

## Reflexology

Reflexology is a method of working the feet (hands and ears) that has as its premise that there are points or areas on the feet (hands and ears) that correspond to every organ, gland, and system of the body. By applying specific pressure to these points or areas you will help normalize organ function, thereby producing a state of homeostasis.

Reflexology is based upon Zone Theory which was developed by Dr. William Fitzgerald, MD. Zone theory states that there are ten energy zones that run the length of the body, five on each side. All organs, glands, and parts of the body can be mapped according to where they fall in these zones. Zone Theory further states that anything falling within a zone will have a relationship to and influence upon anything else within the same zone. Dr. Fitzgerald was mainly interested in Zone Theory as it applied to pain relief and in 1917 he published *Zone Theory: Relieving Pain at Home*.

The work of Dr. Fitzgerald was expanded upon by Eunice Ingham, who developed the first "map of the feet" showing the precise locations of reflexes for various organs and systems. In 1938 she published *Stories the Feet Can Tell* which compiled many of her discoveries and case studies.

Reflexology is a very powerful modality that creates a deep state of relaxation and calmness in the recipient. It is scientifically proven to stimulate the parasympathetic nerve response, to increase circulation (both locally in the feet and systemically throughout the entire body), to facilitate detoxification, and to promote homeostasis and dynamic balance.

Reflexology is a nice option for people who prefer to remain fully clothed during their session and for people for whom traditional massage is contra-indicated; such as those with medical conditions (such as lymphatic or blood cancers).