

FOOT REFLEXOLOGY



Easy Techniques to Improve Your Health
(Bonus Face and Ear Info!)

STEVE B. MILLARD

FOOT REFLEXOLOGY



Easy Techniques to Improve Your Health
(Bonus Face and Ear Info!)

STEVE B. MILLARD

FOOT REFLEXOLOGY:

Easy Techniques to Improve Your
Health

Bonus Face and Ear Info!

Copyright © 2020 Steve B. Millard-All Right Reserved

The content contained within this book may not be reproduced, duplicated or transmitted without direct written permission from the author. Under no circumstances will any blame or legal responsibility be held against the author, for any damages, reparation, or monetary loss due to the information contained within this book. Either directly or indirectly.

This book is copyright protected. This book is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part, or the content within this book, without the consent of the author.

Please note the information contained within this document is for educational and entertainment purposes only. All effort has been executed to present accurate, up to date, reliable and complete information. No warranties of any kind are declared or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical or professional advice. The content within this book has been derived from various sources. Please consult a licensed professional before attempting any techniques outlined in this book.

By reading this document, the reader agrees that under no circumstances is the author responsible for any losses, direct or indirect, which are incurred as a result of the use of information contained within this document, including, but not limited to, — errors, omissions, or inaccuracies.



I think you would really enjoy reading other books and newsletters in similar Genres.

I would like to be able to keep you informed about new books in the future, so please click the link below.

[Future books available here](#)

Table of Contents

INTRODUCTION

CHAPTER 1: UNDERSTANDING FOOT REFLEXOLOGY

[CONSIDERATIONS BEFORE OR DURING A REFLEXOLOGY FOOT MASSAGE](#)

[GENERAL FOOT REFLEXOLOGY](#)

CHAPTER 2: FOOT REFLEXOLOGY CHART MAP

[FOOT REFLEXOLOGY CHART](#)

[*The Right Sole*](#)

[*Left Sole*](#)

[*Top of Left Foot*](#)

[*Top of Right Foot*](#)

[*Inside the Foot*](#)

[*Outside Foot*](#)

CHAPTER 3: FOOT MASSAGE REFLEX POSITIONS

[THE POSITIONS OF THE REFLEX POINTS ON YOUR LEFT FOOT](#)

[THE POSITIONS OF THE REFLEX POINTS ON YOUR RIGHT FOOT](#)

CHAPTER 4: HOW TO PERFORM FOOT REFLEXOLOGY ON YOURSELF

[PAT THE TOP OF YOUR FOOT](#)

[ANKLE ROTATIONS](#)

[TOE PULLS AND SQUEEZES](#)

[TOE SLIDES](#)

[ARCH PRESS](#)

CHAPTER 5: FOOT REFLEXOLOGY TECHNIQUES AND TIPS

THUMB-WALKING TECHNIQUE

RIGHT FOOT

Relaxation of the Feet:

Thumb-Walking the Spine:

Rotation of the Toes:

The Meridian Points:

The Next Step Is to Thumb-Walk the Toes:

The Top and Back Areas of the Foot:

The Liver / Stomach Area of the Foot:

The Intestinal Area of the Foot:

The Pelvic Area of the Foot:

THE LEFT FOOT

FOOT REFLEXOLOGY TIPS AND WARNINGS

GENERAL FOOT REFLEXOLOGY TECHNIQUES

CHAPTER 6: ISSUES ASSISTED BY SIMPLE FOOT REFLEXOLOGY

FOOT REFLEXOLOGY FOR HEADACHES AND MIGRAINES

Working Through the Spine for Headaches and Migraines

Working Through the Liver for Headaches and Migraines

Working Through the Cervical Spine for Headaches and Migraines

FOOT REFLEXOLOGY FOR HEART

FOOT REFLEXOLOGY FOR GALLBLADDER AND LIVER

FOOT REFLEXOLOGY FOR STOMACH

FOOT REFLEXOLOGY FOR PANCREAS

FOOT REFLEXOLOGY FOR KIDNEY

FOOT REFLEXOLOGY FOR WEIGHT LOSS

Working Through the Spleen for Weight Loss

Working Through the Stomach and Pancreas for Weight Loss

Working Through the Gallbladder for Weight Loss

Working Through the Endocrine Glands for Weight Loss

FOOT REFLEXOLOGY FOR CONSTIPATION

FOOT REFLEXOLOGY FOR A COLD

Working Through the Lungs and Chest for a Cold

FOOT REFLEXOLOGY FOR RELIEVING SCIATICA PAIN

FOOT REFLEXOLOGY FOR PITUITARY

[FOOT REFLEXOLOGY FOR EAR AND EYE](#)
[FOOT REFLEXOLOGY FOR TEETH AND FACE](#)
[FOOT REFLEXOLOGY FOR THYROID, NECK AND THROAT](#)
[FOOT REFLEXOLOGY FOR UPPER BACK AND LUNGS](#)
[FOOT REFLEXOLOGY FOR CHEST](#)
[FOOT REFLEXOLOGY FOR SHOULDER](#)
[FOOT REFLEXOLOGY FOR ARM/ELBOW](#)
[FOOT REFLEXOLOGY FOR SPINE](#)
[FOOT REFLEXOLOGY FOR STRESS](#)

BONUS

CHAPTER 7: FACE REFLEXOLOGY TECHNIQUES

[*Point-To-Point Stimulation*](#)

[*Relaxation Phase*](#)

[*Use of Water*](#)

CHAPTER 8: EAR REFLEXOLOGY

[THE EAR REFLEXOLOGY CHART MAP](#)

[HOW DOES IT WORK?](#)

[SAFETY PRECAUTIONS](#)

[EAR REFLEXOLOGY TIPS & TECHNIQUES](#)

[SELF-PRACTICE WITH EAR REFLEXOLOGY](#)

[PRESSURE POINTS](#)

[DIY \(DO IT YOURSELF\) EAR REFLEXOLOGY TECHNIQUES BY AILMENT](#)

[*Relieving Lower Back Pain and Sciatica*](#)

[*Relieving Tension and Stress*](#)

[*Fighting Insomnia*](#)

CONCLUSION

OTHER BOOKS BY THE SAME AUTHOR THAT YOU MAY BE INTERESTED IN:

Introduction

According to healing techniques documented by the ancient Chinese and Egyptians practitioners, each human body part can be represented by various reflex points located on your feet. By pressing these reflex zones, any issue related to the corresponding organ can be healed without the use of medication. Applying calculated pressure to these reflex zones creates therapeutic effects in other parts of the body. The application of pressure on these zones stimulates the flow of positive energy through the nerves and assists in reducing pain.

An experienced reflexology specialist can diagnose an illness by handling the feet of the patients. When a certain organ is ailing, the pain is reflected as a tender spot in the corresponding zone in the feet. By examining these reflex zones, the reflexologist can determine the point from which pain is originating. Proper application of pressure in corresponding feet zones helps in balancing the functioning of various organs and alleviating pain.

Foot reflexology is considered to be an effective health maintenance technique that can also be used to prevent various illnesses. Moreover, with the help of foot reflexology, a number of diseases can easily be diagnosed as well. However, it is important to consult a certified reflexologist. When the reflexologist works on the reflex areas and nerve endings (Reflex Zones) of the feet by applying the appropriate amount of pressure, the obstructions are identified through the presence of crystal deposits or the experience of pain. This usually occurs in various parts of the feet, which are connected with the corresponding part of the body that is considered imbalanced.

By using specific pressure and massage techniques on feet, a reflexologist helps in dispelling various health issues. Similarly, the art of reflexology

facilitates in relieving various diseases by promoting the release of toxins, improving the proper functioning of lymphatic and circulatory systems, thus assisting the body to heal itself and start working properly and efficiently.

