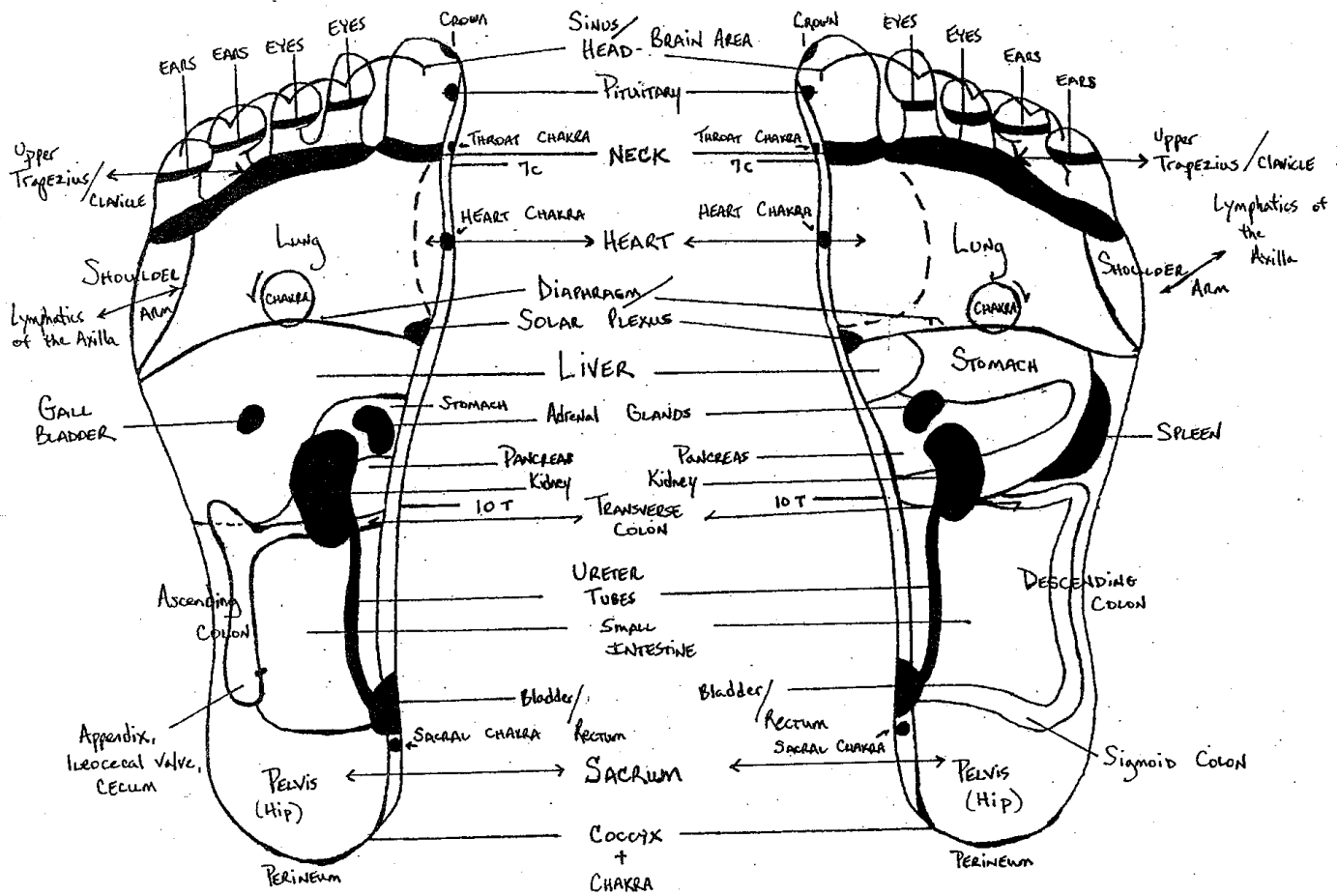
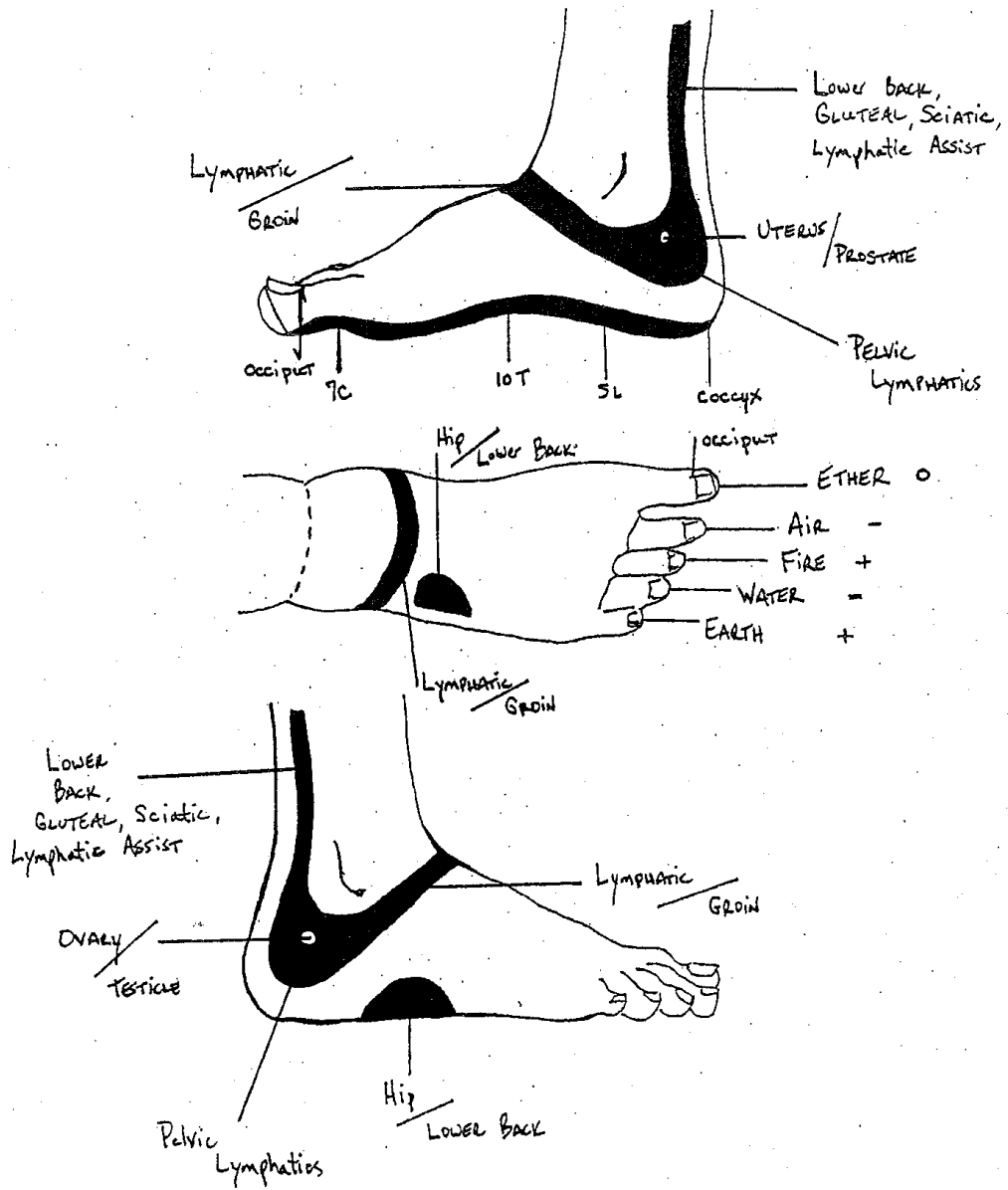




