

SHOULDER



EYE



INNER EAR



EAR



SPLEEN



ARM



COLON & SMALL INTESTINE



DESSERTS

FINGER PULL



HEAD, SINUS, TEETH, GUMS,
JAW & NECK



HEAD, SINUS, TEETH, GUMS,
JAW & NECK



HEAD, SINUS, TEETH, GUMS,
JAW & NECK



DESSERTS

PALM ROCKER



LUNG, CHEST, BREAST
& UPPER BACK



LOWER BACK



LYMPH GLANDS,
FALLOPIAN TUBE & GROIN



OVARY/TESTICLE



DESSERTS

PALM ROCKER

HAND STRETCHER

PALM MOVER

STEP 4

Working the center and heel of the palm

HAND STRETCHER

PALM MOVER

STEP 5

SPINE

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

HAND STRETCHER

PALM MOVER

STEP 6

LUNG, CHEST, BREAST & UPPER BACK

Working the top of the hand

UTERUS/PROSTATE

DESSERTS

FINGER PULL

HAND STRETCHER

PALM MOVER

PEOPLE WITH SPECIFIC NEEDS

Certain groups of people require extra consideration in reflexology work. Sequences need to be adapted, for instance, to suit babies, children, pregnant women, and the elderly. In general, start gradually: increase the duration of the workout and the strength of your pressure over the course of several workouts. At the end of the session, work the kidney reflex areas to encourage elimination of toxins.

Babies

A little reflexology goes a long way with babies. Gentle touch is all that is needed to work tiny feet and hands. Common concerns include sleep, colic, and diarrhea.

POINTS TO REMEMBER

Be gentle.

Work briefly with one or two reflex areas.

To work further, gently press parts of the hand and foot.

Children

Reflexology work with children establishes a bond, creates a quiet time together, helps relaxation, and lets you find the “silent owies”—those falls and bumps that young ones don’t always mention. The

following workout targets reflex areas of concern for children. Work through the reflex areas indicated first on the right foot and then on the left, or work the corresponding hand reflex areas instead.

POINTS TO REMEMBER

Don't expect to apply a full workout to a young child. Attention spans are short at this age.

Make a game of it. For example, play “This little piggy went to market” while working with the toes.

Monkey see, monkey do: if you apply self-help techniques, your child will, too.

Keep your touch light. A child who withdraws a foot from you is telling you something.



1 Holding the foot steady, gently press the SOLAR PLEXUS area with the thumb of your working hand. This step is designed to relieve any tension in the child.



2 Next, thumb walk up the TAILBONE reflex area, passing over the area several times to counter the impact of falls frequently experienced by children.



1 To calm a baby, gently press your thumb on the SOLAR PLEXUS reflex area in the webbing of the hand. Repeat this on the baby's other hand.



2 Using your thumb, lightly press the ESOPHAGUS reflex area, located in the ball of the foot, to ease colic. Repeat on other foot.



3 Gently press your thumb on the COLON reflex area to treat diarrhea. Now repeat on the other foot.



3 Continue thumb walking up the SPINE reflex area several times to further counter injuries.



4 Then thumb walk repeatedly through the PANCREAS reflex area to help regulate these glands.



5 Next, thumb walk through the ADRENAL GLAND reflex area to continue the focus on the glands.

6 Work the UTERUS/ PROSTATE reflex area, using the rotating on a point technique, to enhance function.



7 Then hook and back up repeatedly through the PITUITARY GLAND reflex area to stimulate the body's "master gland."

Pregnant women

Concerns of pregnant women vary from time to time. Establish a goal for your workout. Adjust your session to address the need for general relaxation, or for relieving an aching lower back or swollen feet, hands, or body; or combine all the techniques

to address several needs. Apply techniques to the reflex areas indicated on the right foot, and then go on to work the left. Shown here are foot sequences, but you could equally well work the corresponding hand reflex areas instead if you prefer.

CAUTION

Whether or not it is safe to apply reflexology work to pregnant women in the first trimester is a matter of debate within the profession. Our view is that reflexology work is beneficial if you:

- Start gradually, working for a short time and with a light touch.
- Avoid applying repeated work to one reflex area for an extended period of time.
- Do apply work to the kidney reflex area.
- Encourage consultation with a doctor if any irregularities appear.

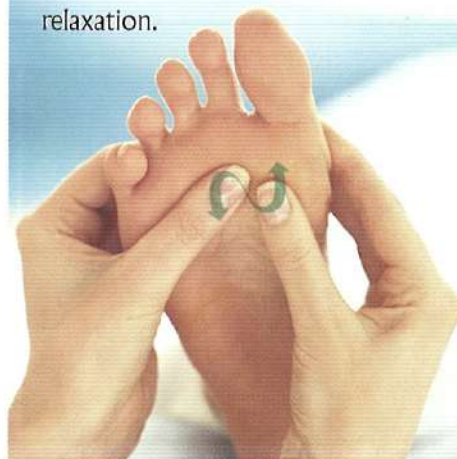
To promote general relaxation

1 To ease tension, rest your working thumb on the SOLAR PLEXUS reflex area. Apply a succession of passes using the thumb walking technique.

