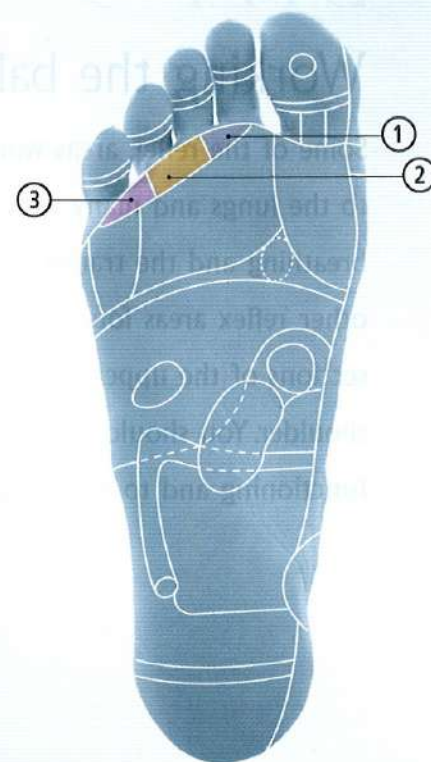


3 Change hands and walk back across the ridge with your left thumb, starting with the EAR reflex area. Walking from both directions ensures that all the reflex areas are thoroughly worked.

FOOT ORIENTATION



RIGHT FOOT

The reflex areas representing the organs of sight, hearing, and balance lie close together, in the part of the foot where the base of the toes meet the sole. The right and left feet mirror each other for these reflex areas, with those on the right foot corresponding to the right half of the body and those on the left relating to the left half of the body.

The EYE reflex area sits just below the space between the second and third toes ①. The INNER EAR reflex area is beneath the space between the third and fourth toes ②, and that of the EAR under the space between the fourth and fifth ③. The reflex area for the TOPS OF THE SHOULDERS lies behind the reflex areas, spanning the entire base of the toes.

4 To work the EYE reflex area more thoroughly, hold the foot in place with the right hand. Rest the tip of your right thumb and that of your right index finger between the second and third toes, then pinch gently several times.

5 To work the INNER EAR reflex area more completely, hold the foot in place with the left hand. Rest the tip of the thumb and the tip of the index finger between the third and fourth toes, and pinch gently several times. Move on to the EAR reflex area between the fourth and fifth toes and repeat the sequence.

DESSERTS Side to side (p. 68) • Lung press (p. 70) • Sole mover (p. 71)

STEP 3

Working the ball of the foot

Some of the reflex areas worked in this sequence correspond to the lungs and many other parts of the body involved in breathing and the transport of oxygen around the body. The other reflex areas found in this part of the foot represent sections of the upper body, such as the upper back and the shoulder. You should work these reflex areas to enhance functioning and to relieve tension in these areas of the body.

AREAS WORKED

DIAPHRAGM & SOLAR PLEXUS:

Reflexology aims to enhance the performance of this muscle and nerve network, which is involved in respiration and other involuntary body functions.

HEART: This pumps oxygenated blood throughout the body.

CHEST & LUNGS: Apply reflexology to these reflex areas to help keep the chest and lungs open.

UPPER BACK & SHOULDERS:

Working these reflex areas may ease tension in the upper torso and the shoulders.



1 Hold the toes back with your left hand. Beginning at the DIAPHRAGM reflex area, use the thumb of the right hand to walk up through the HEART and CHEST reflex areas. Make several passes through this broad area.

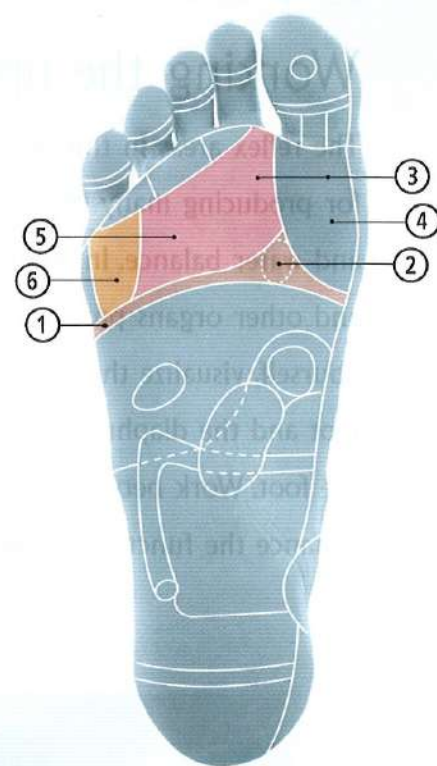


2 Move your thumb back to the SOLAR PLEXUS reflex area. Using the same technique as before, make several passes through this small area.



3 Move your thumb to another segment of the DIAPHRAGM reflex area. Thumb walk up through the LUNG, CHEST, and UPPER BACK reflex areas. Make several passes through these areas on the ball of the foot and up between the second and third toes.

FOOT ORIENTATION



RIGHT FOOT

The reflex area relating to the DIAPHRAGM runs along the length of the horizontal crease below the ball of the foot (1). Within it lies the small SOLAR PLEXUS reflex area (2).

The broad reflex area corresponding to the CHEST and UPPER BACK spans much of the ball of the foot above the diaphragm area (3). It overlaps both the HEART reflex area (4) and the LUNG reflex area (5).

Finally, in the fleshy portion beneath the little toe, is the SHOULDER reflex area (6).

These reflex areas appear in the same place on both the left and right foot, with the left foot representing the left side of the body and the right foot representing the right side. Even though the heart is situated on the left-hand side of the body, it has a reflex area on the right foot as well as on the left.

4 Change hands and hold the toes back with the right hand. Begin with the DIAPHRAGM reflex area, using the thumb of the left hand to walk through this segment of the LUNG, CHEST, and UPPER BACK reflex areas. Work through the padded ball of the foot and up between the third and fourth toes.

5 Beginning in the DIAPHRAGM reflex area, thumb walk with your left hand up through the SHOULDER reflex area.

DESSERTS Side to side (p. 68) • Lung press (p. 70) • Sole mover (p. 71)

STEP 4

Working the upper arch of the foot

The reflex areas in this sequence correspond to organs responsible for producing many of the chemicals needed for digestion, energy, and water balance. In addition, the kidneys purify blood and fluid, and other organs produce enzymes to help digest food. To orient yourself, visualize the waistline as being across the middle of the foot and the diaphragm as across the lower edge of the ball of the foot. Work between these areas (*see right*) to stimulate and enhance the function of the organs addressed in this sequence.

