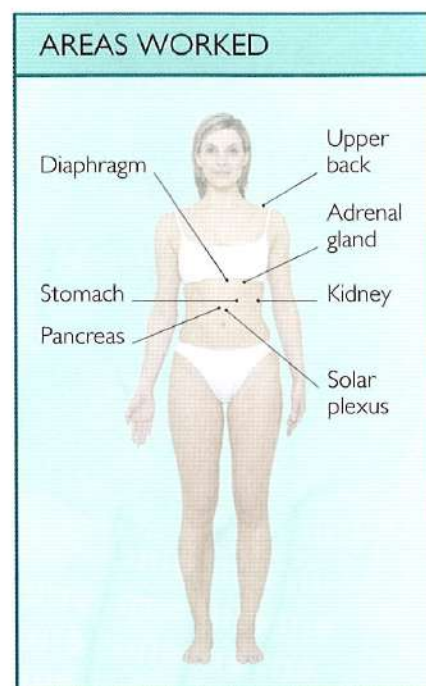


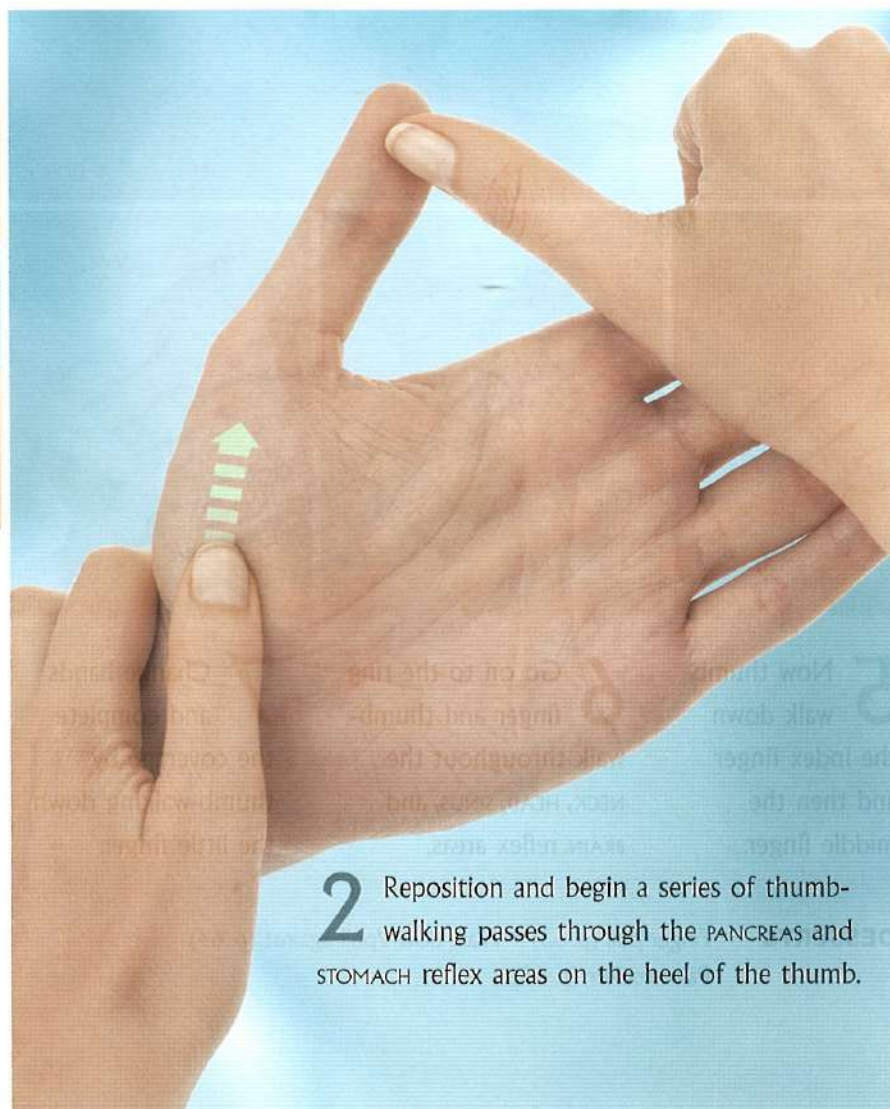
STEP 2

Working the thumb and webbing

This sequence works on reflex areas corresponding to the adrenal glands, the kidneys, and part of the stomach, relaxing, stimulating, and enhancing the functioning of those parts of the body. It also contributes to a general relaxation response by impacting on the blood and nerve supply. The hands themselves benefit from general relaxation and from the experiences of pressure and movement, both of which are important for maintaining their functions.



1 Holding the recipient's thumb and fingers as shown, rest the tip of your index finger on the **ADRENAL GLAND** reflex area, which is located in the fleshy palm at the midpoint of the long bone below the thumb. Exert pressure with the fingertip. A reaction of sensitivity will indicate that you've found the reflex area. Press repeatedly.



2 Reposition and begin a series of thumb-walking passes through the **PANCREAS** and **STOMACH** reflex areas on the heel of the thumb.



3 Reposition your thumb in the webbing of the hand and work the SOLAR PLEXUS, UPPER BACK and KIDNEY reflex areas with successive thumb-walking passes.



4 To work the KIDNEY reflex area more thoroughly, place your thumb and fingertips on opposite sides of the hand. Press into the reflex area on the webbing, holding for several seconds.

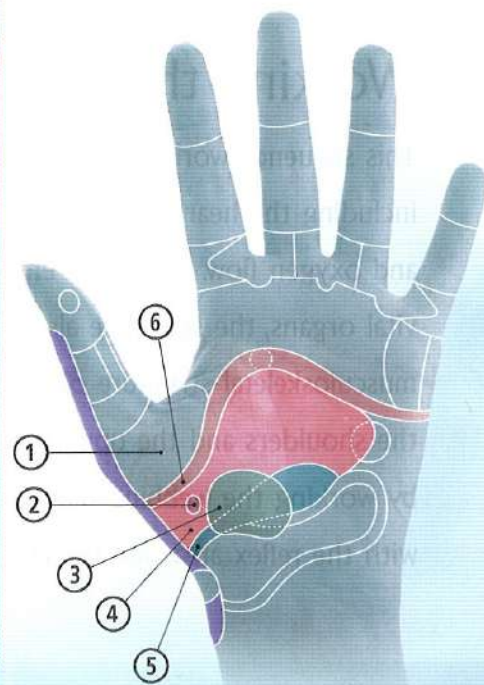


5 Reposition the thumb and fingertips in various parts of the webbing to press and work the DIAPHRAGM and UPPER BACK reflex areas.



6 Hold the hand upright. Link your hands and thumb-walk with both thumbs up the webbing. Reposition your thumbs and thumb-walk through another portion of the webbing.

HAND ORIENTATION



LEFT HAND

Working the reflex areas in the thumb, webbing, and fleshy palm of the hand targets a number of major organs as well as the upper back.

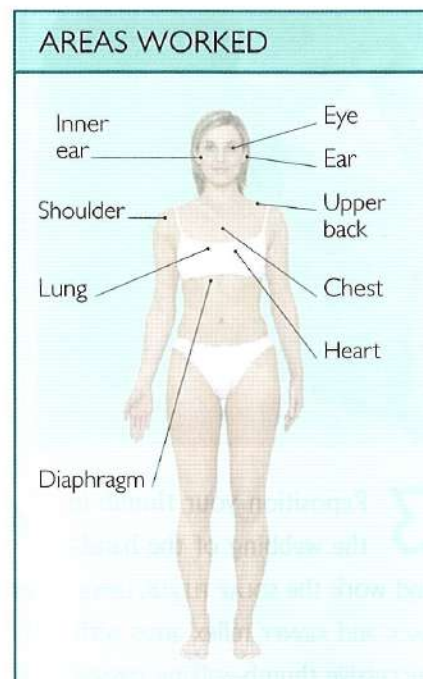
The palm below the thumb reflects the UPPER BACK (1) from neck to waist and from spine to shoulder blades. Also reflected in this area are certain vital organs: the ADRENAL GLAND (2), KIDNEY (3), portions of the STOMACH (4), and the PANCREAS (5). The DIAPHRAGM reflex area runs in a narrow band across the palm (6).