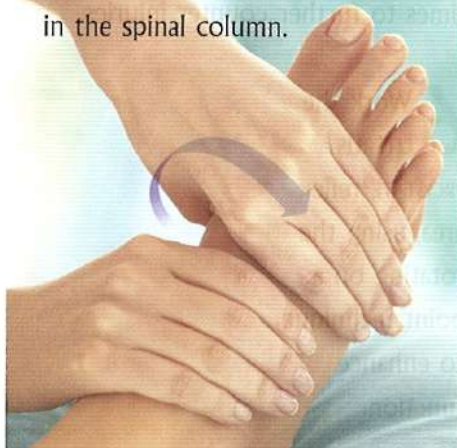
2 Apply the SIDE TO SIDE dessert for general relaxation.



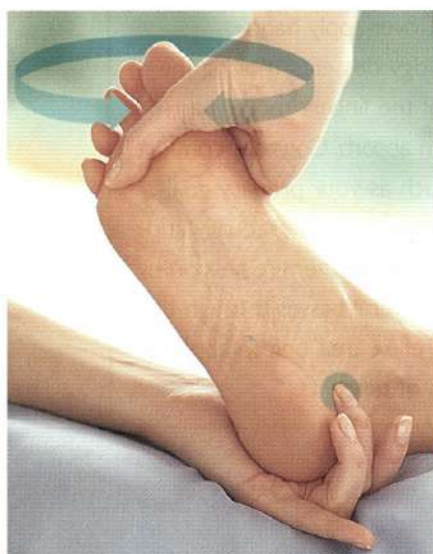
3 Next, use the SOLE MOVER dessert to further enhance relaxation.



4 Finally, use the SPINAL TWIST dessert to ease any tension in the spinal column.



To soothe an aching lower back



1 Apply the rotating on a point technique to the UTERUS reflex area to relieve any related tension.



2 Next, thumb walk repeatedly up the TAILBONE reflex area to work the sacral vertebrae.



3 Work the BLADDER and LOWER BACK reflex areas thoroughly to relax and relieve them.



4 Finally, finger walk along the HIP and SCIATIC NERVE reflex areas to work them thoroughly.

To relieve swelling



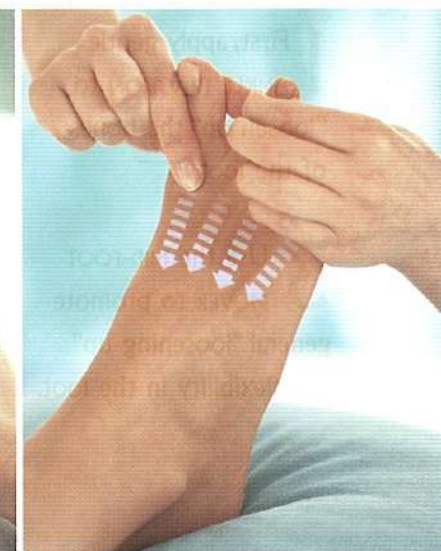
1 Finger walk across the LOWER BACK reflex area with all four fingers to stimulate swollen areas.



2 Thumb walk through the LYMPH GLAND reflex area to encourage lymph drainage.



3 Work the KIDNEY reflex area to promote elimination of waste fluids.



4 Finger walk down the BREAST and CHEST reflex areas to encourage upper lymph drainage.

Elderly people

The aspect of reflexology many older people most often enjoy is the addition of touch to their day, and a relaxing session can improve their quality of life.

The elderly have special concerns that can be addressed through reflexology, including restricted movement, incontinence, and aching joints (see also *Arthritis &*

Rheumatism, p. 142). The workouts shown here target each concern or can be combined for multiple ailments. Apply the following techniques to the reflex areas indicated on the right foot, then on the left. These are foot sequences, but alternatively you could work the same reflex areas on the hands if you wish.

CAUTION

Do not over-apply hand reflexology desserts, moving the joints of the fingers more than they can absorb. Consider comfort and touch as your primary goals. Remember to start gradually and always finish your entire session by making several passes through the kidney reflex area, before applying a series of desserts.

