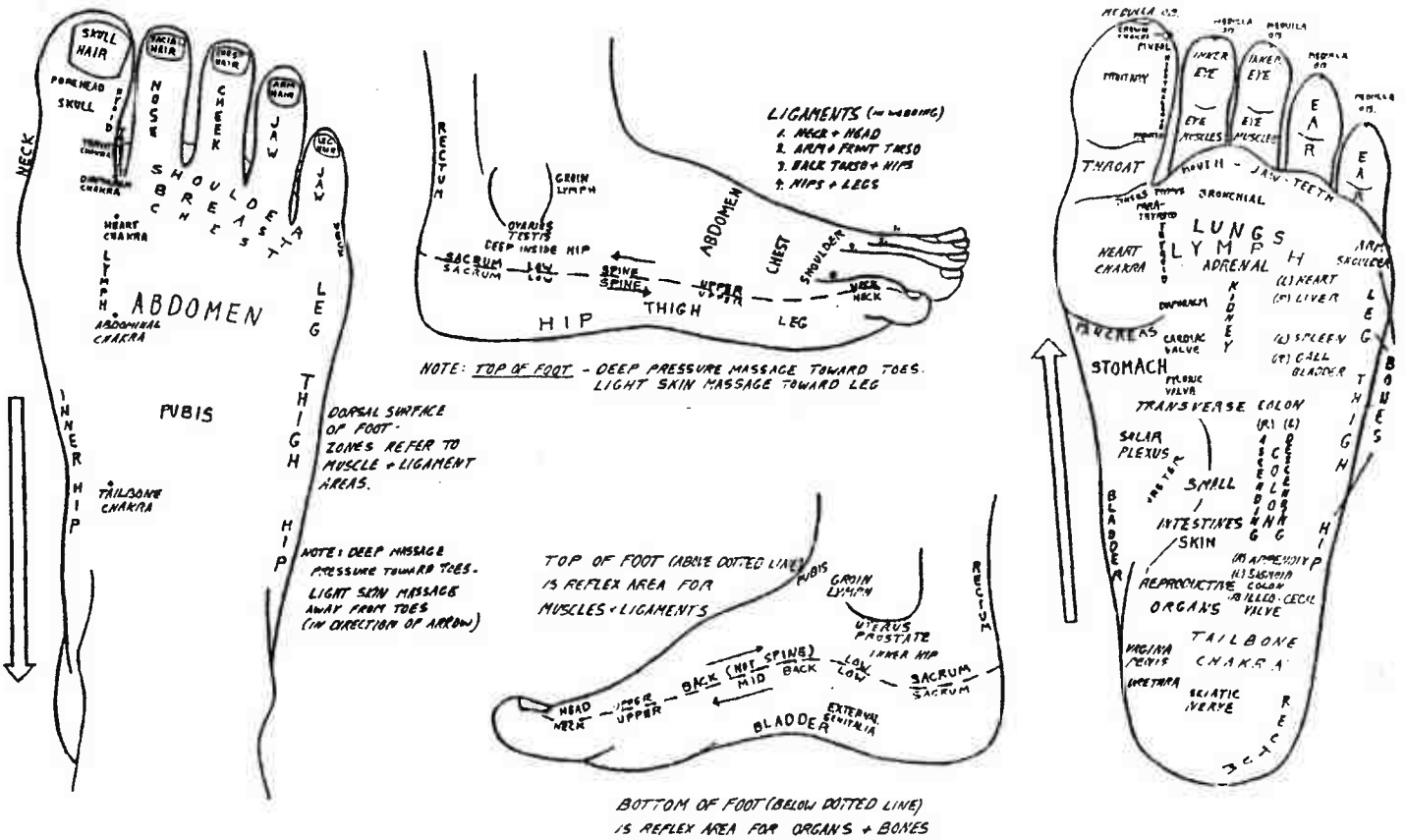
REFLEXOLOGY - A DIFFERENT APPROACH

In our presentation at the 1982 Annual Meeting, we presented new information on Reflexology. Using muscle testing to verify reflex points, we domonstrated that certain indicator muscles could be brought into and taken out of balance. For example, we tested Pectoralis Major Clavicular--it was strong. We then rubbed lightly toward the heel, over the Stomach Reflex Point, retested, and the arm was weak. We then rubbed toward the toes over the same reflex and the arm was strong. We demonstrated the same techniques with Deltoids, Psoas, Teres Minor and Pectoralis Major Sternal.

Using Biokinesiology, it has been found that these frelexes appear to be located at the subcutaneous level and not deeper as it is commonly thought. Pain felt from deeper pressures are occurring in the muscle, tendon and/or ligament areas and not the reflex point itself.

Try it yourself by following these simple instructions: Massage in the direction of the arrow. Massage for 30 to 60 seconds on any one sore point. Press firmly but do not bruise. Pain is not the criterion for healing - Persistance and Loving Kindness are more effective as a healer to the mind and body.



- Wayne Topping, born in New Zealand, received his doctorate in geology from Victoria University of Wellington, New Zealand. Wayne has taught at Ambassador College, Pasadena, the University of Oregon in Eugene, and Western Washington University in Bellingham. He is a Licensed Massage Therapists, Certified Touch for Health Instructor, and Biokinesiology Practitioner. He is currently on the staff of the Wholistic Health Center in Bellingham, Washington.

- Gary W. Bianconi, Licensed Massage Therapist, has had seventeen years of massage experience. He is a Certified Touch for Health Instructor, and uses Applied Kinesiology, Biokinesiology, Myotherapy, Reflexology, and various forms of massage in his practice at the Wholistic Health Center in Bellingham.