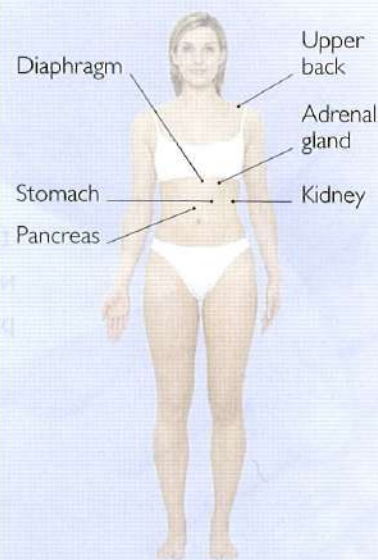


STEP 2

Working the thumb and webbing

Work in this sequence stimulates and enhances the functioning of the adrenal glands, pancreas, stomach, upper back, and kidneys — organs responsible for energy levels, digestion, and fluid processing. As you work on this fleshy part of the hand, take note of any nail marks that result from your application technique, and adjust it if necessary to lessen the impact.

AREAS WORKED



1 Locate the ADRENAL GLAND reflex area by placing the tip of the index finger in the center of the fleshy palm, midway along the long bone below the thumb: sensitivity will indicate that you've found the reflex area. Press repeatedly.

2 Thumb-walk through the PANCREAS reflex area with the working thumb.

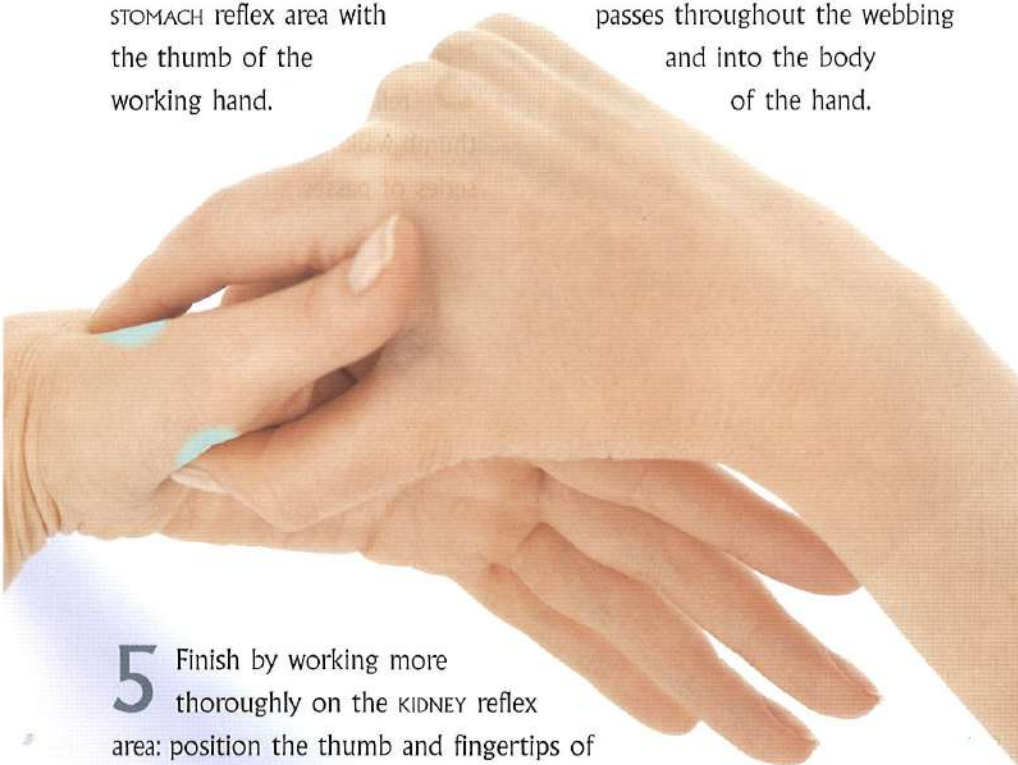




3 Still using the thumb-walking technique, apply a series of passes through the STOMACH reflex area with the thumb of the working hand.



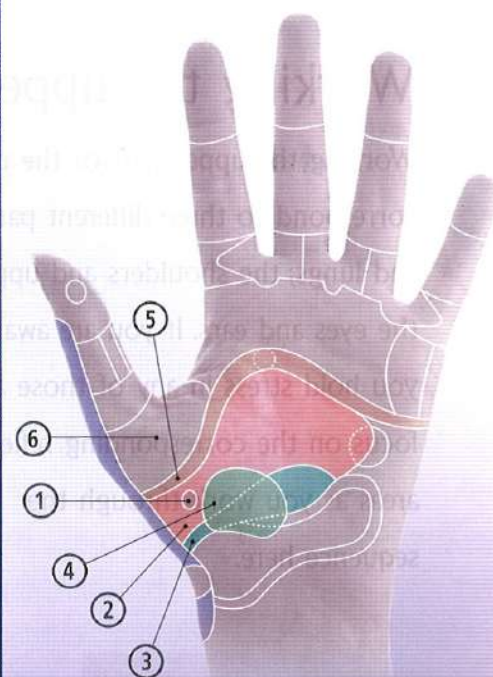
4 To work the DIAPHRAGM, UPPER BACK, and KIDNEY reflex areas, apply the thumb-walking technique in successive passes throughout the webbing and into the body of the hand.



5 Finish by working more thoroughly on the KIDNEY reflex area: position the thumb and fingertips of the working hand in opposition to each other in the webbing. Press and release, moving around to find the most sensitive area. Press, adjusting pressure according to comfort level.