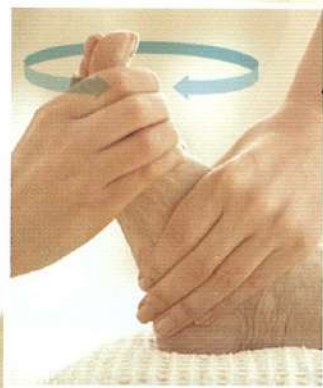
To encourage joint flexibility



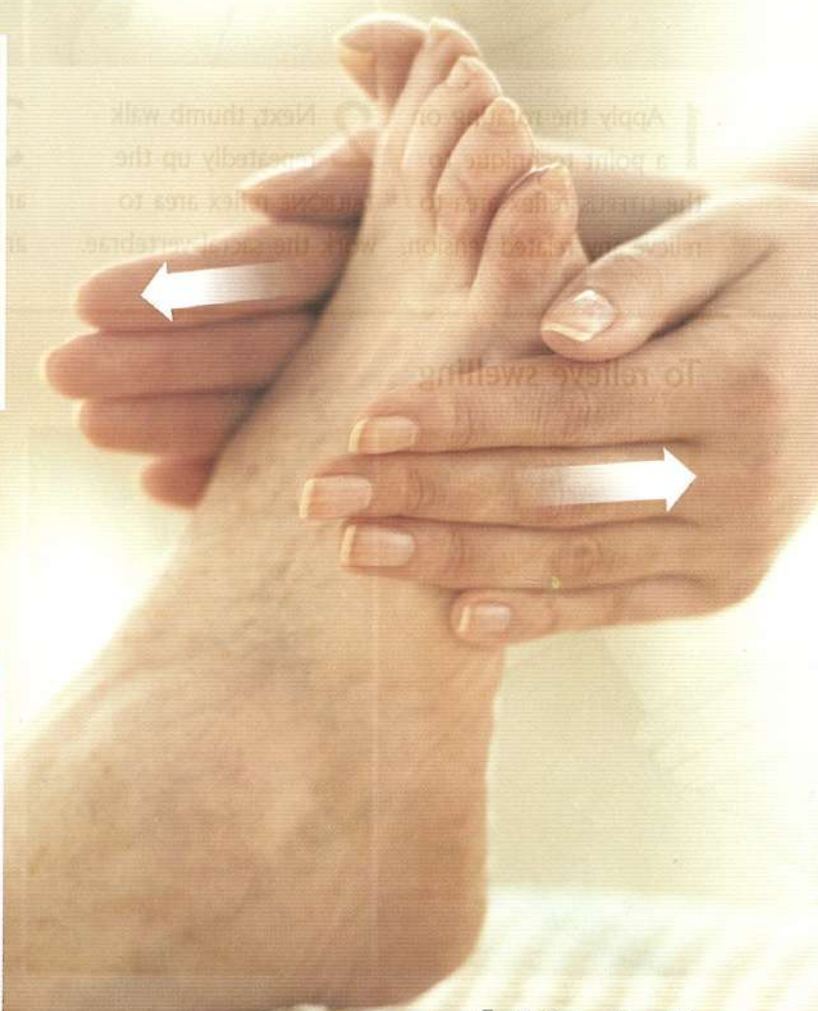
1 First, apply gentle ANKLE TRACTION to “loosen up” the bones of the foot.

2 Next, use the ANKLE ROTATION dessert to work the ankle through its full range of movement.

3 Use the MID-FOOT MOVER to promote general “loosening up” and flexibility in the foot.



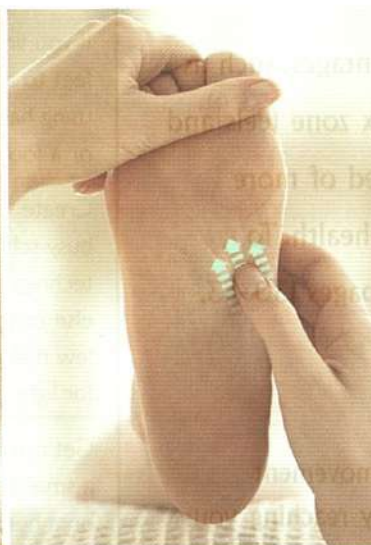
4 Follow this with the SIDE TO SIDE dessert to relax the foot in general.



To treat incontinence



1 Thumb walk through the KIDNEY reflex area repeatedly to stimulate these organs.



2 Next, thumb walk several times through the reflex area for the ADRENAL GLAND to encourage muscle tone.

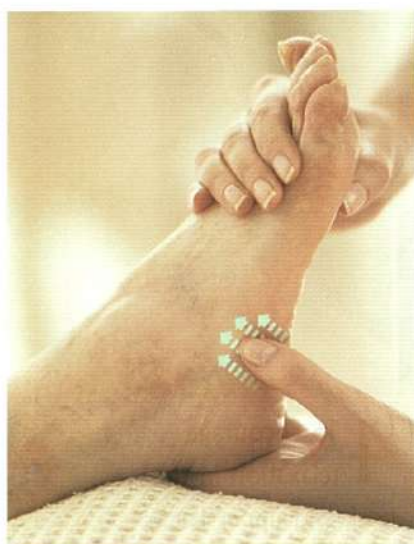


3 Move around to work the BLADDER reflex area thoroughly to stimulate urine production.



4 Finally, thumb walk through the LYMPH GLAND reflex area to help ease fluid retention.

To relieve aching joints



1 Work the KNEE and LEG reflex areas several times to ease any associated pain.



2 Then, hook and back up several times through the COLON reflex area to help facilitate mobility.



3 Thumb walk through the ADRENAL GLAND reflex area thoroughly to aid in calming inflammation.



4 End by repeatedly thumb walking up through the SPINE reflex area to relax the vertebrae.

SELF-HELP

Performing reflexology on yourself has several advantages, such as convenience. You can also judge how a certain reflex zone feels and then decide which areas are most sensitive or in need of more work. The reflex areas selected here address general health. To target a more specific health concern, however, see pages 130–53.

Self-help for the feet

These movements aim to relax the foot and encourage movement seldom experienced during the day. If you have difficulty reaching your feet, try the self-help sequence on the hands (see p. 126) instead.

Self-help foot desserts

First, apply a series of desserts, such as the ones listed below. These exercises will promote relaxation and break up the stress patterns formed during the course of an average day.