a

Reflexology/Reflex Polarity



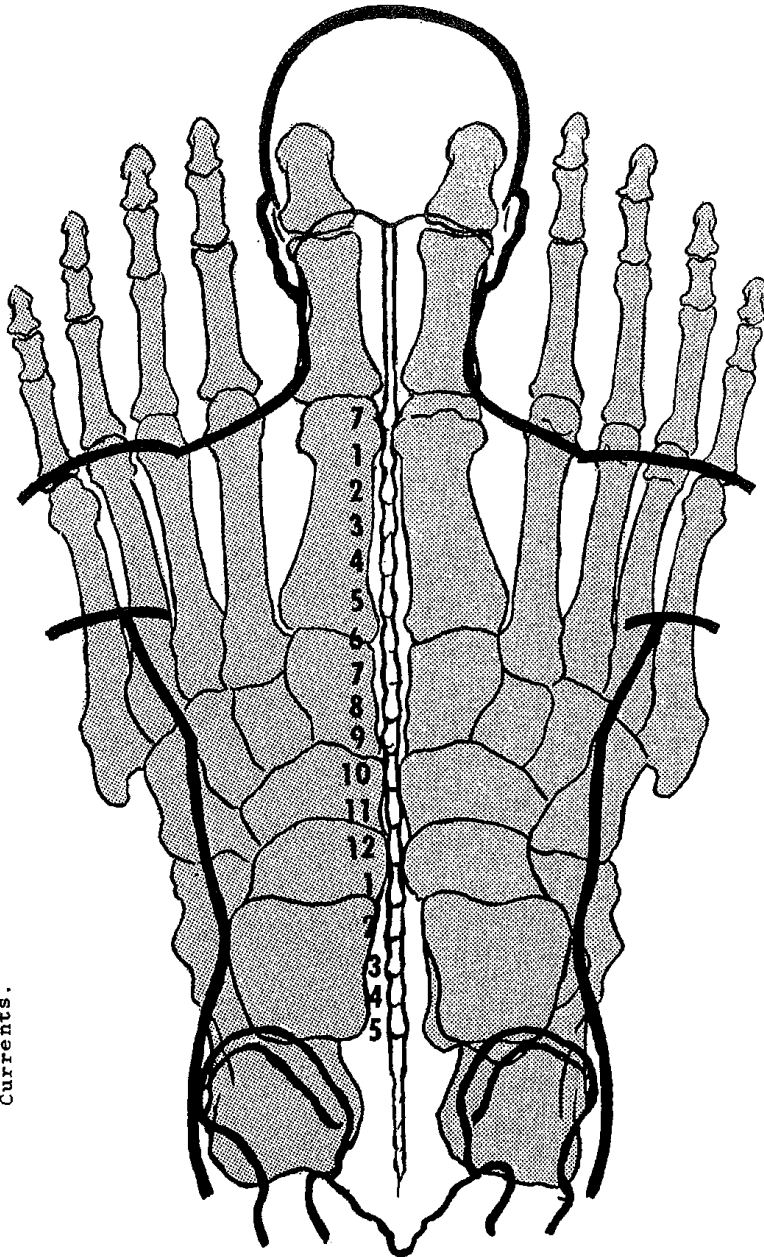


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**CHART
No. 19**

**POSTERIOR RELATIONSHIP OF THE
HEAD, NECK AND BACK TO THE FEET**

The tops of the feet have a powerful influence on the back, through the exact regions of correspondences shown here. Many back pains can be relieved by a firm contact on both areas at the same time, thus balancing the Vital Energy Currents.



This works through the POLARITY PRINCIPLE OF ENERGY FLOW, as vital circuits in the body. They are the fetal pattern currents which built the body and maintain it. Both hands can be placed in the same position on the back to reveal their polarity fields. See Chart No. 4 in Book 2.

**CHART NO.37. ADJUSTMENT OF TOES IN ONE MOVE –
BIG TOE ADJUSTMENT AND ITS REFLEXES.**

THE FIRM GRIP OF THE RIGHT HAND OVER THE TOES, READY FOR THE ADJUSTMENT. THE MOVEMENT IS A QUICK MOTION OF THE ENTIRE HAND, BENDING THE TOES DOWN AND PUSHING THE ARCH UP FROM UNDERNEATH BY THE FINGER CONTACT. THIS RELEASES TENSION ALL OVER, ESPECIALLY ACROSS THE SHOULDER GIRDLE WHERE IT REFLEXES TO.

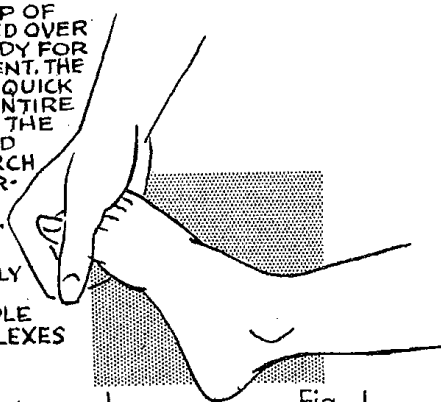


Fig. 1

THE FINGER CONTACT CLEARLY UNDER THE TRANSVERSE ARCH, ONE FINGER TIP UNDER EACH JOINT IS THE PREPARATORY POINT. IT IS A RELEASE FOR NERVOUS TENSION AND EMOTIONAL LOCKS THRU THE BRACHIAL PLEXUS. IT IS THE NEGATIVE POLE TO THE SHOULDER GIRDLE AS A RESPIRATORY RELEASE.



Fig. 2

DO NOT USE THIS ADJUSTMENT ON AN ARTHRITIC JOINT.

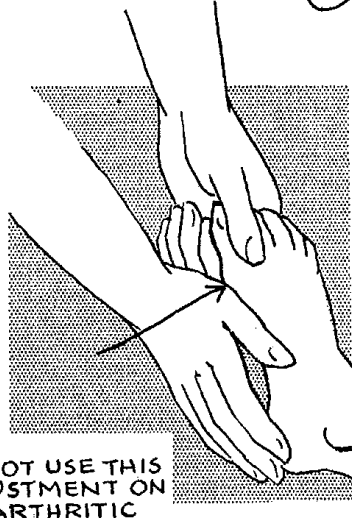


Fig. 3

THE BIG TOE ADJUSTMENT GIVEN HERE IS A VALUABLE MOVE FOR THE RELEASE OF TIGHT SHOULDER BLADES WHICH THE DOCTOR CANNOT GET UNDER TO LIFT; ALSO FOR SCIATICA AND PROSTATE TROUBLE AND ENLARGEMENT. THE WOMB, TOO, HAS A REFLEX HERE, AND LASTLY, IT IS THE BUNION ADJUSTMENT. THE CORRECTION IS MADE BY A SHARP SMACK AGAINST THE BIG TOE JOINT WITH THE SOFT PART OF THE PALM NEAR THE THIRD THUMB JOINT. IT WILL GIVE A CLICK MOST OF THE TIME, THE OBJECT IS TO BREAK THE LOCK AND FIXATION HERE OF THE ENERGY CURRENTS THAT AFFECT MANY PARTS OF THE BODY. SECONDLY, THE PHYSICAL OBJECTIVE OF THE BUNION ADJUSTMENT IS TO REPLACE THE CARTILAGE OF THE THE TOE JOINT BY A SHARP BLOW. THIS JOINT WHEN LOCKED IS STIFF AND SORE. IF THE DOCTOR SUCCEEDS IN BREAKING THAT LOCK, EVEN WITH A VERY LIGHT SLAP OF THE HAND, THE TOE MAY BE VERY SORE AND MAY EVEN TURN BLUE WHERE THE VENOUS STASIS IS RELEASED. BE SURE TO TELL THE PATIENT, FIRST, WHEN THERE IS NO FIXATION AND STASIS, THIS CORRECTION DOES NOT HURT.