AREAS WORKED

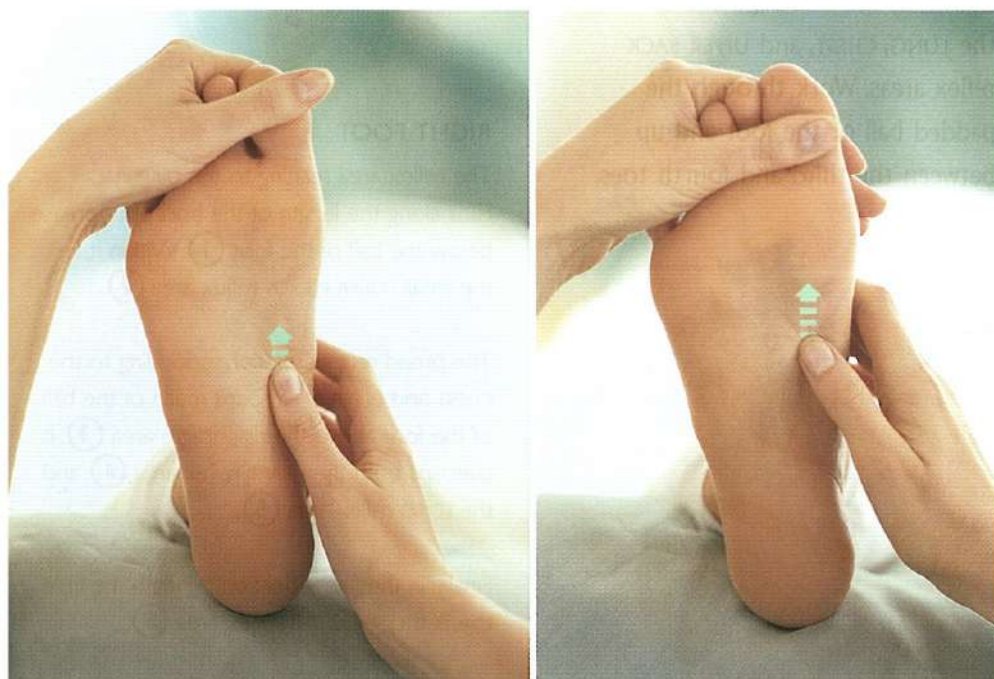
PANCREAS: This is responsible for stabilizing blood glucose levels.

ADRENAL GLANDS: Working these glands may help regulate levels of hormones, such as adrenaline.

KIDNEYS: Strain fluids in the blood for excretion or absorption.

STOMACH: Aim to assist digestion by targeting this reflex area.

LIVER, GALLBLADDER & SPLEEN: Reflexology may help these organs regulate chemical levels in the blood, excreting the unwanted substances as bile.



1 Hold the toes back with your left hand and use your right thumb to walk through the **PANCREAS** reflex area. (On the left foot, the **PANCREAS** reflex area extends across the foot.)

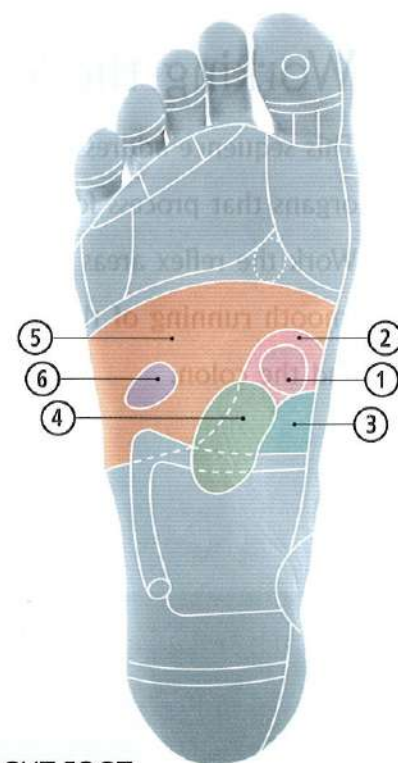
2 Continue walking with the right thumb up the foot. At the midpoint on the long bone (*see p. 41*), you will find the **ADRENAL GLAND** reflex area and a portion of the **STOMACH** reflex area. Make several passes.

CAUTION



When holding the foot back, take care to avoid applying pressure to the long tendon that runs through this part of the foot. To locate it, hold the toes back and run your thumb lightly down the foot below the ball of the foot. To avoid problems, lessen the stretch of the foot when thumb walking across the tendon.

FOOT ORIENTATION



RIGHT FOOT

The reflex areas for organs and glands involved in excretion, absorption, and digestion lie on the upper arch of the foot. Many overlap each other (indicated by broken white lines).

The ADRENAL GLANDS reflex area (1) is surrounded by the STOMACH area (2). Just underneath, lies the reflex area relating to the PANCREAS (3). Next to it is the distinctively shaped KIDNEY reflex area (4). The large LIVER reflex area (5) encloses the GALLBLADDER reflex area (6).

It is important to note that reflex areas for many of these organs are not the same size or in the same positions on both the left and right foot. For example, the stomach reflex area is much larger on the left foot. In addition, the gallbladder reflex area is only to be found on the right foot and the spleen reflex area only on the left. (For the location of reflex areas on the left foot, see p. 17.)

3 Reposition your right thumb on the KIDNEY reflex area. Use the thumb walking technique to make several passes through this reflex area.

4 Next, beginning at the KIDNEY reflex area, make a series of diagonal passes through the LIVER and GALLBLADDER reflex areas.