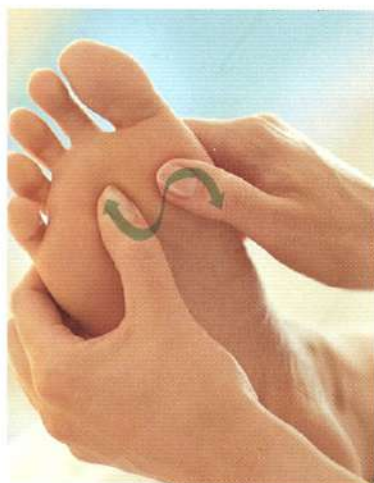
LEARNING TIPS

If you find it difficult to reach your feet to apply techniques, consider using hand reflexology techniques, or a foot roller or stroll path.

Create “found” time in a busy schedule by applying technique while doing something else or by simply finding a few minutes here and there for light reflexology work.

Get results and get motivated. Pick a small area to begin with. Decide on a health concern and apply the appropriate techniques.

Experiment with various techniques to find the one(s) that you like and therefore will apply enough to get results.



1 First apply the SOLE MOVER dessert technique to relax the LUNG reflex area in the ball of the foot (for instructions, see p. 71).



2 Relax the spinal reflex area by applying the SPINAL TWIST dessert technique (for instructions, see p. 69).



3 Finally, apply the ANKLE ROTATION dessert, which not only relaxes the four major muscle groups in the foot, but also helps to relieve water retention around the ankles (for instructions, see p. 72).



4 To encourage relaxation in the neck and upper back, stretch the sole of the foot (see above).

Self-help foot sequence

After applying a series of desserts, follow the steps in this self-help sequence for a simple, general foot reflexology workout.



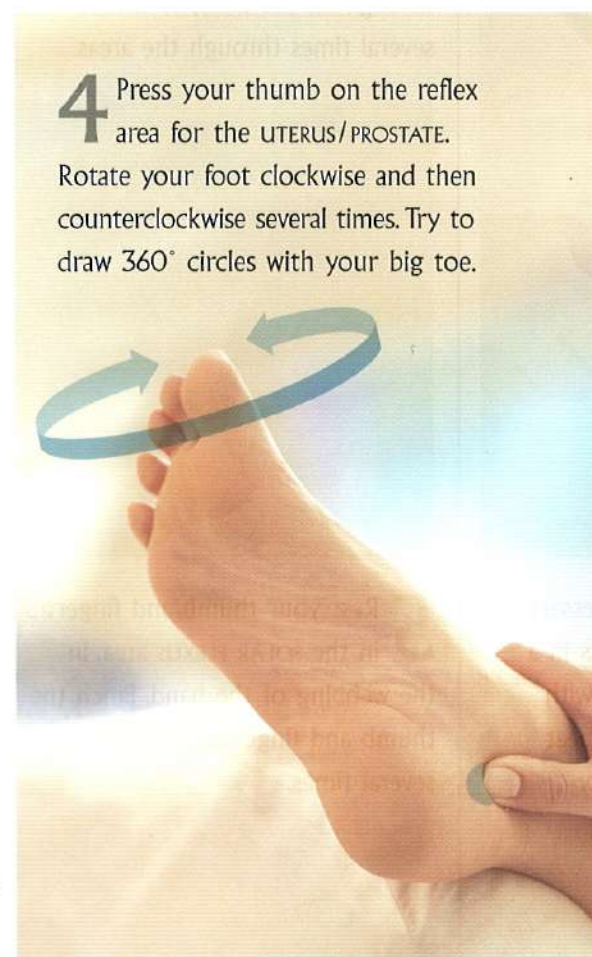
1 Rest your foot on your other leg. Hook back and up several times through the PITUITARY GLAND reflex area, supporting your foot with your holding hand.



2 Move on to the NECK, THYROID, and PARATHYROID GLAND reflex areas. Supporting the foot with your holding hand, use your other thumb to “walk” several passes through the reflex areas.



3 Next, pinch several times between the toes with the tip of the thumb to work the reflex areas for the EYE, INNER EAR, and EAR respectively.



4 Press your thumb on the reflex area for the UTERUS/PROSTATE. Rotate your foot clockwise and then counterclockwise several times. Try to draw 360° circles with your big toe.



5 To work the PANCREAS reflex area, thumb walk toward the inside of the foot at the waistline. Make several successive passes.