DESSERTS The squeeze (p.85) • Finger-pull (p.82)

HAND ORIENTATION



LEFT HAND

Working the reflex areas of the thumb and webbing focuses on a number of internal organs as well as on the upper back.

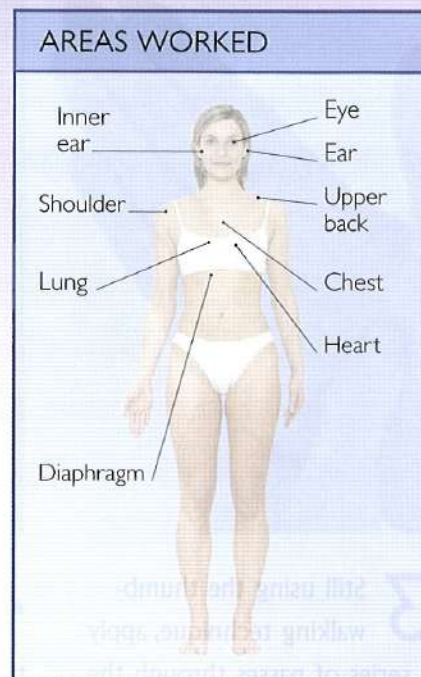
The reflex areas corresponding to the ADRENAL GLAND (1), STOMACH (2), PANCREAS (3), and KIDNEYS (4) are grouped together – just as those organs are grouped together in the body itself. Nearby, on the edge of the palm, above the DIAPHRAGM (5) reflex area, is the reflex area for the UPPER BACK (6).

With the exception of the reflex areas for the stomach and pancreas, the reflex areas on the left hand mirror those on the right; the left hand relates to the left side of the body and the right hand to the right side. The reflex area for the stomach is found only on the left hand; the pancreas reflex area is larger on the left hand.

STEP 3

Working the upper palm

Working the upper part of the palm targets reflex areas that correspond to three different parts of the upper body: the chest and lungs; the shoulders and upper back; and the eyes and ears. If you are aware that you hold stress in any of those areas, focus on the corresponding reflex areas as you work through the sequence here.



3 Move on to the **SHOULDER** reflex area and apply the thumb-walking technique in a series of passes.

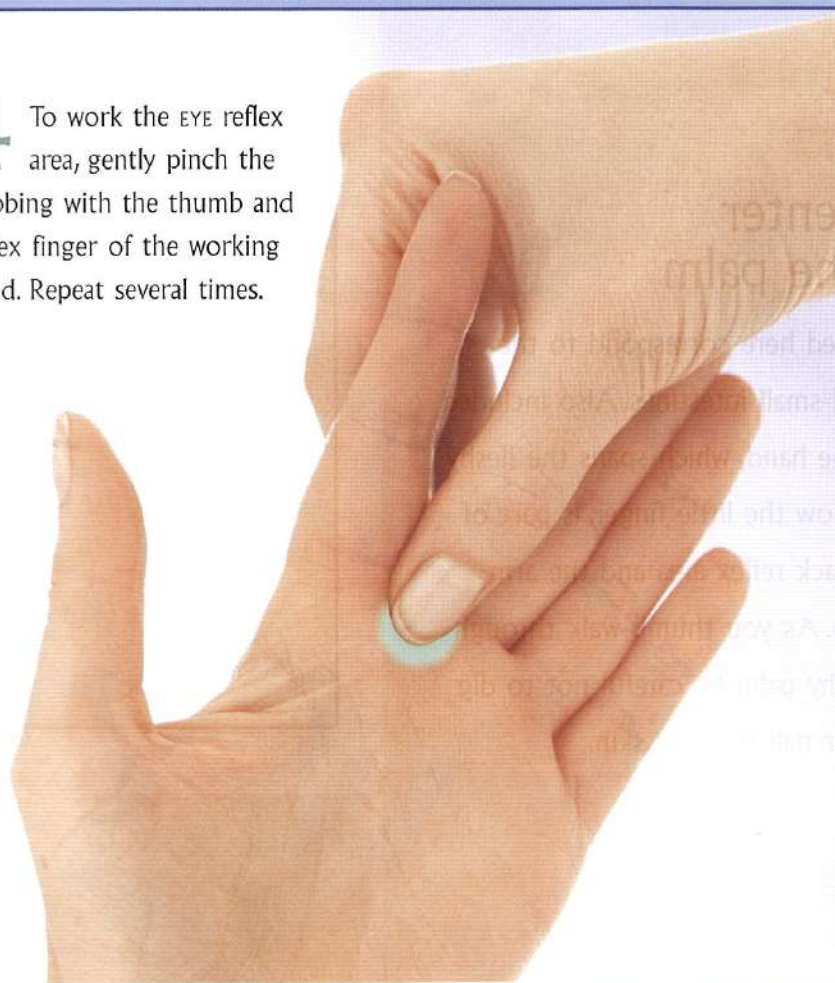


1 Using the tip of the index finger, finger-walk through the **HEART** reflex area in the direction of the arrow.



2 Starting at the **DIAPHRAGM** reflex area, thumb-walk in successive passes through all segments of the **CHEST**, **LUNG**, and **UPPER BACK** reflex areas.

- 4** To work the EYE reflex area, gently pinch the webbing with the thumb and index finger of the working hand. Repeat several times.

