

## reflexology health at your fingertips

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# reflexology health at your fingertips BARBARA & KEVIN KUNZ

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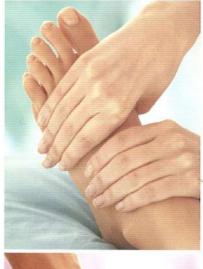
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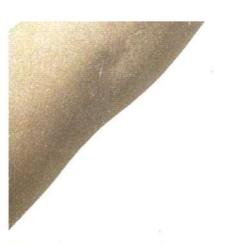


After 27 years as professional reflexologists, authors and teachers, we can—and will in this book—tell you about reflexology's history and theory, its benefits and research, the techniques and the charts, the approaches to health concerns. In this introduction, however, we would like to tell you about why reflexology means so much to so many.

It has always struck us that the motivation to work with reflexology, for so many people, is a personal one. The desire to help other people is deeply embedded in the ethos and practice of reflexology. We once asked reflexologists why they had become reflexologists. The answer from practitioners in Il different countries was 100 percent unanimous—to help people.

As Barbara Dobbs observed in her ground-breaking study "Alternative Health Approaches," published in *Nursing Mirror* (vol. 160, no. 9, February 27, 1985):

"Our purpose for using reflexology with these (cancer) patients was to decrease their pain but we soon realized the beneficial effect of reflexology on the morale of patients and families. Something was being done for them. Patients expressed feelings of being less abandoned and the families expressed satisfaction at seeing that something painless existed that could aid their relative. In three situations we taught a relative how to use reflexology and the benefit seemed to have been as important for the relative as for the patient...Patients' comments about reflexology seem to show that it could be one way for them to feel this support and to have a helping presence near them in their last days. The family member felt that a contribution was being made to a loved one's well-being. The patient experienced a tangible support from a loved one."





The mother of a child partially blinded through an accident helped introduce us to reflexology. After she had used reflexology to overcome her own arthritis, she then applied her skills to help her child's blinded eye track more normally. Another friend of ours had a daughter for whom the doctors recommended institutionalization, since they did not expect her to recover sufficiently from a car accident to be able to live independently. Following her mother's reflexology work, however, the daughter returned to teaching school.

In another similar instance, a retired school teacher initially took our reflexology class in order to improve the mobility of his arthritic hands.

However, his ultimate goal was to enable himself to apply reflexology techniques to his wife. When we met his wife, it became clear why he was so interested in

helping her—she had been impaired by a stroke, and he wanted to show that he cared, in addition to improving her condition.

Can reflexology help you to help a loved one? As you read this book and learn to apply reflexology techniques, you can see first hand how it can help you improve your own health as well as that of a loved one. Keeping yourself healthy is beneficial to others. Like the retired school teacher, through applying reflexology work to someone else, you will receive the benefit of knowing you reached out to help.

Barbara K. Kung Kevin M. Kung