The reflex areas of the left webbing and palm differ from those of the right hand just as the left and right sides of the body do not exactly mirror each other. The stomach and pancreas lie primarily on the left side with the liver on the right. Matching organs such as the two kidneys and adrenal glands, however, are represented on each side.

STEP 3

Working the upper palm

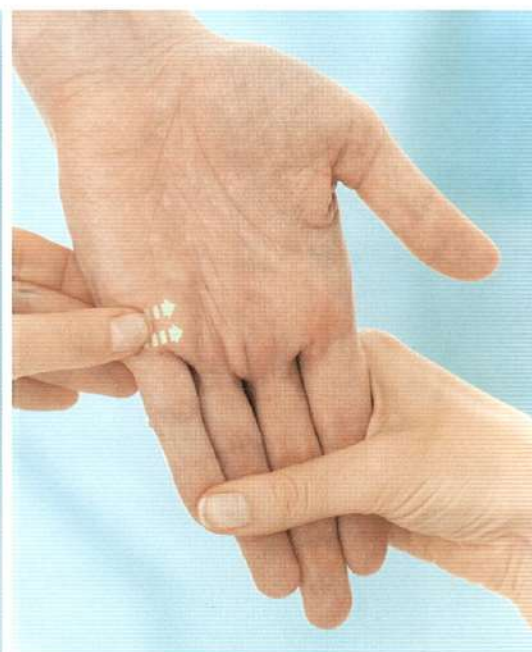
This sequence works reflex areas that relate to the upper body, including the heart and lungs, which are responsible for blood and oxygen flow. As well as enhancing the function of these vital organs, the sequence also works on reflex areas of the musculoskeletal structure of the upper body, helping to relax the shoulders and the upper back. The sequence is completed by working the webbing between the fingers, which corresponds with the reflex areas for the eyes, inner ears, and ears.



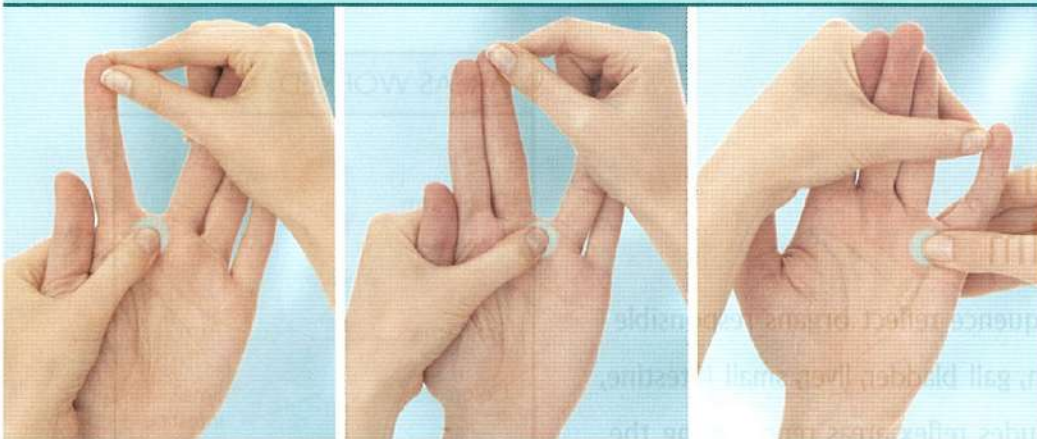
1 Hold the recipient's hand in place with the holding hand and thumb-walk across the base of the thumb to work the HEART reflex area, making several passes.



2 Working from the base of the fingers toward the DIAPHRAGM reflex area, thumb-walk through the CHEST, LUNG, and UPPER BACK reflex areas in successive passes.



3 Change hands so that the right hand holds the fingers steady and the left hand applies the thumb-walking technique. Thumb-walk across the SHOULDER reflex area, making several passes and contouring around the bone.

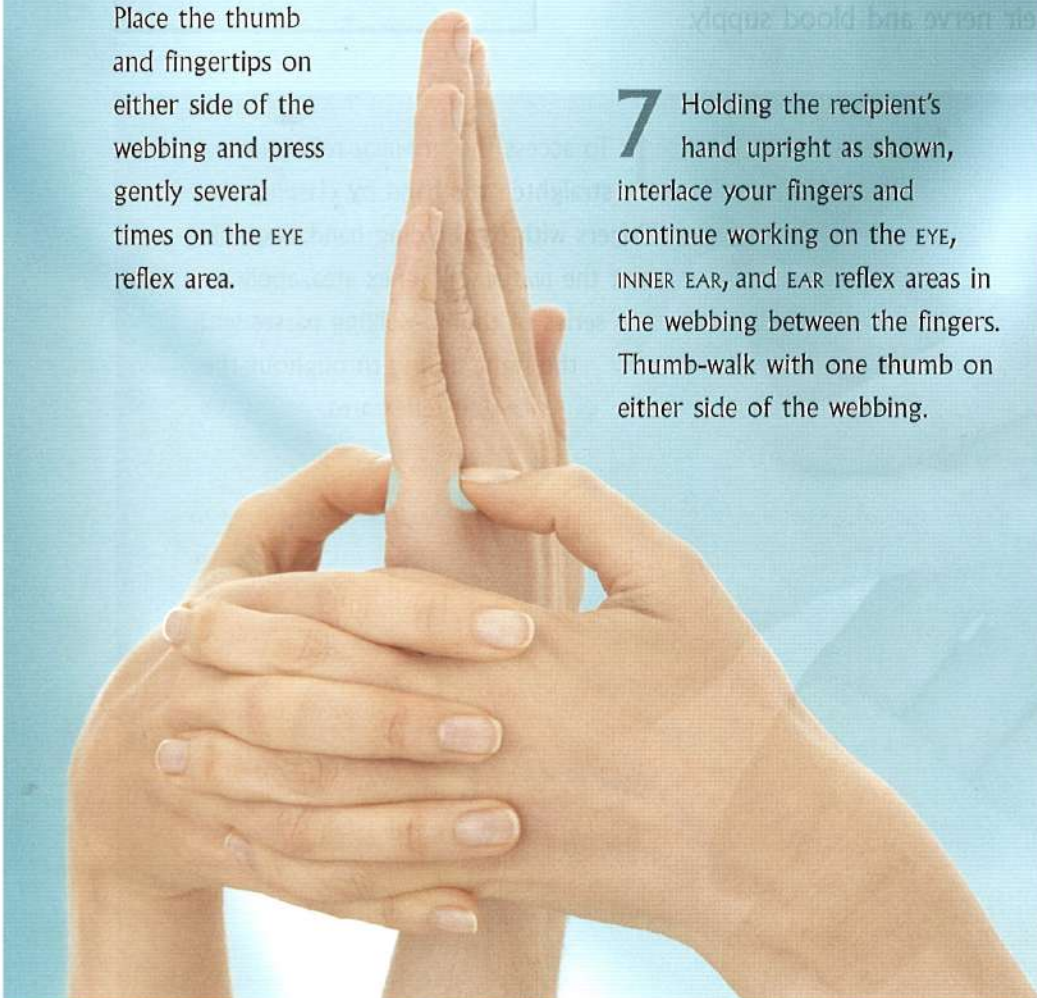


4 Hold the index and middle fingers apart with the holding hand. Place the thumb and fingertips on either side of the webbing and press gently several times on the EYE reflex area.

