

IF YOU DON'T TELL, YOUR FEET WILL

It's true, the feet can tell us so much about the state of our health and emotions. Reflexology is an ancient form of healing dating back four or five thousand years. Physicians in China will call on a Reflexologist to assist them with a diagnosis before performing what could be an unnecessary operation.

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. I believe this gives a lot of credit to a very sophisticated holistic healing technique. The term "holistic" derived from the Greek word "holos", which means "whole", and as such aims to treat the individual as an entity, incorporating mind, body and spirit.

If you were to put your feet together and raise them above your body, this will give you an idea of how the feet are mapped out because Reflexology is based on the premise that every organ and system of the body are mapped out on the feet so, with your feet raised over your body, you can see that the big toes will depict the head, moving out along the top of the toes to the little toes, trace down to the "knuckle", these are the shoulders. The neck is just under the cushion of the big toe, (this will probably be tender for a lot of you), trace down the inside of the foot from the big toe down to the heel, this is the spine, and so on. Organs that are on your right side will be mapped on your right foot and organs on your left will be on your left foot.

So how can the feet tell us things? The trained hands of a Reflexologist will be able to tell where the imbalances are in the body by using firm but not heavy pressure with the thumb or fingers to precise reflex points on the feet. Different sensations will be felt by the recipient which can be interpreted by the therapist. These sensations will tell the Reflexologist where the imbalance is in the body. It is important to point out here that, anyone practicing Reflexology who is not a doctor, is not allowed to diagnose.

Some people view feet as ugly, some don't even think about or look at their feet, some think feet are beautiful: Leonardo da Vinci called the foot a masterpiece of engineering and a work of art. Considering the size of feet in relation to the body they support, the humble feet are nothing short of remarkable.

In Chinese cultures, a woman's foot was regarded as the ultimate sex symbol. To portray the feet as the most attractive parts of the anatomy they would be moulded into the desired shape, so women's feet were bound. This prevented bones from developing in the usual way and stunted foot growth. This uncomfortable and unkind practice has fortunately been discontinued. Greek virgin goddesses were always portrayed covering their feet to protect their chastity since feet were considered extremely private parts. Revealing the feet was the equivalent of a blatant proposition.

Some of you may know from my previous articles that I advocate cleansing. I feel it is a very important ingredient to optimum good health. Detoxifying the body has been a familiar emphasis to all ancient healing traditions, including Ayurvedic, Chinese and Native American.

One way to successfully cleanse and detoxify the body is through the feet. The feet have over two thousand pores where toxins are eliminated /sweated out. Smelly feet can be a sign of too many toxins in the system.

A lovely lady named Dina, approached me a while ago to tell me about a foot detox machine. She had been very ill whilst living in the United States and her doctor had recommended a course of the foot detox. Dina was so impressed at how well she felt and at the speed of her recovery that she asked the doctor if she could buy the machine to use at home for her close friends and family. The rest as they say is history. She is now sharing her knowledge and is putting this machine to good use at my clinic. I have recently embarked on a thirty day dietary cleansing programme and I thought, what a perfect time to try out this machine. Dina is on hand to interpret the colour changes in the water. She will tell you which parts of your system are detoxing the most, whether it is your liver, kidneys, joints lymph or whether you are releasing heavy metals.

So how does this work? The EB-305 machine is an ionized footbath designed to restore the body's energy and balance, while facilitating its natural detoxification process. It balances and restores the body's pH and electromagnetic energy, preparing it for further detoxification. It is perfect for reducing toxic build-up, assisting resolution of digestive issues and allergies, and pain. It is a proactive regime for chronic illness and speeds recovery from acute illness, and can also give the body a kick start again when your progress has slowed right down.

Healthy individuals can expect to feel lighter and experience a greater feeling of well being. Some patients with pain, oedema, and swollen joints have reported relief immediately.

Is it right for you? As long as you are not pregnant or lactating, you have a pacemaker or transplanted organ, arrhythmia or if you are taking heart regulating medicine, then this will be a safe treatment for you. If you are diabetic or have low blood sugar, it is advised to eat a meal prior to a treatment. What Can it help? You will benefit from a treatment if you are suffering from: Arthritis, Allergies, Chronic pain, Tiredness, Multiple Chemical Diseases, Auto-immune diseases, Oedema and Inflammation. There are so many benefits!

So like I said; "If you don't tell, your feet will". Whether it be through reflexology and the different sensations on your feet, or through the eliminations from the pores of your feet and the interpretations of the colour of the water. Whatever, they tell us, your secret is very safe with us!

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