



THE FEET MIRROR THE BODY



*Remember, like a mirror...the feet actually do reflect the human body.
So take sometime and look into the mirror of your soles!*

Be well

What is Reflexology?

Reflexology is an increasingly popular holistic healing technique that encompasses mind, body and spirit. It is based on the principle that there are reflex points on the hands and feet that correspond to each organ, gland, skeletal structure and muscular structure in the body. By working on the reflex areas, reflexologists treat diseases or imbalances in the parts of the body related to those reflex areas. Exactly how reflexology works, no one knows for sure, but it certainly frees the energy constantly flowing through the channels, or zones, in the body. Whilst the energy flow is flowing unimpeded, we remain healthy; but when it is blocked by tension or congestion, disease or health issues occur. Reflexology is aimed at destroying these blocks, allowing the energy to flow freely again and so healing the damages.

Alternative Health Remedy

Many health complaints including stress and tension, fatigue, constipation, migraines, sinus congestion and skin problems can be eased or cured by massaging the feet. However, one shouldn't confuse the art of reflex foot massage with basic foot massage or massage in general. It works on specific pressure techniques that stimulates precise points on the feet and is based on the theory that the reflex areas there correspond to all body parts.

Mirror of the Body

It is thought, that the feet are the mirror of the body, with the left foot mirroring the left side of the body and the right foot the right side of the body. Many cultures believe the feet to be of spiritual importance. They stand firmly and squarely on the earth linking us to the energy forces flowing within the planet and up through our body to link us with the universe above our heads.

History of Reflexology

Although no one knows for certain, reflexology is thought to have originated in China about 5 thousand years ago and has its roots in the pressure therapies of acupressure, acupuncture and shiatsu. All of these therapies are used to correct and balance energy fields in the body.





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How it Works

The body is divided into ten zones (the meridians of acupuncture) from the head down to the toes and fingers. The body's essential energy (the Chinese concept of Chi) flows through these zones ending at the fingers and feet, where there are more than 7,000 nerve endings interconnecting to the brain and the vertebral column.

Six of the main meridians (liver, spleen and pancreas, stomach, gall bladder, bladder and kidneys) end in the feet and correspond to different body systems. For example, the big toe equates with the brain; the tops of the smaller toes to the sinuses; and the heel to the sciatic nerve and pelvis.

Other reflex areas include the ankle, which corresponds to the reproductive area; the inner foot (spine); the outer foot (outer body); and the tops of the feet (circulation and breasts).

Pressure on specific areas causes an involuntary reflex to the corresponding part of the body and is used to calm over-active areas or stimulate under-active ones.

The Treatment

Reflexology is a very natural treatment, it needs no external factors, and by working on the reflexes in the feet the practitioner can detect imbalances in the energy zones. Treatment can correct the flow of energy and improve the circulation.

A typical reflexology treatment lasts about 30-40 minutes. Taking one foot at a time, the reflexes on the soles, sides and tops of the feet are worked using appropriate thumb and finger techniques. The time of the treatment depends on how many reflex points are worked on. This treatment process increases blood circulation to the corresponding parts of the body, bringing nutrients to it and removes accumulated waste products. The treatment kick-starts all the elimination systems into working more efficiently.

Further, grainy crystal deposits may be felt around the nerve endings on the soles. They are thought to be calcium deposits caused by excess acidity in the bloodstream which have settled beneath the skin's surface at the nerve endings. These deposits, together with restrictive shoes can slow down the nerve and bloody supply but are broken down by reflexology massage, the residual waste itself being removed by the blood circulation.

Relaxation

An important benefit of reflexology is relaxation. By reducing tension, you also improve the blood supply, and re-establish harmony in the body's function. Since 85% of today's