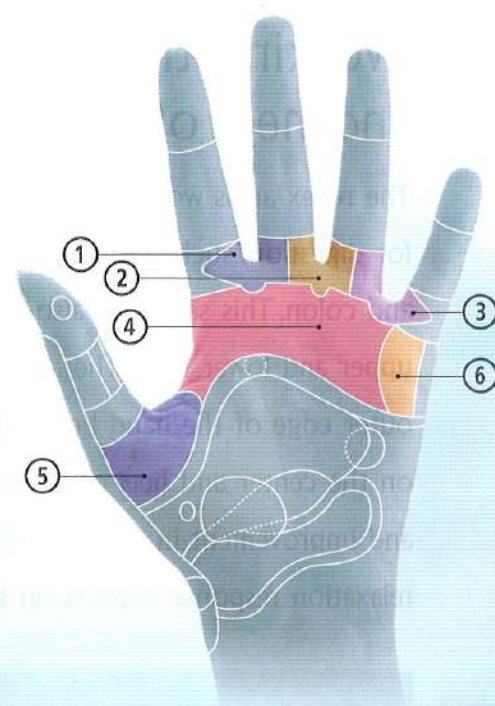
5 Move on to work the INNER EAR reflex area, gently pinching the webbing several times.

6 Change hands and work the EAR reflex area, pinching the webbing gently several times with the right hand.

7 Holding the recipient's hand upright as shown, interlace your fingers and continue working on the EYE, INNER EAR, and EAR reflex areas in the webbing between the fingers. Thumb-walk with one thumb on either side of the webbing.



HAND ORIENTATION



LEFT HAND

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

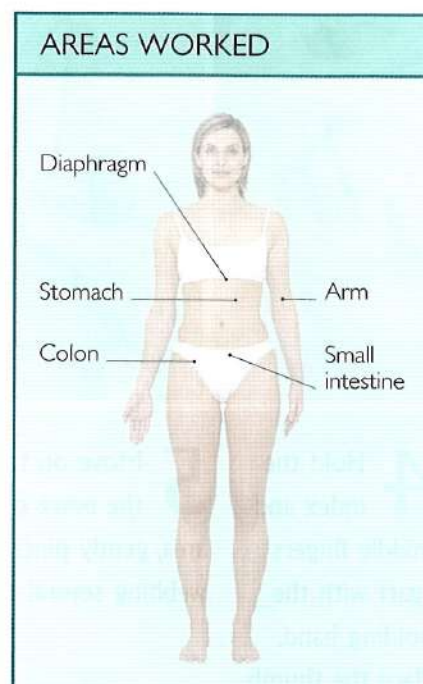
The EYE (1), INNER EAR (2), and EAR (3) reflex areas are located in the webbing between the fingers. These overlap with reflex areas corresponding to the base of the neck and the tops of the shoulders as well as the blood and nerve supply to the eyes and ears. The CHEST, LUNG, and UPPER BACK (4) reflex area is a band across the top of the palm. The HEART (5) reflex area is located around the base of the thumb and the SHOULDER (6) reflex area is at the base of the little finger.

The reflex areas on the left hand mirror those on the right, with the left hand relating to the left side of the body and the right hand corresponding to the right.

STEP 4

Working the center and heel of the palm

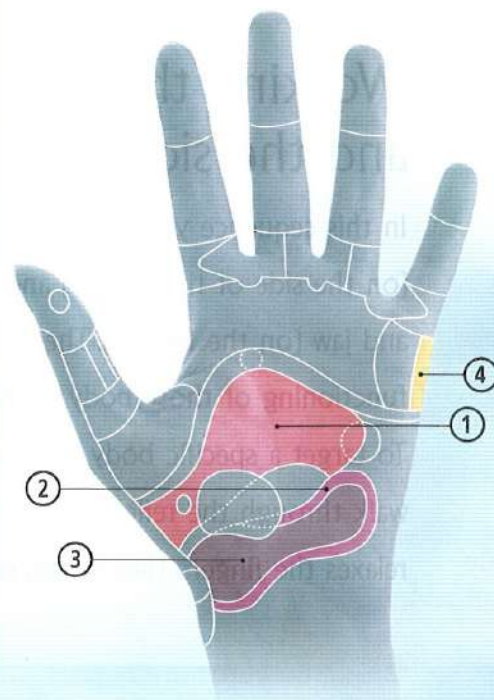
The reflex areas worked in this sequence reflect organs responsible for digestion, such as the stomach, gall bladder, liver, small intestine, and colon. This sequence also includes reflex areas representing the upper and lower back. The arm reflex area, which lies in the fleshy outer edge of the hand below the little finger, is also included. Work on the center and heel of the palm results in relaxation of the back and improvement in the functioning of the digestive process as the relaxation response impacts on their nerve and blood supply.



1 To access the STOMACH reflex area, straighten the hand by clasping the fingers with the holding hand. Beginning at the DIAPHRAGM reflex area, apply a series of thumb-walking passes with the right thumb throughout the STOMACH reflex area.

2 Change hands and hold the fingers back with your right hand while you continue thumb-walking through the STOMACH reflex area with the left thumb.

HAND ORIENTATION



LEFT HAND

Working reflex areas in the center and heel of the palm targets mostly reflex areas relating to the digestive organs.

On the left hand is represented the portion of the digestive organs on the left side of the body. The STOMACH ① reflex area spans the palm. The COLON ② reflex area runs across the heel of the hand bordering the SMALL INTESTINE ③ area. The ARM ④ reflex area is located in the fleshy pad of the outer hand just below the little finger.

In addition, while not noted on many reflexology charts, this area also includes muscles and bones of the upper back and hip/lower back. Usually the reflex areas on the left and right hands mirror one another exactly. However, the stomach and spleen appear only on the left hand. The liver and gall bladder are represented on the right hand.

3 To work the ARM reflex, press the fleshy outer edge of the hand between the thumb and finger. Reposition and continue up the hand.

4 To work the COLON and SMALL INTESTINE reflex areas, hold the hand steady with your right hand and use your left thumb to make a series of thumb-walking passes.

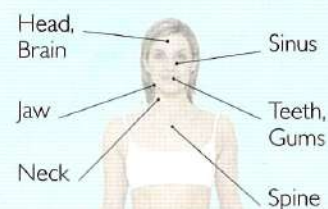
DESSERTS Palm-rocker (p. 61) • Hand-stretcher (p. 60) • Finger-pull (p. 63)

STEP 5

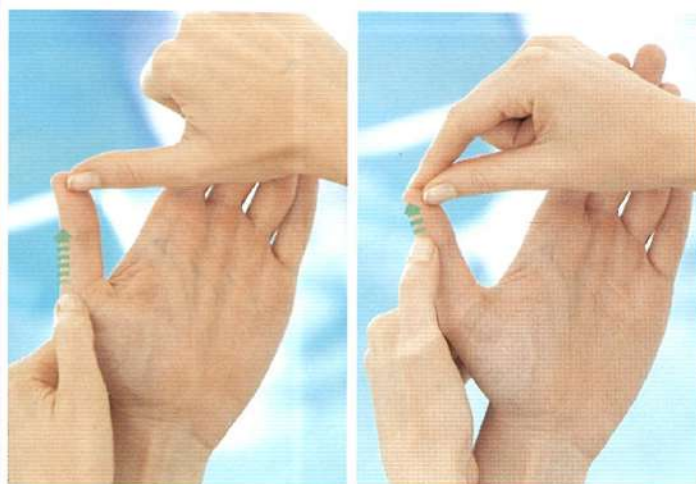
Working the tops of the fingers and the side of the thumb

In this sequence you work reflex areas that correspond to the spine (on the side of the thumb) and the head, neck, sinuses, teeth, gums, and jaw (on the fingers). The resulting relaxation improves the functioning of those body parts and their blood and nerve supply. To target a specific body part, pause for a few seconds and thumb-walk through the reflex area repeatedly. Work in this sequence also relaxes the fingers themselves, easing the discomfort of tired hands.