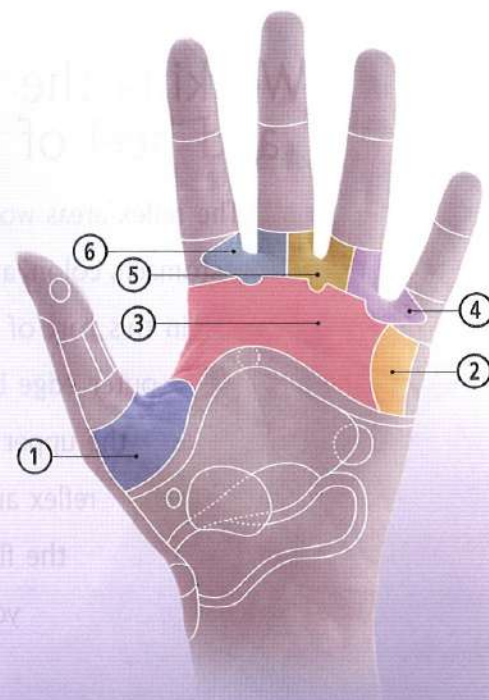


- 5** Work the INNER EAR reflex by gently pinching the webbing between the thumb and index finger, repeating several times.



- 6** Move on to the EAR reflex area and pinch the webbing gently between the thumb and index finger. Press repeatedly.

HAND ORIENTATION



LEFT HAND

Working on the upper palm targets three groups of reflexes: eyes and ears; chest, lungs, and heart; and shoulders and upper back.

The HEART ① reflex area is located at the base of the thumb and that of the SHOULDER ② at the base of the little finger. The reflex area for the CHEST, LUNG, and UPPER BACK ③ is located in a band across the top of the palm. The EAR ④, INNER EAR ⑤, and EYE ⑥ reflex areas are located in the webbing between fingers.

The reflex areas on the left hand mirror those on the right; the left hand relates to the left side of the body and the right hand to the right side of the body. Note that all the reflex areas pass through the hand. Knuckles in the hand correspond to the shoulders, collar bones, and upper back.

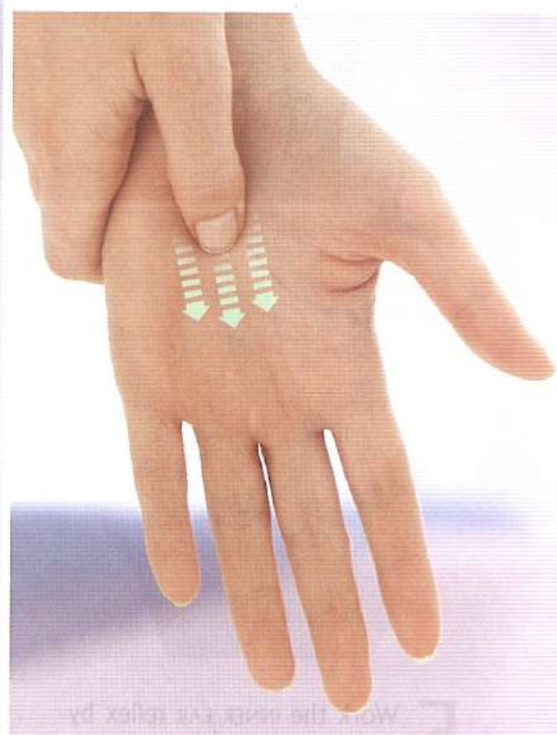
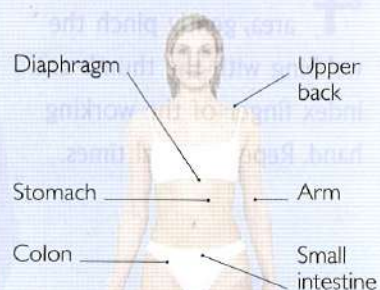
DESSERTS Palm-mover (p.85) • Palm counter-mover (p.85)

STEP 4

Working the center and heel of the palm

The reflex areas worked here correspond to the stomach, colon, and small intestines. Also included in this part of the hand, which spans the fleshy outer edge below the little finger, is part of the upper back reflex area and the arm reflex area. As you thumb-walk through the fleshy palm be careful not to dig your nail into the skin.

AREAS WORKED



1 Thumb-walk through the STOMACH reflex area, ending in the DIAPHRAGM area. You will also be working part of the UPPER BACK.