This book explains everything you need to know about foot reflexology and how it can be used to diagnose diseases and assist with any illnesses.

Chapter 1: Understanding Foot reflexology

Foot reflexology is the most common type of reflexology that is practiced around the world.

Foot reflexology is a technique where the therapist massages under the feet and reaches the internal organs of the body. Refer to the Foot Reflexology Chart in chapter 2, to know which organ corresponds to what area below the foot.

As a general rule, all organs that lie on the right side of the body are available under the right foot and all organs on the left side are under the left foot.

You have to understand the different zones in order to know how to stimulate them.

There are a whole host of benefits that can be availed through foot reflexology including blood circulation, stress removal and bringing balance to your body.

Reflexology recuperates or enhances the body capacities by putting satisfactory measure of weight on specific focuses under the foot which reflexologists call “zones”. Every zone or weight point under the feet compares to a specific body organ. It is trusted that such feet massages actuate incitement of certain great catalysts and other substantial chemicals that advance the general prosperity. Some reflexologists even claim that this strategy utilizing the reflexes can be utilized to cure certain ailments.

Considerations Before or During a Reflexology Foot Massage

Most people can have this massage. However, there are a few conditions where you may consider keeping away from a foot massage, these are as per the following: -

At the point when the individual experiences any sort of draining be it inner or outside, he/she ought to evade reflexology massage.

If you have experienced any heart issues, then discuss this with a reflexology professional, before considering a foot reflexology massage.

You should also avoid a foot reflexology massage if you have any foot fractures, unhealed wounds or gout.

If you are pregnant then ensure to advise your reflexology professional as there are certain points in your foot that should be avoided.

During the session you may feel slight pain which ought to vanish when the masseur has finished your foot massage. Generally, a run of the mill reflexology massage goes for 45 minutes to 60 minutes

Abstain from eating directly before or after your reflexology foot massage.

You can learn techniques from this book and practice self-treatment, or you can consult a professional reflexologist.

A professional reflexologist would know precisely, without uncertainty which is the reflex point relating to a specific organ. Ensure you explain any health issues to the reflexologist as this will assist with providing a greater outcome.

Reflexology is an art that is used to advance your wellbeing through touch. An increasing number of people are learning reflexology techniques to help

diminish stress, and improve health, in their own lives, or in the lives of their family members or friends.

General Foot Reflexology

Performing foot reflexology is a way to help with many different ailments your body may be suffering, but, before you begin doing personal sessions on yourself you should understand the general process. In this section the general practices of foot reflexology will be covered so you have a better understanding when you begin your sessions.

Before starting the session, and in order to get your feet more relaxed take the time for a warm foot soak. This will loosen the feet and make them more accepting to the treatment.

After you have dried your feet find a comfortable place to sit on the floor; try using an exercise mat to make it more comfortable. You should be doing this in a dimly lit room. You can add some aromatherapy scented candles to make the atmosphere even more relaxed.

The temperature of the room should be comfortable; not too hot and not too cold. Your focus should be on the practice of the reflexology not on the temperature of the room.

Using some peppermint foot lotion and gently massage your feet to relax them until the lotion is completely absorbed. By relaxing your feet before beginning you will achieve a better result from the reflexology session.

Decide which foot you are going to start with and cover the other with a light blanket to keep it warm and relaxed.

Close your eyes, clear your mind, relax, and focus on the part of the body that you want to work on during the session.

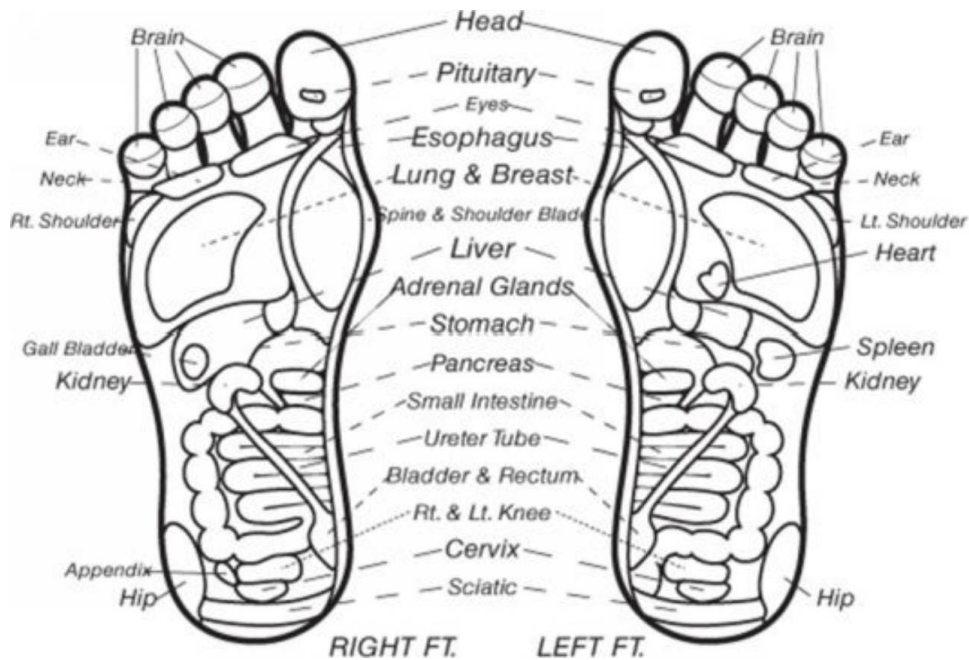
Refer to your foot reflexology chart (Chapter 2) to determine where the pressure point is that you will need to focus on.

Press into the pressure point and hold for thirty seconds and release. Wait a couple of seconds before pressing again. You can continue to repeat the thirty second hold or you can pulsate by pressing and releasing in five second intervals for a total of thirty seconds.

Work through the entire foot before moving on to the other foot.

After the session is completed give yourself ten minutes to just sit and relax. If time permits, try taking a half hour nap after the session. During the next couple of hours drink lots of water to help rid your body of the toxins that were released during the session.

Chapter 2: Foot Reflexology Chart Map



Foot

Reflexology Chart

In foot reflexology, particular pressure is applied with the thumb or finger at the relevant "reflex areas". Using this natural healing, you can get anxiety and stress relief, and feelings of total comfort.

Foot reflexology reinstates the natural balance and is recognized to invigorate patients; but it shouldn't be considered as a curative agent. At present, this art of healing is important in determining tension or high stress body regions; and because a lot of health conditions and illnesses are caused by stress, foot reflexology can prove to be an effective complementary treatment.

This chart outlines the main reflex point zones of the foot. Not all charts are exactly the same, as some will have fewer or more zones, but these are the

basic zones and are a good starting place for beginners who are just learning the art of reflexology.

A professional reflexologist will use pressure applied to reflex areas on the sole of the foot for the purpose of communicating with the corresponding organs and parts of the body through the central nervous system. This helps them function at their best.

Your feet have many reflex areas that correspond with different organs in your body using the body's anatomy. This includes areas on your heels and toes, for instance, reflecting the lower back and head respectively.

The Right Sole

Your right foot map has reflex areas that correspond with the right side of your body. The reflex for liver on the right foot is much larger since most part of the liver is located on the right side of the body.

Left Sole

Your left foot corresponds with organs that fall on the left side of your body. The pancreas, stomach and the heart reflex sites on the left foot are significantly larger than those on the right foot since these organs are located more towards the left side of the body.

