

# STEP 7

## Working the right hand

As you've worked through the golf-ball sequence on the left hand, you've also worked many areas on the right hand, such as those in the palm. Now it's time to go on to the full sequence for the right hand, with the left hand as working hand. These pages provide both a useful workout summary and 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

PALM-MOVER



PALM COUNTER-MOVER



THE SQUEEZE



STEP 1

Working the fingers and the thumb

ADRENAL GLAND



STOMACH, PANCREAS &amp; KIDNEY



STEP 3

Working the upper palm

SHOULDER



STEP 5

Working the side of the thumb

NECK



SPINE



TAILBONE





FINGER-PULL



FINGER SIDE-TO-SIDE



WALK-DOWN/PULL-AGAINST



NAIL-BUFFING



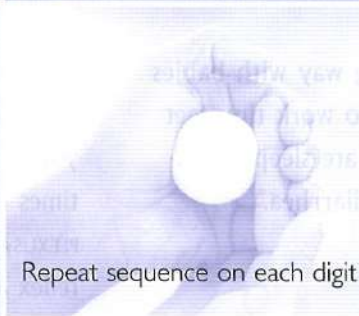
HEART



NECK, THYROID, PARATHYROID GLANDS, HEAD, BRAIN & SINUS



NECK, THYROID, PARATHYROID GLANDS, HEAD, BRAIN & SINUS



STEP 2

Working the thumb

Repeat sequence on each digit

HEART, UPPER BACK, CHEST, LUNG & BREAST



STEP 4

Working the center and heel of the palm

UPPER BACK, STOMACH, SPLEEN, LIVER & GALL BLADDER



COLON, SMALL INTESTINE & LOWER BACK



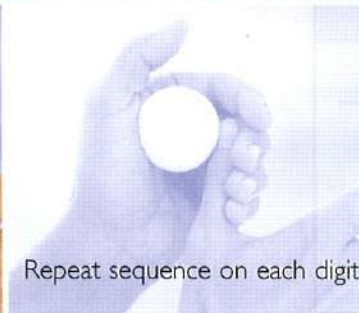
STEP 6

Working the fingernails

HEAD, BRAIN & SINUS



HEAD, BRAIN & SINUS



Repeat sequence on each digit

DESSERTS

End with a series of desserts



# PEOPLE WITH SPECIFIC NEEDS

Certain groups, such as babies, children, pregnant women, and the elderly, require extra consideration in reflexology work and sequences may need to be adapted for them. In general, start gently and, over the course of several sessions, gradually increase the duration of the workout and the strength of your pressure. End each session by working the kidney reflex areas to encourage the elimination of toxins.

## Babies

A little reflexology goes a long way with babies and a gentle touch is needed to work tiny feet and hands. Common concerns are sleep, colic, earache, and diarrhea.

**1** To calm a baby or to ease colic, press your thumb several times on the SOLAR PLEXUS/ESOPHAGUS reflex area. Repeat on both hands.



**2** To ease earache, lightly pinch the EAR reflex area between your thumb and index finger.



### POINTS TO REMEMBER

Be gentle.

Work briefly with just one or two reflex areas.

To work further, gently press other reflex areas on the hand.

**3** Gently press your thumb on the COLON reflex area to treat diarrhea. Repeat on both hands.



## Children

Reflexology work with children provides a quiet time together, establishing a bond between you and encouraging relaxation. The workout outlined here targets areas of particular concern with children. Work through the reflex areas indicated, first on the right hand and then on the left, always keeping your touch light.



**1** Lightly holding the wrist, pull gently on the thumb. Repeat on each finger and thumb in turn.



**2** Holding the hand steady, gently press the SOLAR PLEXUS reflex area with the thumb of your working hand.

### POINTS TO REMEMBER

Attention spans are short in young children, so don't expect to apply a full workout at this age.

Make a game of the session: for example, play "This little piggy went to market" while working the fingers.