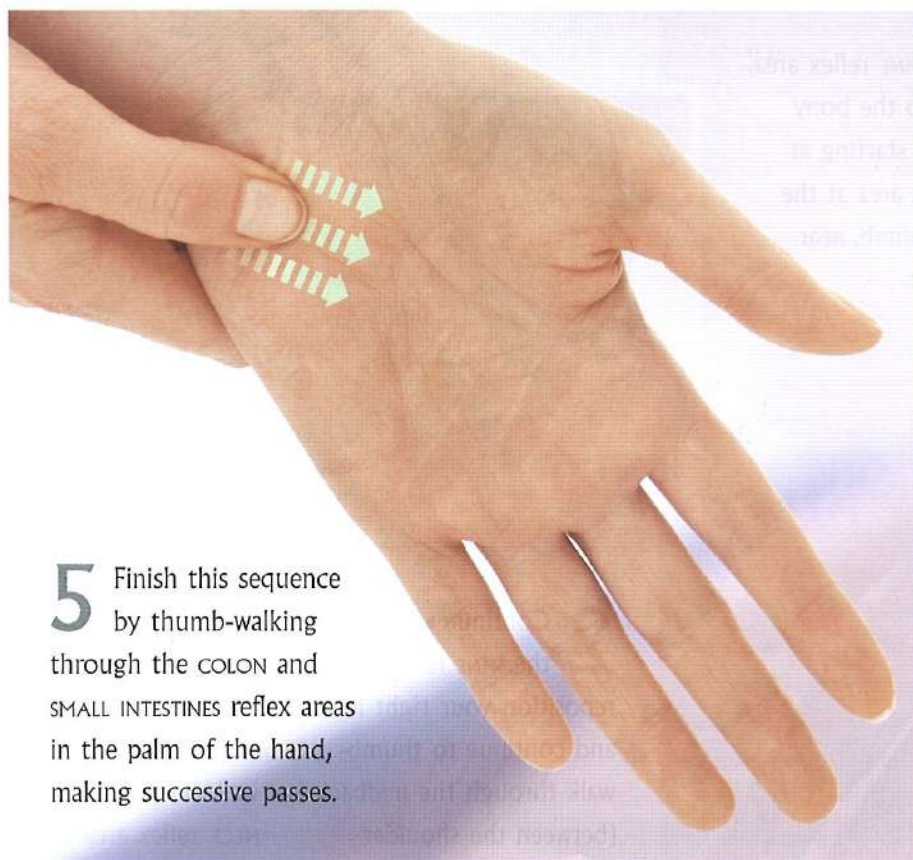
2 Continue making a series of thumb-walking passes with the right thumb through the STOMACH and UPPER BACK reflex area.



3 Move on to the **ARM** reflex, pressing the fleshy outer part of the hand between the thumb and index finger of the working hand. Continue up the hand.

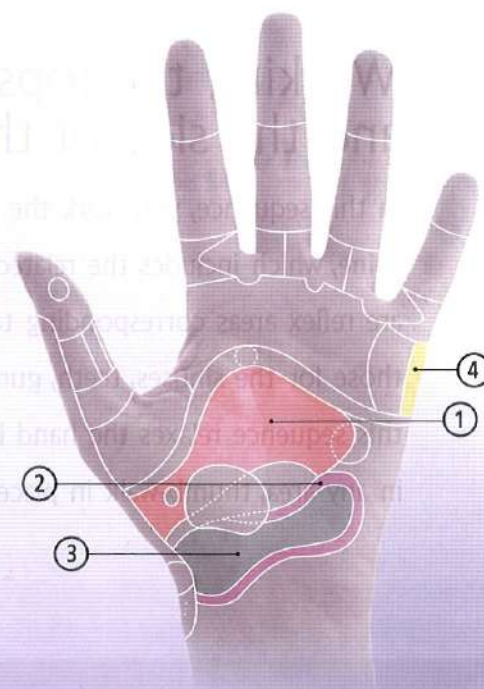


4 To work the **COLON** and **SMALL INTESTINE** reflex, use your right thumb to make a series of thumb-walking passes through all segments of the reflex area.



5 Finish this sequence by thumb-walking through the **COLON** and **SMALL INTESTINES** reflex areas in the palm of the hand, making successive passes.

HAND ORIENTATION



LEFT HAND

Working the reflex areas in the center and heel of the palm targets organs of the digestive system as well as the upper back and arm.

The **STOMACH** (1) reflex area covers a large area in the center of the palm, while the **COLON** (2) reflex area runs across the heel of the hand, around the reflex area for the **SMALL INTESTINE** (3). The **ARM** (4) reflex area is located in the fleshy pad just below the little finger.

In general, the reflex areas on the left and right hands mirror one another exactly. However, the gall bladder and the liver reflex areas feature only on the right hand, while the stomach features only on the left.

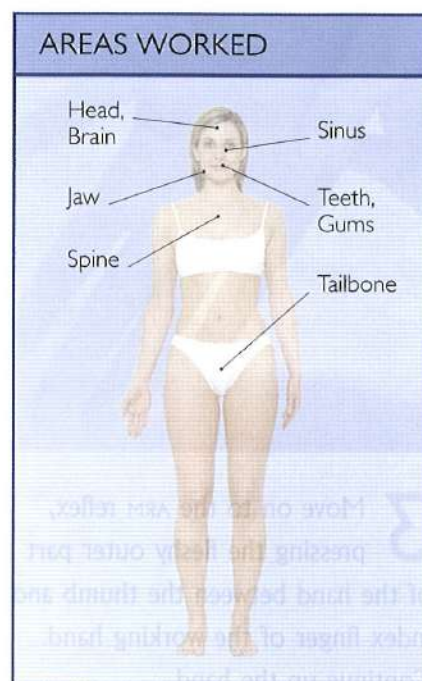
DESSERTS

Relax your entire hand by applying the finger-pull technique to the thumb and each finger (p. 82).

STEP 5

Working the tops of the fingers and the side of the thumb

In this sequence, you work the reflex area corresponding to the spine, which includes the related nerves and muscles. Also worked are reflex areas corresponding to the head and neck, including those for the sinuses, teeth, gums, and jaw. In addition, work in this sequence relaxes the hand itself. If you encounter sensitivity in any area, thumb-walk in place or apply technique to a joint.