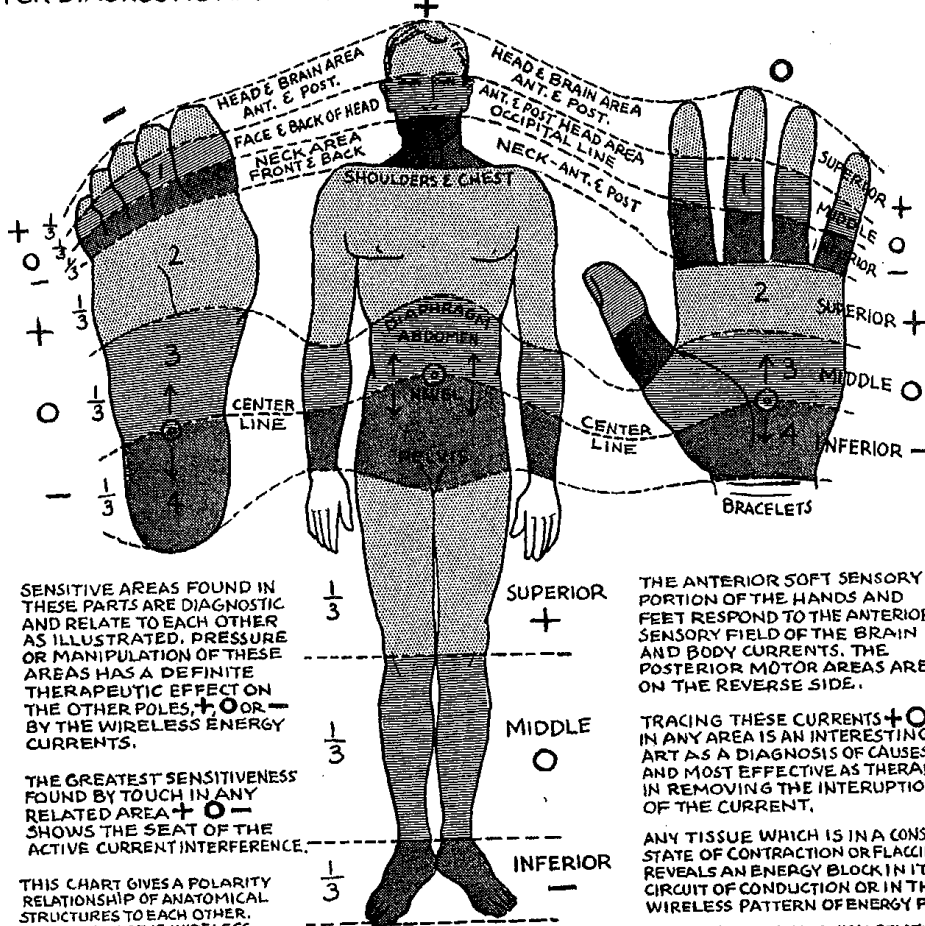
THE BIG TOE JOINT HAS A POWERFUL REFLEX ACTION NEAR THE CENTER LINE AND COULD BE COMPARED TO AN ATLAS ADJUSTMENT AT ITS MOST NEGATIVE POLE. OF THE SPECIAL SENSES IT HAS A REFLEX ACTION TO THE NOSE, THE TONGUE, SPEECH AND HEARING CENTER ABOVE.

WHERE THERE IS SORENESS A MERE PULL OF THE BIG TOE WILL BE SUFFICIENT FOR A POWERFUL REACTION. ALL OTHER TOES CAN BE TREATED LIKEWISE WHEN THE PATIENT PERMITS. IT RELEASES SHOULDER AND NECK REFLEX TENSIONS, IT IS MOST HELPFUL IN SCIATICA.

CHART NO. 4 DIAGNOSTIC AND THERAPEUTIC CHART OF BODY AREAS BASED ON THE REGIONAL RELATION OF WIRELESS CURRENTS OF ENERGY FLOW.

+ POSITIVE POLE **0** NEUTER POLE **-** NEGATIVE POLE OF EACH AREA IN EXACT RELATIONSHIP TO THE WHOLE FOR DIAGNOSTIC AND THERAPEUTIC PURPOSE.

THE SUPERIOR RULES THE INFERIOR. THE INFERIOR REACTS UPON THE SUPERIOR BY RETURN CURRENT FLOW.



SENSITIVE AREAS FOUND IN THESE PARTS ARE DIAGNOSTIC AND RELATE TO EACH OTHER AS ILLUSTRATED. PRESSURE OR MANIPULATION OF THESE AREAS HAS A DEFINITE THERAPEUTIC EFFECT ON THE OTHER POLES, **+** **0** OR **-** BY THE WIRELESS ENERGY CURRENTS.

THE GREATEST SENSITIVENESS FOUND BY TOUCH IN ANY RELATED AREA **+** **0** **-** SHOWS THE SEAT OF THE ACTIVE CURRENT INTERFERENCE.

THIS CHART GIVES A POLARITY RELATIONSHIP OF ANATOMICAL STRUCTURES TO EACH OTHER. IT IS A PART OF THE WIRELESS CURRENT SYSTEM IN THE ANATOMY OF MAN. THESE ARE ELECTRO-MAGNETIC MUSCULAR CURRENTS FROM ABOVE DOWNWARD, AND THEY ACT INVERSELY AS TENSION REFLEXES FROM BELOW UPWARD.

THE NINE AREAS MARKED $\frac{1}{3}$ ARE NOT EQUAL IN SIZE BUT ARE EXACT IN RELATION TO EACH OTHER. THEY ARE EQUIVALENT TO THE NINE OPENINGS IN THE BODY FOR THE OUTLET OF ENERGY.

THE ANTERIOR SOFT SENSORY PORTION OF THE HANDS AND FEET RESPOND TO THE ANTERIOR SENSORY FIELD OF THE BRAIN AND BODY CURRENTS. THE POSTERIOR MOTOR AREAS ARE ON THE REVERSE SIDE.

TRACING THESE CURRENTS **+** **0** **-** IN ANY AREA IS AN INTERESTING ART AS A DIAGNOSIS OF CAUSES AND MOST EFFECTIVE AS THERAPY IN REMOVING THE INTERRUPTION OF THE CURRENT.

ANY TISSUE WHICH IS IN A CONSTANT STATE OF CONTRACTION OR FLACCIDITY REVEALS AN ENERGY BLOCK IN ITS CIRCUIT OF CONDUCTION OR IN THE WIRELESS PATTERN OF ENERGY FLOW.

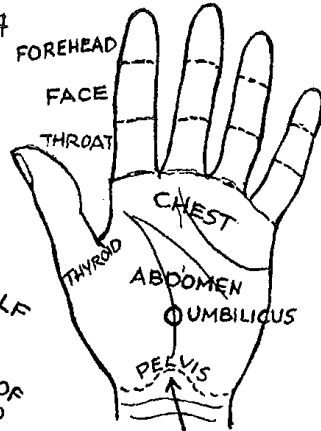
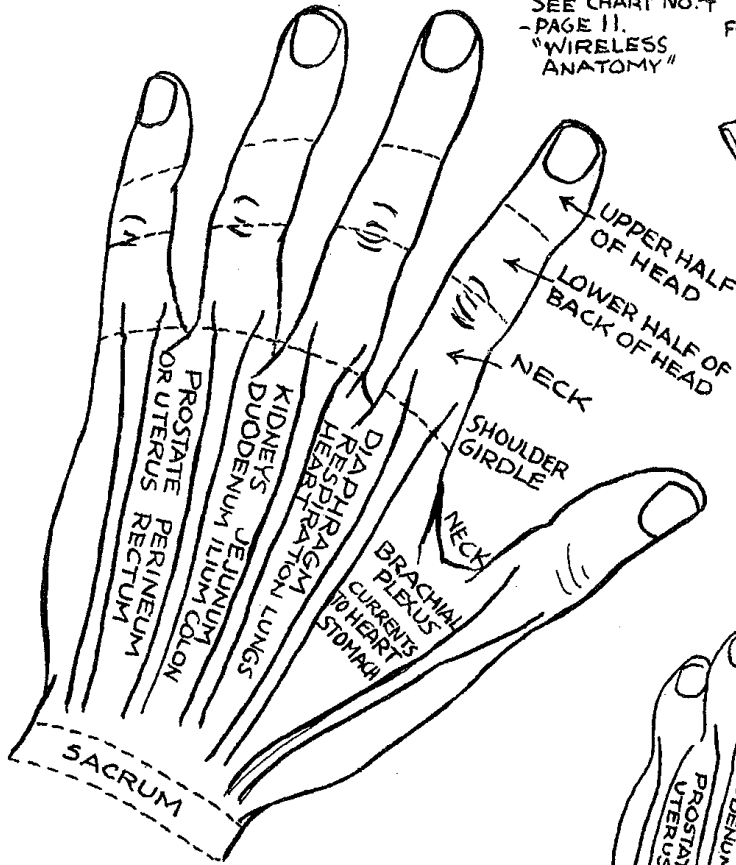
THIS IS AN ANATOMICAL RELATIONSHIP CHART OF CORRESPONDING BODY AREAS OF POSITIVE, NEGATIVE AND NEUTER REACTIONS. ITS FOUNDATION IS BASED UPON THE EMBRYONIC DEVELOPMENT AND POSITION OF THE CHILD IN THE MOTHER'S WOMB.