A child who withdraws a hand from you is telling you something, so check carefully the reflex area and corresponding body part.



**3** Thumb-walk up the SPINE reflex area of the thumb to counter the impact of the frequent falls that children inevitably experience.



**4** Reposition the thumb and thumb-walk repeatedly through the PANCREAS reflex area to help regulate the function of this organ.



**5** Pinpoint the ADRENAL GLAND reflex area and press gently with your index finger, to help regulate hormone levels.



**6** Pressing gently on the UTERUS/PROSTATE reflex area, turn the hand first in a clockwise then in a counter-clockwise direction.



**7** Finish by pressing gently and repeatedly on the PITUITARY GLAND reflex area to stimulate the body's "master gland."



## Pregnant women

The concerns of pregnant women vary throughout the pregnancy, so establish an appropriate goal for each workout. For example, your session may address the need for general relaxation or to soothe an aching lower back.

### To promote general relaxation

**1** Enclose the thumb within the working hand and pull gently, holding for several seconds. Turn the thumb in a clockwise and then in a counter-clockwise direction. Repeat on each finger in turn.



**2** Locate the SOLAR PLEXUS reflex area in the webbing between thumb and index finger and press gently. Continue by pressing gently in all parts of the webbing of each hand.



**3** With your working hand contoured around the recipient's hand, gently squeeze the hand several times. Move your hand along the length of the hand as you continue squeezing.

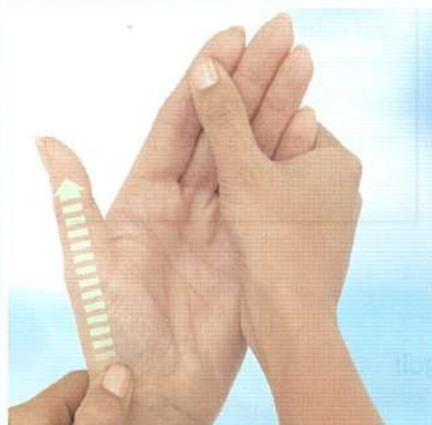
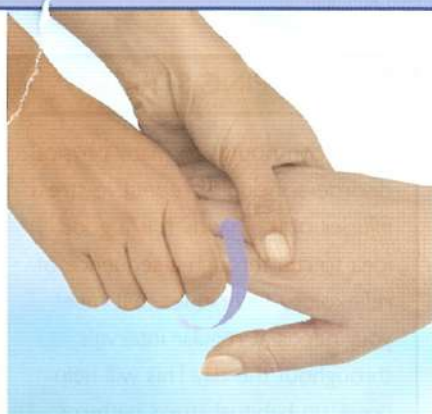


**4** Rest your thumbs on top of the hand, and start moving the long bones with one thumb and counter-moving with the other. Repeat several times, to encourage gentle relaxation.



## To soothe an aching lower back

**1** Hold the hand as shown and press gently on the long bone below the middle finger. Repeat on each long bone, then apply the palm counter-mover technique.



**2** To work the LOWER BACK reflex area, thumb-walk through the bony heel of the hand.



**3** Holding the hand steady, make a series of multiple finger-walking passes over the hand to target the LOWER BACK reflex.

**4** Locate the ADRENAL REFLEX area on the heel of the hand and press gently. Repeat several times to improve general muscle tone and relieve tension.

## Self-help workout



To give your hand a general workout, start by rolling a golf ball throughout the heel of the hand. Targeted reflex areas include ADRENAL GLANDS (for energy), PANCREAS (for fatigue), and STOMACH. Go on to roll the golf ball throughout the COLON reflex area. For general relaxation, finish by working the SOLAR PLEXUS reflex area in the webbing between your thumb and index finger.

### 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 is beneficial if you:

Start gradually, working for a short time and with a light touch.

Avoid repeated or extended work to any one reflex area.

Work on the kidney reflex area to encourage the elimination of toxins.

