

# Reflexology

## Overview

Reflexology is a therapy in which the clinician applies pressure to certain points on the foot and, less frequently, on the hand and ear. Formerly known as zone therapy, it is based on the belief that pressure applied to the areas of the feet bring relief and benefits to other parts of the body.

## What is reflexology?

Reflexologists believe that various organs, nerves, and glands in the body are connected to "reflex areas." These reflex areas are found on the bottoms of the feet, hands, and other areas of the body. When done properly, reflexology is believed by therapists to:

- relieve stress and tension
- stimulate deep relaxation
- improve the blood supply
- bring balance to the entire body.

Reflexologists believe that this therapy can help many conditions, including:

- asthma
- stress
- depression
- high blood pressure
- neurological problems, including multiple sclerosis
- chronic pain, such as arthritis
- gastrointestinal disorders, such as irritable bowel syndrome
- pain caused by conditions such as cancer
- pain caused by treatment for other conditions
- infectious diseases, including HIV
- symptoms of premenopause or postmenopause
- recovery from surgery

The reflexologist believes he or she can pinpoint the area of the foot that is related to the area of the body where a person's symptoms are coming from. Reflexology maps have been developed to show how the areas of the foot are connected to other regions of the body.

## WINDWALKER MEDICAL SPA

The following are examples of areas of the foot that are thought to correspond to a particular area of the body:

- the ball of the foot is related to the chest and lungs
- the arch is related to the internal organs
- the toes are related to the head and neck
- the bone on the inner arch of the foot is related to the spine
- the heel is related to the sciatic nerve and pelvis

It is also believed the right side of the foot is related to the right side of the body and the left side of the foot to the left side of the body.

For treatment, a person sits or lies in a comfortable position. The reflexologist may look at a map of the body while the person describes his or her symptoms. The map shows what pressure points on the foot are related to the areas where the problems are occurring.

After pinpointing the proper pressure points, the reflexologist then gently massages the foot to warm it and relax it. Then the reflexologist applies pressure to the specific points on the foot. Sometimes he or she uses special tools to apply pressure. Usually one foot is treated first and then the other. Each session lasts 30 minutes to an hour. At first, the treatments may be done every week and then scheduled further apart.

The reflexologist may also teach a person how to relieve their own pressure points at home. Items such as sandals or foot supports may be added to the treatment as well. A person with a serious illness should check with his or her health care professional before having a reflexology session.

Reflexology is not a substitute for:

- regular medical check-ups
- good exercise
- proper nutrition

A reflexologist does not treat foot problems, such as calluses, ulcers, or injuries. Reflexology is a complementary therapy and a person should have any underlying medical conditions evaluated, treated, and followed up by a healthcare professional.

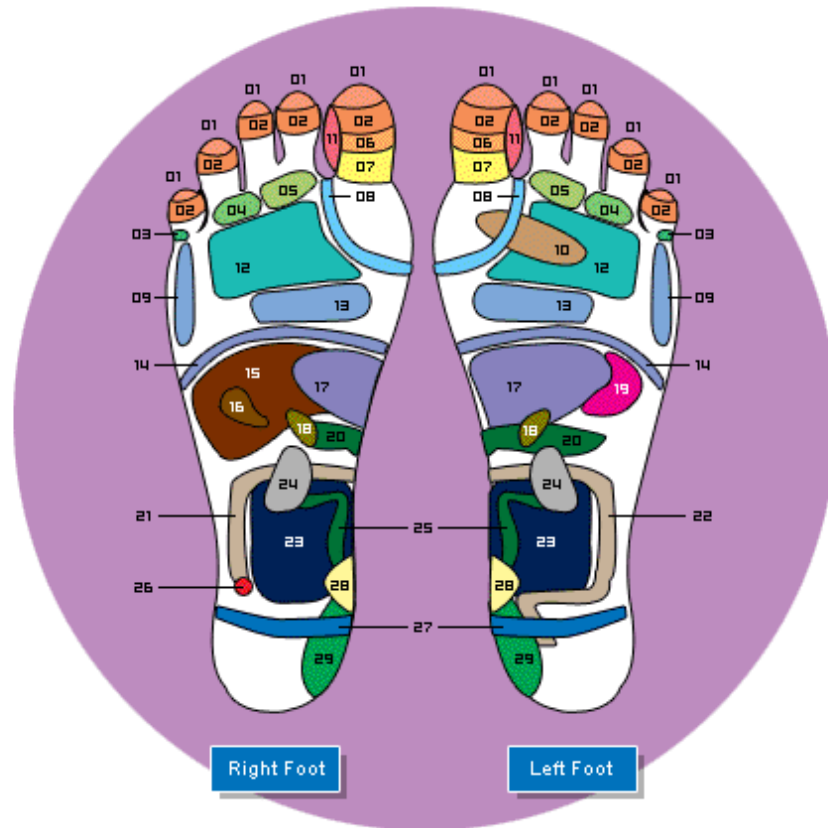
Persons with certain conditions should check with their healthcare professional before being treated by a reflexologist. Some of these conditions include:

