

# Reflexology



Reflexology is the application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body.

Ear Reflexology is a simple and efficient way to relieve stress and pain by applying minimal pressure to the reflex points on the ear. Each ear contains a complete map of the body, rich with nerve endings and multiple connectors to the central nervous system. For example, if the reflex point for the bladder is tender, the body may be in the beginning stages of a bladder infection. One can take preventative measures to head off the bladder infection by applying an essential oil to the reflex point on the ear followed by minimal pressure.

To begin treatment, start at the top of the right ear and slowly work your thumb and forefinger along the outer edges. Hold each point for five seconds before continuing to the end of the earlobe. For best results, repeat this procedure at least five times. Next, work the inner crevices of the ear using the pointer finger and applying minimal pressure. Repeat procedure on left ear. If any areas in and around the crevices of the ear are sensitive, consult the ear reflexology chart to pinpoint the area of the body that may be out of balance.

This a great technique to use personally, on family or friends as well as with those whose hands and feet are not accessible for hand and foot reflexology. Young children are especially ceptive to having their outer ears worked on

and soothing.

Foot Reflexology is an effective method to bring the body systems into balance by applying pressure to specific places on the feet. Hand reflexology can be utilized in a similar manner. The nerves in the feet correspond with various parts of the body; thus, the entire body is mapped on the feet, telling a story of emotional and physical well being.

One way to find imbalances in the body is to massage all the areas noted on the foot reflexology chart and feel for triggers or small knots underneath the skin. When a trigger is found, apply an essential oil to the location on the foot and continue to massage the trigger until it releases. Another way to use reflexology is to address a specific ailment. For instance, if a person has a headache, locate the brain on the foot chart and the corresponding point on the foot. Apply an essential oil of choice and massage the pad of the big toe to reduce tension. If a person has a tight chest induced by stress, locate the lungs/ chest on the foot chart and the corresponding point on the foot. Apply an essential oil of choice followed by medium to light circular massage on the ball of the foot.

The autonomic nervous system is then engaged, helping to alleviate symptoms and heal the body naturally.