Top of Left Foot

The reflex areas on the top side of the left foot represent the left side of the body. The reflex areas for upper back, breast, chest, and lung are represented as one big area in the top center of your foot. However, another lung and chest reflex area is also located behind the back of the foot.

Top of Right Foot

On top of the right foot, you will see reflex areas that address the organs that fall on the right side of the body – such as the right leg and arm. There's a point highlighted on the right foot halfway down, which is known as the 'waistline'. The organs near the upper back area are mapped above this point. The internal organs and lower back are encased below. The groin and lymph gland reflex areas are wrapped near the ankle.

Inside the Foot

The 'inside' view of the foot clearly displays the reflex area corresponding with the spine. The big toe represents the neck, the area between the balls of the foot is the shoulder blades and the base of the heel is considered the tailbone of the spine.

Outside Foot

The reflex areas that appear on top of the foot start with the shoulder area that runs across the toes. The side of the foot corresponds with the elbow and arm area of the body. Towards the ankle there are reflexes corresponding with reproductive organs. The curve around the ankle bone is reserved for the hip and sciatic nerve.

Chapter 3: Foot Massage Reflex Positions

The Positions of the Reflex Points on Your Left Foot



point for sinuses and teeth.

Reflex



for the large brain, the cerebral.

Reflex point



for the small brain, cerebellum.

Reflex point



Reflex point for the temples.



Reflex point for the ears.



Reflex point on the eyes.



Reflex point for the neck.



the spine. Cervical vertebrae at the top.

Reflex point for



Reflex point for the spine. Thoracic vertebrae is no. 2 from the top.

Reflex point for the



Reflex point for the spine. lumbar vertebrae is no. 3 from the top.

Reflex point for the



Reflex point for the spine. Tailbone is the area at the bottom.

Reflex point for the



point for the shoulder.

Reflex



point for the lungs and bronchi.

Reflex



Reflex point for the thyroid.



Reflex point for the heart.



point for the solar plexus.



Reflex point for the stomach.

Reflex



point for the adrenals.

Reflex



the kidneys, the round area at the top.

Reflex point for



ureter, the elongated area at the bottom.

Reflex point for the



Reflex point for the spleen.



Reflex point for the pancreas.



point for the duodenum.

Reflex



point for the small intestine.

Reflex



Reflex point for the colon.



Reflex point for the knees.



for sciatica and pelvic organs.

Reflex point



Reflex point for the nose.



Reflex point for the oviduct.



Reflex point for the rectum.



point for prostate / uterus.

Reflex



Reflex point for the bladder.



point for ovarian / testicular

Reflex



the chest. (also behind the back of the foot)

Reflex point for



Reflex point for the hips.



reflex point for the elbow.

Indirect



point of the blood circuit.

Reflex

The Positions of the Reflex Points on Your Right Foot



Reflex point for sinuses and teeth.

Reflex point for the large brain, the cerebral.



for the small brain, cerebellum.

Reflex point



Reflex point for the temples.



Reflex point for the ears.



Reflex point for the eyes.



Reflex point for the neck.



the spine. Cervical vertebrae at the top.

Reflex point for



spine. Thoracic vertebrae is no. 2 from the top.

Reflex point for the



Reflex point for the spine. lumbar vertebrae is no. 3 from the top.

Reflex point for the



the spine. Tailbone is the area at the bottom.

Reflex point for



point of the shoulder.

Reflex



point for the lungs and bronchi.

Reflex



Reflex point for the thyroid.



point for the liver, the big circle.

Reflex



Reflex point for the gallbladder, little spot inside the big circle.

Reflex point for the



point for the solar plexus.

Reflex



point for the stomach.

Reflex



Reflex point for the adrenals.



the kidneys, the round area at the top.

Reflex point for



the ureter, the elongated area at the bottom.

Reflex point for



point for the pancreas.

Reflex



point for the duodenum.

Reflex



the small intestine, the big area.

Reflex point for



Reflex point for the appendix, the small spot to the left.

Reflex point for the



Reflex point for the colon.



Reflex point for the knees.



for sciatica and pelvic organs.

Reflex point



Reflex point for the nose.



point for the oviduct.

Reflex



for the rectum, the small spot.

Reflex point



point for prostate / uterus.

Reflex



Reflex point for the bladder.



ovarian / testicular, the small spot.

Reflex point for



the chest. (also behind the back of the foot)

Reflex point for



Reflex point for the hips.



reflex point for the elbow.

Indirect

Chapter 4: How to Perform Foot Reflexology on Yourself

A foot reflexology session can be therapeutic, sensual, or wholly soothing. We quite often overlook our feet when we get massage unless we feel pain in that area. A soothing and relaxing foot reflexology session can be an amazing thing to enjoy after a long stressful day of work. Anyhow, whether you're the one who is giving the foot reflexology or you're the one who is receiving it, at the end of the foot massage, you'll surely experience advantages like relaxation and improvement of blood circulation.

There are some steps that have to be followed for you to attain a positive and soothing foot reflexology, and its associated benefits. These are the following:

Pat the Top of Your Foot

Patting or stroking makes your foot warm and it improves the circulation of the blood in the body. Hold your foot in your hands and at the top of the foot, stroke it in a firm, long, slow, patting motion with the thumbs, starting from the tip of the toes and gliding it back away throughout the ankle. Keep doing it with lighter strokes. Repeat the step 3 to 6 times and do the



same with the base of the foot correspondingly.

Ankle Rotations

Rotating ankles eases the feet and relaxes the joints. Cup your palm beneath your heel from the back of your ankle so as to support the foot and the leg. Hold the foot with your other hand and gradually rotate your ankle base for about 3 to 6 times in the same directions. With the help of foot massage, any type of stiffness will begin to withdraw. This foot massage is



particularly helpful for those people that have arthritis.

Toe Pulls and Squeezes

Some people have sensitive toes and they feel tickled when they're touched, but with reflexology, the feeling of relaxation is the only thing you'll get. Hold your foot below the arch with one of your hands, and using the other, hold your toe with your thumb over the top and the index finger below. Steadfastly and gradually, pull and slide your thumb and index finger over and behind the base of your foot. Repeat this process but roll and squash the



toe in the middle of your thumb and index finger tenderly focusing on the toe's tip and behind the foot base. Do this process on your other toes.

Toe slides

Hold your foot behind the ankle, holding below the heel. Using the index finger of your other hand, move the finger in the middle of the toes, back and forth for about 3 to 6 times.



Arch press

This process lets go of tension both inside and outside longitudinal arches. This may be easier if someone does it for you (photo), however you can try the technique on yourself. Hold your foot the same way you did with the toe slides. Using the other hand, hold the toes back, as you move your thumb from the arch to the foot curve, thrust back through the heel, and then back. Do this for at least 5 times. Do not use a lot of pressure. It's a tremendous way to perform foot reflexology, and these easy steps can be easily mastered as long as you are focused.



Chapter 5: Foot Reflexology Techniques and Tips

Foot reflexology is a great method for achieving quick results as the pressure points of the feet are very close to the skin.

The most common method for conducting foot reflexology techniques is referred to as thumb-walking. It is very important to learn how to do thumb-walking and how to identify which part of the thumb to use. The method is common because it is easy, you just flex the thumb towards the palms and straighten it, and by repeating the two actions over and over, the thumb simply ‘walks’ forward. (see detailed instructions below). In addition, thumb-walking is also valued for allowing a reflexologist to apply stimulating pressure to every single part of the foot, potentially covering all the pressure points on the foot and thereby giving not only a very effective but also a relaxing reflexology treatment.