- stasis ulcers
- a history of blood clots, such as deep venous thrombosis
- any problems with blood flow in the lower legs
- pregnancy, because some pressure points on the foot may cause uterine contractions.

There is currently no national legislation or licensing requirements for practitioners of reflexology in the US. To find a reflexologist, persons can check with a center of alternative medicine at a large medical center or ask a massage therapist whom they know and trust. Reflexology should not be considered a "cure" for any condition. It is used to relieve or reduce symptoms, problems, and stress affecting the body.

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Health professionals should be cautious about a reflexologist who claims that this is a valid way of assessing health or diagnosing and treating diseases. Controlled studies do not support the accuracy of diagnoses made using reflexology, nor that reflexology works by any mechanism beyond the placebo effect. Since reflexology treats the whole person, not the symptoms of disease, many people benefit in a general way from therapy. The therapy can relieve stress and is becoming more popular as a safe way to relax the body.



**Approximate locations of reflex areas**

01 Brain	08 Thyroid / bronchial	15 Liver	22 Descending colon
02 Sinus	09 Arm / shoulder	16 Gall bladder	23 Small intestines
03 Armpits	10 Heart	17 Stomach	24 Kidneys
04 Ears	11 Voice	18 Adrenal glands	25 Urether tubes
05 Eyes	12 Lung / breast	19 Spleen	26 Appendix
06 Pituatary glands	13 Solar plexus	20 Pancreas	27 Sciatica
07 Neck / throat	14 Diaphragm	21 Ascending colon	28 Bladder
			29 Coccyx

The diagram contained on this web page is presented for information purposes only. This material is in no way intended to replace professional medical care or attention by a qualified practitioner. The materials on this web page cannot and should not be used as a basis for diagnosis or choice of treatment. If you do require more information on Reflexology or Require an Appointment, [X](#)

## WINDWALKER MEDICAL SPA

### Brain

To alleviate fatigue, headaches, nausea and insomnia, massage the toes

### Sinus

To alleviate problems with the nose, massage the sinus area

### Armpits

To expel toxins from the body, massage the armpit area

### Ears

To alleviate nausea and colds and flu, massage the ears

### Eyes

To alleviate tired eyes, massage just under the toes

### Pituitary Glands

For general good health, massage this area

### Neck / Throat

To alleviate a sore throat, massage the neck area on the foot

### Thyroid / Bronchial

To alleviate menstrual cramps and insomnia, massage the thyroid area

### Arm / Shoulder

To alleviate stiffness in the shoulder, massage the shoulder area on the outside of the foot

### Heart

To alleviate fatigue massage the heart

### Voice

If you have problems with the vocal chords, massage the outside of the big toe

### Lung / Breast

To alleviate mucus, massage the lungs and respiratory area

### Solar Plexus

To alleviate headaches, menstrual cramps, nausea, insomnia, stress and constipation, massage the solar plexus

### Diaphragm

To alleviate breathing problems, massage the following area

### Liver

To alleviate fatigue and constipation, massage the liver area

### Stomach

To alleviate constipation and nausea, massage the stomach area

### Adrenal Glands

To alleviate fatigue and constipation and colds and flu, massage the adrenal glands

### Pancreas

To alleviate headaches and constipation, massage the pancreas

### Ascending Colon

To alleviate flatulence massage this area

### Descending Colon

To alleviate stress, massage the colon

### Small Intestines

To alleviate constipation, massage the intestines area

### Kidneys

To alleviate stress, massage the kidneys

### Urether Tubes

To alleviate problems with the urine tract, massage this area

### Bladder

For more frequent urination, massage the bladder

### Coccyx

The spine is represented by the inner foot. Massage this area for back problems.