



REFLEXOLOGY: REDUCTION OF STRESS

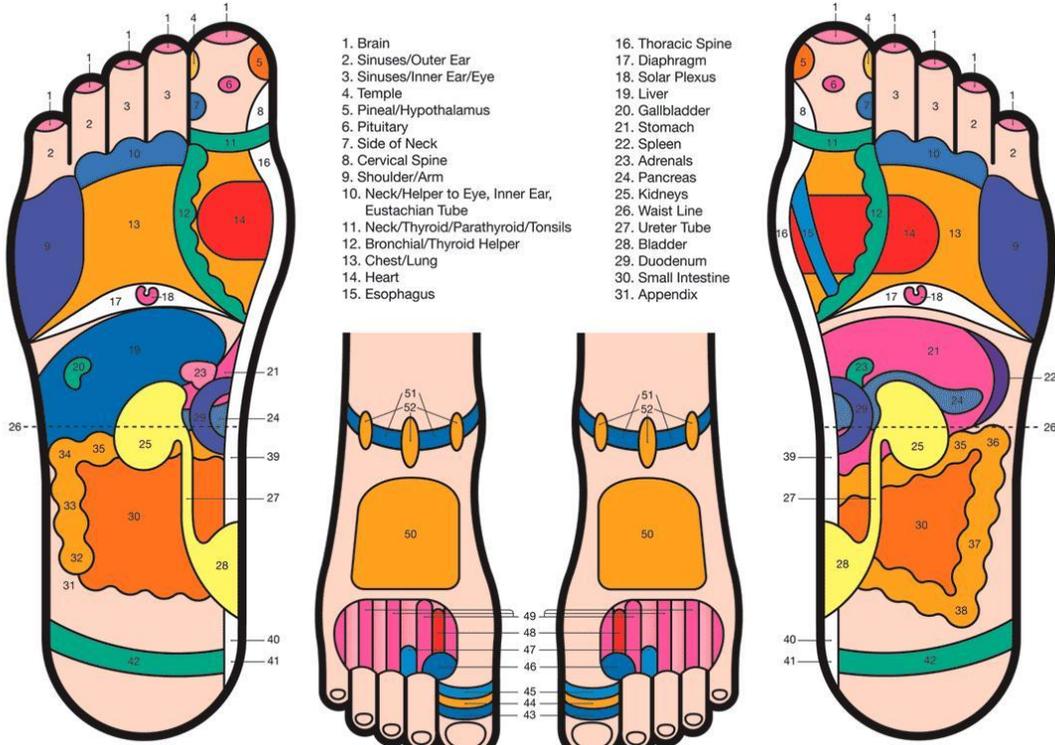
Reflexology is the practice of applying pressure to the feet and hands utilizing specific thumb, finger and hand techniques. However, it is a complement to standard medical care and it should not be construed as medical advice.

Foot work practices have existed throughout the history of humankind. Archeological evidence points to ancient reflexology medical practices in Egypt (2330 BCE), China (2704 BCE) and Japan (690 CE). In the West, the concept of reflexology began to emerge in the XIX century. Reflex therapies were created as medical practices but were soon eclipsed by use of surgery and drugs.



A reflexology chart (see below) mirrors a reflection of the body on the feet and hands, left foot or hand representing the body's left half and right foot or hand its right half. In reflexology

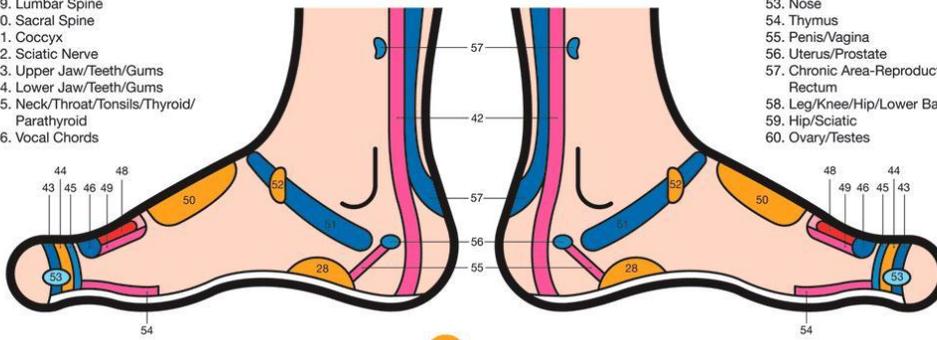
practice, technique is applied to the relevant reflex areas to prompt a change in the related part of the body.