AREAS WORKED



1 To work the **SPINE** reflex area, hold the hand steady and thumb-walk up the bony edge of the thumb, starting at the **TAILBONE** reflex area. Make several passes.



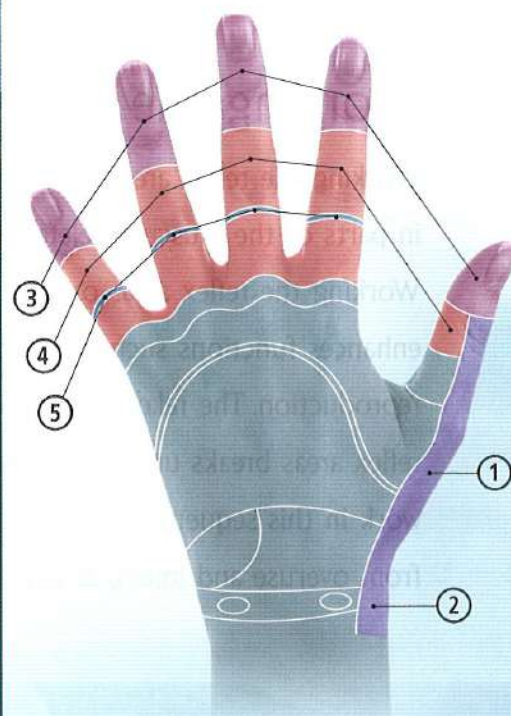
2 Continue thumb-walking through the **SPINE** reflex area, making several passes. Here the midback area is being worked.

3 Still holding the hand steady with the right hand, thumb-walk through the **NECK** reflex area of the spine with the left thumb.





HAND ORIENTATION



LEFT HAND

Working these areas targets the spine and the anatomical structures of the face and head.

On the left hand is represented the portion of these organs on the left side of the body. Replicating the way the spine runs down the back, the reflex area for the SPINE ① runs down the side of the thumb, with the TAILBONE area ② at the bottom near the wrist. The areas representing the HEAD, BRAIN, and SINUS ③ all occupy the same reflex area, which runs from the tip to the first joint on each of the five digits. Underneath this – again on each of the five digits – is the reflex area for the NECK ④. Finally the reflex area for the TEETH, GUM, and the JAW ⑤ is a very narrow band at the second joint on each finger.

The reflex areas on the right and left hand mirror one another perfectly.

4 Change the position of the holding hand, resting the fingers on the back of the hand and holding the thumb stable to work the HEAD, BRAIN, SINUS, NECK, TEETH, GUMS, and JAW reflex areas. Thumb-walk around the thumb, making several, successive passes.

5 Now holding the fingers in place with the right hand, walk the left thumb around the index finger in successive passes. After you've covered the whole index finger in this way, go back and make successive passes over the first joint of the index finger. Move on to the second joint and repeat.



6 On the middle finger, work the next portion of the HEAD, BRAIN, SINUS, NECK, TEETH, GUMS, and JAW reflex areas in a series of passes.

7 Change hands to work the HEAD, BRAIN, SINUS, NECK, TEETH, GUMS, and JAW reflex areas on the ring finger before moving on to repeat the sequence on the little finger.

DESSERTS

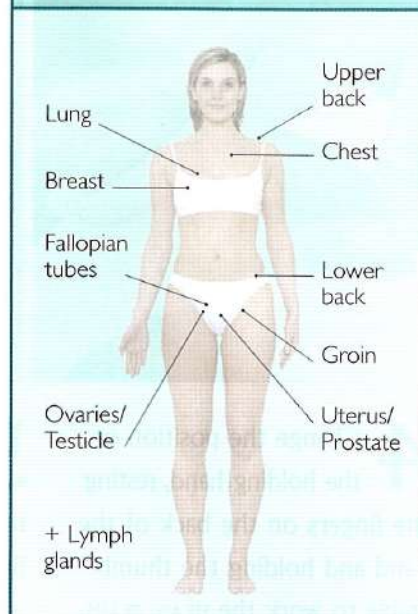
Finger-pull (p. 63) • Hand-stretcher (p. 60)
Walk-down/pull-against (p. 64)

STEP 6

Working the top of the hand

Working the reflex areas in this sequence relaxes and eases pain in parts of the musculoskeletal system, including the back and legs. Working the reflex areas on the top of the hand also stimulates and enhances functions such as heart action, respiration, lactation, and reproduction. The relaxation response is augmented as work on these reflex areas breaks up patterns of stress throughout the body. The work in this sequence also relaxes the hand itself, protecting it from overuse and injury, as well as improving its capabilities.

AREAS WORKED



1 Steadying the hand with your right hand as shown above, work the LUNG, CHEST, BREAST, and UPPER BACK reflex areas by thumb-walking down the long bones (see page 39) around the webbing between the thumb and index finger. Make several passes.



2 Change hands to work the next part of these reflex areas. With the right thumb, thumb-walk between the long bones, making a series of passes down the top of the hand. Walk down the long bones to where they create a v-shaped indentation.



3 Reposition your holding hand to steady the recipient's hand as you use all four fingers to finger-walk across the KNEE, HIP, DIGESTIVE, and LOWER BACK reflex areas. Repeat several times. Reposition your fingers and finger-walk through another part of the hand.



4 Still holding the hand with the right hand, walk the left thumb through the LYMPH GLANDS, FALLOPIAN TUBES, and GROIN reflex areas. Make a series of passes.

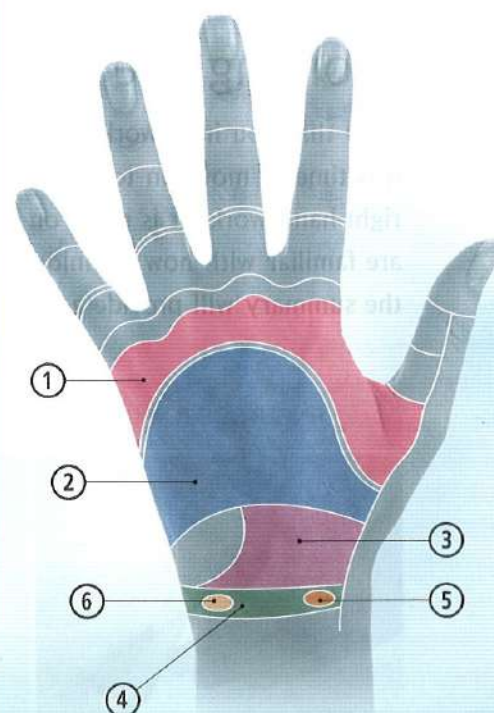


5 Pinpoint the OVARY/TESTICLE reflex area with the right index finger. Apply repeatedly the rotating-on-a-point technique (*see page 59*), clockwise then counter-clockwise.



6 Change hands and pinpoint the UTERUS/PROSTATE reflex area. Rotate the hand repeatedly in a clockwise direction and then in a counter-clockwise direction as above.

HAND ORIENTATION



LEFT HAND

The top of the hand contains reflex areas in wide bands. Close to the fingers is the reflex area for the UPPER BACK, LUNG, CHEST, and BREAST **①**. (Note that all the reflex areas pass through the hand. Knuckles in the hand correspond to the shoulders, collar bones, and upper back.) Adjacent to this is another reflex areas for the UPPER BACK **②** and, nearer the wrist, the reflex area for the LOWER BACK **③**. In a narrow band near the wrist is the reflex area for the LYMPH GLANDS, FALLOPIAN TUBES, and GROIN **④**. Within this is the reflex area for the TESTICLES/OVARIES **⑤** and for the PROSTATE/UTERUS **⑥**.

The left hand mirrors the right hand: reflex areas on the right hand correspond to the right side of the body, while reflex areas on the left hand relate to the left.