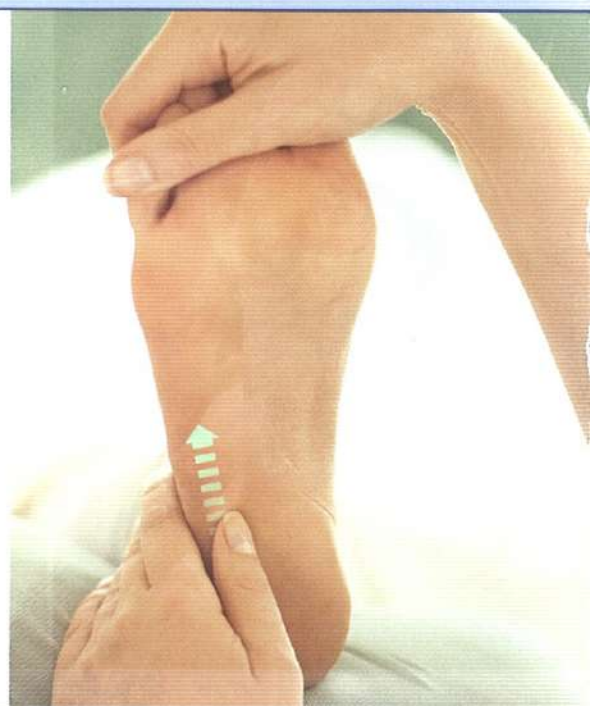
5 Change hands. From the waistline marker, walk your left thumb in the other direction, making another series of diagonal passes through the LIVER and GALLBLADDER reflex areas.

STEP 5

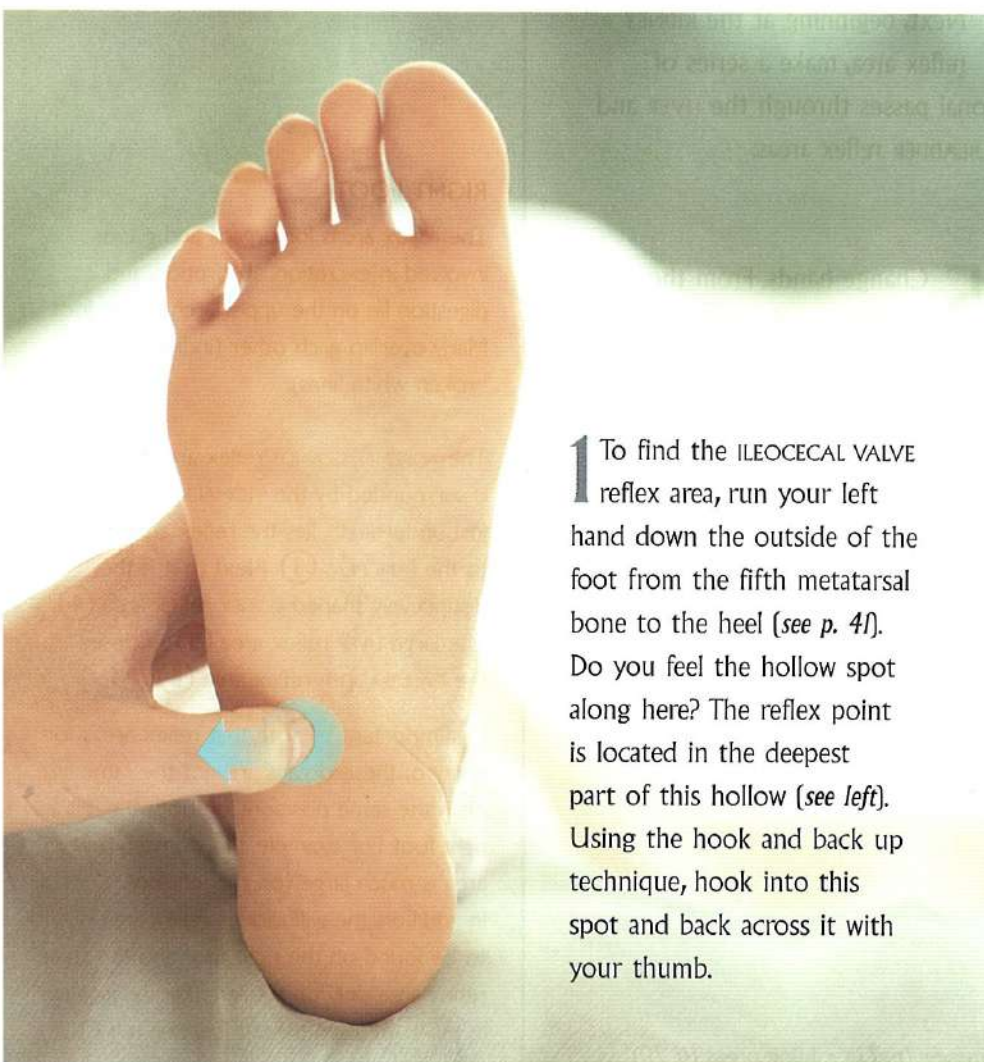
Working the lower arch of the foot

This sequence addresses reflex areas corresponding to body organs that process food and eliminate waste after digestion.

Work the reflex areas listed in this step to encourage the smooth running of the small intestine, the ileocecal valve, and the colon.



2 Proceed from the ILEOCECAL VALVE reflex area to the COLON reflex area. Hold the toes back with the right hand, and use the thumb of the left hand to walk up the reflex area for the ASCENDING COLON to that of the TRANSVERSE COLON.



1 To find the ILEOCECAL VALVE reflex area, run your left hand down the outside of the foot from the fifth metatarsal bone to the heel (*see p. 41*). Do you feel the hollow spot along here? The reflex point is located in the deepest part of this hollow (*see left*). Using the hook and back up method, hook into this spot and back across it with your thumb.

AREAS WORKED

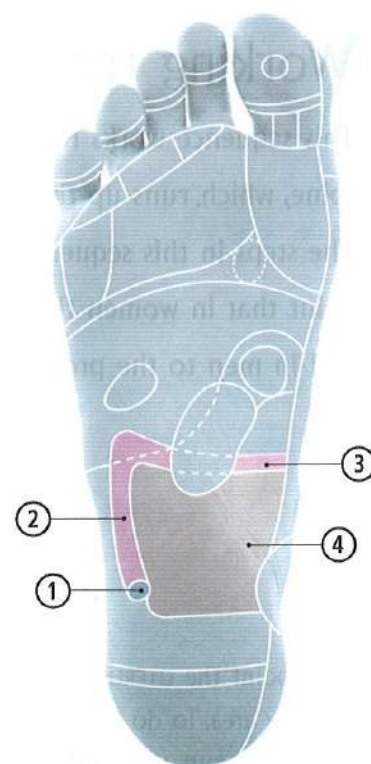
ILEOCECAL VALVE: This releases undigested material from the small intestine into the colon.

COLON: Apply reflexology to this area to aid in the storage and expulsion of waste products in the form of fecal matter.

SMALL INTESTINE: Working this reflex area may assist the small intestine in breaking down food.

