

A Most Perfect Body Balance

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Beloved I wish above all things that thou mayest prosper and be in good health, even as thy soul Prospereth. 3 John 2

A frequently asked question is, "What is Reflexology? Who needs it? And what can it do?"

Foot and Hand Reflexology was originally written and researched by Mrs. Eunice Ingham in the early 1920's. Mrs. Ingham's research took her back to the Egyptian times with discoveries on the walls of the Tombs. In her research, she soon realized reflexology was for the layman as well as the physician. There are over 7000 reflexes in each hand and foot that correlate with the circulation in the system. Remember, I said reflexes and not nerves. No, you don't have to remember all these reflexes to feel better. That is the beauty of reflexology. Women have been doing it for centuries with no idea of the value of it. We have been doing what comes naturally by rubbing our children's feet and their back, or tummy to help them to feel better.

Mrs. Ingham made up some important guidelines that all Natural Health Practitioners must follow:

3 Do's and 3 Don'ts

DON'TS

1. Diagnose or name a disease.
2. Prescribe or change medication. Be careful of hints.
3. Treat for any specific condition.

DO'S

1. Relieve stress and tension.
2. Improve blood supply and promote unblocking of nerve impulses.
3. Helps Nature to Normalize.

Most of the above is quoted from material provided by the Ingham Institute of Reflexology.

About your client.

Basically you never know where the client is coming from on a mental and physical scale. You listen, take notes, and watch you client's body language.

In Reflexology and Touch for Health you have learned that home assignments can be important. It will give the client a mental diversion and a physical assignment. My clients get a sheet with the cross-crawl, a variation of the Cook's hookups, neuro-vascular holding points, hand reflexology techniques, and slow neck rolls. I also talk to them about when and where to do these exercises.

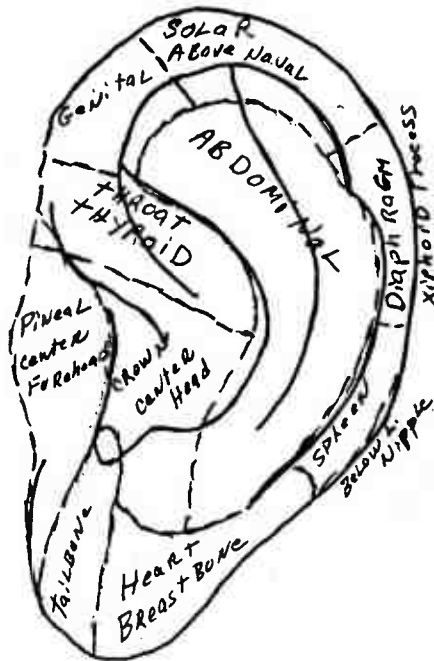
Some are embarrassed to be caught by family doing such silly exercises. There are ways and places that can be beneficial until you get a handle on yourself. At this time, the client learns of the ear reflexes. He is taught the importance of working the ears for reflexology for restoring balance to many parts of the nerve plexuses in the body. The home work assignments are given at the end of the treatment.

At this time my routine is having them remove their shoes and socks and lay face down on the treatment table. Normally on the first treatment I will explain most things as I go along. I assure them this is the best 30 minutes they will ever spend. I prefer a quiet client, but some need to talk and do they ever.

My normal treatment goes as follows:

1. Face down and pull the legs straight to straighten the spine. Always touch the

client on the back to help them to relax. Have them rest a couple of minutes and then start by rubbing the head and the neck, then start down the shoulders. You do acupressure down the spine while breathing in rhythm with the client. When you get to the hips, rub the hip bones and finish the lower spine. Massage down the legs to the feet. Return to the back and do a quick massage over the whole back area.



Ear Reflexes

2. Now have your client turn over. Continue by massaging the chin around to the ears. The ears have the whole body displayed in them; so don't forget to rub them and teach the client how. Next do the points around the eyes, down the nose, and around the cheekbones to the temple. Massage the temple up to the neurovascular, then rub the scalp again, and do a slow neck roll for them. They now know that death has come and they are in heaven. Now that your client is your slave, onto the next step.
3. It is very important that you do the squeeze play on the shoulder and arm and rotate the shoulder. Then back up to the hands for the reflexology treatment.

Finish and go to the other side and repeat the same process.

4. Do the normal AK balancing on the Ileocecal valve and the Houston valve and check all the upper respiratory area.
5. Squeeze play down both legs to relax the muscles and balance the legs. While in the area, do hip rotations to relax tension in the hips.
6. Most important is to sit in a comfortable chair or on a roller stool and prepare to meet the feet. Gracefully touch and examine the feet for any unusual marks, surgical scars, corns, calluses and tell the client if you see anything out of the ordinary. (you don't want them to accuse you of making their feet red or causing something they weren't aware of.) Massage the ankles and down to the right foot, using powder only, no oils. (You want a smooth surface from any sweat.) You must support and protect at all times while doing pressure points. Using the thumb on its side, you may dwell into all the reflexes of the body by working the feet or hands. There are at least 75 major points in each foot and hand. From the sinus area to the sciatic, gall bladder, liver pancreas, shoulder, prostate, uterus and many more.

Who can do reflexology?

Anyone can. By learning a few simple techniques the average person can enjoy better health. As practitioners, we need to be aware that just any one technique isn't quite enough. Personally I find that without the balancing of TFH my reflexology does not hold as well and the two become a perfect blend of marriage.

Don't forget the home assignment and a hug.

Special credit is given to "The Original Ingham Method of Reflexology," Touch for health", Hap and Elizabeth Barhydt of Loving Life and the good Lord, who is not through with me yet.