Encourage consultation with a doctor if any irregularities appear.



# REFLEXOLOGY AT THE OFFICE

When you're feeling under par, the work day can seem endless. However your reflexology skills can help improve both your sense of well-being and your ability to cope with work. The reflex areas worked in this sequence are aimed at boosting your energy levels and helping you cope with stress, while other techniques are designed to relieve hands that are tired from the work they've done.

## SIDESTEPPING STRESS

Stress contributes to many physical disorders, including repetitive stress injuries of the hands. It is a good idea to run through a sequence of reflexology techniques that meet your needs at regular intervals throughout the day. This will help break up habitual stress patterns and ease tension when you feel stressed. Keep a golf ball in your desk drawer and run through some techniques for a quick pick-me-up. (see pages 102–109).

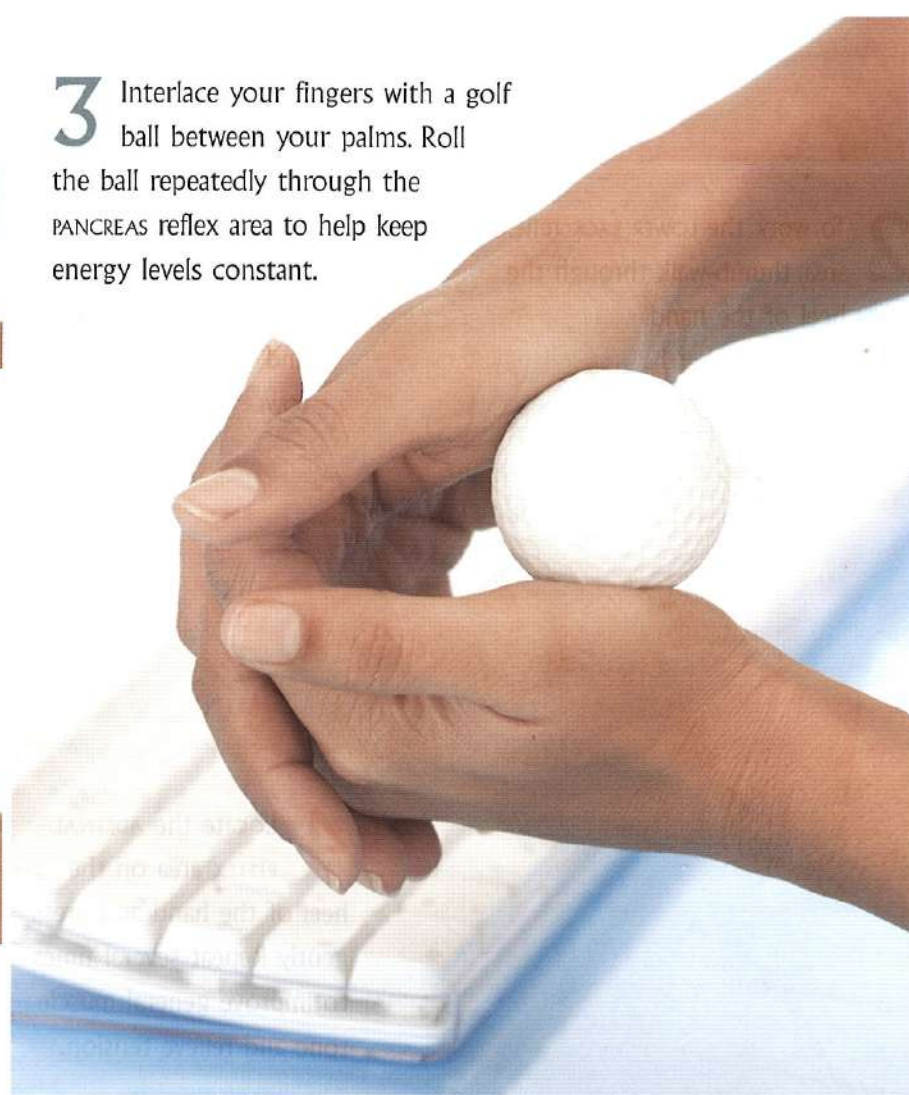


**1** Clasp the hand and squeeze firmly several times. Repeat along the length of the hand.



**2** Apply multiple finger-walking across the back of the hand. Repeat on the opposite hand.

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





**4** Relieve office-related tension and revive overworked hands with the application of the finger-pull dessert (see page 82). Repeat on each finger and thumb, on both hands.