Take a few moments to relax yourself via deep breaths before you begin. If at any time during the session you begin to tense up or feel stressed, stop and take a moment to relax again. Close your eyes and breathe slowly in through your nose and out through your mouth a few times, until the tension drains out of your muscles.

When practicing foot reflexology on yourself, it is best to be in a seated position. Pull your foot into your lap, then follow the methods outlined below for using the thumbs and fingers to massage the reflexes.

Thumb-Walking Technique

The thumb-walking technique is a simple procedure. You can easily learn and perform it by following the steps summarized below:

- Start by observing the tops of your thumbs. Now place them next to each other so that the sides of the nails just about touch. Now, see the part where the thumbs touch each other. That is the part you will be using to walk over the person's feet.
- The next step is for you to train your thumb for the massage routine.
- Find an object or instrument that can easily slide in between your thumbs. Most people prefer to hold a pen as it is quite comfortable.
- Hold the pen in one hand, with your free hand, place the part of the thumb that you will use to massage over the pen. Now start bending and straightening your thumb without the pen moving.
- You should notice the pen moving down from your hand and also the pressure applied by your thumb on the pen increasing. Once you think you have perfected the motion, you should try the action on your other hand. You can also practice it on a flat and smooth surface like a table or against the wall.

Right Foot

Relaxation of the Feet:

Take the first 30 seconds massaging the foot. Work on all the surfaces of the foot with slow but firm massaging, beginning at the toes and moving to the heels.

Hold the foot at the spine with the thumbs on the lower side and the fingers on the upper surface and gently wring the hands, from the mid region, away from each other. This will slightly twist the foot at the spine region towards one direction, change the direction and repeat the exercise for 30 seconds to produce the adequate relaxation.

Thumb-Walking the Spine:

Use the thumb-walking techniques learnt above to walk along the spine reflex point, first in the heel to toes direction and then in the reverse direction. Change the direction once again by walking the spine in short distances across from right to left on the inner side.

Rotation of the Toes:

The next step is to rotate the toes, beginning with the big toe and continuing, toe by toe, until the little end toe. This is carried out by:

First holding the toe firmly at the base joint where the toe attaches to the foot, and then gently moving your hands in circular motions. By doing this, you will be rotating and stretching the toe at this base joint.

Move to the point just above the second joint of the toe and repeat the circular motion described above, and lastly rotate the very top joint in the same manner.

It is interesting to note that the human cranial bones are separate bones fused together by joints called sutures. These are in communication with the toe joints, hence by rotating the toes in this exercise, extra blood circulation is directed to these skull bone joints.



The Meridian Points:

All the toes of the foot, apart from the middle toe, have meridian points located at the end of the toes, just around the root of the toenails. The big toe has such points on either edge.

Focusing on the location of these meridian points, hold the toe with one hand and apply pressure at the meridian points with one finger in a circular clockwise motion, then change to the reverse direction.

Continue with the process for 10 seconds for each toe, starting from the big to the little toe.

The Next Step Is to Thumb-Walk the Toes:

As learnt above, do the thumb-walking techniques on the toes starting at the base and moving upwards in a straight line to the tip. Repeat the process until all sides of each toe is covered, always beginning from the big to the little toe.

Always communicate with the person receiving the reflexology exercise to ensure that you are not applying too much pressure.

The Top and Back Areas of the Foot:

With the foot sole facing down, thumb-walk from one end (toes) to the other end (ankle) until the whole top surface of the foot is covered.

Now change direction and thumb-walk across the entire top surface of the foot from right to left.

This part of the foot may be very sensitive in some people.

The Liver / Stomach Area of the Foot:

Thumb-walk on an angle across the area between the chest of the foot and above the waistline. Turn to the opposite angle and repeat.

This area is connected to the liver and stomach, with respect to the foot you are handling.

Remember, the right foot reflex point is larger for the liver. The left foot has larger reflex points for organs on the left side of your body, including stomach, pancreas and heart.

The Intestinal Area of the Foot:

This area is located around the waistline and the pelvic reflex area of the foot and it is connected to the large and small intestines. Thumb-walk across the foot at an angle on the intestinal region then turn to the opposite angle and repeat.

The Pelvic Area of the Foot:

Thumb-walk in a left to right direction over the pelvic reflex area, ensuring you adequately cover both left and right sides of the heel, then do the same for the back of the heel.

Finish with a gentle massage of the whole foot for about a minute to relax the foot.

The Left Foot

After completing the right foot, repeat the steps above on your left foot.

Foot Reflexology Tips and Warnings

Some people find it difficult to do foot reflexology on themselves because they can't reach their toes. It is important that you find a position that is comfortable that allows you to perform the pressure application otherwise you will not achieve the desired result. If you absolutely cannot find a position that is comfortable ask your partner or a friend to help you. Make sure to return the favor so they can have better health too. ??

If you are having a hard time relaxing try play some soft, soothing music at a very low volume.

Do not strain to get to your feet; this could lead to other problems. If you cannot do it and no one else is available to assist, then consider visiting a professional reflexologist.

As with hand reflexology this is a supplementary type of treatment. Do not try to diagnose a medical condition and then treat it with foot reflexology. This is a treatment that should be in addition to traditional treatments for your ailments.

General Foot Reflexology Techniques

The same principles of reflexology apply to the hands and feet, the difference is that you have better access to the feet reflex points. This means you can apply gentle pressure or as much as you can tolerate but still gain access to the points.

Your feet have the greatest number of reflex points and is one of the best areas to practice your reflexology skills.



Chapter 6: Issues Assisted by Simple Foot Reflexology

Foot Reflexology for Headaches and Migraines

Headaches and migraines can be caused by a number of factors including stress, being overworked, major changes in your life or even allergies. Regardless of the cause of the pain what matters is how to relieve the pain that can sometimes be very debilitating. Refer to the chart below; the reflex points you will be working have been highlighted for you.

Working Through the Spine for Headaches and Migraines

Treating the spine is always a good way to begin treatment of headaches and migraines. The main focus should be around the top of the spine around the neck area; this is going to allow for tension to be released reducing the pain. Working these reflexes can bring relief even if you are not certain about the cause of the headache or migraine. Follow the steps below for the first method of reflexology to relieve headache and migraine pain.

While in a sitting position use your left hand to support your right foot.

Using your left thumb, start with your big toe and massage over the top of the first three toes. If you are having an acute migraine the toes may be sensitive; in that case press lightly. Massage and apply pressure to the three toes for five minutes.

Switch feet and use your right thumb to repeat the process on the left foot.

On both feet use your knuckles or your thumbs and press all the reflex points at the base of your toes on both the top of the foot and the sole.

Your toes are where all the reflex points are located that affect the sinuses, brain, head, and neck which could be a major part of your headache or

migraine problem.

Working Through the Liver for Headaches and Migraines

In many cases headaches and migraines are related to issues with the digestive system, so improving the function of your liver is important. Your liver plays a big role in determining your vitality and overall health.

Unfortunately, most of the world spends a lifetime subjecting their liver to fats, drugs, pesticides, toxic chemicals, additives in food, and alcohol; not all of it knowingly. With reflexology you can start repairing the liver at the same time you are easing the pain of a headache or migraine.

In a sitting position use your left hand to support the top of your right foot. Since your liver is positioned on the right side of your body you will only be working the right foot. Use your left thumb to apply pressure to your liver reflex which is straight down from the big toe and just under the ball of the foot. Please refer to the reflexology chart for more detail on this reflex point.

Using your thumb move along the entire pressure point starting at the inside of the foot and working along the line of the ball to the outside.

Work your way back to the original starting point; applying pressure as you move back.