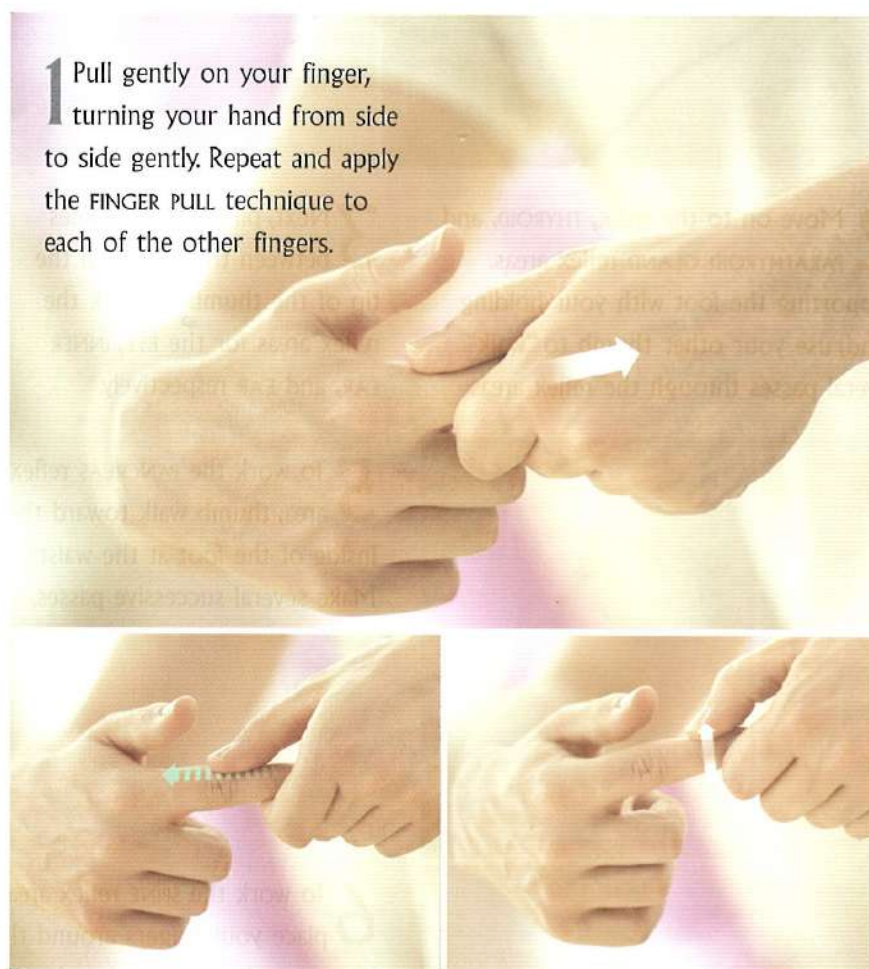
6 To work the SPINE reflex area, place your fingers around the big toe and rest your thumb on the inside of the foot. Thumb walk down the inside edge of the foot. When your thumb feels stretched, reposition it and walk down a further portion of the reflex area.

Self-help for the hands

Your hands are ideal for a discreet self-help workout. You might also keep a golf ball within reach—by your chair, in your bag, or at your desk for a quick stress break. Begin with a series of desserts to relax and prepare the hand. (*To address specific ailments, see pp. 130–53.*)

Self-help hand desserts

The desserts listed below can be applied before embarking on the self-help hand sequence. You could also supplement these movements with the other hand desserts (*see p. 98*), to further relax the hands.



2 Next, apply the WALK DOWN/PULL AGAINST technique to stretch the joints comfortably, making several passes along each digit (*for instructions, see p. 99*).

3 The FINGER SIDE TO SIDE dessert will help move the fingers in a way that provides a contrast with their usual usage patterns. Repeat several times on each digit (*for instructions, see p. 99*).

Self-help hand sequence

After applying a series of hand desserts, work a variety of reflex



1 To work the PANCREAS and STOMACH reflex areas, rest a golf ball between your hands and roll it throughout the areas, or thumb walk several times through the areas.



5 Rest your thumb and fingertip in the SOLAR PLEXUS area, in the webbing of the hand. Pinch the thumb and fingertip together several times.

areas with the following steps. This self-help sequence targets commonly stressed reflex areas. Some techniques

use a self-help tool, such as the golf ball used here, or a specially-made reflexology tool.



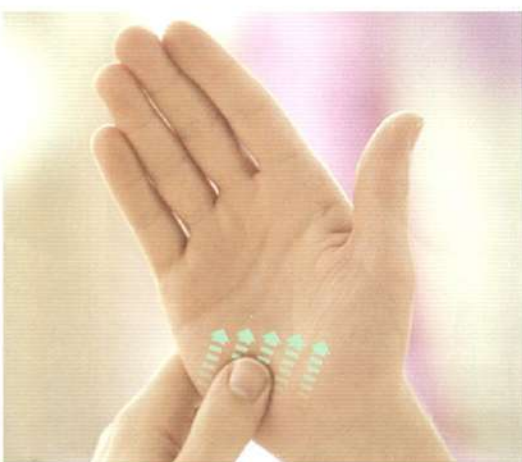
2 Now grasp the golf ball and rest it on the THYROID GLAND reflex area. Roll it back and forth several times.



3 Rest your fingertip on the ADRENAL GLAND reflex area (*see p. 104 for hints on locating the adrenal gland reflex area*). Alternate pressure, repeating several times.



4 To work the LIVER and GALLBLADDER reflex areas, position your thumb in the palm of the hand. Use the thumb walking technique to walk through the areas.



6 Move on to work the COLON and SMALL INTESTINE reflex areas, thumb walking repeatedly through these areas in the heel of the hand.