**5** To promote relaxation, gently press the SOLAR PLEXUS reflex area. Reposition your thumb and finger and then press another area of the webbing.



**6** To relieve tension in the tops of the shoulders, a common area for stress, pinch the TOPS OF SHOULDERS reflex area in the webbing several times.

**7** Targeting the HEAD reflex area can both relieve a headache and help mental alertness. Rest your fingertip in the center of the thumb and press. Repeat on each finger in turn.

**8** Finally, to relax the neck, apply the side-to-side technique to the thumb. Repeat on each finger and thumb then again on the other hand.



# REFLEXOLOGY ON THE MOVE

Why not use commuting time to improve your well-being? By discreetly applying a few hand-reflexology techniques during your journey, you can prepare yourself for the busy day ahead or wind down for the evening. Even if you travel by car, opportunities may arise — for example, stalled traffic or waiting at red lights — for a quick reflexology workout. Try the following exercises, which target common commuter concerns and some specific health concerns.

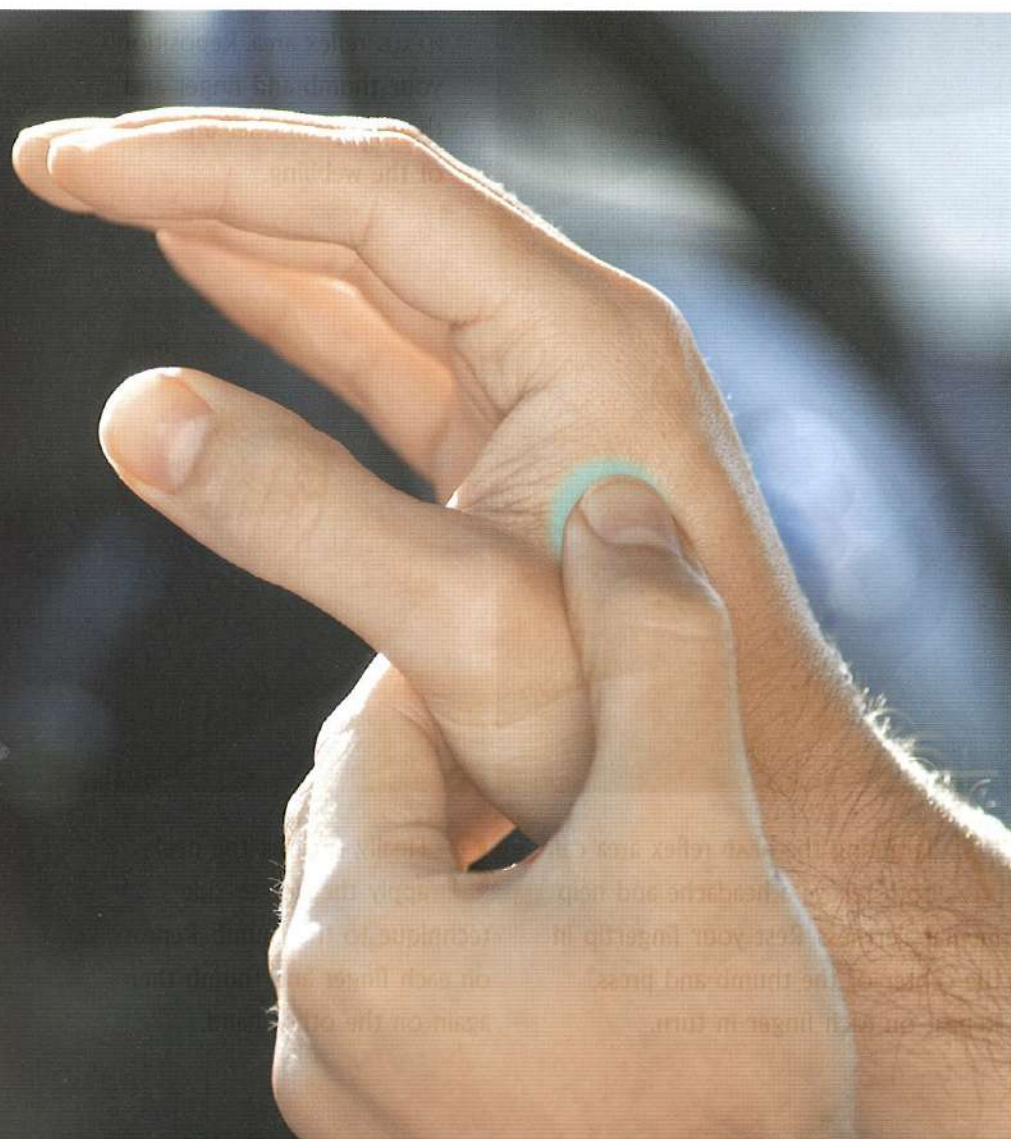
## USING COMMUTING TIME

What health improvement would you like to see? Decide what you need to work on and use your daily commuting time to move toward achieving your goal. The great advantage of hand reflexology is that reflex areas can be worked on discreetly at any time and any place. Problems such as chronic neckache, sore hands, digestive problems, or generalized anxiety can all be targeted during your journey each morning and evening.

**1** To help you relax, rest your thumb and fingertip in the SOLAR PLEXUS reflex area of the webbing. Pinch the thumb and fingertip together several times. Repeat on the other hand.



**2** Apply the finger-pull dessert to both relax the fingers and work the NECK reflex area. Repeat on each finger. Change hands and repeat the sequence on the other hand.

