

Reflexology and Tinctures that will Support You through the Millennium

BY NETTIE MEISSNER

We hear many stories of what will happen at the turn of the century and how it may affect our health and well being. Some will be true, yet it is up to each of us to prepare daily for the future. The mainstay in our briefcase of knowledge will be to our general health. Learn how to daily balance the body for the emotional and physical unknown. Keep Cayenne and Lobelia in all vehicles, medicine cabinets for any health emergency.

#1 is Prayer. # 2 is Foot and Hand Reflexology. # 3 is Touch for Health and # 4 is some life saving Tinctures by Dr. Richard Schulze. When using these helpers on a daily as need basis, life will be easier to manage.

1 PRAYER

Prayer will give you the inner peace for the spiritual and emotional mind. If you don't know how to pray, you will learn when the time is right.

2 REFLEXOLOGY

Reflexology is based on the principle that you have reflexes in the feet and hands that correspond with all the systems of the body. There are over 7000 reflexes. Due to many of miles of veins arteries and fluid lines in the body, who knows what all will be stimulated. It works, so stop fighting something you can't see, just do it, you will feel it. To teach the basics of reflexology is simple. The first thing to remember is never work on broken bones or open wounds. If this turns out to be a self preservation time, reflexology will be the thing to practice. You may use powder, cornstarch or cream if you wish.

This is a pressure point technique to get the circulation moving throughout your body. At this time we are not concerned of what isn't working so just work it all and be safe.

Place the right foot on the left knee and examine for any injuries. Massage the foot gently to help take the edge off the stress. Starting at the medial side (inside) of the foot , hold the toes with left hand and using the lateral side of the thumbnail start the movement of the inchworm affect from the heel to the toes. Moving up and turning the hand and moving down the spinal bone of the foot will give much relief and you have worked from the tailbone to the head. When finishing at the top of the toe, use a rolling motion on the tip of all toes. Sinuses will sing to you. Now go back to the large toe and use the same walking motion around the whole big toe. This will assist the opening of the sinuses and any head congestion and neck problems including throat. Be sure to work all the toes.

Work the middle ear and the eye starting under the little toe (using the thumb, medial) and walking on the ridge up to the first toe. Working back and forth will help open the eyes and ear canals.

Lungs, heart, chest, breast, thymus, esophagus, areas relative to thyroid and bronchial areas can all be worked by doing the walking motion on the ball of the foot and the tops of the foot. This will be the same on both feet. Work up and down between each Phalange (Bones) of the feet and finishing off with the Diaphragm and Solar Plexus. The Dia-

phragm and Solar Plexus are under the ball of the foot from the medial to lateral side of the foot. Marvelous for anyone with a breathing problem. Shoulder problem can be found under the little toe starting at the diaphragm up to the bottom of the toe, so work well. Same on both feet.

Liver is the largest solid organ (4 Pounds) of the body with over 500 functions and takes about 12% of the body's energy. It detoxifies the body. It is located on the lateral aide of the foot under the last four toes under the diaphragm.. The gall bladder bile helps to digest fats and is located in the liver under the fourth toe. If any injury or surgery, scar tissue will form and can be painful years later.

Ileocecal Valve and Appendix on the right foot only under the cubed notch near the heel line. It is on the right side of the pelvic bone can be painful and hard to diagnose. The flap in the Ileocecal Valve is major when it comes to bowl movement. When stuck open or shut, it can cause serious pain and or gases and etc., so massage this point daily. It is a must that you remember, what goes in must come out on a daily basis.

Adrenal glands are located under the big toe, under the diaphragm and it sits on the kidney, draining into the ureter tube down into the bladder that sits at the medial heel . The Adrenal Glands has over 50 functions and is known for the gitty-up-and-go of the body. It doesn't handle stress well. If you have a kidney, bladder or liver problem, they all work from each other so if you have one, you have the other. Be sure to work all the foot for intestinal tract. Work the almighty sciatic by reflex action on all the heel. Oh what a relief it can be.

Pancreas is located above the naval and mostly on the left side. Among other things, the pancreas breaks down sugar assimilation. Anytime you overeat or drink, the pancreas goes into a state of panic and can take up to several days to assimilate.