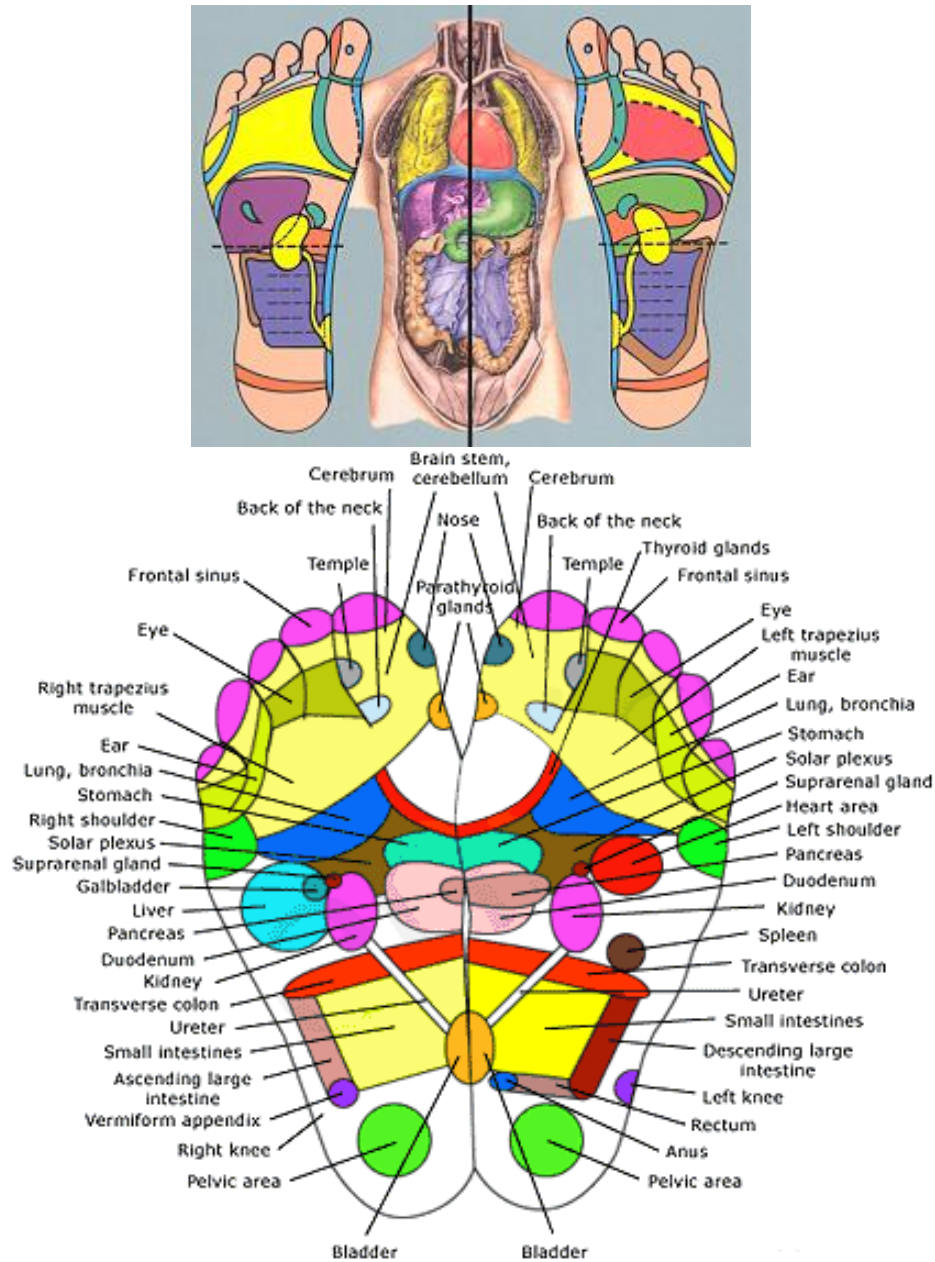
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illnesses stem from the effects of stress, a reflexology treatment, which reduces stress, will also be of enormous benefit for a wide range of other conditions.

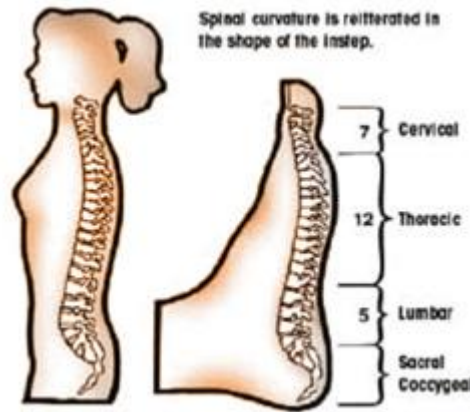
The Aim

The aim of reflexology is to relax and restore harmony and balance, maximizing the body's own wonderful capacity to heal.





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Self-Reflexology Recommendation

Try rubbing and pressing on your feet everyday. I know this may sound time consuming, but I assure you, that you can always fit it in during times when you're actually doing other things.

If you should find a tender spot, firmly, but gently continue to apply pressure until sensitivity dissipates.

Feet love walks, rubs, movement and attention. Give your feet the appreciation they deserve and your body will be happy and healthy. Strengthening and stretching the foot and lower leg muscles along with wearing properly fitted shoes will maintain muscle tone in the feet and prevent future foot problems from occurring. It will also begin to reduce current foot problems. By practicing yoga poses that strengthen and stretch the muscles, joints and connective tissue of the foot and ankle, your foot health, posture and overall health will improve. Your body reflects the health of your feet; therefore happy, healthy feet result in a happy, healthy body. Treat your feet well and your body will appreciate you.

Our body reflects everything we do with our feet. If our feet are tight and clenched, our whole body mirrors this tension. When our feet are tired, our whole body is tired. When our feet are out of alignment, our whole body is out of alignment. Our feet are also mirrors of our general health. Signs of diabetes, arthritis, circulatory, and neurological diseases often appear first in the feet.

Each foot contains 26 bones, 33 muscles (intrinsic and extrinsic), 31 joints and over 100 ligaments. The feet contain a quarter of all the bones of the body (52 bones in a pair of feet), suggesting that the feet are extremely important components of the body.





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The heel is composed of the calcaneus and talus which articulate with the tibia and fibula to form the ankle joint. The midfoot is composed of five tarsal bones, each uniquely shaped and fit together to create the instep. The forefoot is formed by metatarsals and phalanges creating the toes.

The foot contains two kinds of muscles, intrinsic and extrinsic. Intrinsic muscles are short muscles that run between the foot bones, while extrinsic muscles are leg muscles that extend into the feet and control movement of the feet.

There are 250,000 sweat glands in each pair of feet that release nearly a cup of moisture every day. There are more sweat glands per inch of our feet than anywhere else in the body and their function is to keep the skin moist and supple.

Things outside neither bind or liberate you; only your attitude towards them does that.