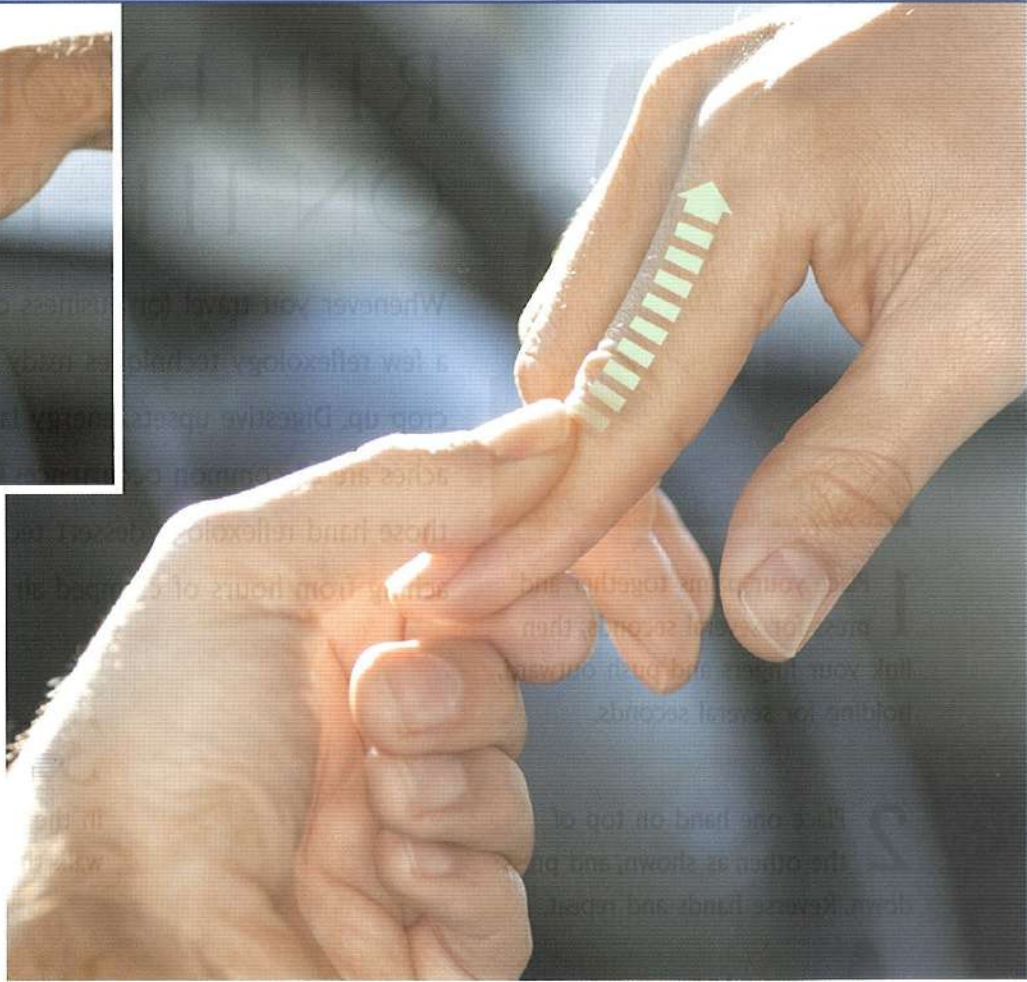






**3** Apply the walk-down/pull-against technique to each finger in turn. This technique gently stretches fingers that are tired from keyboard overuse, as well as relaxing the NECK reflex area.

**4** Now thumb-walk down the top of the finger, pulling it upward as you work. Repeat on each finger and the other hand.



**5** The finger side-to-side technique promotes flexibility in the fingers and gives them a break from the usual patterns of movement. Repeat on each finger and thumb on both hands.



**6** Apply pressure to the ADRENAL GLAND reflex area to help you relax. Rock your working hand from side to side as you press with the index finger. Repeat on the other hand.



**7** Keep your lower back happy by applying the palm-mover technique, first to one hand and then to the other. Counter the stretch with the palm counter-mover.





**1** Place your palms together and press for several seconds; then link your fingers and push outward, holding for several seconds.