DESSERTS

Finger-pull (p.63) • Walk-down/pull-against (p.64)
Palm-rocker (p.61).

STEP 7

Working the right hand

Now that you have worked through the full sequence on the left hand, it is time to move on to the right. An outline of the sequence for a right-hand workout is given on this and the following pages. Once you are familiar with how techniques are applied to each part of the hand, the summary will provide a useful reminder of the complete sequence.

DESSERTS

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

FINGER SIDE-TO-SIDE



FINGER-PULL



WALK-DOWN/PULL-AGAINST



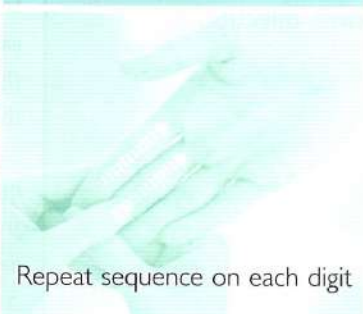
STEP 1

Working the fingers and the thumb

NECK, HEAD, SINUS & BRAIN



NECK, HEAD, SINUS & BRAIN



Repeat sequence on each digit

DESSERTS



FINGER-PULL



FINGER SIDE-TO-SIDE

KIDNEY



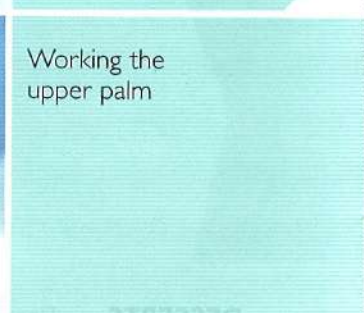
UPPER BACK & SOLAR PLEXUS



DESSERTS



PALM-ROCKER



STEP 3

Working the upper palm

HAND-STRETCHER



PALM-ROCKER



PALM-MOVER



PALM COUNTER-MOVER



PITUITARY GLAND



NECK, THYROID & PARATHYROID GLANDS



HEAD, SINUS & BRAIN



NECK, HEAD, SINUS & BRAIN



STEP 2

Working the thumb and webbing

ADRENAL GLAND



PANCREAS & STOMACH



SOLAR PLEXUS, UPPER BACK & KIDNEY



HEART



CHEST, LUNG & UPPER BACK

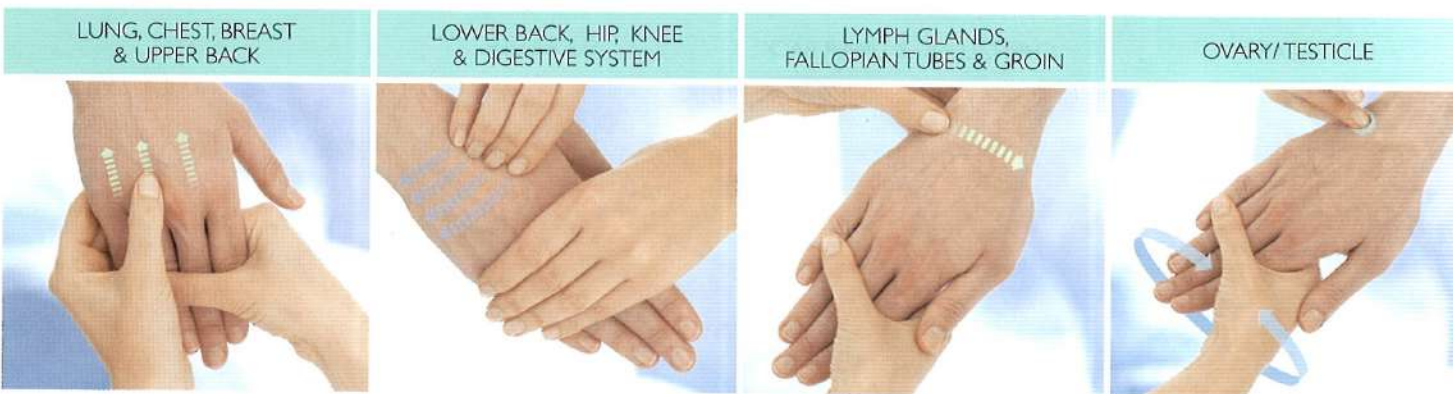
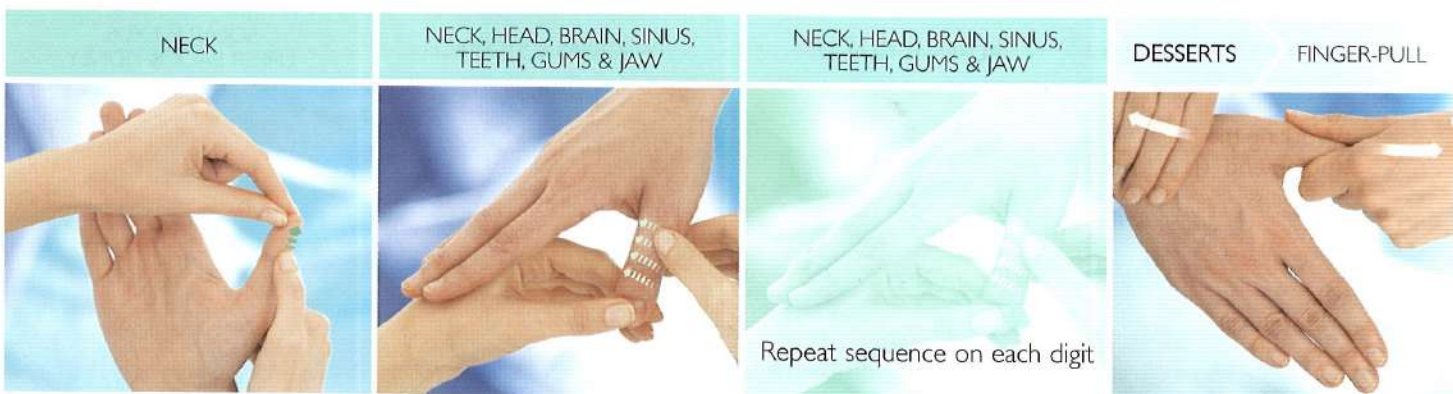
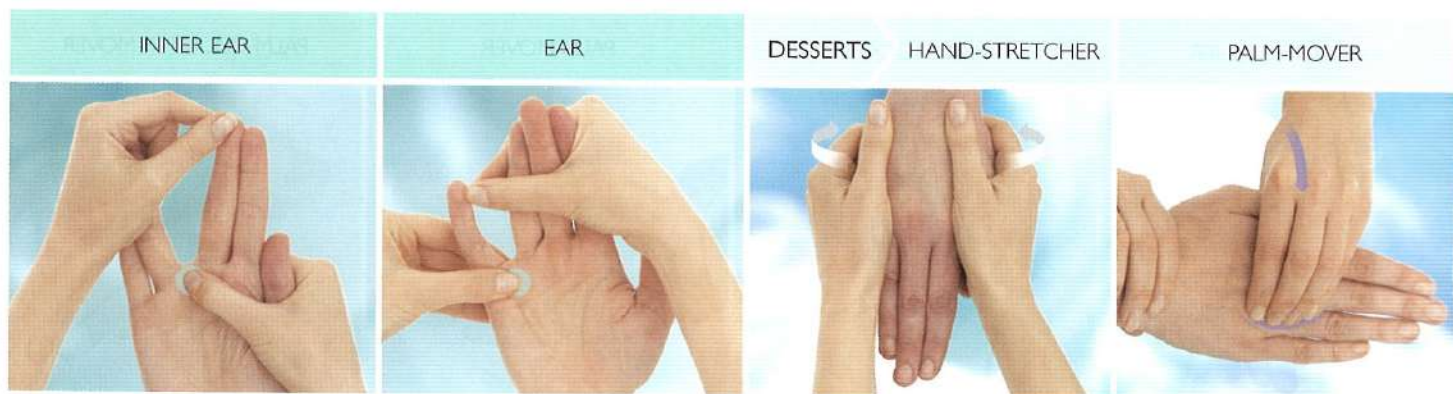


SHOULDER



EYE





STEP 4

Working the center and heel of the palm

STOMACH & DIAPHRAGM



LIVER & GALL BLADDER



ARM



PALM-ROCKER

STEP 5

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



SPINE & TAILBONE



SPINE/MIDBACK



HAND-STRETCHER

PALM-MOVER

STEP 6

Working the top of the hand



LUNG, CHEST, BREAST & UPPER BACK



UTERUS/PROSTATE

DESSERTS

HAND-STRETCHER

FINGER-PULL

PALM-MOVER



SELF-HELP HAND DESSERTS

Dessert techniques feel good as they move the hand in directions not experienced every day. Use them singly, when you can snatch a moment, or use a series as a mini-vacation from routine. As you put this into practice and your body becomes more aware, you will respond more quickly to pain and learn how to manage stress levels.