HORIZONTAL DIAGNOSTIC AREAS

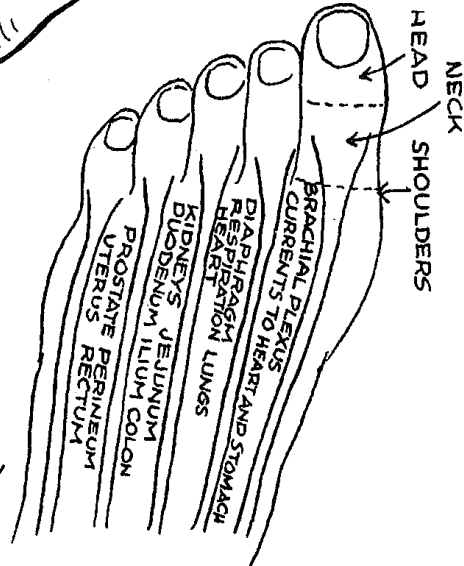
LEFT HAND DIAGNOSTIC AREAS OF TENDERNESS OF MOTOR AND SYMPATHETIC CIRCULATORY ENERGY FLOW. ACUTE SYMPTOMS ALSO INCLUDE THE NAILS, THEIR COLOR, CURVES, THICKNESS, SPOTS AND RIDGES.

FOR ANTERIOR VERTICAL DIAGNOSTIC AREAS

SEE CHART No.4
- PAGE 11.
"WIRELESS ANATOMY"



UTERUS OR PROSTATE, PELVIC TROUBLE, INDICATES CAESERIAN OR BIRTH DIFFICULTY FOR MOTHERS.



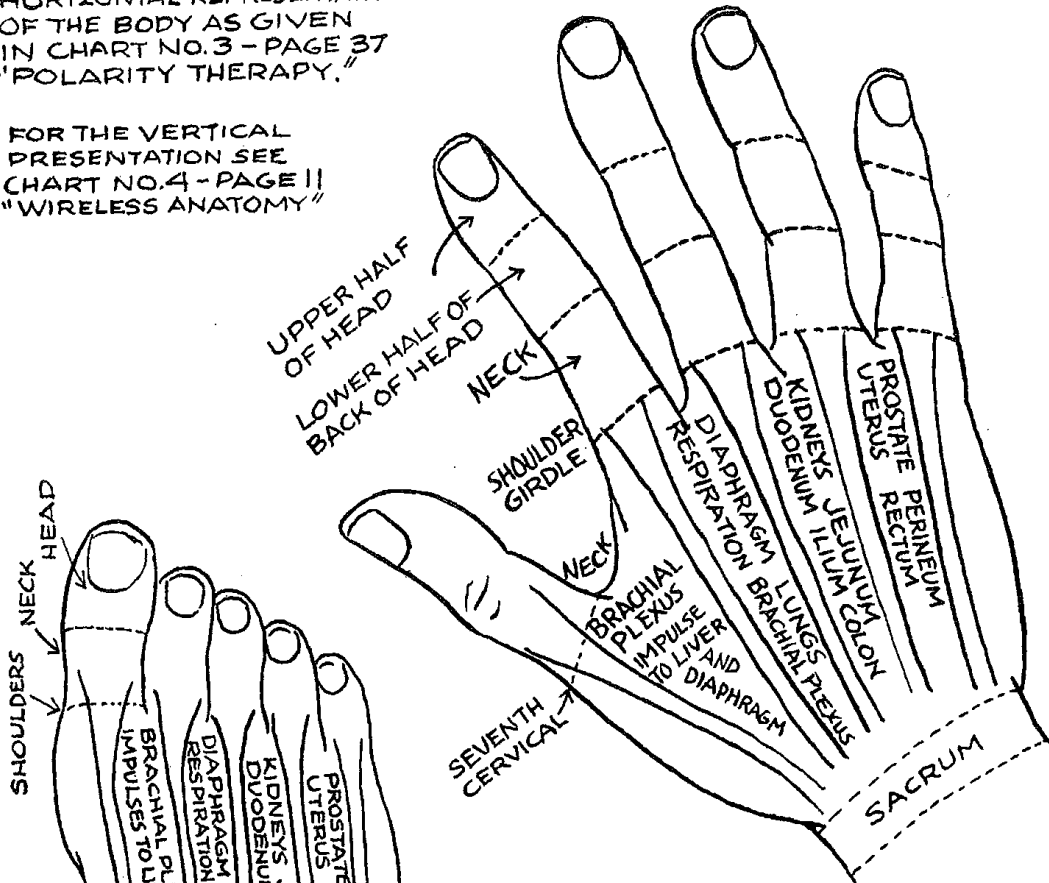
FEET SHOW CHRONIC REFLEXES. PAINFUL JOINTS ARE IMPORTANT SIGNS OF ENERGY BLOCKS. NAIL CONDITIONS ARE AS ABOVE, THEY SHOW VITAL CIRCULATION DEFICIENCY AND SYMPATHETIC ENERGY BLOCKS.

EVOLUTIONARY SERIES
CHART NO. 5

HORIZONTAL DIAGNOSTIC AREAS, RIGHT HAND DIAGNOSTIC REGIONS OF TENDERNESS ARE ACUTE SYMPTOMS OF REGIONAL ENERGY BLOCKS.

THESE AREAS ARE THE
HORIZONTAL REPRESENTATION
OF THE BODY AS GIVEN
IN CHART NO.3 - PAGE 37
"POLARITY THERAPY."

FOR THE VERTICAL
PRESENTATION SEE
CHART NO.4 - PAGE 11
"WIRELESS ANATOMY"