3 Reposition your hand, placing your left thumb at the foot's waistline. Thumb walk through the TRANSVERSE COLON reflex area, across the center of the foot.

FOOT ORIENTATION



RIGHT FOOT

The reflex areas corresponding to the lower part of the abdomen can be found just above the pad of the heel.

The ILEOCECAL VALVE reflex area occupies a very small area just above the heel (1). The COLON reflex area runs upward (ascending colon (2)) and then across (transverse colon (3)). The reflex area corresponding to the small intestine (4) is bordered by the colon reflex area.

On the left foot, there is no reflex area relating to the ileocecal valve. The colon reflex area on the left foot is a different shape: it runs across, down (descending colon) and dips across the outside of the left foot (sigmoid colon). (For the location of reflex areas on the left foot, see p. 17.)

4 Change hands and hold the toes back with the left hand. Walk diagonally upward with the right thumb across the SMALL INTESTINE reflex area, letting up on the tendon as you pass over it.

5 To work the COLON, change hands and with your left thumb work diagonally across the SMALL INTESTINE reflex area from the other direction, ending your passes in the TRANSVERSE COLON reflex area.

DESSERTS Toe rotation (p. 72) • Traction (p. 73) • Mid-foot mover (p. 72)

STEP 6

Working the inside of the foot

This sequence works reflex areas such as that of the spine, which runs up the entire inside length of the foot. The steps in this sequence also work the bladder and the point that in women that corresponds to the uterus and in men to the prostate gland.

AREAS WORKED

UTERUS/PROSTATE: Application of reflexology techniques aims to enhance function of the uterus in females and the prostate in males.

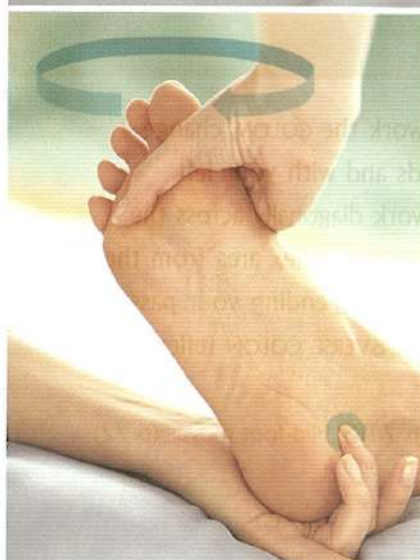
SPINE: This reflex area runs the entire length of the inside of the foot, mirroring the way the spine runs down the torso.

BLADDER: This organ stores urine for excretion.

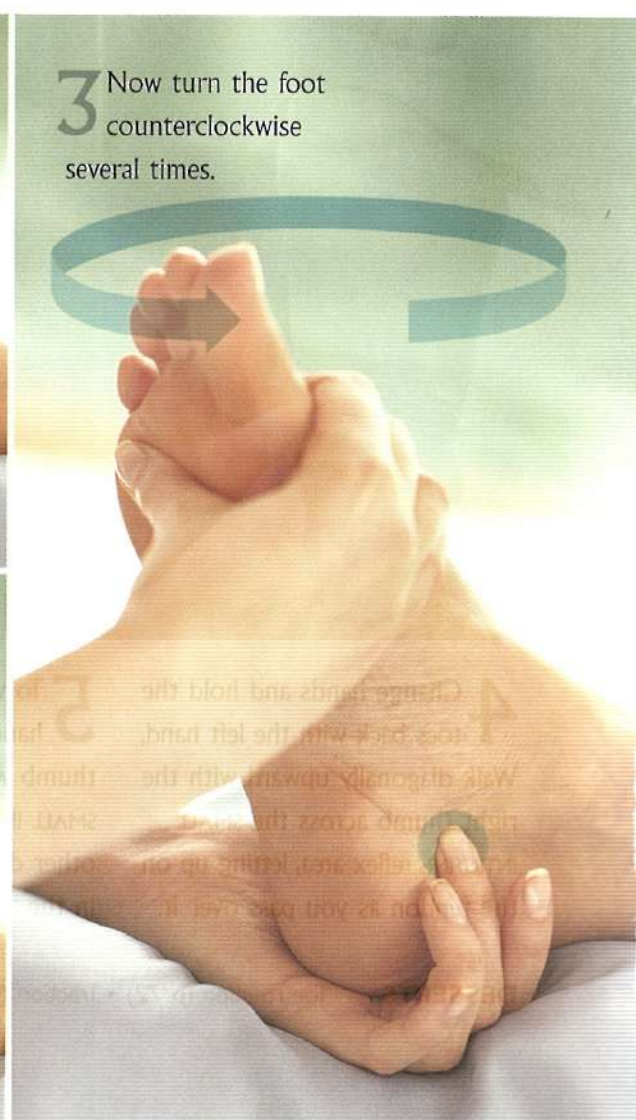
NECK & BRAIN STEM: Applying reflexology work to this area aims to provide a relaxing effect.

1 Pinpoint the UTERUS/PROSTATE reflex area. To do this, place the tip of your right index finger on the inside of the ankle bone and the tip of your ring finger on the back corner of the heel. Now draw your middle finger in until it forms a straight line with the others and establishes a midpoint. This is the UTERUS/PROSTATE reflex area.

2 Rest your left middle finger on this reflex point, cupping the heel in the palm of your hand. Grasp the ball of the foot with the right hand and apply the rotating on a point technique, turning the foot clockwise in a 360° circle several times.



3 Now turn the foot counterclockwise several times.





4 Steady the foot with your left hand and use the right thumb to walk through the TAILBONE reflex area. Repeat.



5 To further work the TAILBONE reflex area, reposition your right thumb at the side of the heel and make several passes.



6 Reposition your working thumb at the BLADDER and LOWER BACK reflex areas. Thumb walk through the area several times.



7 Now reposition your working thumb again. Use the thumb walking technique to walk up the reflex area for the UPPER BACK. Make several passes.