**2** Place one hand on top of the other, as shown, and press down. Reverse hands and repeat.



#### TRAVELING TIPS

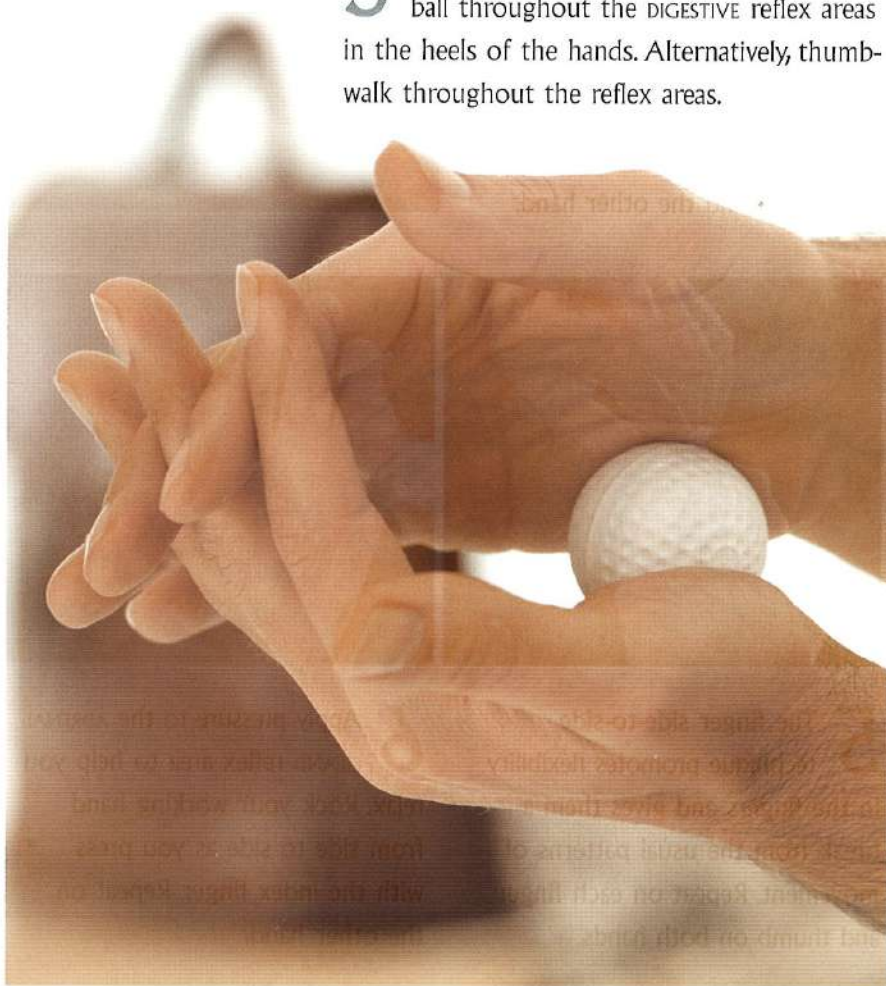
Take along a golf ball for quick reflexology fixes on the road. Lightweight and portable, the golf ball is the perfect on-the-road self-help companion.

If you're trying to sleep, try the relaxing properties of hands soaked for several minutes in warm water.

## REFLEXOLOGY ON THE ROAD

Whenever you travel for business or for pleasure, it's useful to have a few reflexology techniques ready for any health concerns that may crop up. Digestive upsets, energy lags, insomnia, and musculoskeletal aches are all common occurrences when traveling. Keep in mind those hand reflexology dessert techniques to ease joints and muscles aching from hours of cramped air travel or an unfamiliar bed.

**3** To address digestive concerns, roll a golf ball throughout the DIGESTIVE reflex areas in the heels of the hands. Alternatively, thumb-walk throughout the reflex areas.





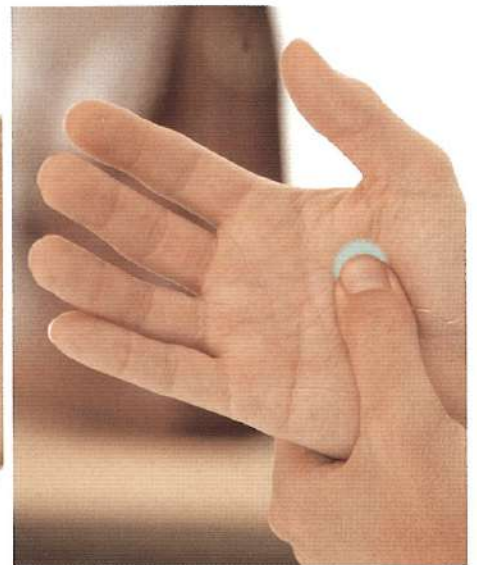


**4** Revive flagging energy by rolling a golf ball through the PANCREAS and ADRENAL GLAND reflex areas in the heel of the hands. Or use the hook and back-up technique to work on the reflex areas.



**5** Ease the stress of sitting for long periods by targeting LOWER BACK reflex area. Rest two fingers on top of the hand and the thumb underneath, then rotate the hand clockwise then counter-clockwise.

**6** Next apply the palm-mover to relax both the upper and lower back.



**7** To help you relax before sleeping, apply pressure to the SOLAR PLEXUS reflex area. Gently pinch the webbing of the hand, paying particular attention to any part that is sensitive.