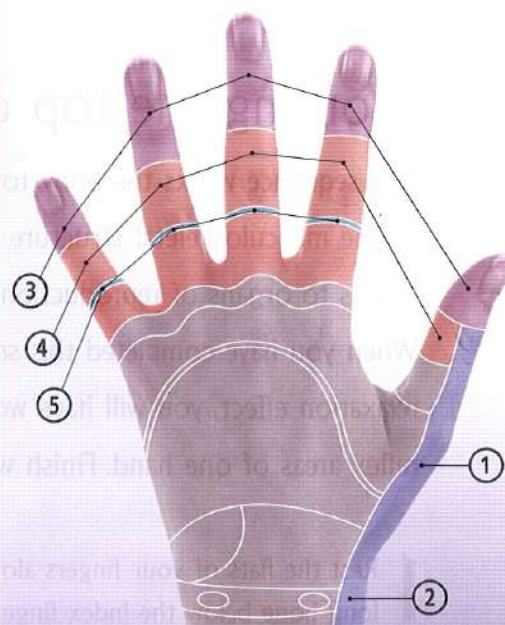
1 To work the SPINE reflex area, thumb-walk up the bony edge of the hand, starting at the TAILBONE reflex area at the base of the thumb, near the wrist.



2 Continue working the SPINE reflex area, reposition your right hand and continue to thumb-walk through the midback (between the shoulder blades) reflex area. Make several passes over the joint at the base of the thumb.

3 Change your hand position and use your right thumb to thumb-walk through the NECK reflex area on the thumb, in the direction of the arrow.

HAND ORIENTATION



LEFT HAND

Working the reflex areas on the tops of the fingers and the side of the thumb targets the spine and various structures of the face and head.

The reflex area for the SPINE ① runs down the outside of the thumb, with the TAILBONE ② area near the wrist. The reflex area representing the HEAD, BRAIN, and SINUS ③ occupies the first segment of each finger and thumb. Under these, on the next section of each finger and thumb, is the reflex area for the NECK ④. The reflex area for the TEETH, GUMS, and JAW ⑤ is a narrow band at the second joint on each finger.

The reflex areas on the right and left hands mirror each other exactly, those on the left hand relating to the left side of the body and those on the right hand to the right side.

4 To work the HEAD, BRAIN, SINUS, NECK, TEETH, GUM, and JAW reflex areas, thumb-walk with your right hand across the top of the thumb several times.

5 Move on to the index finger to work the next portion of these reflex areas. Thumb-walk across the top of the finger, making a series of passes round the finger.

6 Continue thumb-walking, in a series of passes around the middle finger.

7 Complete this sequence by working around first the ring and then the little finger.

DESSERT

Improve circulation to the tips of your fingers with the nail-buffing technique, moving the fingernails of one hand briskly over the nails of the other hand. (p. 84)

STEP 6

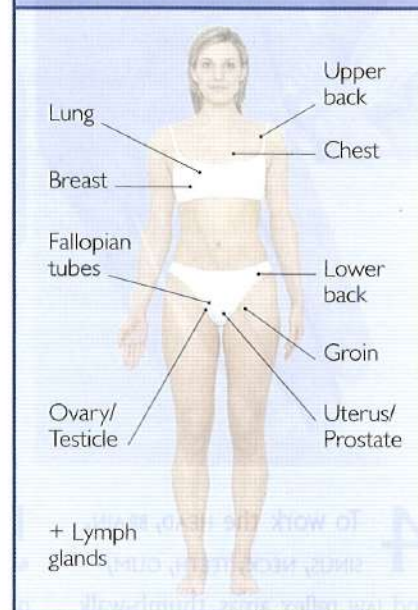
Working the top of the hand

This sequence works the bony top of the hand, which corresponds to the musculoskeletal structure of the upper and lower body, as well as to organs of reproduction, respiration, and fluid elimination. When you have completed this sequence, which prompts an overall relaxation effect, you will have worked your way through all the reflex areas of one hand. Finish with a series of desserts.

1 Rest the flats of your fingers alongside the long bone below the index finger. Press your fingertips several times into this part of the LUNG, CHEST, BREAST, and UPPER BACK reflex areas. Move on, resting your fingertips between the index and middle finger and repeat the technique, pressing several times.

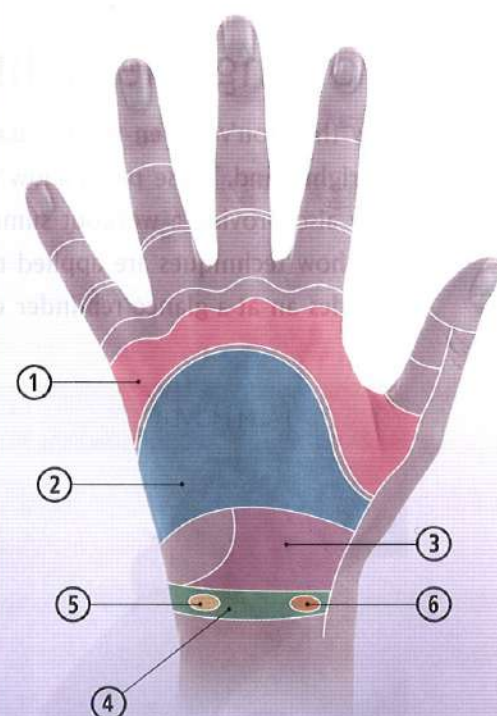
2 Reposition your fingers between the middle and ring fingers and press as before. Repeat the technique between the ring and little fingers.

AREAS WORKED





HAND ORIENTATION



LEFT HAND

Working the top of the hand targets reflex areas relating to the musculoskeletal system, and organs of reproduction and respiration.

