



## Reflexology, Ancient Alternative Medicine

By: Nada Rashed

The history of reflexology goes back to the ancient Egyptians through which it was spread and developed all over the world. Yet, Dr. William Fitzgerald who was a throat, ear physician discovered what is referred to as "Zone Therapy" through which he divided the human body into longitudinal zones from head ending at each finger and each toe. He also discovered a close relationship between pressure and pain release. In other words, the relation between applying pressure to a painful area and reducing pain on that area through repeated pressure. Fitzgerald's assistant, Eunice Ingham, continued with her studies along the same direction of her Professor, she conducted hundreds of cases with follow ups in which she applied pressure along the zones of the body and along the human body imprinted on the feet and hands. The common way in which reflexology is now practiced is the evolution through years of trying different techniques but all based on the same principle and science.

Reflexology is simply based on the principle that there are maps on the feet, hands and ears which represent all human body organs, systems and chakras. In a reflexology session, a practitioner uses a certain type of studied pressure on the different organs, systems and chakras to stimulate the vital energy within the body.

By stimulating the vital energy, you recreate the normal balance within the body

which in turn reduces pains, restores balance, harmonizes the body and eventually helps the body to heal from "diseases".

Elaborating more on the vital energy point, I need to clarify that vital energy is present within all of us. We are all born with a balanced level of vital energy (also referred to as Ki, Chi or prana). Due to many factors such as weather and climate changes, emotional disturbances in addition to nutritional deficiencies and genetic defects, the imbalance begins to take place. The first sign of deficiencies is when we begin to encounter minor symptoms such as interrupted sleep, fatigue etc. If this is not looked into carefully the imbalance begins to get more and more allowing for pains to take place and if these are still not taken care of then disease begins to develop into either an acute or a chronic state. I prefer to talk about "disease"

instead of using the word "disease", as we as CAM practitioner regard any imbalance as a diseased state where the person does not feel at ease!

Reflexology can help in a variety of cases, mainly anything related to a lack or imbalance within your Chi. In simpler words, as long as no pathological damage has occurred in the organ/ gland or system, that means that the vital energy is still "balanceable" and vice versa. Since reflexology is a natural way of promoting health and restoring balance, then it would work in any case in which no "unnatural" changes of any organ has taken place, for instance, if somebody has liver damage, then nothing would help him, nothing natural would and even conventional medicine cannot help him except with a liver transplantation. Reflexology as any other natural dependable science cannot "re create" what has

been damaged.

**Main diseases which reflexology can heal and help with are:**

Hormonal imbalances

Headaches and migraines

Back pains,

Sciatica pains

Neck stiffness and pains

Sinusitis

Digestive problems, colon related problems, heartburns, constipation, etc

Sleeping disorders

Mood swings

Fatigue

Inducing fertility (as long as no pathological reason is preventing pregnancy such as blocked fallopian tubes etc)

Reflexology is not to be mistaken for a foot massage or any form of massage

therapy. It has its own unique protocol and does not require the client to disrobe.

Reflexology can complement any healthcare work or can be done independently.

During the reflexology session, the person is likely to experience pain at

particular points which are corresponding to his original complaint. For example,

if someone is coming with a back pain and sinus problems he is likely to feel sore

when working on his sinus and back reflexes. I sometimes even discover other

health problems during the session that the person did not complain about from

the start, yet, he is suffering from it. Through the session, working on all human

organs stimulates the Chi and improves circulation.

Through regular sessions (which the exact number cannot be identified in

advance) the balance takes place allowing for pains to be less and with time there

is a high chance of healing completely from the "disease".

Some people require longer time than others in terms of number of sessions.

That comes from the fact that every person is different. When you come to treat

a person with reflexology you should always look at the person as a whole. That's

why you should know what the person has been doing for his pains and disease.

If he has been on lots of medications for a long time, that would automatically

mean more sessions for us, since chemicals have the tendency to reduce the vital

energy level. That is why when somebody is used to getting antibiotics whenever

having a cold, whenever he stops the antibiotic, he gets recurrent colds, it is

simply because the body is low in vital energy and cannot fight the virus/bacteria

of the cold/flu on its own. If you stop antibiotics and you get the cold and you

take only analgesics/antipyretics, usually the cold course will take a few days

then it will not be recurrent. You allow the body in that case to use its own vital

energy, its own power and strength to fight the cold. (If you are a person that

does not get better on your own, continue with your ordinary way of treatment

and consult your doctor).

Another element playing a role in the duration of the sessions is how long the

patient had been suffering from his disease, logically speaking chronic conditions

require longer treatment and vice versa.

It is always good to note that when the body is experiencing pain at any point

and this pain is repeated, then you should not ignore that. Pain is the body's

natural way of giving you a sign that something is wrong, something needs more

attention.

Reflexology can be also used if a person does not have any physical complaints, it

can be done for the aim of relaxing the body and maintaining a balanced state of

Chi to enhance immunity and improve the overall energy of the person along with

improving concentration via the relaxed state which is achieved.

The therapeutic relaxation that reflexology generates facilitates the body's release

of toxins. On very rare occasions this release of toxins may bring about

perspiration, a nauseous feeling, a headache, or increased urination, diarrhea.

These minor discomforts are evidence of the body's healing process, are just temporary. Most people enjoy pleasant relaxed or energized feelings after a reflexology session.

Nada Rashed

CAM Practitioner

[www.reflexologyegypt.com](http://www.reflexologyegypt.com)