

# REFLEXOLOGY

## LET YOUR FEET DO THE TALKING

The practice of Reflexology has a long history stemming from the distant past. The most common theory is that the discovery of Reflexology, originated in China some five thousand years ago. Many health skills in China originate from the early Taoists. Although the oldest documented proof was discovered in the ancient Physicians tomb of Ankhmahor (highest official after the Pharaoh), at Saqqara, four thousand five hundred years ago.

Reflexology isn't just a "fluffy bunny" foot massage that we treat ourselves to now and again. It is a scientific fact that Reflexology has an extraordinary effect in maintaining good health as well as relieving all forms of physical and mental discomfort. And just for you "Ruffy Tuffy Macho's, I'll have you know that the discovery of pressure points actually took place on the battlefield! Pressure points were being used for the healing arts but were also used as a part of self-defence. Various forms of martial arts are still using these pressure points to disarm or disable their opponent. In fact, it is thought that the individual pressure points were mapped out by inflicting small stab wounds on convicted prisoners in a combination of specific points, which normally should not have been fatal. Historically, many thousands of prisoners are known to have been killed as part of these early medical experiments. These were based on the observations of soldiers who baffled the ancient Chinese physicians by claiming that symptoms of disease suddenly vanished after being hit by arrows or stones.

The Chinese learned by trial and error that by applying pressure to certain points on the body, pain was alleviated and other locations, influenced the function of certain organs. The application of pressure is used in many therapies including Acupuncture, Shiatsu and Massage as well as Reflexology.

A Swiss missionary named Father Josef Eugster (known to some as a "big brilliant star in the sky"), has worked throughout Asia since 1977 giving Reflexology to his parishioners with chronic diseases - people on whom doctors had given up. Even though the Church hierarchy was pressuring

him to stop, because they said this wasn't his proper work, and he was receiving anonymous death threats because people were losing faith in their doctors and sales in the pharmacies were falling, he continued and still continues quietly on his healing mission saying that, Reflexology became his mission through a special calling. He says "There are all kinds of healing methods in nature, but the most wonderful one, the Lord of the Universe has put into everyone's feet".

Today, Reflexologists in China practice alongside doctors in Chinese hospitals, and they are very active in case study documentation and research. In over three hundred research studies in China, ninety five per cent of the eighteen thousand cases showed some improvement, covering sixty four illnesses studied. This proves that Reflexology can be used very successfully alongside orthodox medicine.

Many of our health problems can be linked to stress. It is an acknowledged fact that a body trying to function whilst under the influence of prolonged stress is less capable of organising its defences against illness and repairing damage caused by injury. It has been proved scientifically that the body responds to specific pressure point stimulus - muscle contractions, changes in blood pressure, variation in warmth and moisture of the body. Reflexology gently nudges the body into healing and re-balancing itself. The Reflexologist doesn't heal, only the body heals but, by working correct reflex points on the feet, we can stimulate an under-active area and calm and overactive one.

How does it work? A rather large gentleman with a rather large Yorkshire accent said to me "If you can't see it, smell it or touch it, it doesn't bloody exist as far as I'm concerned"! Sometimes we know it works because... it just does. I am no electrician, I don't want to be but I enjoy the fruits of their labour - by touching a switch in one part of a room, a bulb is activated elsewhere and the whole room is filled with light. Fantastic, I can't see any wires, I don't really care how it works, I just enjoy the light when I need it.

There are many benefits to receiving a Reflexology treatment: Reduction of stress levels, Induces deep relaxation, Improvement of blood and lymph circulation, Revitalises the body, Helps relieve aches and pains, headaches, high blood pressure, sinusitis, breathing problems and many

more. There will be a workshop in September helping people to understand and use Reflexology at home, if you are interested in attending this workshop and would like more details, please contact me.

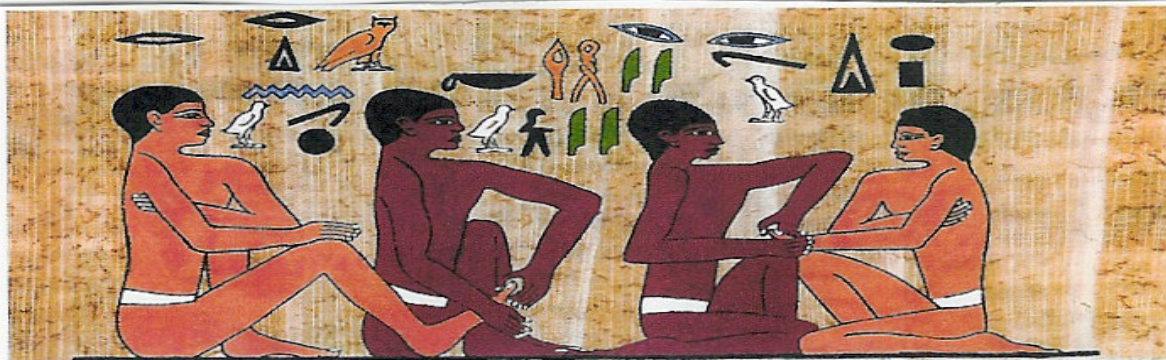
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Wall painting in the tomb of Ankhmabor. The translation reads, "Don't hurt me." The practitioner's reply: "I shall act so you praise me."