Close to the fingers is the reflex area for the UPPER BACK, LUNG, CHEST, and BREAST (1). Next to this is another reflex area for the UPPER BACK (2), then, nearer the wrist, the LOWER BACK (3) reflex area. In a narrow band near the wrist is the reflex area for the LYMPH GLANDS, FALLOPIAN TUBES, and GROIN (4). Within this are the reflex areas for the TESTICLE in men or the OVARY in women (5) and also the reflex area for the PROSTATE GLAND in men and the UTERUS in women (6).

The reflex areas on both hands mirror each other, with those on the left hand corresponding to the left side of the body and those on the right hand reflecting the right side.

3 Now use all four fingers to finger-walk across the LOWER BACK reflex area. Repeat several times.

4 Position your right thumb on the wrist and thumb-walk through the LYMPH GLAND, GROIN, and FALLOPIAN TUBE reflex areas across the wrist.



5 Pinpoint the OVARY/TESTICLE reflex area with the index finger. Rotate the hand clockwise, then counter-clockwise several times.

6 Locate the UTERUS/PROSTATE reflex area and rotate the hand repeatedly in a clockwise then in a counter-clockwise direction.



DESSERTS End your session by reapplying a series of desserts (p. 82–85)

STEP 7

Working the right hand

Now that you've given the left hand a workout, it's time to move onto the right hand. These pages show the sequence for a right hand workout. They also provide a workout summary. Once you have become familiar with how techniques are applied to each part of the hand, this summary provides an at-a-glance reminder of reflexology technique application.

DESSERTS

Before beginning the sequence, check the hand for cuts, bruises, and any other areas to be avoided during the workout

PALM-MOVER



PALM COUNTER-MOVER



THE SQUEEZE



STEP 1

Working the fingers and the thumb

DESSERTS

SIDE-TO-SIDE



WALK-DOWN/PULL-AGAINST



STEP 2

Working the thumb and webbing

ADRENAL GLAND



DESSERTS

THE SQUEEZE



FINGER-PULL



STEP 3

Working the upper palm

HEART



FINGER-PULL



FINGER SIDE-TO-SIDE



WALK-DOWN/PULL-AGAINST



NAIL-BUFFING



PITUITARY GLAND



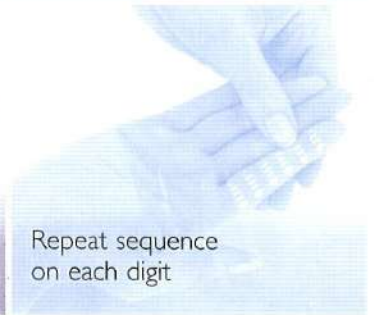
NECK, HEAD, BRAIN, SINUS, JAW, GUMS, THYROID & PARATHYROID



NECK, HEAD, BRAIN & SINUS



NECK, HEAD, BRAIN & SINUS



PANCREAS



KIDNEY & UPPER BACK



KIDNEY & UPPER BACK



KIDNEY



CHEST, LUNG & UPPER BACK



SHOULDER



EYE



INNER EAR



| | | | | |
|--|---|--|---|--|
| EAR | DESSERTS | PALM-MOVER | PALM COUNTER-MOVER | STEP 4 |
|  |  |  | Working the center and heel of the palm | |
| COLON & SMALL INTESTINE | DESSERT | FINGER-PULL | STEP 5 | SPINE |
|  |  | Working the tops of the fingers and the side of the thumb | |  |
| STEP 6 | LUNG, CHEST, BREAST & UPPER BACK | LUNG, CHEST, BREAST & UPPER BACK | LOWER BACK | |
| Working the top of the hand |  |  | Repeat sequence below each finger | |
| DESSERTS | FINGER-PULL | FINGER SIDE-TO-SIDE | WALK-DOWN/ PULL-AGAINST | |
| End your session by reapplying a series of desserts |  |  |  | |

LIVER & GALL BLADDER



LIVER & GALL BLADDER



ARM



COLON & SMALL INTESTINE



SPINE



NECK, HEAD, BRAIN, SINUS,
TEETH, GUMS & JAW



NECK, HEAD, BRAIN, SINUS,
TEETH, GUMS & JAW



NECK, HEAD, BRAIN, SINUS,
TEETH, GUMS & JAW



Repeat sequence
on each digit

LYMPH GLANDS, GROIN,
FALLOPIAN TUBES



OVARY/TESTICLE



UTERUS/PROSTATE



DESSERT

THE SQUEEZE



NAIL-BUFFING



PALM-MOVER



PALM COUNTER-MOVER



THE SQUEEZE



STEP 1

Working the fingers and the thumb

The reflex areas worked in this sequence correspond to the head, neck, and part of the upper body. The thumb reflects the head, brain, and sinuses (first segment), neck, thyroid, and parathyroid (second segment), solar plexus, and heart reflex areas (the base). The fingers reflect the head, brain, and sinuses; neck; eyes, ears, and inner ear.

- 1 Starting at the base of the thumb, roll the golf ball repeatedly through the HEART reflex area. Reposition the ball and roll it over the thumb, working the NECK, THYROID, PARATHYROID, HEAD, BRAIN, and SINUS reflex areas in successive passes.