Working Through the Cervical Spine for Headaches and Migraines

The inside of your foot has curves that mirror the spine. With this reflexology method you will be focusing on the cervical part of the spine to deal with the pain of a headache or migraine.

In a sitting position, cradle your right foot in your left hand. Using your left thumb apply pressure at the joint where your big toe connects with the rest

of the foot. Apply pressure to this reflex point for several minutes.
Repeat the process in reverse on the left foot.

Foot Reflexology for Heart

The area right under the big toe on the left foot and also the palm area below the thumb corresponds with the heart.

Hold the toes with one hand and using the other hand apply the thumb-walking technique in this area of your foot. Repeat several times.

Foot Reflexology for Gallbladder and Liver

To apply reflexology here, you will have to work on your and right foot since the liver is primarily located on the right side of the body. Similarly, the gallbladder is also reflected only on the right hand.

Hold the foot steady and keep your toes back with the help of your hand. With the other hand, address the correct reflex area on the foot and use the thumb-walk technique to apply pressure. To do it yourself, thumb walk the same area across the arch while keeping the toes back with your other hand.

Foot Reflexology for Stomach

The stomach as well as the spleen is located at the upper arch of the right foot.

Keep your foot steady and hold the toes with one hand. With another hand, apply thumb-walk technique for pressure in a cross direction moving towards the smallest toe. For self-help technique, apply the same technique with your own hands holding your toes tightly with one hand.

Foot Reflexology for Pancreas

For this reflexology session, you will once again have to use your left foot and left hand since the major part of the pancreas is positioned across the middle of arch on your left foot.

With one hand hold the toes back and keep your foot steady. Apply the thumb-walking technique from bottom to top to apply the pressure. For self-help technique, thumb-walk as you keep your toes in your hand. This time apply the pressure towards the little toe direction to be more effective.

Foot Reflexology for Kidney

If you wish to address the left kidney, then you must focus on your left foot and vice versa. The kidney is represented in the center of the foot.

Keep your toes stress and hold it with one hand as you perform this technique. Apply the pressure using the thumb-walking technique right in the center of your left foot. For self-help purpose, use the same technique to apply pressure and keep your toes tight and back with the help of your hands.

Foot Reflexology for Weight Loss

Losing weight seems to be one of the top priorities for many people in this day and age. By performing reflexology, the body can be triggered in several ways that will help in the weight loss battle. Reflexology is a great way to supplement your diet plan and it is also a safe way to help you achieve your goals. While using reflexology for weight loss you will be working the points for the spleen, the stomach and pancreas, the gallbladder, the endocrine glands, and the relaxation points. As each point is introduced you will learn how it helps aid in weight loss. Refer to the chart for better placement of pressure points.

Working Through the Spleen for Weight Loss

By stimulating the spleen through reflexology your hunger will be reduced, making you want to eat less which aids in weight loss.

In a sitting position use your right hand to support your left foot. You will use your left thumb to work the spleen reflex point which is located on the bottom of your left foot, below the ball of the foot, in a line down from the section between the little toe and the fourth toe, and about one half inch in from the outside of the foot. Refer to the reflexology chart for more details.

You should apply pressure for at least five minutes every day.

Working Through the Stomach and Pancreas for Weight Loss

While dieting you will most likely be eating less food. By working the reflexes for the stomach and pancreas you stimulate the body so that it will absorb more nutrients from the food that you are eating and ensuring that you are getting the maximum benefit from your food.

Begin in a sitting position and cradle your left foot in your right hand. Use your left thumb to apply pressure to each point for stomach and pancreas as

shown on the chart. As you apply pressure move to the outside of the foot and once you reach the limit; apply pressure going back in the opposite direction. Repeat the process on the opposite foot.

Working Through the Gallbladder for Weight Loss

The gallbladder stores the bile that is secreted by the liver to breakdown fats that hang around from undigested foods, which helps in the weight loss challenge.

From a sitting position cradle your right foot in your left hand as this is where the reflex point for the gallbladder is found. Using your right thumb apply pressure to the reflex point and hold for a few minutes.

Working Through the Endocrine Glands for Weight Loss

Stress can play a major role in the success or failure of a diet and by working through the pituitary gland, the thyroid gland, and the adrenal gland with reflexology you can manage stress easier and give yourself a better chance at success.

Using the chart provided work through the reflex points on each foot to get the benefits of reflexology. Use your opposite hand to cradle your foot while you work to make yourself more comfortable and relaxed.

Foot Reflexology for Constipation

This is a subject that most people don't like to talk about, but it is a part of life. Reflexology is not a medical sure for chronic constipation, but it can assist in the occasional discomfort of it. If you are suffering from chronic constipation you should consult your physician. By following the following instructions, you should be able to get through bouts of constipation.

If you are constipated there is a very good chance that you do not have enough fluids in your system to push the waste through, so drink plenty of water before beginning your session.

Start with either foot that you choose and use your opposite thumb to activate the reflex points.

Do a thumb walk throughout the area of the small and large intestines on both feet. This is like the pulse except that you will hold the pressure a bit longer before moving on.

Switch back and forth from foot to foot until you have repeated the process at least five times on each foot. This should take you between ten and fifteen minutes.

Foot Reflexology for a Cold

There is nothing worse than having a million things to do and getting slowed down by a pesky cold. A cold isn't the most serious thing in the world, but it can put a big damper on your productivity level depending on the severity of it. Reflexology isn't a cure all for the common cold, but it will get you up and running. IF the symptoms get worse you should definitely see your doctor and still use reflexology as a supplement to treatment.

Working Through the Lungs and Chest for a Cold

The lungs are the first defense against bad pathogens that can enter the body and working with the reflex points for the lungs can help in the recovery from a cold. When using reflexology for a cold try following these tips for a better result.

Do it when you first wake up.

Do it one hour before or after your lunch.

Do it at the end of your workday.

Do it before you go to sleep.

These are the times that are going to give you the results you are looking for.

You will use your thumb to apply pressure and massage the entire area of the lung reflex. You should do this for at least five-minute no less than two times a day.

Repeat the process on the opposite foot.

If you find an area that is more tender, try pushing deeper and massaging harder; within reason of course.

As you look at the chart you may see that there are other areas that are being affected because of the cold; you can add these points to your session as well. This could include throat, sinuses, nose, neck, eyes, and any area that is in discomfort because of the cold.

Foot Reflexology for Relieving Sciatica Pain

Suffering from Sciatica pain in the lower back can really bring you down and keep you from getting things done. With foot reflexology you can work out some of the pain and get back on your feet. While on the subject of back pain this technique will focus not only on the sciatic nerve, but, other parts of the back problems that can stem from or lead to sciatica pain.

To begin working on the sciatic pain start with the cervical spine.

In a sitting position use your right hand to support your left foot. Using your thumb of the right-hand start at the point where the big toe joins the foot and press deeply and run it along the edge of the foot to hit all the reflex points for the back. Note that the reflex points you want to trigger are not on the sole of the foot, but, along the inside edge.

Repeat on the opposite foot before moving on.

Now spend some time working on the sciatic nerve. You should apply pressure from the starting point and around to just under the ankle bone on the outside of the foot. This is going to get the blood and circulation working better to relieve the pain. Repeat on both feet.

When working the upper back; the shoulder points you should apply pressure to, are on both the top and the sole of the foot. When working on the sole of the foot, be sure to apply deep pressure; do not apply as much pressure on the top of the foot. Repeat the process on both feet for an equal amount of time to keep balance.

You now have the knowledge to perform foot reflexology on yourself to relieve some of the most common ailments that people suffer from. As you look at the chart you will discover that there are so many more reflexes that can be used to increase joy in your life and reduce your stress and pain.