Working the left foot is a little different. The Heart is mainly found on the left side of the chest and in the ball of the foot.

The Stomach is off center on the left side of the body under most of the diaphragm and hanging on for dear life is the Spleen. The Spleen is essential in the fact that it will repair and replace the red and white blood cells. You may finish off the pressure points by working the balance of the intestinal tract. The bowl empties on the left side so press down into the heel for the sciatic and the rectum.

Uterus/Prostate are medial under the ankle bone and Ovary/Testicle are under the ankle bone on the lateral side. Leave no stone un-turned by working every inch of the foot and up the leg. Remember to breath and if it is sore, back off and work it again. Tenderness is a sign of CONGESTION not death.

There is no way you will hurt anyone by doing reflexology as long as you remember to be gentle.

#3 TOUCH FOR HEALTH

This system of balancing the body by touching the muscle and getting a response. If the response is weak, you look to the other muscles involved. Once you have tweaked the muscle, the energy should flow immediately. If the muscle doesn't respond properly, check with the other muscles that are involved with that particular organ. Some days a 14 Major Muscle Balance isn't the easiest so I incorporate many of the other Touch for Health Techniques. Touch for Health is another one of those things that you can't see but the results is a whole body feeling. You can't see Faith but the results can be peace of mind.

Personally, I prefer to start my morning with a glass of water and then the crosscrawl on the way to the bathroom. Meanwhile in the shower I take full advantage of showering and doing the body (Meridian)

sweep, head rotations, central and governing and working my hands. By this time you have taken Five minutes and had a refreshing and revitalizing start on the day. A mentor I met recently said if it Moves-Move it, Stretches-Stretch it, Bend-Bend it, and if it Rotates-Rotate it. Just move it and it will keep you moving.

4 DETOXIFICATION

Flushing the body the quickest ways of relieving most pain and who knows what else. The best and safest way is Natures Foods. The balance of my talk will be from the Famous Medical Herbalist, Dr. Richard Schulze. Use the formulas with caution but with great joy. I am paraphrasing his work.

Super Tonic – (helps reduce fever, circulation, flushes colds flu 10 to 15 spoons a day)

1. Cayenne Pepper-Drives the blood through the body (Heart Heart)
2. Ginger Root-Rushes to the extremities and back
3. Garlic Destroys germs, bacteria, fungus, virus, good for erections.
4. Onion white, hot Sister to garlic, works up into the head. Conjunctivitis (Great)
5. Horseradish Root Goes directly to the head.

Use a handful of each of the above and toss in blender, cover with apple cider vinegar. Blend, and put in container, sit on shelf and will last unending. You can strain if you want. No self respecting germ will live in this mixture. This is good for the whole body and can be used as a stimulating food dip. (A good way to get rid of friends.)

Peppermint and Vodka is the greatest tincture. Dump peppermint into blender and pour cheap vodka in 3/4 way up and blend at high speed. Best

to make on the new moon, (when no moon out). Can be used anytime, best left for a 14 day soak and shake daily, strain if desired. Stomach, gasses, colic and nervousness stimulates digestion and etc..

Have Echinacea available and it will make the body kill the bacteria. Garlic kills the infection instantly.

Aloe Vera Cactus is a must in any weather Break open the leaf and put on injury. Can be drank for intestinal and stomach problems and as an enema for burning intestines.

Cayenne is the best stimulant for blood. Grab a handful of all the hot peppers you can and drop into blender, pour in Vodka to cover, blend. Cayenne will stimulate the blood and you will feel a very warm, but, you will live. Strain if you desire, cover in a jar.

Charcoal is the greatest and or bentonite for poison. Bentonite goes directly into the system for absorption. Charcoal takes a little longer.

Always remember that if you take too much of any natural tincture, you will vomit and that can always be good. Slowly start again. Using all of these ideas can be your personal needs items. Enjoy and always have a bottle of Cheyenne in our pocket.

SOURCES:

Better Health with Foot Reflexology by Dwight Byers

Touch for Health by Dr. John Thie

Top Ten Herbs by Dr. Richard Schulze