LEARNING TIP

The most effective desserts result from full contact with the hand. For example, when applying the finger-pull technique, the finger or thumb is completely enclosed by the hand. Understanding the structure of the hand will help you focus your efforts when applying desserts. Look at the anatomy maps on page 39 to help you visualize the joints.

Finger-pull

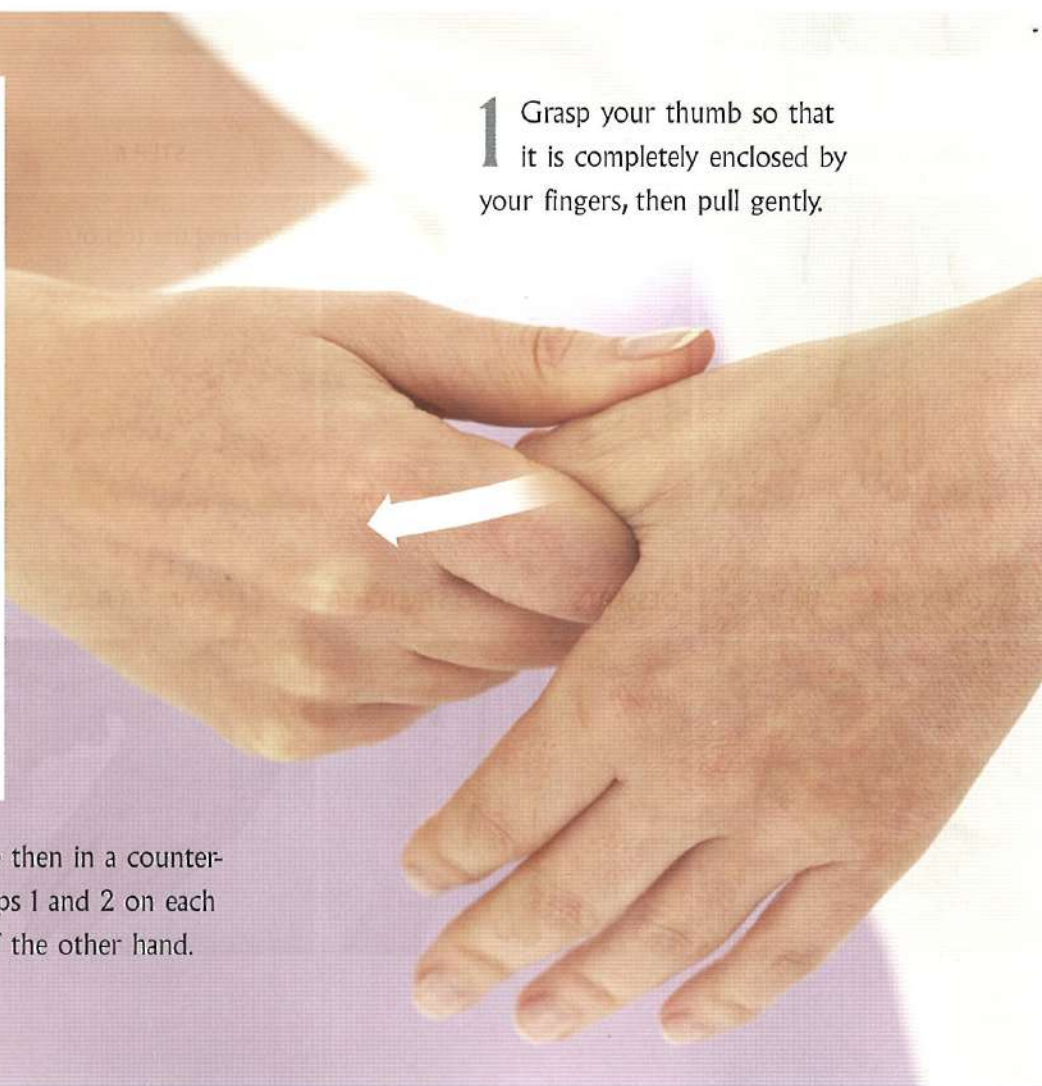
By creating traction, this gentle pull on the fingers loosens the joints and relieves compression. The

technique relaxes the muscles of the fingers and helps to reset the tension level of the whole hand.



1 Grasp your thumb so that it is completely enclosed by your fingers, then pull gently.

2 Turn the thumb in a clockwise then in a counter-clockwise direction. Repeat steps 1 and 2 on each finger in turn, then on each digit of the other hand.



Finger side-to-side

The gentle rocking action of this dessert relaxes and loosens the finger joints, improving flexibility. Be sure to work within the joint's ability to absorb comfortably the side-to-side movement.



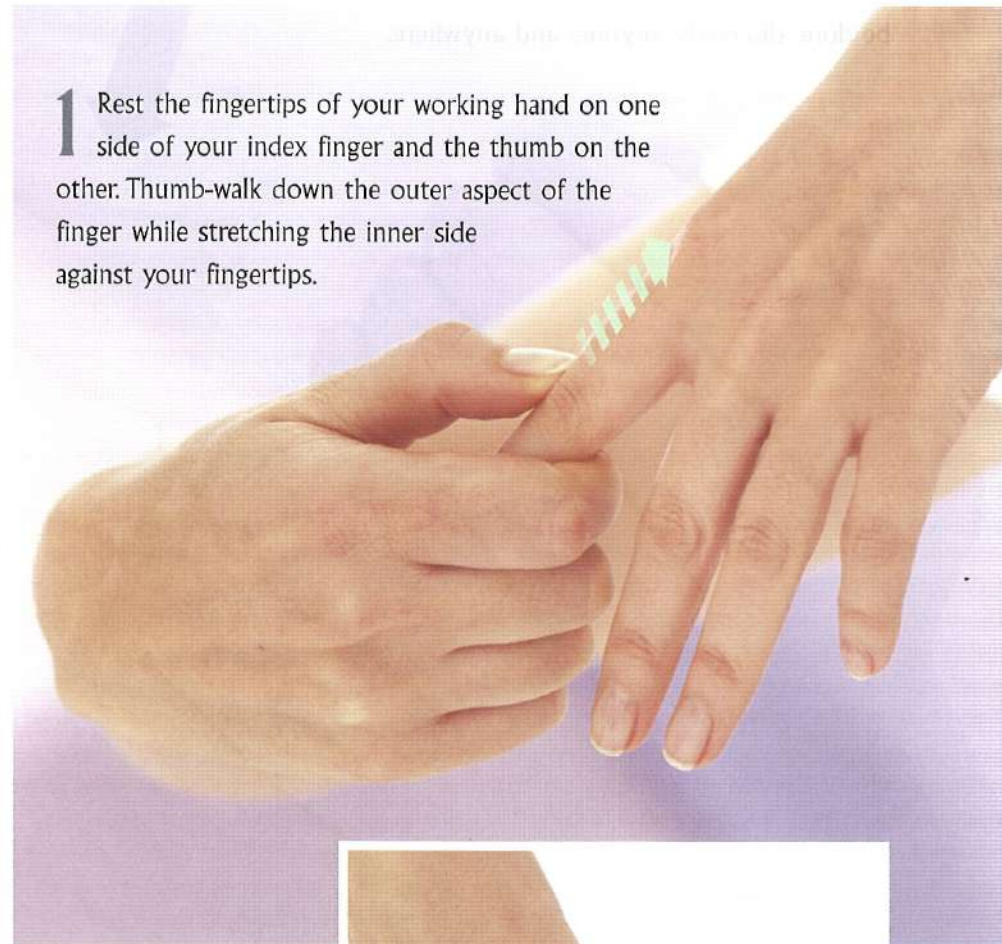
1 Grip your index finger between the opposite thumb and index finger to keep the top joint static. Push against the joint with the tip of your thumb then with the side of your index finger to create a side-to-side movement. Repeat several times.