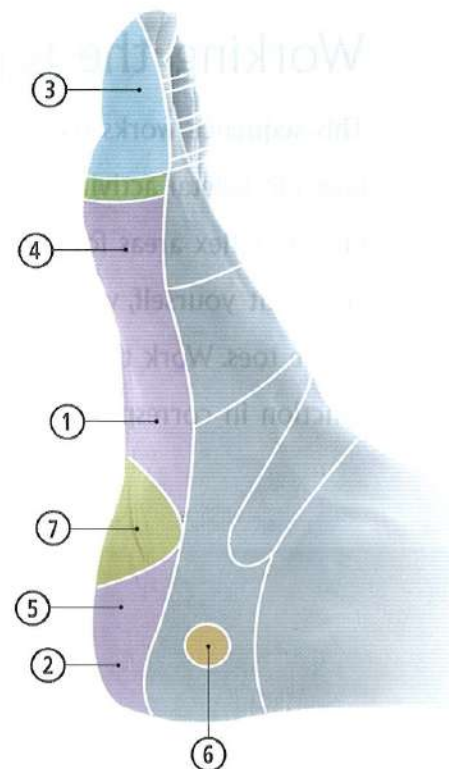


8 Begin thumb walking at the DIAPHRAGM reflex area, making several passes up through the area representing the part of the SPINE between the shoulder blades.



9 To work the NECK and BRAIN STEM reflex areas, walk up the side of the big toe with your thumb. Once again, you should make several passes.

FOOT ORIENTATION



RIGHT FOOT

On the inside of the foot can be found reflex areas corresponding to the spine, reproductive organs, and the bladder.

Running the entire length of the inside of the foot is the reflex area for the SPINE **①** with the TAILBONE represented at the heel **②** and the NECK and BRAIN STEM at the tip of the big toe **③**. The UPPER BACK section of the spine reflex area **④** lies above "the waistline marker," which runs horizontally across the middle of the foot, and the LOWER BACK section below the waistline marker **⑤**. The reflex area representing the female UTERUS and male PROSTATE occupy the same spot just below the ankle **⑥**. Finally, the BLADDER reflex area lies just below the inside of the ankle **⑦**.

The reflex areas on the left and right feet mirror each other, with areas on the left foot corresponding to the left side of the body, and those on the right foot relating to the right.

STEP 7

Working the tops of the toes

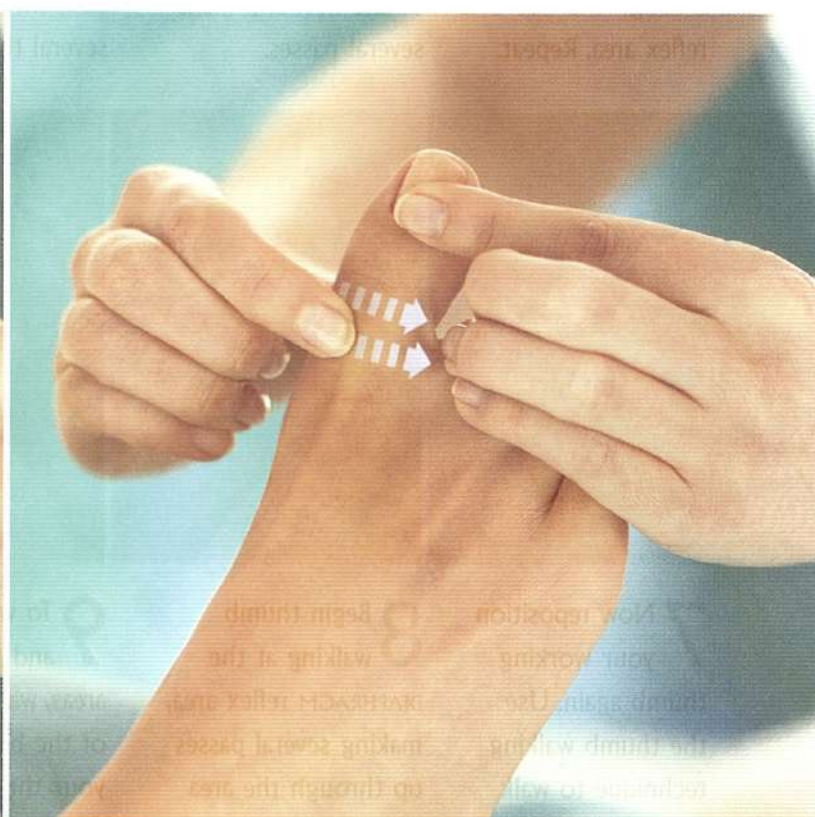
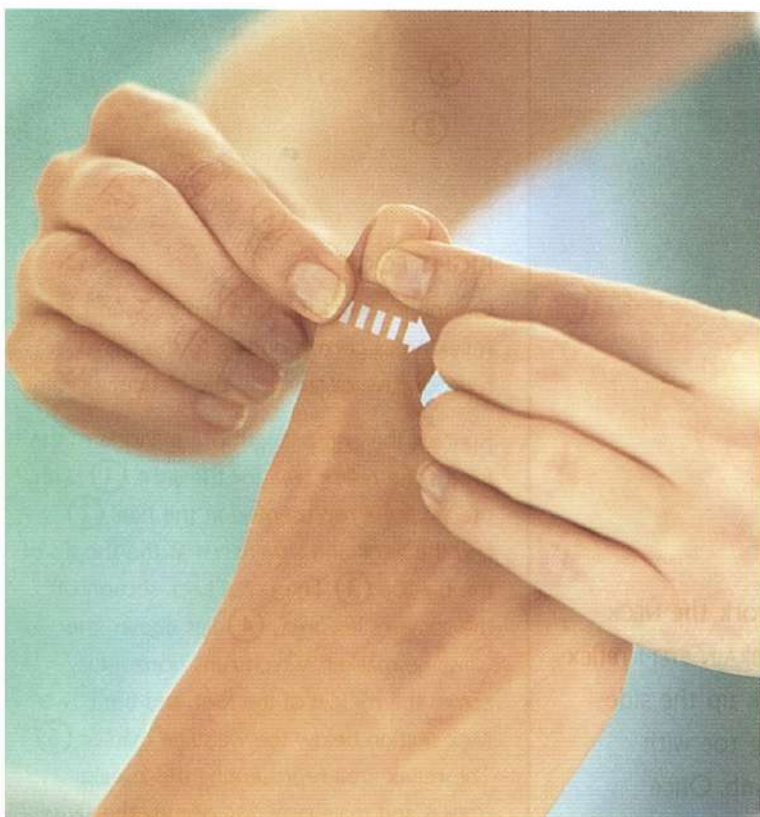
This sequence works those areas of the body responsible for musculoskeletal activities like chewing and turning the head. These include reflex areas for the head, face, neck, teeth, jaw, and gums. To orient yourself, visualize your head and neck spanning the tops of the toes. Work these reflex points to stimulate and enhance function in corresponding body parts and to relax tension.