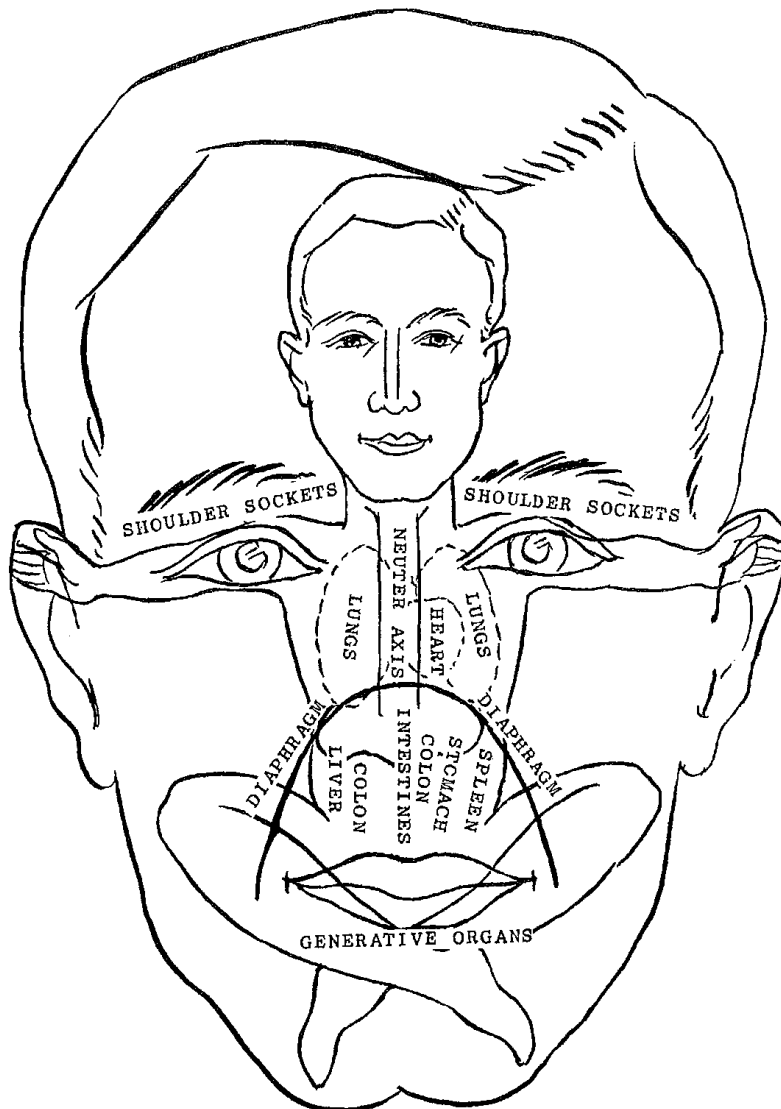
EVOLUTIONARY
SERIES
CHART NO.6

TENDER FOOT AREAS ARE OLD SYMPTOMS
OF ENERGY BLOCKS. THE SPACE BETWEEN
THE THUMBS AND FIRST FINGERS REPRESENTS
THE NECK AND BRACHIAL PLEXUS AREA IN THE
HAND. IT IS FOUND ON THE BIG TOE JOINT, TOP
AND BOTTOM. THE THYROID AREA IS ON THE
BOTTOM OF THE LOWER JOINT AND THE SEVENTH
CERVICAL CIRCULATORY REFLEX IS ON TOP.

**CHART
No. 7**

PRIMORDIAL MIND PATTERN

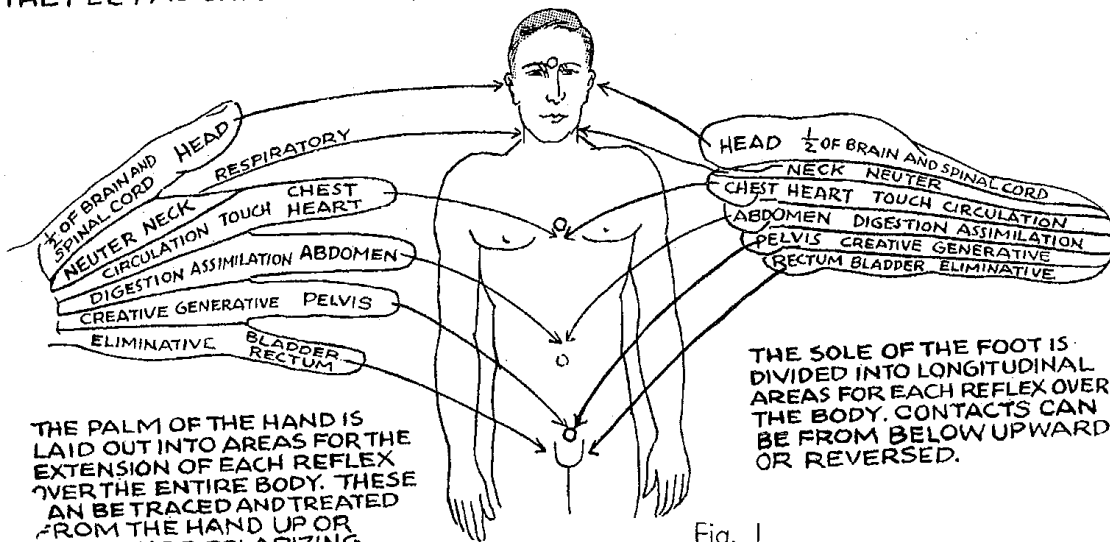
THE CREATIVE IDEAL MIND PATTERN WORLD IN THE HEAD
IS THE CENTER OF GOVERNMENT IN THE BODY



Placing the body in the head brings out some astonishing symbolism of vital functions and organic relationships. "As above, so below."

Mind energy patterns are expressed in the body, and the body returns the compliment by impressing itself on the mind.

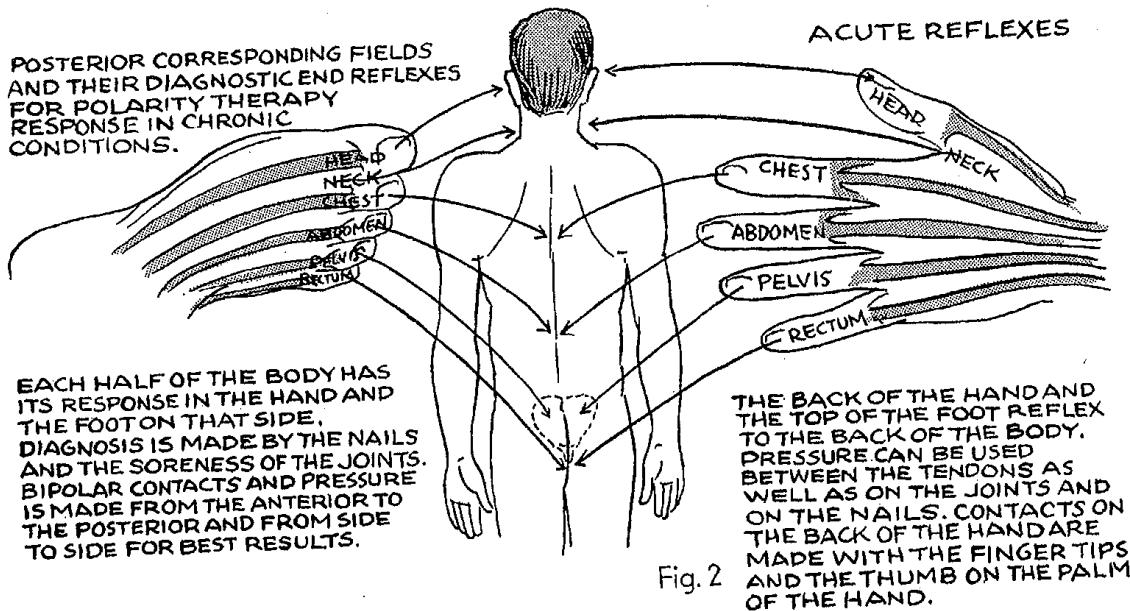
CHART NO. 3. COMPARATIVE DIAGNOSTIC REFLEX AREAS OF THERAPEUTIC IMPORTANCE. THE STORY THE HANDS CAN TELL ABOUT POLARITY THERAPY. SUPERIOR-INFERIOR LOCATIONS OF BODY OVALS AND THEIR WIRELESS CIRCUITS FOUND IN THE HANDS AS ACUTE NEUTER REFLEX AREAS AND IN THE FEET AS CHRONIC NEGATIVE SYMPTOMATIC REFLEX AREAS.



THE PALM OF THE HAND IS LAID OUT INTO AREAS FOR THE EXTENSION OF EACH REFLEX OVER THE ENTIRE BODY. THESE CAN BE TRACED AND TREATED FROM THE HAND UP OR DOWNWARD POLARIZING WITH THE HEAD OR FEET.

THE SOLE OF THE FOOT IS DIVIDED INTO LONGITUDINAL AREAS FOR EACH REFLEX OVER THE BODY. CONTACTS CAN BE FROM BELOW UPWARD OR REVERSED.

Fig. 1



POSTERIOR CORRESPONDING FIELDS AND THEIR DIAGNOSTIC END REFLEXES FOR POLARITY THERAPY RESPONSE IN CHRONIC CONDITIONS.