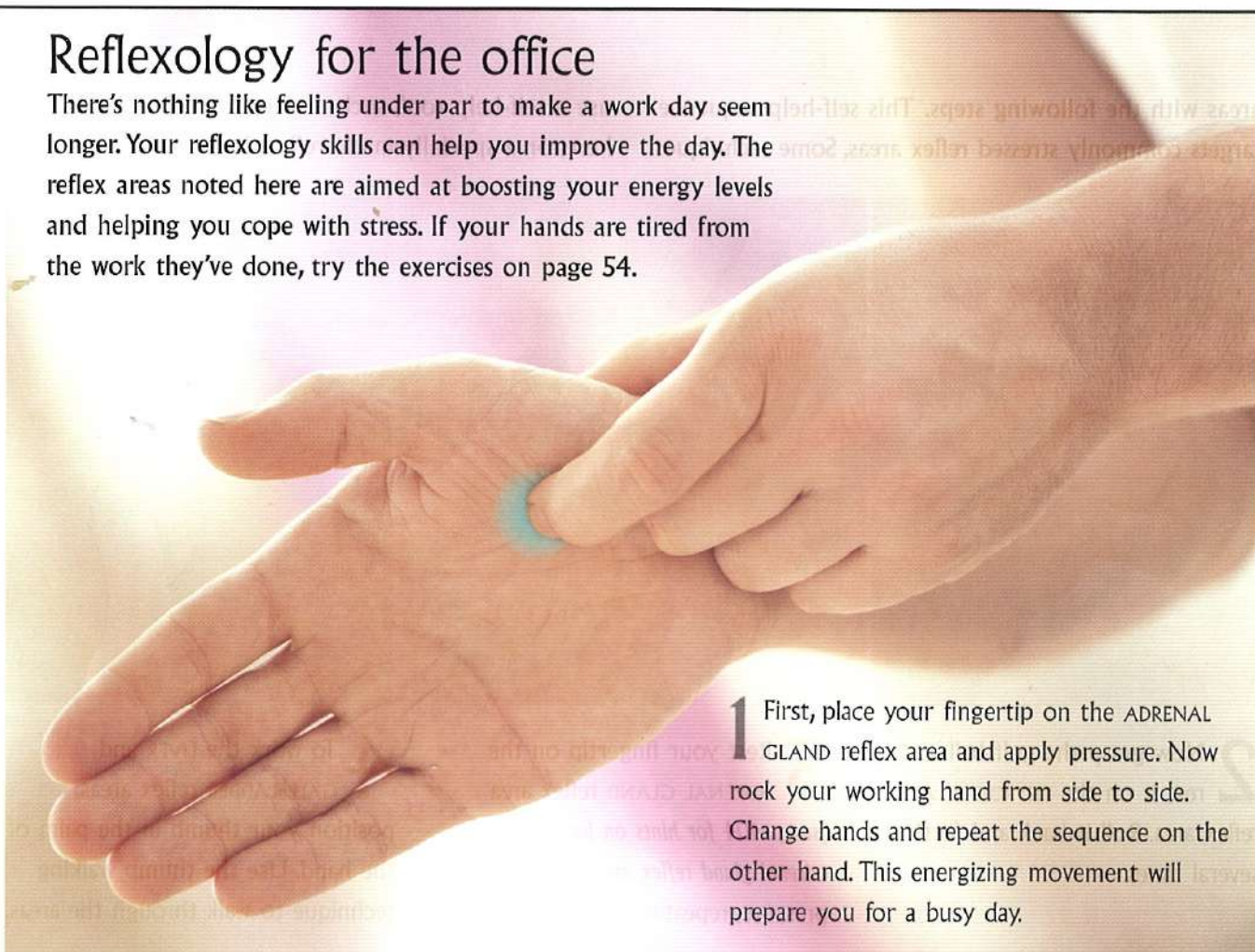
7 Place your index finger on the OVARY/TESTICLE area of the other hand, located on your wrist. Now use the rotating on a point technique (*for instructions, see p. 66*) several times in both directions.



8 Now reposition the same finger on the UTERUS/PROSTATE reflex areas, also on the wrist. Use the rotating on a point technique repeatedly, first in a clockwise and then in a counterclockwise direction.

Reflexology for the office

There's nothing like feeling under par to make a work day seem longer. Your reflexology skills can help you improve the day. The reflex areas noted here are aimed at boosting your energy levels and helping you cope with stress. If your hands are tired from the work they've done, try the exercises on page 54.



1 First, place your fingertip on the ADRENAL GLAND reflex area and apply pressure. Now rock your working hand from side to side. Change hands and repeat the sequence on the other hand. This energizing movement will prepare you for a busy day.



2 Interlace your fingertips with a golf ball between your palms. Roll the ball repeatedly through the PANCREAS reflex area to help keep energy levels constant.



3 To round out this sequence, relieve office-related tension, and revive overworked hands, finish with the application of the FINGER PULL dessert. Repeat on each finger. Repeat the sequence on the other hand.

Reflexology on the move

Transform commuting time into time found for improving health. By subtly applying reflexology techniques, you can prepare yourself for the busy

day or wind down for a relaxed evening. Try the following exercises for common commuter concerns, or target specific health concerns (*see pp. 130–53*).



1 This movement relaxes the neck area and gently stretches the fingers of sore commuter hands. Use the WALK DOWN/PULL AGAINST technique along each finger of both hands in succession.



2 Apply the FINGER PULL dessert to relax the fingers. Repeat on each finger. Now change hands and repeat the sequence on the other hand.



3 The FINGER SIDE TO SIDE promotes flexibility in the fingers and gives them a break from their usual patterns of movement. Repeat on each finger of one hand, then change hands and repeat the sequence on the other hand.