Foot Reflexology for Pituitary

The reflex area corresponding with the pituitary lies at the center of your big toes.

Use the hook and back-up technique of reflexology on your big toe. In you want to do this yourself, apply the hook and backup technique using your index finger sliding it from the top.

Hook and back-up technique: apply direct pressure on the point, then pull back slightly to hook the point, then reapply pressure.

Foot Reflexology for Ear and Eye

The base of the toes of the foot corresponds with the ear, inner ear and the eye. If you want to relieve the left side of your ear, inner ear or left eye, you must apply the technique on your left foot.

To relieve the foot, hold the pad with one hand and apply the pressure on the base of the toes with other hand using the thumb-walk technique. If you are doing it by yourself, apply a gentle pinch in between the webbings between toes.

Foot Reflexology for Teeth and Face

The face and the teeth correspond with the reflex areas located at the bands that run across the top of each toe on your foot. The left side of your face and teeth will correspond with the left foot and vice versa.

If you are performing this on someone else, use both the hands to apply pressure on the bands on top of each toe using the thumb-walk technique. Make sure you make several passes in a single session. As a self-help technique, use one of your hands to make several thumb-walking passes across each of your toes.

Foot Reflexology for Thyroid, Neck and Throat

The parathyroid and thyroid glands are corresponded on the reflex areas on the big toes on the feet. On the other hand, throat and neck are represented on your toes.

With the help of thumb-walking pressure applying technique, work on the reflex areas right on the bands of your big toe. You will follow the same technique for self-help, however, make sure you make several passes for great benefits.

Foot Reflexology for Upper Back and Lungs

The ball of the foot corresponds with the upper back and lungs. If you want to treat the left side of your upper back and lungs, then apply reflexology technique to your left foot.

Thumb-walk each part of the ball of the foot. This is done in a series of passes and one of the hands holds the toes in place to apply the right pressure. To perform the self-help technique, place a foot-roller on the ground while you are seated or in the standing position. Place your left foot on the roller and roll over the ball with your foot. Make sure you apply a little pressure while rolling.

Foot Reflexology for Chest

This is where the base of the toes meets the heel all the way to one third of the foot. To find the chest area, you can search for the two knobs or bones below the toes. They should be just before the bridge of the foot. Massage the chest area and continue towards the bottom all the way to the pelvic area of your foot. The pelvic area is the bony area which makes up your heel.

Another reflex area is on the back of your foot, just above your soles. Apply even gentler pressure on these parts as this is the most sensitive part of the foot.

Foot Reflexology for Shoulder

The right shoulder corresponds to a reflex area right under the smallest toe of the right foot.

Use one hand to hold the toes back and with the other hand apply the thumb-walk technique up the shoulder area. For self-help, place your right foot on the roller and tilt your foot towards the little toe to apply pressure on that side. Roll the roller a few times to address the shoulder areas.

Foot Reflexology for Arm/Elbow

As mentioned before, your left elbow and left arm will be represented by your left foot and vice versa. Thus, in order to address the left elbow and arm, pay attention to the upper portion of your outer left foot, on the edge near the smallest toe

Keep your foot steady and your toes tight by placing the fingers of one hand on top of it. With another hand, thumb-walk on the edge of the foot in the upward direction. Make multiple passes. For self-help purpose, apply pressure on the same reflexes with your fingers using the finger-walking technique.

Foot Reflexology for Spine

The spine is very smartly divided between the right and left side of the body since it falls exactly in the center. This is exactly how it can be addressed using your feet. The right half of your spine can be addressed on the inner edge of your right foot.

Using the thumb-walking technique to apply pressure, gently press the edge of your foot in a series of passes. Make sure you apply gentle pressure. Also, don't forget to keep your foot steady and controlled with one hand. Repeat on your other foot.

Foot Reflexology for Stress

The daily stressors in life, especially in the modern age, can potentially take its toll on the well-being of anyone. Stress can affect your physical, psychological, professional and social statuses in life. Since stress is for the most part developed and felt in the mind, all ten toes of your feet, especially the two big toes will be your zones for this therapy.



Apply firm pressure on the sole side of your toes. Most reflexologists use a pinching technique. Put each toe in between your thumb and your pointing finger and press them together. Apply pressure for about a minute, beginning from light and progressing to heavier pressure until you feel pain. Do this for all the toes. Extend the duration of the pressure on your big toes. The toes are very sensitive to pain but with the right pressure, it will trigger the release of endorphins in your brain to create that calming effect you need to relieve your stress.

BONUS

Chapter 7: Face Reflexology Techniques

The face is an uncommon but still effective location for reflexology sessions. The techniques are similar except that the pressure is now lighter due to the sensitivity of the face. Also, a corresponding chart is needed to locate the meridian points that correspond to your target organ. While face reflexology can be done for others, with practice you can also do it for yourself. If you are a beginner and you are still unfamiliar with the meridians point in your face, it is best to sit or stand in front of a mirror and have a copy of the chart within your line of vision. When you are ready, familiarize yourself with the meridian points while touching them as you study the chart. As you become proficient, you will soon be independent of the chart and then require only a mirror to do the face reflexology session.

Before you begin, make sure that you have printed out a face reflexology chart to make it easier for you to locate which areas to work on.

Familiarize yourself with the reflexology points in the face. Applying pressure to these points will boost a person's blood circulation and this is a great way to relax. This is typically given to those who want to take a breather and recharge from all the stresses that they are constantly facing.

You can use your index finger or thumb to apply pressure on the reflex points on the face. Gently push the finger on the pressure point and rotate it without lifting the finger. Do the action on the same spot, 30 seconds in a clockwise motion and another 30 seconds in the opposite direction.

Here are the steps on how to get this done:

Stimulate the reflex points in the face one at a time.

Work on the whole face first before you focus and repeat applying pressure to any specific points.

Tap the part under the eyes using the tip of the fingers of your two hands. The tapping needs to be gentle.

Tap from the nose to the ears.

Rub the jaw line, still using two hands, from the top part of the ears, all the way to the chin.

Put your index fingers on the chin and begin rubbing this part for about 15 seconds.

Now move the fingers from the chin to the edges of the mouth, until you reach the cheeks. Rub the cheeks in a circular manner for 30 seconds.

Move your fingers to the nose, forehead then work on the two eyebrows by rubbing your fingers in an outward motion.

Pull the fingers upwards until you have reached the hairline. Rub this part then work on the scalp. You can spend as much time as you want in this area because this is extremely relaxing.

Point-To-Point Stimulation

The basic movement needed for face reflexology is the rotation. As you apply pressure, make circular motions directly toward the meridian point of your choice. Duration of the pressure is approximately 60 seconds, with half of the time in a clockwise and the other half in a counterclockwise rotation.

In point to point stimulation, there is a recommended order in which you put pressure on each of the meridian points. Most of the points have a mirror pair on the other side of the face, for example your kidney meridian point, located in the inner corner of your right eye is also present in the inner corner of your left eye. Apply pressure on these points one at a time and not simultaneously.

Your starting point is your thyroid meridian, which are in your neck, near the two knobs that make up your collarbones. Next is for the intestines, which is right in the middle of your chin. This meridian point has no pair. Next is directly below your lower lip, this is the meridian point for the pancreas.

The meridian point of your spleen is located on the depression just above your nose. On the tip of your nose is the meridian point for the stomach. Below your cheekbones or approximately in the center of your cheeks are the lymph and liver meridian points. For addressing digestion issues, trace your cheekbones and apply pressure. On the outer corners of the eyes are your colon meridian points. Begin tapping from the outer all the way to the

inner corner of the eye to reach the kidney meridian point. In the spot right in between your eyebrows is the meridian for the pituitary gland. This is also the same spot that you need to stimulate for health concerns regarding the reproductive system.