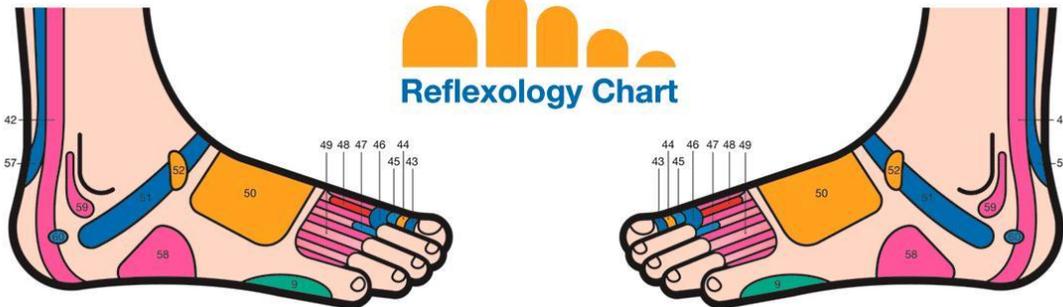
- 32. Ileocecal Valve
- 33. Ascending Colon
- 34. Hepatic Flexure
- 35. Transverse Colon
- 36. Splenic Flexure
- 37. Descending Colon
- 38. Sigmoid Colon
- 39. Lumbar Spine
- 40. Sacral Spine
- 41. Coccyx
- 42. Sciatic Nerve
- 43. Upper Jaw/Teeth/Gums
- 44. Lower Jaw/Teeth/Gums
- 45. Neck/Throat/Tonsils/Thyroid/Parathyroid
- 46. Vocal Chords

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- 47. Inner Ear
- 48. Lymph/Breast/Chest
- 49. Chest/Breast/Mammary Glands
- 50. Mid-Back
- 51. Fallopian Tube/Vas Deferens/Seminal Vesicle
- 52. Lymph/Groin
- 53. Nose
- 54. Thymus
- 55. Penis/Vagina
- 56. Uterus/Prostate
- 57. Chronic Area-Reproductive/Rectum
- 58. Leg/Knee/Hip/Lower Back Helper
- 59. Hip/Sciatic
- 60. Ovary/Testes




Reflexology Chart



The ideas of reflex use for health improvement were carried on sporadically and brought to America in 1909 by Dr. William Fitzgerald, an eye-ear and nose specialist from Connecticut. Physiotherapist Eunice Ingham is credited with developing a system of reflex areas by 1938. Ingham kept alive a specific practice, that of foot reflexology.

The term reflexology itself was considered illegal until a legal skirmish over the publication of Mildred Carter's book "Helping Yourself with Foot Reflexology" in 1970. The book became one of bestsellers.

Since then, practicing reflexologists have emerged, about 40 reflexology books have been published, and the number of magazine articles published has climbed by over 500% since 1982.

Reflexology Benefits:

- Creates relaxation: From the moment the reflexologist's hands start their work, the relaxation begins as shown in research using EEG brain activity.
- Reduces pain
- Improves blood flow: Separate studies show that reflexology work increases blood flow to the feet, brain, kidneys and intestines
- Aids post-operative recovery: Reduces pain and lessens the use of post operative analgesics
- Enhances medical care: Reflexology helps where nothing else can for many: phantom limb pain sufferers, neuropathy patients and hemodialysis patients
- Benefits mental health: Reduces depression and anxiety
- Complements cancer care: Pain, nausea, vomiting, and/or anxiety eased for chemotherapy patients following reflexology work
- Eases pregnancy, delivery and post-partum effects: Women who received reflexology experienced shorter labor times and used less analgesia. In addition, reflexology showed a positive impact on postpartum depression, anxiety, urination and bowel movements.

In general terms, the benefits of reflexology have to do with the REDUCTION OF STRESS. Because the feet and hands help set the tension level for the rest of the body, they are an easy way to interrupt the stress signal and reset homeostasis, the body's equilibrium.

For best results, apply reflexology techniques to targeted reflex areas consistently. This can be accomplished with self reflexology techniques, those applied by family as well as with the guidance of the professional reflexologist.

INT, BCE