4 Apply pressure to the ADRENAL GLAND reflex area to ready yourself for the morning rush hour. Using your index fingertip, rock your working hand from side to side. Repeat this movement on the other hand.



5 Use the ANKLE ROTATION technique to stretch foot muscles and to soothe sore commuter feet. Rotate your foot several times clockwise and then several times in a counterclockwise direction. Change legs and repeat.

Reflexology on the move

Transform commuting time into time found for improving health. By subtly applying reflexology techniques, you can prepare yourself for the busy

day ahead. The reflexology technique between the neck and the head gently stretches the muscles of the neck. Repeat on each side. Use the walk-down/rain against the technique along each finger of both hands in succession.

Apply pressure to the adrenal gland reflex area to ready yourself for the morning rush hour. Using your index fingertips, rock your working hand from side to side. Repeat this movement on the other hand.

Use the walk-down/rain technique to stretch foot muscles and to soothe sore commuter feet. Repeat your foot several times clockwise and then several times in a counterclockwise direction. Change legs and repeat.

day or wind down for a relaxed evening by the following exercises for common commuter concerns. or target specific health concerns (see pp. 159-67).

Apply the thumb first, then the index finger. Repeat on each side. Now change hands and repeat the sequence on the other hand.

REFLEXOLOGY TO TARGET HEALTH CONCERNS

Whether you want to soothe a sore throat, help ease an asthma attack, or relieve a headache, reflexology is a safe and convenient adjunct to conventional medical treatment. In addition to the in-depth pages on selected disorders, this chapter also includes a quick-reference chart listing relevant reflex areas to work for a wide range of health concerns. For each ailment, you're given a couple of reflex areas to target on both your hands and feet.

USING REFLEXOLOGY FOR HEALTH CONCERNS

While the reflexology sequences shown earlier in this book concern the whole foot and hand and aim to improve general health and well-being, you can also work specific reflex areas to help target particular health concerns. You can target reflex areas for health concerns following a full reflexology workout or, if you have less time or want to focus solely on a particular health concern, you can just apply reflexology techniques to specific reflex areas. In this section, we explain which reflex areas to work and how often to work them in order to encourage the body's natural self-healing powers. Many people find that working the feet has a more powerful effect than working the hands, but working the latter is often more convenient. Throughout we have specified reflex areas for both.

It is sometimes self-evident which reflex areas should be worked. For example, one applies reflexology work to the lung reflex area to have an impact on the function of the lungs. It makes sense, therefore, to target the lung reflex areas for bronchitis, asthma, and other respiratory conditions.

Reflexologists have discovered over the years, however, that many factors can have an impact on health concerns and, therefore, that a variety of reflex areas need to be worked. For example, as well as working the lung reflex area, working the adrenal gland reflex area may help to relieve asthma symptoms. This is because targeting this reflex area helps to enhance the body's natural self-healing mechanisms: the adrenal glands are responsible for manufacturing adrenaline, which has an important role in helping the lungs to function well. Work applied to the adrenal gland reflex areas, therefore, may help to reduce wheezing and other asthma symptoms.

In addition, many health concerns result from multiple factors. Constipation, for example, can result from tension and/or the malfunctioning of any one of the different organs that contribute to digestion

and elimination. To have an impact on constipation, reflexologists will work the stomach, colon, and other reflex areas to get the desired result. When you apply reflexology to target health concerns, be prepared to experiment and take note of which seem to be the best reflex areas to work.

There are no precise rules on how long and how often you should apply reflexology technique work to particular reflex areas. To some extent it depends on the nature of the health concern and the age and general health of the person on whom you are working (*see Cautions, right*). Sometimes, you will want to work a reflex area continuously until you achieve the result you're seeking. An example of a case such as this might be relief from an uncomfortable menstrual period. If the health concern you are addressing is persistent and has existed for a number of years—for example, if you regularly have constipation or headaches—you will want to work the appropriate reflex areas every day and perhaps 3–4 times a day. Listen to your body and take note of how long and how often you need to work the reflex areas to get relief from the problem.



CAUTIONS

- Reflexology is an adjunct to medical care, not a substitute. Always consult your doctor if you have a medical condition.
- If you are pregnant, see the Cautions on p. 120.
- If working with children, babies, or the elderly, work more frequently, but with less pressure and for a shorter period of time than when working with adults (see also pp. 118–23).
- If a reflex area becomes very sensitive to touch, it has been overworked, so work elsewhere. When you once again work the area on another day, work it more frequently but use less pressure and work it only for a short period of time.
- When working with the pancreas reflex area of individuals with diabetes or hypoglycemia (low blood sugar), work only lightly and briefly to begin with.
- Do not overwork a reflex area that reflects an infected body part, e. g., the bladder reflex area for a bladder infection concern.
- When working with someone who is severely ill, work only for brief periods of time, applying light pressure.

TIPS FOR ADDRESSING HEALTH CONCERNS

TENSION RELIEF: Stress and tension contribute to many health concerns. Reflexology offers three strategies for relieving tension.

1. Apply a full foot or hand reflexology sequence. On the whole, a reflexology workout from someone else is more relaxing than working on yourself.
2. Consider a “dessert workout,” applying dessert after dessert (see pp. 68–73 and 98–101).
3. Work the solar plexus reflex area, applying a lengthy series of passes at the beginning and end of your workout.