EACH HALF OF THE BODY HAS ITS RESPONSE IN THE HAND AND THE FOOT ON THAT SIDE. DIAGNOSIS IS MADE BY THE NAILS AND THE SORENESS OF THE JOINTS. BIPOLAR CONTACTS AND PRESSURE IS MADE FROM THE ANTERIOR TO THE POSTERIOR AND FROM SIDE TO SIDE FOR BEST RESULTS.

THE BACK OF THE HAND AND THE TOP OF THE FOOT REFLEX TO THE BACK OF THE BODY. PRESSURE CAN BE USED BETWEEN THE TENDONS AS WELL AS ON THE JOINTS AND ON THE NAILS. CONTACTS ON THE BACK OF THE HAND ARE MADE WITH THE FINGER TIPS AND THE THUMB ON THE PALM OF THE HAND.

Fig. 2

Reflexology Foot Sequence

Overview

- | | | |
|--------------------------|-----|--|
| Desserts | 1. | Solar Plexus — press with inhale, release with exhale |
| | 2. | Ankle/ foot flop |
| | 3. | Twist ball of foot |
| | 4. | Fist in ball of foot and squeeze back of foot |
| | 5. | Spinal twist, both hands from medial position |
| | 6. | Spinal twist, hands coming from opposite directions |
| | 7. | Rotate foot |
| | 8. | Flex and extend foot |
| | 9. | Nerve stroke up leg |
| | 10. | Nerve stroke down leg |
| Main
Sequence | 1. | Lower back and spine |
| | 2. | Inside ankle bone with flexion |
| | 3. | Outside ankle bone with extension |
| | 4. | Fist in ball, fingers work between metatarsals on back of foot |
| | 5. | Work same area with both hands |
| | 6. | Thumbs under each toe and stretch foot around |
| | 7. | Inch across top of big toe |
| | 8. | Pituitary |
| | 9. | Thyroid |
| | 10. | Neck |
| | 11. | Pull and rotate each toe |
| | 12. | Sinus drainage |
| | 13. | Fatty end of each toe |
| | 14. | Pull each toe |
| | 15. | Claw/inch base of toes (upper trapezius, clavicle) |
| | 16. | Ball of foot — especially hitting lymph drainage area |
| | 17. | Between waist and ball of foot — especially hitting adrenals |
| | 18. | Between heel and waist — especially ileocecal valve |
| | 19. | Heel |
| | 20. | Point at base of heel |
| | 21. | Squeeze Achilles as you rotate foot |
| | 22. | Uterus/prostate |
| | 23. | Testes/ ovaries |
| | 24. | Cuboid |
| | 25. | Hip/lower back |
| | 26. | Lymph/groin |
| | 27. | Lymph on outside of foot |

Repeat Desserts

Reflexology Foot Sequence

Details

The hand positions described below are for the **right foot**. For the left foot, switch hands. Other specifics for the left foot are noted. You will need to use your reflexology chart in conjunction with these descriptions to orient yourself. Don't cross your legs during this treatment, as it will interfere with energy discharge from the client. While working reflex points during this treatment the pain should subside. If the pain does not subside, work lighter.

1. Lower back and spine

The **ether** toe can be used to help release points in the spine or use the other toes as they correspond to horizontal segments of the spine:
cervicals (ether);
T1-T10 (air);
T11-L5 (fire);
sacrum5 (water);
coccyx (earth).

To work the spine turn the foot out to the side. The spinal reflexes begin just below the nail of the big toe (atlas) and go all the way down to the tip of the lower heel (coccyx). As you move from toe to heel the reflexes get bigger just as the vertebral segments get bigger.

A. Work the lower back. To gauge the size of the lower back reflexes, place your right thumb along the medial edge of the heel. The width of your thumb defines the size of these reflexes. Use the medial corner of the right thumb to work the lower back reflexes in an inching motion. Support the thumb by placing your other 4 fingers on the opposite side of the heel. Make 3 inching motions with your thumb, then move to the next reflex point. If you make more than 3 inching motions you will be in the reproductive reflex. The spine reflex follows the arch line, so stay on the bone.

B. Work the rest of the spine. To work the rest of the spine your support fingers will move from the heel to the dorsal surface of the foot. Inch with your right thumb from the last point worked in the lower back up to the atlas (base of big toe nail). As your thumb moves up the foot move your support fingers up as well to prevent fatigue. When you get to the big toe switch hands and use the left thumb to inch from the big toe back down to the coccyx. Switch back to the right hand and use the right thumb to inch from the lower back to the big toe. Inch down with the left. Go up and down a couple of times.

C. Mash on 10T. This point is on the medial waistline of the foot. To find the waistline of the foot locate the tuberosity of the 5th metatarsal with your left hand. Draw a line from the highest point on this tuberosity across the plantar surface of the foot to where it intersects with the spine. This is 10T. Mash here. On most people this point will be sensitive. As you mash you can alternate with pulling the ether toe to help release this reflex. Mash, release, mash, release.

Lower back and spine (cont.)

D. Work C7. At base of big toe there will be clear skin marking that runs at an angle towards the arch. Instead of following this line down towards the arch follow it medially across to the base of the joint of the first metatarsal. This is C7. Mash here. People with whiplash or neck injuries will find this sensitive. Alternately pull big toe.

E. Work client specific trouble spots. Ask client what parts of spine bother them. Work these reflexes in the feet and use alternate stimulation with the ether toe or other toes. There are 4 points on the medial malleolus to be worked. Divide the malleolus in half (anterior/posterior). Work 4 points moving in a semicircle on the posterior side of the malleolus alternating with flexing the foot. Flex, stimulate pt 1, flex, stimulate pt 2, flex, stimulate pt 3, flex, stimulate pt 4. The point stimulation in this move is light; you are not seeking client's pain tolerance. This move is **not** contraindicated during pregnancy.

2. Inside ankle bone with flexion

This move stimulates the long currents.

There are 4 points on the medial malleolus to be worked. Divide the malleolus in half (anterior/posterior). Work 4 points moving in a semicircle on the posterior side of the malleolus alternating with flexing the foot. Flex, stimulate point 1, flex, stimulate point 2, flex, stimulate point 3, flex, stimulate point 4. The point stimulation in this move is light; you are **not** seeking client's pain tolerance. This move is **not** contraindicated during pregnancy.

3. Outside ankle bone with extension

This move stimulates the long currents.

Work the same 4 points as in step 2. on the lateral malleolus, alternating with extension of the foot instead of flexion.

4. Fist in ball, fingers work between metatarsals on back of foot

These reflexes correspond to the posterior thoracic region of the body. Good for upper chest, rhomboids, trapezius, scapula, lungs. Corresponds to **air oval**.

Make a fist with your left hand and press it into the ball of the right foot to flex it and spread the metatarsals. Using the 4 fingertips of your right hand, work the dorsal side of the foot in each trough between the metatarsals. Move your fingers in small circles along the sides of the bones and up and down in the trough starting at the base of the toes and working proximally. Work each metatarsal individually. These areas can be quite tender.

5. **Work same area with both hands** | Press both thumbs into the ball of the foot to spread the meta-tarsals, working the dorsal side with your fingertips, two troughs at one time. Start in the most medial (between ether & air toes) and most lateral (between earth & water toes) troughs, then move into the middle of the foot to work the remaining two troughs.

6. **Thumbs under each toe and stretch foot around** | Move thumbs to ball of foot under each toe and stretch foot by pulling metatarsals to wrap around thumbs. Move thumbs to ball of foot under next toe and repeat. Sometimes the phalanges or metatarsals with pop with this stretch. This is a non-specific stretch for the metatarsals. Twist ball of foot (dessert move).

7. **Inch across top of big toe** | Support the right big toe with the left hand. Using your right index finger work the top of the big toe. Inch across from medial corner to lateral corner. Do this 3 times in one direction, then switch hands and repeat 3 times in the other direction.
 This move corresponds to a massage on the top of the head. The head is in the **fire** triad.