2 Repeat on the second joint then repeat steps 1 and 2 on each finger and on both thumbs.

Walk-down / pull-against

The goal of this dessert is to stretch the fingers in directions that are not commonly experienced during the day. As you thumb-walk down each finger to create stretch, you'll be applying pressure as well.



1 Rest the fingertips of your working hand on one side of your index finger and the thumb on the other. Thumb-walk down the outer aspect of the finger while stretching the inner side against your fingertips.

2 Change your grip on the index finger and thumb-walk down the upper aspect of the finger while stretching the finger back. Make several passes then repeat on each digit in turn.



Nail-buffing

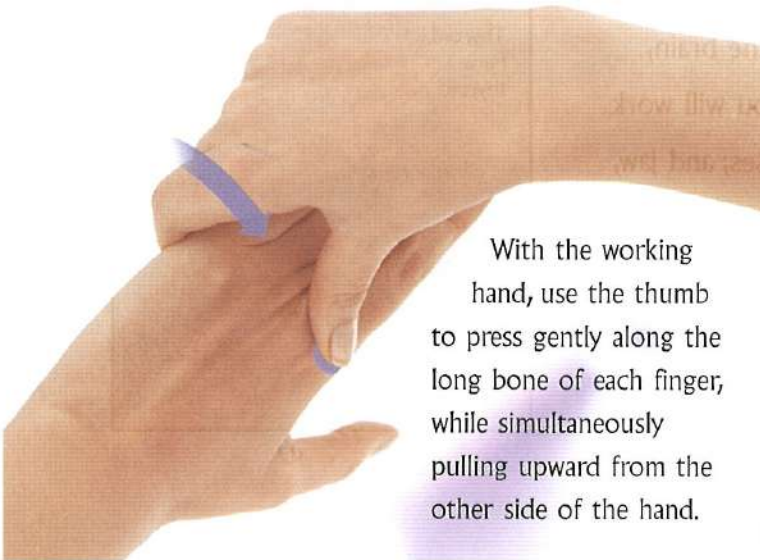
This relaxing self-help dessert stimulates the circulation in the fingertips. Aim to perform the movement not only rapidly, but steadily, too. Once you've mastered the nail-buffing technique, it can be done discreetly anytime and anywhere.



- 1 Rest both hands in front of you with the flats of the nails touching one another. Now rapidly and repetitively move the right hand in one direction, while simultaneously moving the left hand in the opposite direction. Without stopping, reverse the action, building up to a steady, rhythmic "buffing" motion.

Palm-mover

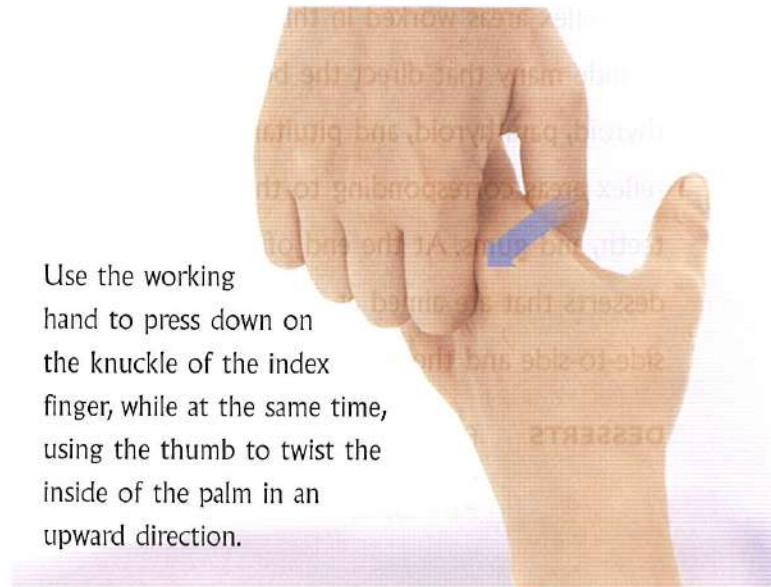
Using a movement that is similar to wringing the hands, the palm-mover technique induces feelings of relaxation by moving the long bones of the hands.



With the working hand, use the thumb to press gently along the long bone of each finger, while simultaneously pulling upward from the other side of the hand.

Palm counter-mover

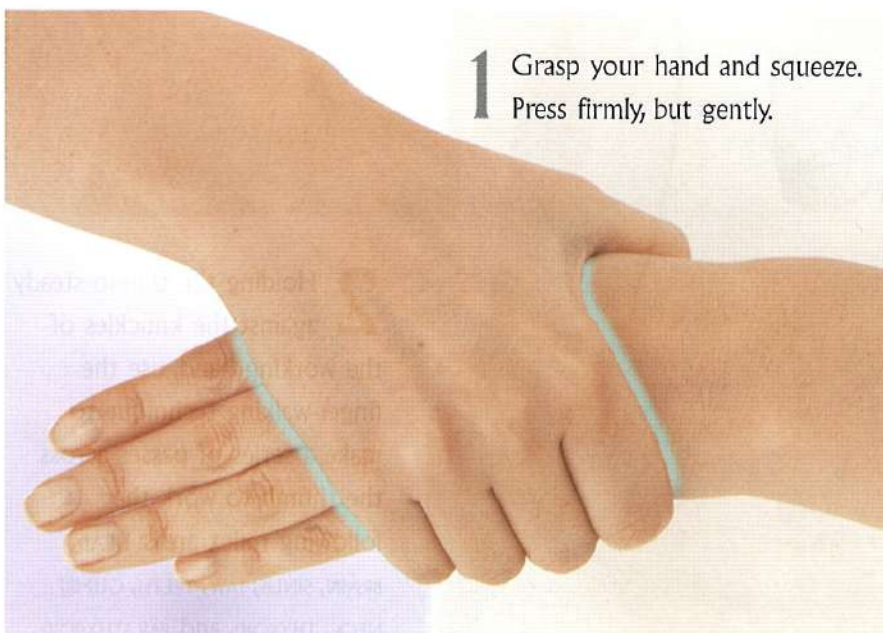
The palm counter-mover is also effective for creating movement in the long bones of the hand, this time from the opposite direction to the palm-mover.



Use the working hand to press down on the knuckle of the index finger, while at the same time, using the thumb to twist the inside of the palm in an upward direction.

The squeeze

The squeeze uses gentle pressure that helps to relax the whole hand. Be careful not to squeeze too tightly, or it will have the opposite effect.