LEARNING TIP

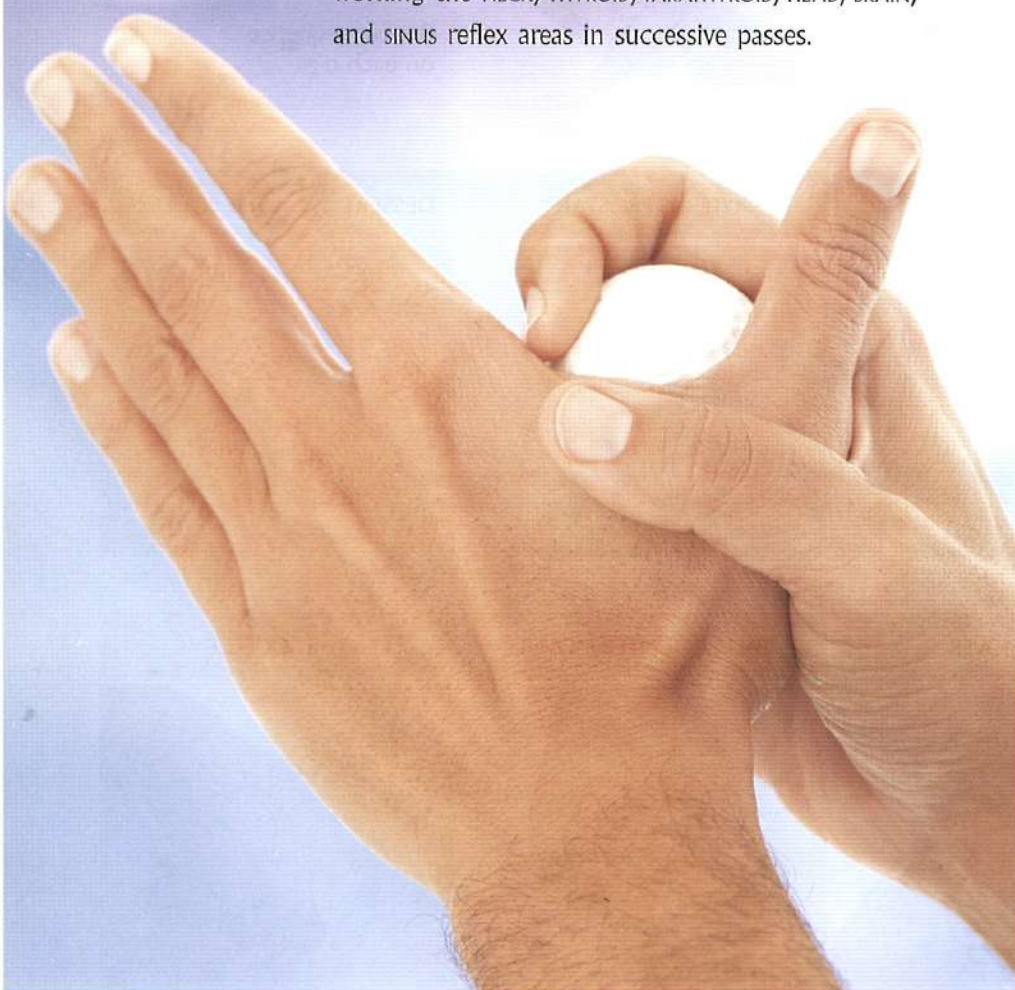
It takes time to get accustomed to working with a golf ball so don't be too concerned about targeting the reflex area exactly as you learn. Beware of the impact of the golf ball on your hand; you will know you've overdone it if your hand becomes sensitive to the touch.



- 2 Go on to the index finger to continue working these reflex areas. Cup the golf ball in your hand and roll it over the index finger in successive passes until the length of the finger has been covered.



- 3 Go on to each finger, in turn, repeating the technique as before.



STEP 2

Working the thumb

In this sequence, you'll be working areas that correspond to organs responsible for energy and digestion — the adrenal glands, pancreas, and a portion of the stomach, liver, and intestines. This technique is uniquely capable of reaching the deep reflex areas of the palm and stimulating the functioning of vital organs. Be aware of the potential for overwork, however.



1 Interlace the fingers of the hands, and place the golf ball so that it is held securely between the heels of the hands, as shown.

2 As you roll the golf ball throughout this area of the palm, below the thumb, you are working the ADRENAL GLAND, STOMACH, PANCREAS, and KIDNEY reflex areas of both hands.