8. **Pituitary** | Find the base of the big toe nail then move medially to just above the reflex for the atlas (C1). Then move slightly onto the pad of the big toe and a wee bit distally (up). This is the pituitary reflex. Look at the reflexology chart. The pituitary is difficult to manipulate so use firm pressure to find it.
 The pituitary reflex can be released by stimulating either the **fire or ether** toes.

9. **Thyroid** | Steps 9 and 10 are performed together. Supporting the right big toe with the left hand, inch with the right index finger across the dorsal surface of the big toe at the base of the first metatarsal. Then inch with the right thumb across the plantar surface of the big toe at the base of the first metatarsal. Repeat 3 times on each surface.
 The thyroid reflex can be released by stimulating the **ether** toe.

10. **Neck** | The dorsal area corresponds to half of the posterior surface of the neck. The plantar area that you are working contains the reflex point for half of the thyroid and corresponds to half of the anterior surface of the neck. The thyroid point is not marked on your reflexology chart.
 Move right thumb to lateral corner of big toe. Support your thumb by placing your other 4 fingers on the opposite side of the toe. Mash in this area. This corresponds to the lateral neck where there are many lymph nodes. You should be pushing into the surface of the bone. This area is usually congested in clients. Twist ball of foot (dessert move).
 The neck is part of the **earth** triad.

11. **Pull and rotate each toe** | This toe pull is a preparatory stretch for the polarity toe pull in step 14. Hold foot with left hand, fingers on dorsal surface, left thumb on ball of foot plantar surface. Push the foot down into the table with the left hand. As you push down use your right hand to pull up on the **base** of the toe joint and rotate.

12. **Sinus drainage**
Sinus is in the head, which is in the **fire** triad. These points are the most distal ends of the currents. They are potentially the most chronically blocked areas of the foot. There may be very painful spots here in people who have chronic congestion, post nasal drip, allergies, headaches, migraines, visual problems, hearing problems, dyslexia, spatial confusion, and disorientation.
- Place left hand across the toes, fingers on the dorsal surface of the toes, thumb on the toe pads. (Your hand hides the toes from the client's view.) The left thumb will be used to spread the toes apart, giving you more room to work. As you move laterally, the left hand also moves laterally to spread the next toe. The right fingers are placed over the top of the left fingers at a 90° angle. Stimulate the reflex points on the toe pads with your right thumb. Using left thumb spread the air toe away from the ether toe and hold. Using right thumb, press big toe into the fingers and inch down the plantar midline of the toe from the distal end to the joint. Rotate your thumb 45° laterally and work a line on the big toe from the distal end to the joint. It is difficult to work the exact lateral edge of the toes because there is no finger support, so work at an angle between the midline and lateral edge.
- Move hands to next toe. Separate fire toe from air toe using left thumb. Work plantar midline and lateral line of air toe with right thumb. Do this on each toe.
- After working the midline and lateral line of each toe switch hands and work the medial line of each toe, working from earth toe to air toe. It is not necessary to work the ether toe because it was worked in steps 7 & 8.
13. **Fatty end of each toe**
This move works another line of the head and helps fluid movement in the head. Points on the air and fire toes reflex to the eyes. The eyes correspond to the **fire** element. Points on the water and earth toes reflex to the ears. The ears correspond to **ether**. Work the ear points for tinnitus (ringing in the ears).
- Each toe has a little fat toe pad. The fatty part of the big toe pad is off the midline to the lateral side. Dig in and mash each fatty toe pad using circular motion. This may be uncomfortable for your clients.
- Just below the fatty toe pads on the air and fire toes are the eye reflexes. Stimulate these points. Just below the fatty toe pads on the water and earth toes are the ear reflexes. Stimulate these points. Review the reflexology chart for the accurate location of these points.

14. **Pull each toe** | The toes should be loose now. Pull each toe to release it.
15. **Claw/inch base of toes (upper trapezius, clavicle)** | Place fingers of your left hand on the dorsal surface of the foot and your left thumb on the ball of the foot. Press down toward heel to expose ridge of bone at the base of the toes. Use the index finger of your right hand to inch along this from the ether to the earth toe. Do this 3 times. Switch hand positions. Use your left index finger to inch back along the ridge from the earth to ether toe. Do this 3 times.
 These points are on the shoulders, which are part of the **air** triad.
 Using your left hand, line each finger up at the base of each toe (not between) on the ridge and put left palm against plantar surface of foot, wrapping thumb around the arch like a claw. Squeeze your fingertips into the ridge and release. Repeat a few times.
 Using your right index finger, press the bone between earth and water toe. This is the AC (acromio-clavicular) joint. It can be sore because of posture or other reasons. Twist ball of foot (dessert move). This move concludes work in **zone 1**.
16. **Ball of foot** | Place your left hand on top of toes to flex them slightly. Inch with pressure to the client's tolerance, working longitudinally in the ball of the foot. Using your right thumb begin in the area corresponding to the ether toe and inch several lines, working laterally toward the line of the fire toe. Switch to the left thumb, start in the area corresponding to the earth toe and inch several lines, working medially toward the line of the fire toe. This is one pass. Do a total of 2 passes to assess this area.
Zone 2. In this zone the shoulder corresponds to the **air** element. The heart corresponds to the **air** oval and also the **water** triad. Lymph always corresponds to **water**. Pull toes corresponding to these elements to release any blockages found.
Circle around the base of 1st metatarsal. Use your right thumb in a hooking motion to work in the ball of the foot all around the base of the 1st metatarsal. Hook the thumb into the tissue and pull medially.
Shoulder: Use your left thumb in a hooking motion to work the shoulder area. (See reflexology chart.) Hook left thumb into the tissue and pull laterally. You can also use your right fingertips to work the metatarsal troughs on the dorsal surface of the foot at the same time.
Heart: Use your right thumb in a hooking motion to work the heart area, defined by the dotted line on the reflexology chart. Hook the thumb into the tissue and pull medially. The heart area is larger on the left foot. Twist ball of foot (dessert move).

17. **Between waist and ball of foot (especially adrenals)**

Zone 3. Zone 3 corresponds to the digestive systems of the body. The adrenals and kidneys correspond to the **air** element. Use the air toe to help release these reflexes. Use the **fire** toe to help release the pancreas, liver, gall bladder, stomach, and spleen.

To find the waistline of the foot: Locate the tuberosity of the 5th metatarsal with your left hand and trace a line from the highest point on this tuberosity across the plantar surface of the foot. Zone 3 is between the waistline and the ball of the foot. Use the right thumb to inch through zone 3 making longitudinal passes from the waistline to the ball of the foot. Beginning at the medial edge of this zone (arch of foot, under ether toe) and work laterally to the area under the fire toe. Switch hands and use the left thumb to inch zone 3 from the area under the earth toe moving medially to the fire toe. Do 2 passes through zone 3.

Adrenals: Find where the waistline intersects the spine on the medial side of the foot. Put your right finger there. Find the base of the first metatarsal in the ball of the foot. Put your left finger there. Flex the big toe to identify the tendon. Midway between the waistline and base of first metatarsal and on the medial side of the tendon is the adrenal reflex. Use the thumb to circularly mash this area. Place your fingers on the dorsal surface of the foot to support your thumb.

Pancreas: The head of the pancreas is in the right foot while the bulk of the pancreas is in the left foot. Just inferior to the adrenals in the right foot is the head of the pancreas. There may be an identifiable lump in the right foot where the pancreas is. This indicates a lot of refined sugar, chocolate, etc. Work this area. In the left foot work the larger pancreas area as indicated on the reflexology chart.

Kidney: Flex the big toe to find the tendon. The kidney reflex sits on the tendon just lateral to the pancreas. Mash up the kidney reflex, alternately pulling the air toe.

Liver/Stomach: The rest of zone 3 on the right foot is the liver. Use the thumb to hook around the liver area. On the left foot there is a small area that is the head of the liver. The stomach area is lateral, superior and inferior to the pancreas reflex on the left foot. Hook around this area. When you find an area that is tender, stay on the point and mash it up.