1 Grasp your hand and squeeze. Press firmly, but gently.



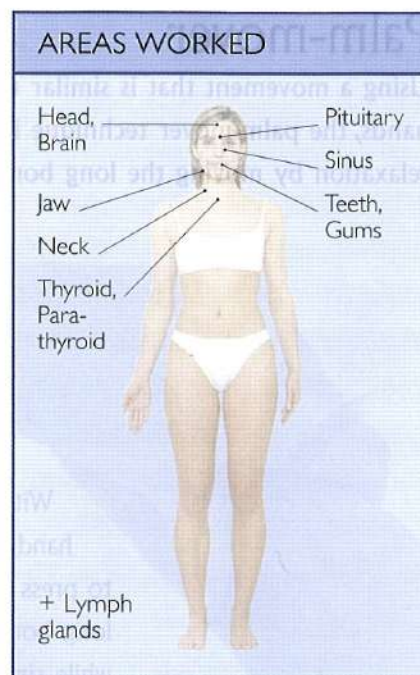
2 Reposition your hand and repeat as you squeeze successively closer to the fingertips.

STEP 1

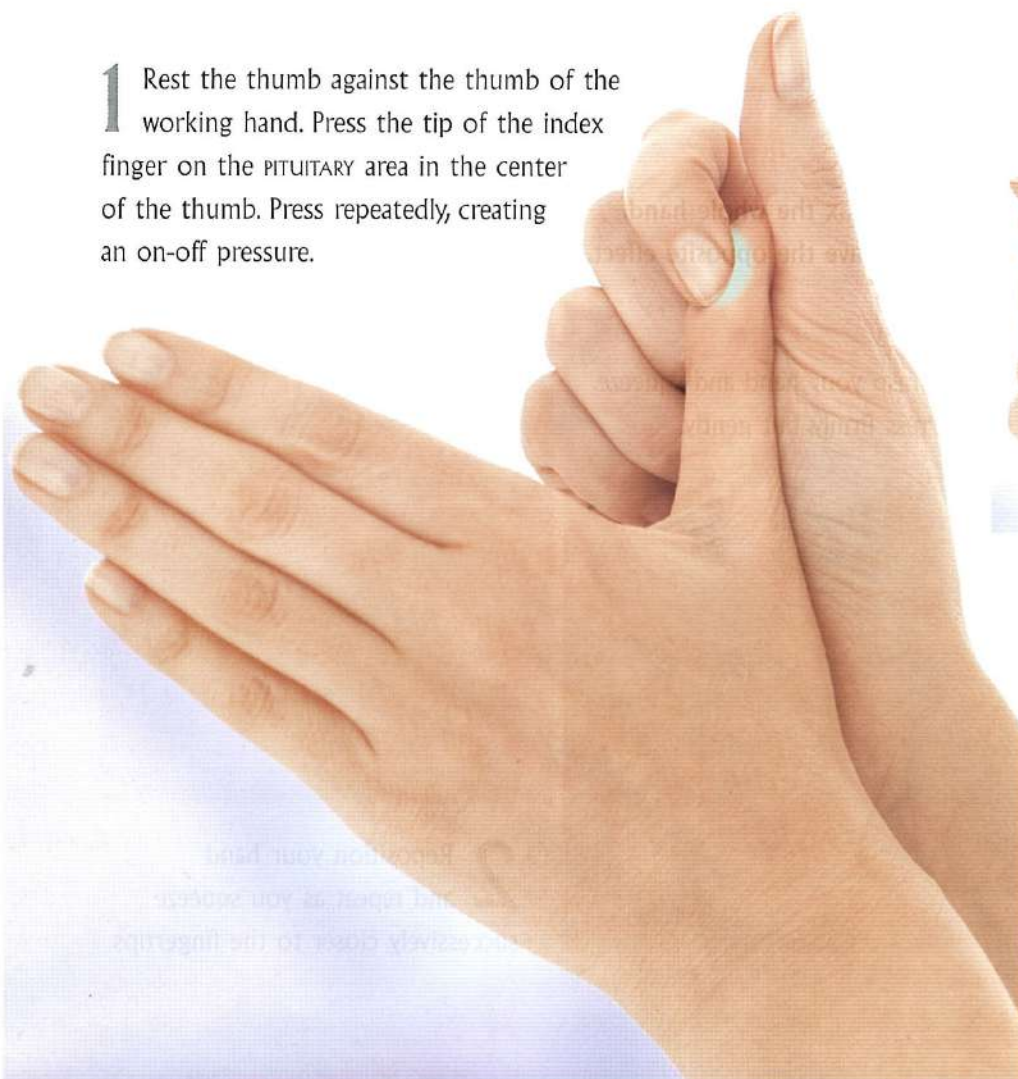
Working the fingers and the thumb

The reflex areas worked in this sequence on the fingers and thumb include many that direct the body's activities, such as the brain, thyroid, parathyroid, and pituitary gland. In addition, you will work reflex areas corresponding to the head, brain, and sinuses; and jaw, teeth, and gums. At the end of the sequence, apply a series of desserts that are aimed at creating relaxation, such as the finger side-to-side and the walk-down/pull-against techniques.

DESSERTS Finger-pull (p. 82) • Finger side-to-side (p.83) • Walk-down/pull-against (p.83) • Nail-buffing (p.84) • Palm-mover (p.85) • Palm counter-mover (p.85) • The squeeze (p.85)



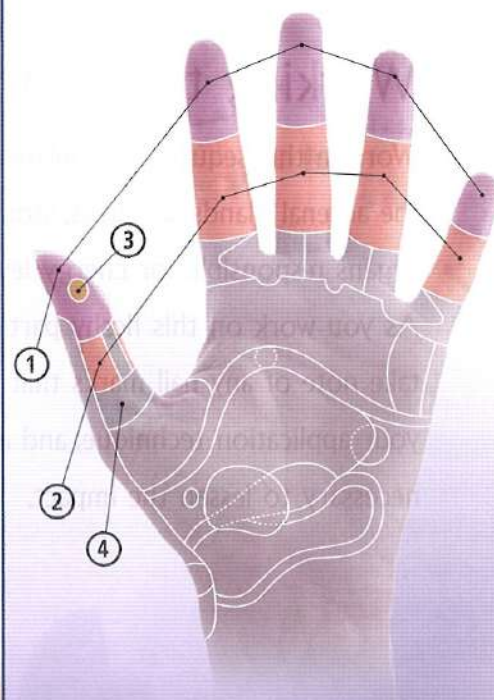
1 Rest the thumb against the thumb of the working hand. Press the tip of the index finger on the PITUITARY area in the center of the thumb. Press repeatedly, creating an on-off pressure.



2 Holding the thumb steady against the knuckles of the working hand, use the finger-walking technique to make a series of passes across the thumb to work the following reflex areas: HEAD, BRAIN, SINUS; JAW, TEETH, GUMS; NECK, THYROID, and PARATHYROID.

3 Rest the hand, palm-up, on the working hand. Using the thumb-walking technique, make several passes across the entire index finger, working the HEAD, NECK, BRAIN, and SINUS areas. Concentrate particularly on the finger-joint areas.

HAND ORIENTATION



LEFT HAND

Working the reflex areas on the fingers and thumbs targets parts of the body around the head and neck.

At the tip of each finger is a reflex area that corresponds to the HEAD, BRAIN, and SINUSES (1). Below this, in the padded flesh between the first and second joints of each digit, is the reflex area for the NECK (2). The thumb, in addition to the reflex areas mentioned above, contains two other reflex areas: in the center of the fleshy pad at the top of the thumb is the PITUITARY GLAND reflex area (3); at its base is the reflex area for the THYROID and PARATHYROID GLANDS (4).

The reflex areas on the fingers and thumb of the left hand exactly mirror those on the right hand; the left hand relates to the left side of the body; the right hand to the right side of the body.

4 Thumb-walk over the same reflex areas on the middle finger.

5 Move on to the ring finger and thumb-walk across the reflex areas as before.

6 Finally, apply the same technique to the reflex areas on the little finger.

DESSERTS Finger side-to-side (p.83) • Walk-down/pull-against (p.83)