3 As you roll the golf ball, vary the pressure on the reflex areas by tightening or loosening your grasp on the ball.



STEP 3

Working the upper palm

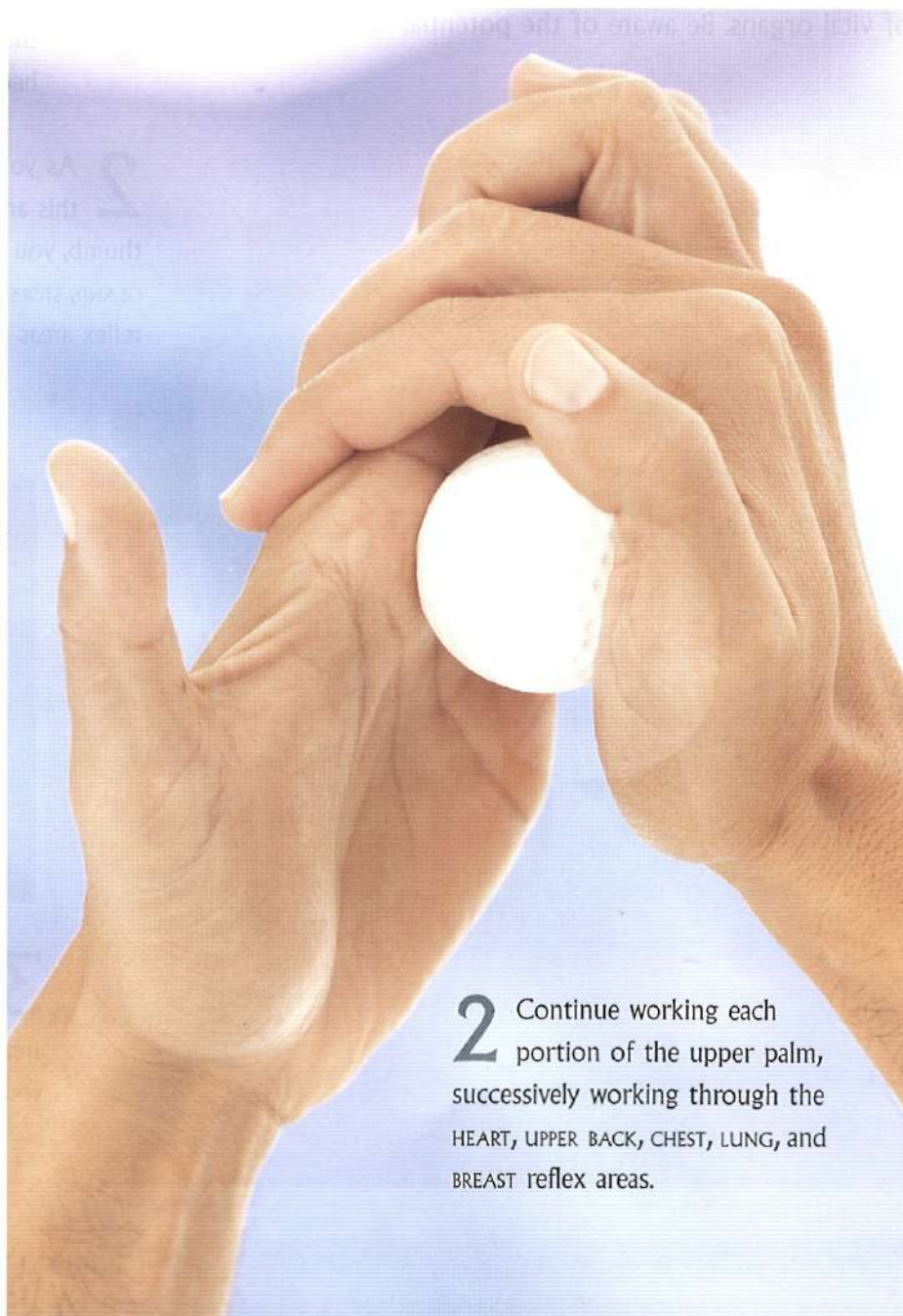
Reflex areas worked in this sequence correspond to the upper back, shoulders, lungs, chest, and breast. Working the upper palm helps to relax the upper musculoskeletal structure, easing pain as well as stimulating and enhancing functions of the upper body.

LEARNING TIP

Leverage plays an important role in the application of these techniques. Establish leverage by using your fingers to work in opposition to the golf ball. Tighten your grip to increase the pressure exerted by the golf ball. Reposition your fingers when moving on to a new area.



1 Reposition the golf ball so it rests in your upper palm, below the little finger. Roll the ball around the area several times, working the SHOULDER reflex area. Reposition the ball below the ring finger and roll the ball through this portion of the upper palm, working the HEART, UPPER BACK, CHEST, LUNG, and BREAST reflex areas.



2 Continue working each portion of the upper palm, successively working through the HEART, UPPER BACK, CHEST, LUNG, and BREAST reflex areas.

STEP 4

Working the center and heel of the palm

This sequence works reflex areas corresponding to organs of the body's digestive system — the stomach and spleen (left hand), liver and gall bladder (right hand), colon, and small intestines — stimulating and enhancing the functioning of those organs. Reflex areas corresponding to the back and hips are also worked, helping to create relaxation and body awareness.

1 Position the golf ball in the center of the palm and roll it throughout the area, working the reflex areas of the UPPER BACK, STOMACH, SPLEEN, LIVER, and GALL BLADDER.

2 Next, press the golf ball between the heels of the hands and roll it throughout the reflex areas for the COLON, SMALL INTESTINE, and LOWER BACK.



STEP 5

Working the side of the thumb

This sequence works reflex areas associated with the spine, including the bony structure, the surrounding muscles, the spinal cord (which is encased by the vertebrae), and the nerves emanating from it. Work in the sequence enhances the regulatory functioning of the brain stem and spinal nerves, as well as helping to relax muscular tension in the spine.



1 Position the golf ball at the **NECK** reflex area on the thumb, as shown. Roll the ball around, making several passes through the neck reflex area.

2 Move on to work the entire length of the bony edge of the thumb, covering the **SPINE** reflex area.

3 Reposition the hand and golf ball, and make several passes through each part of the thumb down to the **TAILBONE** reflex area near the wrist.



STEP 6

Working the fingernails

You may find that your fingernails are particularly sensitive to pressure, so work lightly to begin with. To fully work the area, roll the ball over the entire nail. Experiment with working below the nail, too, but be aware of potential sensitivity. Reflex areas in the sequence include those corresponding to the head, face, sinuses, and brain; the work will enhance brain functioning and provide relaxation.

LEARNING TIP

Note how the golf ball is held in the photos. When the thumbnail is being worked, the ball rests between the palm of the hand (below the thumb) and the nail; the thumb is braced against the fingers. When fingernails are being worked, the ball is held by the index and middle fingers of the working hand and the working thumb serves as a brace for the finger being worked.

1 Position the golf ball on the thumbnail and roll it throughout the HEAD, BRAIN, and SINUS reflex area, making several passes.

2 Continue working on each fingernail in turn, making successive passes throughout the reflex areas.