FEEL-GOOD RESPONSE: During reflexology work, it’s common for someone to say “That feels good” or even “That hurts good.” Take note of the reflex area or dessert they are referring to for future work.

WORK WITHIN THE COMFORT ZONE: A comment of “That hurts” or a foot or hand being drawn away indicates that a reflex area is very sensitive or the pressure is too strong. Always work within the individual’s comfort zone.

PLENTY OF WATER: Always remind people to drink plenty of water to rid the body of toxins following reflexology work.



CONSTIPATION

RESEARCH

Six studies in China have found reflexology can be effective for constipation. Reflexology was found to improve peristaltic action (the wavelike contractions of the gut) and to reduce the time the digestive tract takes to empty.

Constipation, which is the sluggish action of the bowels, may often respond well to reflexology work. Many factors can adversely affect the elimination process, including diet, lack of water, certain medications, and injury to the lower back. Working reflex areas that correspond to the digestive tract may help bring relief.

Working the hands

The reflex areas for the digestive organs are found on both hands and cover a wide area. Using a golf

ball allows you to cover these broad reflex areas easily, working both hands at once.

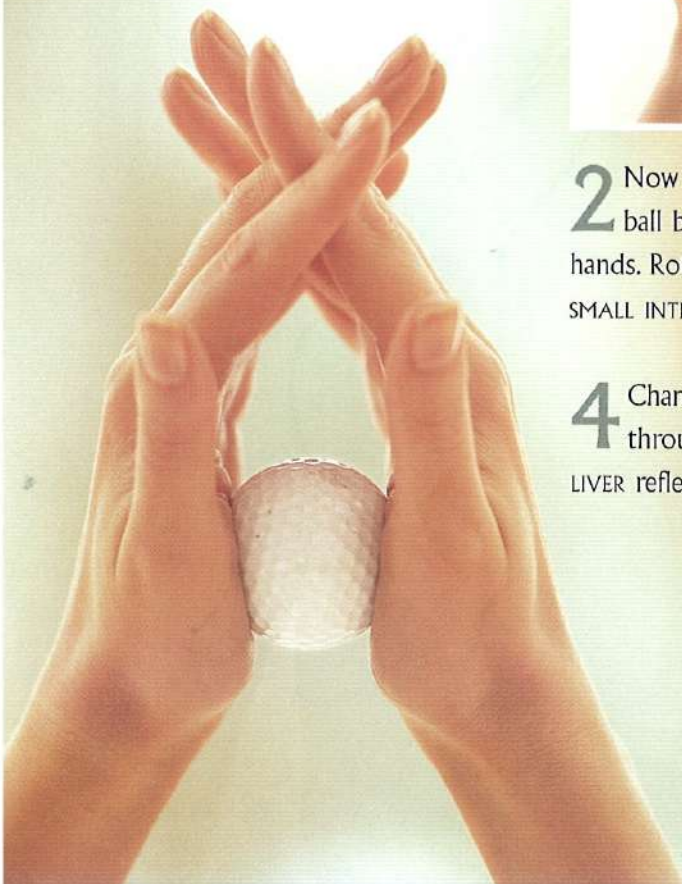
1 Roll the golf ball along the heel of the hand below the thumb to work the ADRENAL GLANDS and part of the PANCREAS and STOMACH areas.



2 Now reposition the golf ball between the heels of your hands. Roll it over the COLON and SMALL INTESTINE reflex areas.

3 Move on, holding the golf ball in position to roll through the STOMACH reflex area on the left hand.

4 Change hands and roll the ball through the GALLBLADDER and LIVER reflex areas on the right hand.



Working the feet

When applying reflexology to the feet for constipation, work the reflex areas corresponding to digestion and elimination. First work the right foot evenly, then repeat the sequence on the left. Take note of how long you work reflex areas and what results you achieve for future reference.

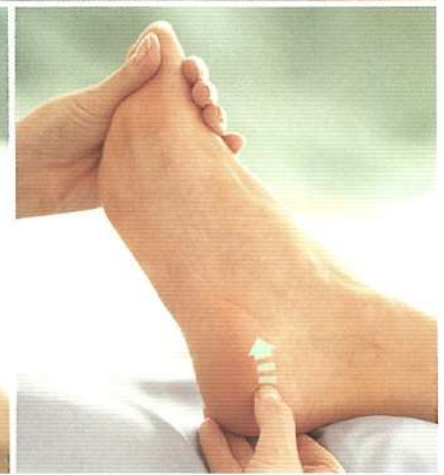
1 Begin by applying a series of thumb walking passes to the SOLAR PLEXUS reflex area. This can help to relieve tension, which often contributes to constipation.



2 Thumb walk through the ADRENAL GLAND reflex area, making repeated passes. The action of the adrenal glands is essential to peristalsis (wavelike contractions of the small intestine and colon which propel food along).



3 Now work the GALLBLADDER, LIVER, COLON, and SMALL INTESTINE reflex areas. Thumb walk first from one direction and then from the other. The liver and gallbladder produce and store bile needed for digestion.



4 Finally, thumb walk through the TAILBONE and RECTUM reflex areas, making repeated passes, to ease tension in the lower back. The colon and small intestine are enclosed by the pelvis and lower spine and any tension here can affect digestion.