarely random.**

The endocrine system responds to:

- ◆ stress load
- ◆ sleep quality
- ◆ nervous system balance
- ◆ internal regulatory patterns

CClinical Duopody© Reflexology supports endocrine regulation within a structured treatment framework.

This is not symptom suppression - It is system support.

Training matters - Clinical reasoning matters.

#EndocrineHealth #Level5Reflexology #SystemLedPractice #Duopody #Podycharts  
#ReflexologyOnAnotherLevel #CAREA

### Image #3 - Not all reflexology is the same

**Clinical reflexology is:**

- ◆ system-led
- ◆ anatomically aligned
- ◆ assessment-informed
- ◆ professionally documented

It moves beyond general relaxation into structured therapeutic support.

- ✓ Standards protect clients.
- ✓ Frameworks protect practitioners.
- ✓ Training defines practice.

Professional reflexology is not casual.  
It is accountable.

#ProfessionalReflexology #Level5Reflexology #OTHMQualifications #Duopody  
#ReflexologyOnAnotherLevel #CAREA