AREAS WORKED

FACE & SINUS: Control and coordinate all activity in the body, so a key part of a reflexology session.

NECK: Highly prone to tension, it may respond well to reflexology.

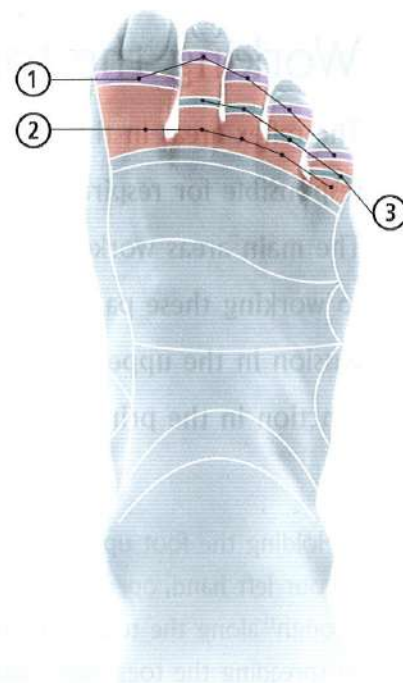
TEETH, JAWS & GUMS: Reflexology may promote the effectiveness of this network of tissue and bone responsible for breaking down food in the mouth.



1 Start by anchoring the big toe with the fingertips and thumb of your left hand. Beginning below the toenail, walk your right index finger around the FACE and SINUS reflex areas. Make a series of passes across the top of the toe under the nail.

2 Repositioning your index finger, walk the right index finger forward in a series of passes around the base of the big toe, the NECK reflex area.

FOOT ORIENTATION



RIGHT FOOT

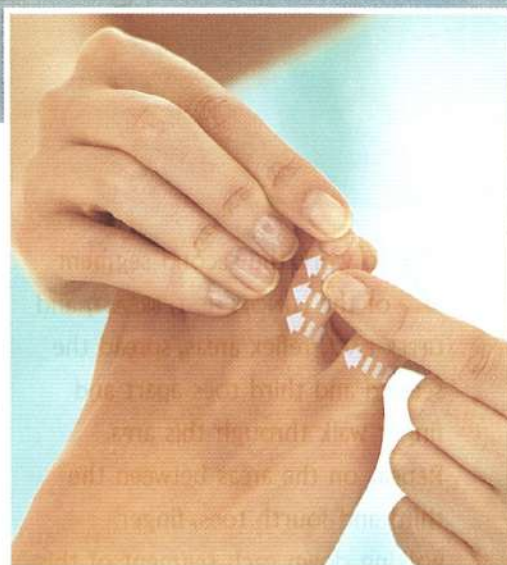
The tops of the toes can be seen as mirroring the face, with the sinuses, teeth, jaw, and gums all represented, and with the reflex area for the neck lying in the joint of each toe where it attaches to the foot.

The reflex area for the FACE and SINUS is a band that runs across the first joint of each of the toes (1). The fleshy segments of each of the toes, below the first joint, represent the NECK (2). The middle joint of each toe corresponds to the TEETH, GUMS, and JAW (3).

The reflex areas on the left foot exactly mirror those on the right, with the reflex areas on the right foot representing the right side of the body, and those on the left corresponding to the left side of the body.

3 Now hold the second toe with your left hand. Walk the right index finger across this portion of the FACE, SINUS, NECK, TEETH, GUMS, and JAW reflex areas. Reposition your finger to work the same reflex areas on the third toe.

4 Change hands. Hold the fourth toe in place with your right hand. Walk the index finger of your left hand across the FACE, SINUS, NECK, TEETH, GUMS, and JAW reflex areas. Now hold the little toe in place and repeat.



DESSERTS Traction (p. 73) • Toe rotation (p. 72) • Mid-foot mover (p. 73)

STEP 8

Working the top of the foot

The reflex areas in this step correspond to areas of the body responsible for respiration, milk production, and reproduction.

The main areas worked also overlap with those of the upper torso, so working these particular reflex points relaxes musculoskeletal tension in the upper body as well as stimulating and enhancing function in the primary areas treated.

AREAS WORKED

CHEST & LUNGS: Reflexology work here may help loosen mucus.

BREAST: Working this reflex may help regulate breast milk production.

UPPER BACK: Working this reflex area may ease tension in the upper torso.

LOWER BACK: Working this reflex area may ease pain in this part of the back.

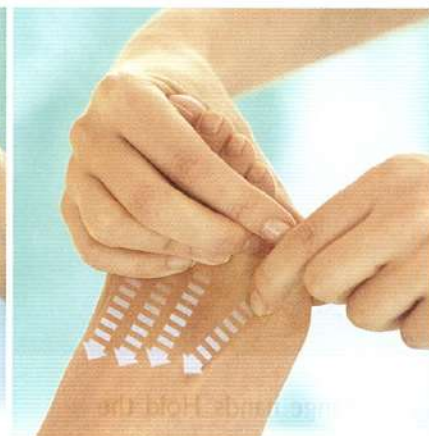
LYMPH GLANDS: Aim to drain lymph from the body and bolster immunity by working this area.

GROIN & FALLOPIAN TUBES: These areas may respond well to reflexology.

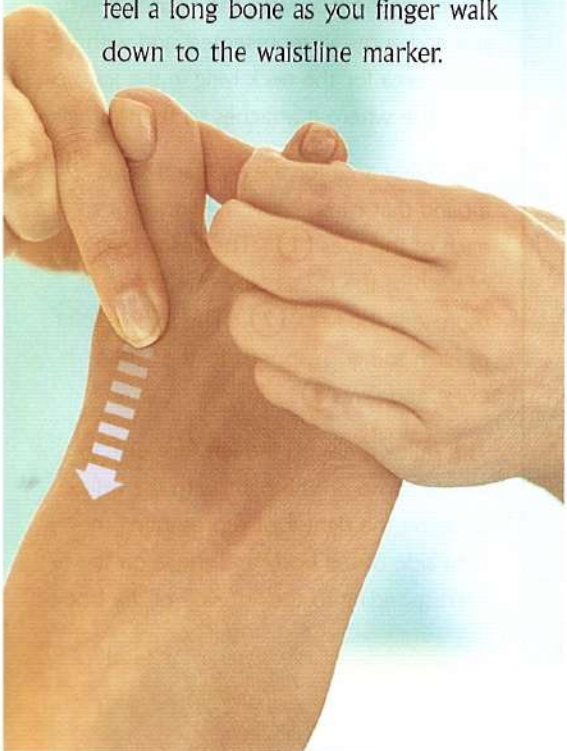
1 Holding the foot upright with your left hand, open up the "trough" along the top of the foot by spreading the toes apart. Starting at the base of the big toe, walk your index finger through the first segment of the LUNG, CHEST, BREAST, and UPPER BACK reflex areas. You will feel a long bone as you finger walk down to the waistline marker.



