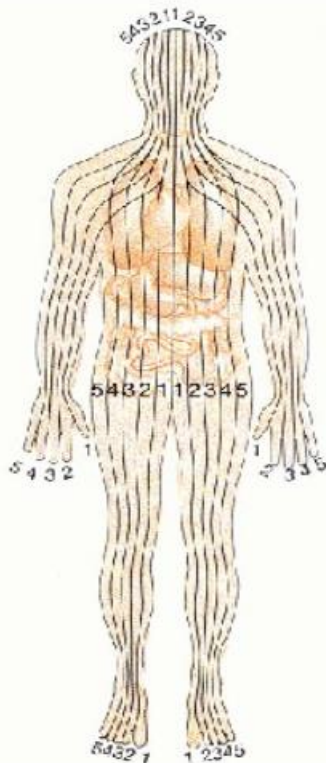


# Reflexology in a Nutshell

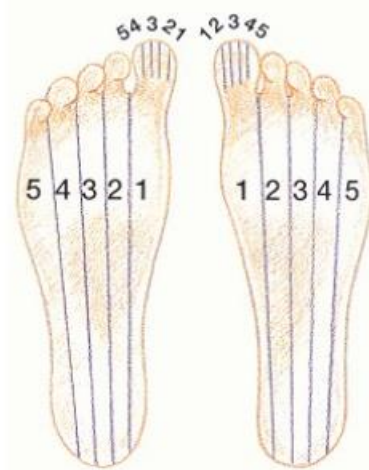
Reflexology is the practice of stimulating points on the feet in the belief that it will have a beneficial effect on some other parts of the body that will improve general health.

Reflexology can speed up the removal of toxins and waste products from the body and improve the circulation of the blood.

Reflexology can also pinpoint specific disorders and treat them through focusing on the appropriate reflex points. For example if you have a headache, try applying gentle pressure to the big toe and watch the results!



The zones of the body are arranged in pairs on opposite sides of the body, five on each side totaling ten in all.



## Reflexology Zones

The body is divided into zones that correspond to the energy pathways also known as 'meridians'.

Meridians are a system of invisible channels on either side of the body along which energy flows - this energy is sometimes referred to as 'chi'.

Reflexology focuses on how a body part can be treated by applying pressure to certain reflex points on the feet which is then carried up the meridians to the correlating area in need of attention.

## Feet Mirror the Body

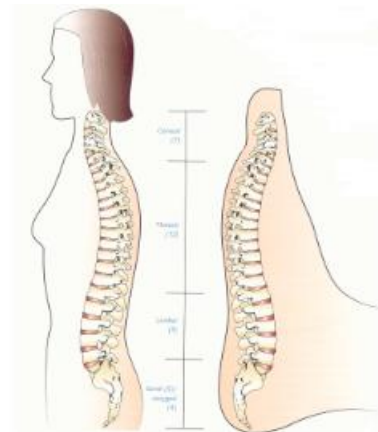
The fundamental principle of reflexology is that the feet mirror the body.

The right foot mirrors the right side of the body and the left foot mirrors the left side.

In working both feet you are treating the whole body.

The inside curve of the foot corresponds to the natural curves in the spine.

Toes represent the head and the ridge beneath is a natural shoulder line. The ball of the foot represents the upper spine, tightening inwards for the waistline and then curving out for the lower spine at the heel of the foot.



## Using Reflexology

The most common way of using reflexology is through applying pressure to stimulate the reflex areas of the feet. This pressure when applied to tight or gritty areas of the foot will stimulate the corresponding body part to begin healing itself.

The soles of the feet contain a large number of reflexes that connect with organs, glands or nerves in the body. Stimulating these points in the body to alleviate symptoms and pains can achieve wonderful results.

By using the Reflexology Foot Map you can see which part of the feet you should stimulate, in order to get the best results for the area of the body you wish to concentrate on.

## Reflexology Foot Map