Using your fingers, try to locate the topmost edge and the centermost point of your forehead, these will be the locations of your mental capacities and nervous system meridians. Second to the last spot is the ears, pinch and pull down your earlobes and then up again for general body relief. The final meridian point around 2 to 3 inches away from the center of your chin is associated with your sex organs.

Relaxation Phase

As with other reflexology techniques, face reflexology requires a preparatory relaxation phase to prime your face and body for the session. To begin this phase, simultaneously use both fingers from both hands to tap the area right below your eyes. Do this in an up and down motion and then continue to the next facial part. From the upper tip of your ears, down towards the earlobes and then all the way to the jaw line until you reach the chin is the direction you need to follow. Spend around 30 seconds focusing on your chin, then around the edges of your mouth until the cheeks of your face. Continue to your nose and use the bridge to reach the forehead, the eyebrows itself and rub from the inner to the outer corner of the eyebrows. Once you are done with the eyebrow, continue the movement all the way up to the forehead until you reach the hairline. Use gentle massage or pressure all throughout this relaxation phase.

Use of Water

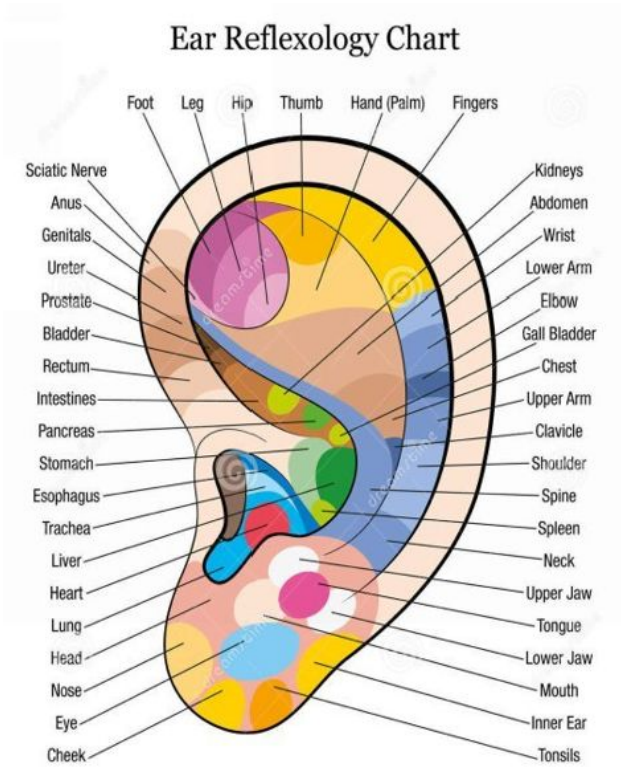
Drinking at least one glass of water immediately after a reflex session is an important final step in the reflexology process. Whether it is plain water or

tea, the added fluids will help flush out whatever toxins have been released during the reflexology session. In fact, it is a good idea to increase your water intake for the next 12 to 24 hours after your massage or reflexology. The more fluid you take, the easier it is for the body to excrete freed toxins and the more benefits you gain from the actual session.

Chapter 8: Ear Reflexology

In ear reflexology the auricle of the external ear represents a complete micro anatomical system of a human body. This is the same concept as practiced in the hand and the foot reflexology. All the anatomical features, including visceral organs, musculoskeletal, endocrine and nervous systems are represented in the external ear. A reflex area or a reflex zone in the ear is a corresponding area to anatomical features of the body. If a pathological condition exists in the body, a point in the reflex area reveals extreme tenderness by light pressure. This point is called a reflex point and can be used to diagnose a disorder as well as to treat a disorder. An active reflex point is detected by a manual probe or an electrical point finder. Treatment can be performed by massage, acupuncture, electrical or laser stimulation, ear pellets, acupressure, or acupressure earring.

The Ear Reflexology Chart Map



How Does It work?

Clinical observation revealed that stimulation of a reflex area triggers a neurological reflex mechanism that helps alleviate pain and restore disorders. When a disorder exists in the body, the corresponding reflex area in the ear becomes tender and painful when pressed with a probe. Also, the electrical resistance of reflex area becomes different from the surrounding area, so the electrical acupuncture point detector can easily identify the reflex point. Sometimes there are visible changes at the reflex area, such as a bump, abnormal skin texture, or discoloration; however, these signs are not always reliable.

Once a reflex point is identified, some form of stimulation technique should be applied to achieve a therapeutic effect. In the clinic, acupuncture needles are inserted and left in the ear for twenty minutes or more. Ear tacks or ear pellets are normally left in the ear for a few days. The patient is advised to press the ear tack or pellet for thirty seconds every few hours. If the ear tack or pellet is left in the ear without stimulation, the therapeutic effect is not quite satisfactory. Stimulation with an electro-acupuncture machine for less than a minute can achieve satisfying treatment effect. The acupuncture earring can be worn for thirty minutes. Stimulation longer than necessary does not increase the therapeutic effect.

Safety Precautions

Clean the ear thoroughly with alcohol and use only new ear tacks or pellets. Discard used ones in a secure place where children cannot get access.

When an ear tack or pellet is applied, some degree of discomfort may exist, which is normal. If there is a severe irritation or discomfort, take them off immediately. Some people may be allergic to adhesive tape or the metal ear pellet.

If any signs of possible infection or skin tissue damage are noticed, do not use that point again until it is completely healed.

If headache, dizziness, or nausea occurs, take the ear tack or pellet off immediately.

If sleep is affected, take the ear tack or pellet off while sleeping.

Avoid the session when one is extremely hungry or tired.

Apply an ear tack or pellet to one ear and alternate ears for each session.

Ear Reflexology Tips and Techniques

For the smallest reflex point areas of the ear, fit an eraser onto the sharp side of a straight pin with a ball head and use the ball to manipulate the area.

If the area is not too small, you can use the eraser end of the pencil to massage over the reflex point.

Clean the shell of the ear with a cotton swab dipped in rubbing alcohol before beginning a session of ear reflexology.

Do not put talcum powder in the ear or use it on your fingers when manipulating the reflex point zones of the ear.

Since the zones of the ear are so small and particular when compared to the hands and feet and cannot be seen, it might be best to use a partner to assist you. On the other hand, you might simply find it of benefit to use a holistic approach and just massage the entire ear, so that all zones are addressed.

Self-Practice With Ear Reflexology

This is perhaps the easiest method of DIY reflexology. As with other types of reflexology, it can be done anywhere, with relative privacy and ease, though if you do not wish to take a holistic approach and work the entire ear, that will require learning the zones or keeping a chart on your person.

You can perform this technique sitting up or lying down. It can be done in the bath, but special care should be taken not to get water into your ears.

Using the finger and thumb of one hand, massage the area of the ear that corresponds to the problem area on the map. Use a firm rolling motion. Use pressure, but do not pinch. Roll the area between your thumb and finger – or with just your finger on the attached areas of the ear – for a count of 10. Repeat as necessary until you have received relief or until you have massaged for one minute, whichever comes first. Repeat on the other ear, if the pain is bilateral.

Pressure Points

The ear is exceptional in that each ear has a complete reflex map of the body, transversed with a rich nerve network and multiple connectors to the central nervous system. Another unique feature that distinguishes ear reflexology zones from those of the feet and hands is the projection of the inverted fetal position on the outline of the ear's pressure points.