2 To work the second segment of the LUNG, CHEST, BREAST, and UPPER BACK reflex areas, spread the second and third toes apart and finger walk through this area. Repeat on the areas between the third and fourth toes, finger walking down each segment of this reflex area, then repeat the sequence between the fourth and fifth toes.



3 Now change hands to work through the other side of each trough. Spread the fourth and fifth toes apart with your right hand. Apply the finger walking technique with your left hand. Work the rest of the troughs in the same manner.



4 Hold the foot steady with your left hand. Rest your fingers on top of the foot in the SPINE reflex area. Using all four fingers together, finger walk through the LOWER BACK reflex area.

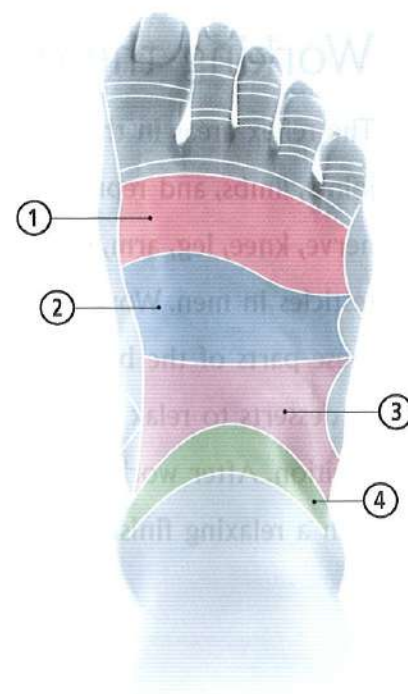


5 Now, hold the foot upright with your right hand. Using your left hand, thumb walk through the reflex areas for the FALLOPIAN TUBES, LYMPH GLANDS, and GROIN.

This step may also be done using both thumbs simultaneously.



FOOT ORIENTATION



RIGHT FOOT

The top of the foot contains a number of important reflex areas which run in horizontal bands across it.

The LUNG, CHEST, BREAST, and UPPER BACK reflex area form a broad band on the tops of the feet, below the toes ①. Moving up the foot, the area corresponding to the rest of the UPPER BACK also runs across the foot in a horizontal block ②. The reflex area for the LOWER BACK is in a third band ③. Finally, the reflex areas for the FALLOPIAN TUBES, LYMPH GLANDS, and GROIN are found in a crescent band around the ankle where it meets the top of the foot ④.

The reflex areas on the left and right feet mirror each other perfectly, with those on the right foot corresponding to the right half of the body and those on the left relating to the left half of the body.

STEP 9

Working the outside of the foot

The reflex areas in this step correspond to many of the body's joints, limbs, and reproductive organs. This includes the hip, sciatic nerve, knee, leg, arm, elbow, and the ovaries in women or the testicles in men. Work these reflex areas to improve functioning of these parts of the body. Follow this sequence by applying a series of desserts to relax the foot, and end it with a final resting position. After working through the left foot, end your workout with a relaxing finish, the breathing technique.

AREAS WORKED

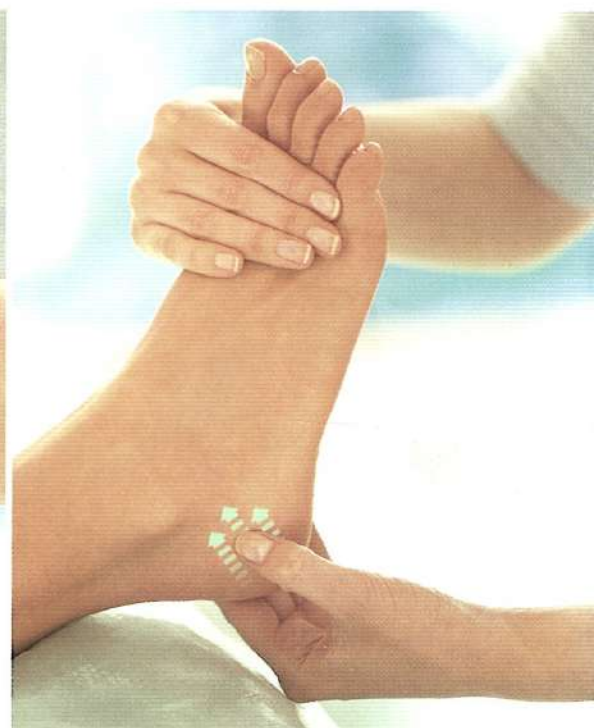
SCIATIC NERVES: This nerve runs down the back of each thigh.

HIPS, LEGS & KNEES: Apply techniques to these reflex areas to facilitate mobility.

ARMS & ELBOWS: Prone to stiffness, the limb of the upper body and its central joint may respond well to reflexology.

OVARIES & TESTICLES: To enhance function of the female and male sex organs, use reflexology techniques regularly.

1 Start by holding the foot upright with your left hand. Use the index finger of the right hand to walk around the ankle bone and through the HIP and SCIATIC NERVE reflex areas.