Spleen: On the left foot hook around in the area of the spleen. Work any tender spots.

18. **Between heel and waist (especially ileocecal valve)**
Zone 4. The ileocecal valve and small intestine correspond to **fire**. The colon, bladder, and rectum correspond to **earth**. The kidney and ureter tubes correspond to **air**. Pull on the corresponding toes when working these reflexes.

To find the waistline of the foot: Locate the tuberosity of the 5th metatarsal with your left hand and trace a line from the highest point on this tuberosity across the plantar surface of the foot. Zone 4 is between the waistline and the heel of the foot. Use the right thumb to inch through zone 4 making longitudinal passes from the heel to the waistline of the foot. Beginning at the medial edge of this zone (arch of foot, under either toe) and work laterally to the area under the fire toe. Switch hands and use the left thumb to inch zone 4 from the area under the earth toe moving medially to the fire toe. Do 2 passes through zone 4.

Bladder: Use the right thumb to work the bladder reflex, in the medial corner of the heel. Use the reflexology chart to locate this point.

Ureter tubes: Flex the big toe to locate the tendon. From the bladder work at an angle over to the tendon and then inch up the tendon to the kidney point (near the waistline). Switch hands and inch with the left thumb from the waistline back down the tendon to the bladder.

Ascending colon: In the right foot only. At the lateral corner of the right heel is the cecum, ileocecal valve, and the appendix. This area can be hard to work. Dig into this area with your left thumb and hook up towards the 5th metatarsal. Then hook up towards the waistline of the foot following the ascending colon reflex and across the foot just under the waistline to work the hepatic flexure and transverse colon.

Descending colon: In the left foot only. From the bladder hook laterally across the left heel to the lateral corner of the heel. Hook up towards the 5th metatarsal. Work from the lateral corner of the heel up to the waistline of the foot. Hook medially across the foot just under the waistline to work the splenic flexure and transverse colon.

Small intestine: The remainder of zone 4 is the small intestine. Use your thumb to hook through this area. Stay on any points that are tender, alternately pulling the fire toe to release.

19. **Heel**
Zone 5. The plantar surface of the heel corresponds to the pelvis. The **water** toe can be used to release points found on the surface of the heel.

The heel is often hard to work because it is calloused. Pound the heel with your right fist. If your thumb is strong enough you can use it to work the points through the heel. Otherwise use your knuckles to work the surface of the heel.

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| <p>20. Point at base of heel
The bottom edge of the heel corresponds to the perineal floor. All elements flow through the perineal floor so any toe can be used to release points on the edge of the heel based on the point's vertical relationship with the toes above.</p> | <p>Lift the foot with your left hand and set the heel on the knuckles of your right hand. Press the foot down onto the knuckles and roll it over the knuckles to work the points. Inch along the edge of the heel with your thumb and work any tender points. Pull any toe that corresponds to the area you are working.</p> |
| <p>21. Squeeze Achilles as you rotate foot
The ankle corresponds to the air element. This move is also good for acute and chronic low back pain and assists lymph flow. Lymph corresponds to the water element.</p> | <p>Use your left hand to flex the foot. Wrap the right hand around the Achilles tendon (thumb on medial side, fingers on lateral side). Rotate the foot while gripping the Achilles.</p> <p>Place thumb on medial side of calcaneus where Achilles tendon attaches. Place air finger on later side of calcaneus where Achilles tendon attaches. The thumb and finger should rest in notches on either side of the calcaneus. Pull the fingers down into the notches. Alternate pulling on these points with flexing the foot. These points correspond to the S-I joint, hip, gluteal, and low back; they will be tender on clients with low back and sciatic problems.</p> |
| <p>22. Uterus/prostate
23. Testes/ovaries (gonads)
This move is contraindicated during pregnancy. These points can be released by pulling on the water toe since the reproductive organs are in the water triad.</p> | <p>Steps 22 & 23 are performed together. Review the reflexology chart to locate these points. To locate the uterus/prostate point, place your right index finger on the center of the medial malleolus. Place your right thumb on the coccyx reflex on the heel. Halfway between these points is the uterus/prostate point. There will be a small indentation. On the lateral side of the foot locate the ovary/testicle point in the same manner. Place your right thumb on the uterus point and right index (air) finger on the ovary point and stimulate these points. Stimulate lightly at first, as these points may be very tender. Alternate with flexing the foot. It is very unusual to find these points open. These points are indicated during active labor.</p> |

24. **Cuboid** | Locate the 5th metatarsal. Move off the metatarsal slightly onto the dorsal surface and towards the heel. You want to be on the cuboid bone as it is the fulcrum point to adjust the foot. Place your left thumb on the cuboid bone and wrap the fingers of your left hand around the heel. Press medially with your thumb and pull laterally with your fingers using pounds of pressure. Wrap your right hand around the ball of the foot; twist the ball of the foot laterally, taking the torque out of the foot. You are creating an environment for the foot to adjust and you may hear or feel some small clicking movements. Finish with ankle flop (dessert move).
25. **Hip/lower back**
The pelvis corresponds to **water** and low back corresponds to **fire**. | Use the reflexology chart to locate the black semicircle labeled hip/lower back on the lateral aspect of the foot. The half circle is in an indentation between the cuboid and heel. Using your thumb push around in this area and open any tender spots.
26. **Lymph/groin**
The lymph corresponds to **water**. This area may also correspond to the fallopian tubes since it runs between the uterus point and the ovary point. | Stand up at the side of the table, facing toward the client's feet. The lymph/groin area to be worked is a horseshoe shaped area that runs inferior to the malleolus and over the dorsal surface of the foot. Review your reflexology chart if necessary. Hold the ankle with your left hand and place your thumb at a point anywhere on this horseshoe. Flex the foot with your right hand so that the foot presses into the thumb. Move the thumb to another point on the horseshoe and flex the foot again. Continue moving your thumb and flexing the foot until all points along the horseshoe have been stimulated.
Grip the ankle with your left hand keeping the index finger and thumb inferior to the malleolus. Rotate the foot.
27. **Lymph on outside of foot** | Sit at the client's feet again. Using the flat surface of your left thumb, start at a point on the lateral plantar surface of the heel. Slide the thumb along the lateral edge of the foot towards the earth toe. When you reach the earth toe turn your thumb 90° and continue to slide it along the ridge below the toes over to the 7c reflex Repeat a couple of times. This is not an inching motion, but firm effleurage.

Zone One: Top of Toes to Bottom of Toes.
Head, Neck

Zone Two: Ridge Below Toes to Bottom of Ball of Foot.
Clavicle/Upper Trap. To Diaphragm

Zone Three: Diaphragm to Waistline (T10)
Adrenal, Kidney, Pancreas, Stomach,
Spleen, Liver, Gallbladder

Zone Four: Waistline (T10) to Superior Portion Heel
Large/Small Intestine, Kidney, Ureter,
Bladder, Rectum

Zone Five: Heel

Options for releasing blockages;

- 1) Decrease Pressure
- 2) Both sides of block (thru body)
- 3) Pull toe in a straight line with block
- 4) Element related to block (pull toe related to block)
- 5) Foot to body (body to foot)
- 6) Foot to head (head to foot) Pg. 126
- 7) Triad on foot Pg.21
 - example: adrenal to shoulder, adrenal to ankle (line block up in a straight line)
 - Triad to body
 - adrenal to shoulder
 - adrenal to ankle
 - example two on foot: liver to head (line block up in a straight line with toe)
 - liver to thigh (body, line block up in a straight line)
 - example two on body: liver to head (straight line)
 - liver to thigh (straight line)
- 8) place hand over chakra of related blockage
- 9) Any block in foot to water chakra
- 10) Any block in foot to water chakra
- 11) Block to Nerve Source Pg. 19
 - example: kidney reflex foot to 10T reflex foot or kidney to 10T
- 12) Geometric relationships Pg. 17
 - example: Kidney reflex foot to 10T reflex foot/kidney reflex improves go to 1T on foot.





NMSNT Reflexology Class