Pressure points along the outer part of the ears are associated with both the lower and the upper extremities. At the folds of the outer part of the ears are the pressure points that are aligned to the pelvis, back, hips, and even the neck. At the regions around the middle of the ears but not down in the ear canal, and the region where the jawline meets the ears have a connection with specific organs and parts of the body that control our hunger. The point in the ear, famously referred to as point zero, has been shown by numerous reflexology therapists to play a role in restoration of homeostatic balance in the body. The point zero not only balances energy of the body, but is also used to regulate the brain, viscera, and hormones.

DIY (Do It Yourself) Ear Reflexology Techniques by Ailment

What follows are some simple shortcuts for combating a few common ailments, through the use of self-directed reflexology.

Relieving Lower Back Pain and Sciatica

As we age, lower back problem can become a frequent problem for many of us, particularly if we have sustained an injury to the lower back in the past. And when the sciatic nerve is involved, the pain may extend down into one or both hips.

Back treatment can be costly and time consuming. When the pain is not acute, often times we will just suffer through it without doing much to relieve the symptoms other than taking over the counter pain relief.

Reflexology provides an alternative method to try and combat the pain and muscle spasms of the lower back and sciatic nerve area.

There is no reflex point zone on the ear relating to the lower back, but the spinal zone is just outside the opening to the ear canal. The sciatic nerve zone is located in a very small area just next to the front curve of the ear. Take a straight pin with a ball head on it – press an eraser onto the sharp point of the pin for safety - and press the ball into the areas, using a rocking motion for the spine zone and rotating firmly for several seconds in the sciatic nerve zone. Repeat on the other ear, if the pain is bilateral.

Relieving Tension and Stress

Tension builds up in our bodies when we are stressed out or worried about things. This translates into tight muscles and can lead to headaches and other problems. The reason this happens is because our brain transmits signals via our nerves, triggering defense mechanisms that cause our shoulders and other body parts to hunch and tighten up, in preparation for a

fight or flight response. Therefore, in order to combat tension, we should go after the nerve centers of our bodies, which are located in the brain and the spine. Working the reflex points for these areas may also help to alleviate the pain from a headache.

On the ear the spinal zone is located just outside the opening to the ear canal. The brain zone is near the top of earlobe, on the side closest to head. Rock along the spinal zone of each ear, using the ball head of a straight pin – sharp end capped with an eraser for safety. Gently but firmly massage the reflex point for the brain between your thumb and forefinger.

Fighting Insomnia

There are many reasons for insomnia. If you don't know the reason for your inability to sleep, the best way to attack the problem is to massage all the zones, rather than try to focus on one. This is in order to bring relaxation to all areas and give you a better chance of falling asleep.

If you happen to know the cause of your insomnia, such as stress or stomach upset, you can target those areas of the hands, feet and ears and address the concern directly. Otherwise, follow the suggestions outlined below to target all areas of the body and bring about relaxation.

You can either do one ear at a time or both ears at once, whichever is easiest and most effective for you.

Beginning with the ear lobe, roll the skin of the ear around between your thumb and forefinger, working from the bottom of the ear around to the top. Once you have worked around the lobe and shell of the ear, starting at the head and working back around to the head, work around the inside reflex point zones of the ear in the opposite direction, until all zones have been covered.

Conclusion

Now that you have come to the end of this book you should feel confident enough to start performing some of your own reflexology sessions. There should be a clear premise of how the concept of reflexology works and how it affects the systems in the body to give you a better outlook on life and a healthier body.

The principles and techniques listed above are only the tip of the iceberg. The applications of reflexology are wide and broad. I hope this book was able to provide you with a working knowledge of reflexology.

Remember, reflexology is only one of the many therapies you can do for yourself but do not substitute it for any medicine or intervention that your doctor has already prescribed for you. Reflexology is meant to augment and not to replace these prescriptions. Consult your doctor and reflexologist if you intend to rely on the art for your illnesses.

Of course, as with any other form of treatment or medicine, the benefits of reflexology do not happen overnight. Often, you may need several months to experience its positive effects on your body. This means that you need to start as soon as you can, the earlier you start, the sooner you experience the full benefits of reflexology.

Reflexology isn't meant to be a substitute for traditional medical treatment for your ailments, but, as a supplement to help you better handle the things that your condition throws your way. It is also beneficial for helping you with situations that arise that are temporary, but, painful, nonetheless. Use reflexology at your discretion and find what works best for you.

To make sure that you are getting the best results always conduct your sessions in a calm, dimly lit room where you can focus completely on the

task at hand. If you find that you are having difficulty with relaxing, try some soft music or scented candles in the room. Be in tune with your body and take notice when areas on your feet are tenderer; this could mean that part of your body is out of alignment.

Reflexology is a tool that encourages the body to heal on its own. The process is not intended to heal. Instead, it stimulates the different areas and pivotal points in your body to start working and meet their potential to heal. The good thing about the process is that it is safe. It is also quite relaxing and enjoyable.

You can give a session or two to your loved one as a gift. You can also pamper yourself by spending some time working on your own pressure points. Keep doing the techniques and read more about the process after you have perfected what you have learned. This is the only way for you to get better at performing this on other people and administering it to yourself.

If you wish to get your reflexology sessions with a professional reflexologist in addition to, or instead of, self-application of reflexology techniques at home all by yourself, check the credentials of the practitioner for any membership or any qualification from different reflexology organizations.

Getting regular reflexology sessions is proven to provide a sense of well-being – for physical, emotional, and psychological health. Reflexology helps in giving a balanced state of mind, body, and spirit.

Indeed, the practice of reflexology can bring about a multitude of benefits and bodily effects.

Good luck with your reflexology sessions.

Reviews

Thank you for downloading and reading my book and I hope you are now utilising the Foot Reflexology information to improve your life.

Reviews are extremely important on Amazon.

More book reviews usually lead to greater sales and also a higher book rank.

This enables my book to be found more easily and gives more readers access to this book content.

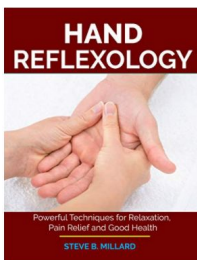
As a new struggling Author I would greatly appreciate it if you could please leave a review on Amazon. Thankyou in advance. ??

Other Books by the Same Author That You May Be Interested In:

[REFLEXOLOGY: Great Information, Basic Techniques and Benefits](#)



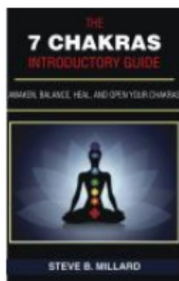
[HAND REFLEXOLOGY: Powerful Techniques for Relaxation, Pain Relief and Good Health](#)



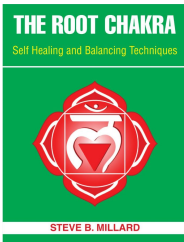
[MINDFULNESS: Exercises to Dissolve Anxiety, Reduce Stress, Create Inner Peace and Live a Happier Life](#)



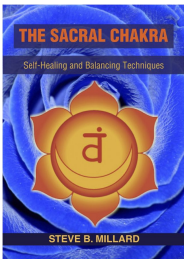
[THE 7 CHAKRAS INTRODUCTORY GUIDE: Awaken, Balance, Heal, and Open Your Chakras](#)



[THE ROOT CHAKRA: Self-Healing and Balancing Techniques](#)



[THE SACRAL CHAKRA: Self-Healing and Balancing Techniques](#)



A reminder, I think you would really enjoy reading other books and newsletters in similar Genres.

I would like to be able to keep you informed about new books in the future, so please click the link below and I can keep you updated.

<https://landing.mailerlite.com/webforms/landing/z8x0i4>