History of Reflexology

- Hieroglyphs
- Biblical references
- Zone Therapies
  - Dr. William Fitzgerald
  - Eunice Ingham
  - Dwight Byers
What is Reflexology?

- Laura Norman School of Reflexology
  - Board of Reflexology in New Mexico
  - American Board of Reflexology
- Pregnancy, cancer, stress relief
- Diagnosing medical conditions
- The Art of Reflexology
  - Homeostasis
WE DO NOT:

- Diagnose
-Prescribe
- Treat for a specific condition
- Work in opposition with allopathic medicine
- Encourage the client to stop taking prescribed drugs
BENEFITS

- Relaxation
- Improvement of circulation which takes oxygen and nutrients to all cells and organs
- De-tox
- Create homeostasis
- Complement other modalities of healing
Starting the Session

- Hands
  - Always wash **first**, have short fingernails

- Materials
  - Cornstarch, essential oils, table/chair, heater, towels

- Feet
  - Sores, fungus, ingrown toenails, bunions
Working the Foot

- The importance of the thumb
  - Inside-medial
  - Outside lateral
  - Using the thumb
  - Thumb press for certain reflexes
Landscape

- Calcium Deposits
  - Equals “crunchies”
  - Body is acidic
  - Impedes circulation
  - Settle in the feet

- Reflexology breaks up deposits
  - Enables energy to flow
  - Allows body to heal itself
  - Releases endorphins
Relaxation Techniques to Begin the Session
Metatarsal Relaxation
Metatarsal Spread

Kelly Garry
Certified Reflexologist

SLIDE 11
Back and Spine Relaxation
Ankle Stretch
Toe Pivot
Solar Plexus Release
Diaphragm Release