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Follow the healing chart

Reflexologists are quick to point out that their practice is not foot massage. Reflexology involves applying the firm pressure of the thumb, finger or hand on certain reflex areas of the body that correspond to other organs. It is not, however, confined to working on the patient's feet, as commonly believed, though this is the most popular form. It can also be practiced on patients' hands or ears. According to reflexology, there is a complete map of the human body within each of the three sets of appendages. Certain points on each correspond with organs in the body and can be stimulated through pressure. Although reflexology draws its origins from ancient Egypt – inscriptions found in tombs in Saqqara show physicians engaging in the practice – it is as yet a nascent and formally unacknowledged practice in Egypt.

Like other practitioners of alternative medicine, reflexologists believe that all illnesses, irrespective of how chronic, are due to an imbalance in the body's energy, and they work to recreate balance. Reflexologists smooth out "crystals" (sandy-textured deposits around the nerve endings that are felt by the reflexologist in the patient's feet or hands) believed to interrupt the flow of impulses from nerve endings.

Reflexology is said to be particularly effective in treating stress-induced afflictions. For sleep problems, a common ailment among higher-tier professionals who shoulder multiple responsibilities, the reflexologist may massage the zones that impact the pineal gland, which secretes melatonin, an important hormone in sleep regulation. The touch of the hand applied by the reflexologist on the ears, hands or feet of patients induces relaxation and helps the brain to release endorphins – neurotransmitters that produce an analgesic effect on the body. Generally, reflexology sessions last from half an hour to an hour.

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