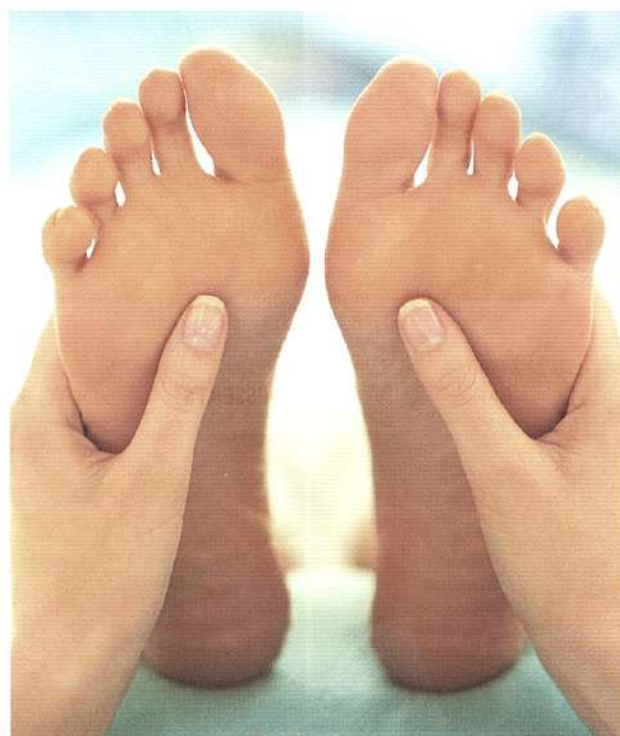
2 Change hands, holding the foot steady with the right hand. Use the left thumb to walk through the OVARY/TESTICLE area.



3 Next, thumb walk through the KNEE and LEG reflex areas, making a series of passes.

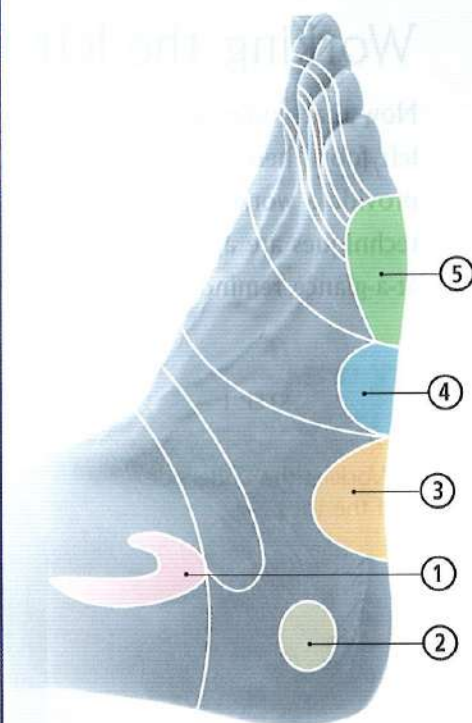
4 Now reposition your left hand. Starting from the KNEE and LEG reflex areas, thumb walk up the ELBOW and ARM reflex areas.

DESSERTS Side to side (p. 68) • Spinal twist (p. 69) • Lung press (p. 70)
Ankle rotation (p. 72)



Breathing: Place your thumbs in the SOLAR PLEXUS reflex areas of each foot. Press slightly while the recipient takes three deep breaths.

FOOT ORIENTATION



RIGHT FOOT

On the outside edge of the foot can be found reflex areas relating to both the limbs and to the male and female reproductive organs.

On the underside of the ankle bone, lies the reflex area for the HIP and the SCIATIC NERVE (1). Nearby, the reflex area for the OVARY in women and the TESTICLE in men can be found on the outside edge of the heel (2). On the edge of the foot, in a semi-circle, is the area corresponding to the KNEE and LEG (3). Moving up the foot, is the reflex area for the ELBOW (4) and finally on the fleshy pad of the little toe is the reflex area for the ARM (5).

These reflex areas all appear in the same place on both the left and the right foot, with the left foot representing the left arm and elbow, for example, and the right foot relating to the right-hand side of the body.

STEP 10

Working the left foot

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

DESSERTS

Before beginning the sequence, check the foot for cuts, bruises, and areas to be avoided when working

STEP 1

Working the underside of the toes

PITUITARY GLAND



THYROID & PARATHYROID GLANDS



THYROID & PARATHYROID GLANDS



HEAD, BRAIN & NECK



Work back up the foot to the big toe, working the center and left side of each toe

DESSERTS

SIDE TO SIDE



LUNG PRESS



TOE ROTATION



INNER EAR



EAR



DESSERTS

SIDE TO SIDE



LUNG PRESS



SIDE TO SIDE



SPINAL TWIST



LUNG PRESS



TOE ROTATION



HEAD, BRAIN & NECK



HEAD, BRAIN & NECK



HEAD, BRAIN & NECK



HEAD, BRAIN & NECK



Repeat sequence on each toe, working down the center and right side of each toe, from the big toe to the little toe

Then change hands and work the center and left side of the little toe

STEP 2

Working the base of the toes

EYE, EAR & INNER EAR



EYE, EAR & INNER EAR



EYE



SOLE MOVER



STEP 3

Working the ball of the foot

HEART & CHEST



SOLAR PLEXUS



LUNG, CHEST & UPPER BACK	LUNG, CHEST & UPPER BACK	SHOULDER	DESSERTS SIDE TO SIDE
			
ADRENAL GLAND & STOMACH	KIDNEY	LIVER & SPLEEN	LIVER & SPLEEN
			
TRANSVERSE COLON	DESCENDING COLON	SIGMOID COLON	SMALL INTESTINE
			
STEP 6	UTERUS/PROSTATE	UTERUS/PROSTATE	UTERUS/PROSTATE
Working the inside of the foot			

LUNG PRESS



SOLE MOVER



STEP 4

Working the upper arch of the foot

PANCREAS



DESSERTS

SIDE TO SIDE



SOLE MOVER



LUNG PRESS



STEP 5

Working the lower arch of the foot

SMALL INTESTINE



DESSERTS

TOE ROTATION



TRACTION



MID-FOOT MOVER



TAILBONE



TAILBONE



LOWER BACK & BLADDER



MIDBACK



BETWEEN SHOULDER BLADES



NECK



DESSERTS

SIDE TO SIDE



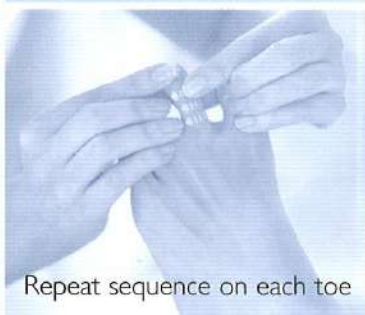
SPINAL TWIST



FACE, SINUS, NECK, TEETH & JAW



FACE, SINUS, NECK, TEETH & JAW



Repeat sequence on each toe

DESSERTS

TRACTION



TOE ROTATION



LOWER BACK



LYMPH GLANDS, GROIN
& FALLOPIAN TUBES



DESSERTS

LUNG PRESS



SOLE MOVER



KNEE & LEG



ELBOW & ARM



DESSERTS

SIDE TO SIDE



SPINAL TWIST

