

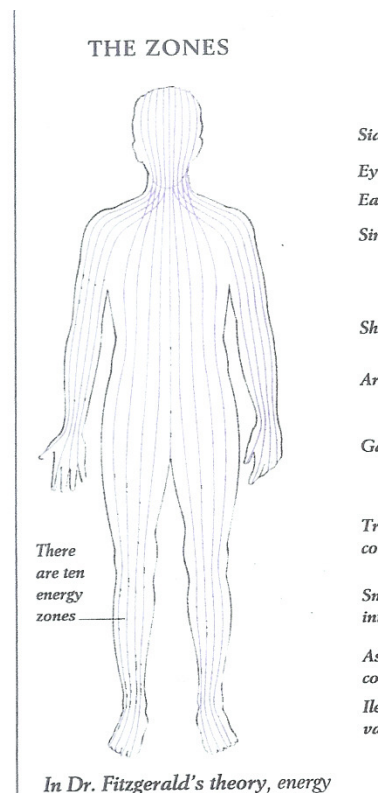
# Reflexology

A true therapy?

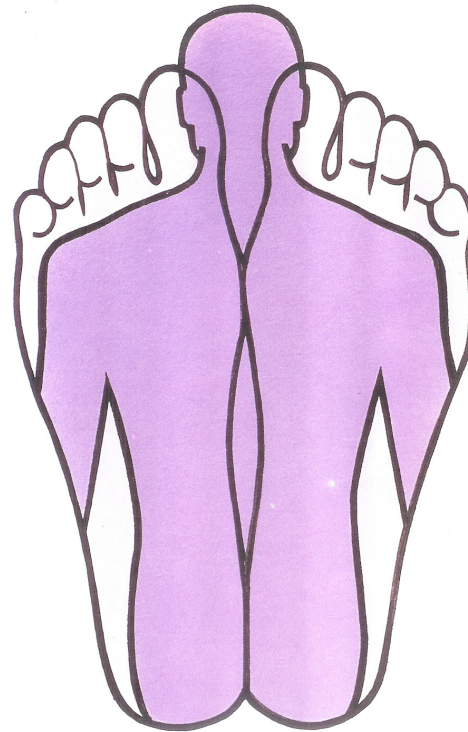


# What is “Zone Therapy”?

- It is based off of an ancient Chinese system of Acupuncture Energy Meridians
- There are 10 zones in the body
- Manipulation of “reflex points” could enhance the flow of “energy” to that particular zone



# “Zone Therapy” mirror sites





# The International Institute of Reflexology

- It conducts a 2-day training session and offers a certification
- Certification program doesn't have any legal or medical recognition
- The Institute stresses that it does not intend to replace conventional medical treatment

# Test #1

- A Blind Experiment

## Results...

- The Reflexologists were very poor at distinguishing between the presence and absence of each condition
- Also provided “no evidence of agreement between the examiners”

## Test #2

- Study the relationship between Bronchial Asthma and Reflexology



## Results...

- Lung function tests remained unchanged
- Absolutely no difference between the group receiving simulated and actual reflexology

## Test #3

- Compared the effects of foot reflexology, simple massage and conversation

## Results...

- When each group was compared to the control (conversation), they found...
  - The simple massage was a relaxing positive experience
  - The foot reflexology had various outcomes, some of which were negative

# Conclusions

- Reflexologists cannot diagnose conditions
- Reflexology alone is not an effective treatment
- Reflexology can have negative results

# More Claims of Reflexology

- Feet contain reflex points that extend to all parts of the body in a telephone cable fashion
- Reflexology can find ailments or future ailments

# Why do people believe Reflexology works?

- Desire for it to work
- Ignorance
- Degree of pain
- False beliefs about health, disease, and therapy
- Primitive craving for the supernatural

# Why do people claim, despite scientific data, that Reflexology works?

- Too many confounding variables
  - Massage
  - Sleep

## Where does this leave Reflexology?

- It's place in the health field is to “promote better health and well being in the same way as an exercise or diet program”



# Reflexology

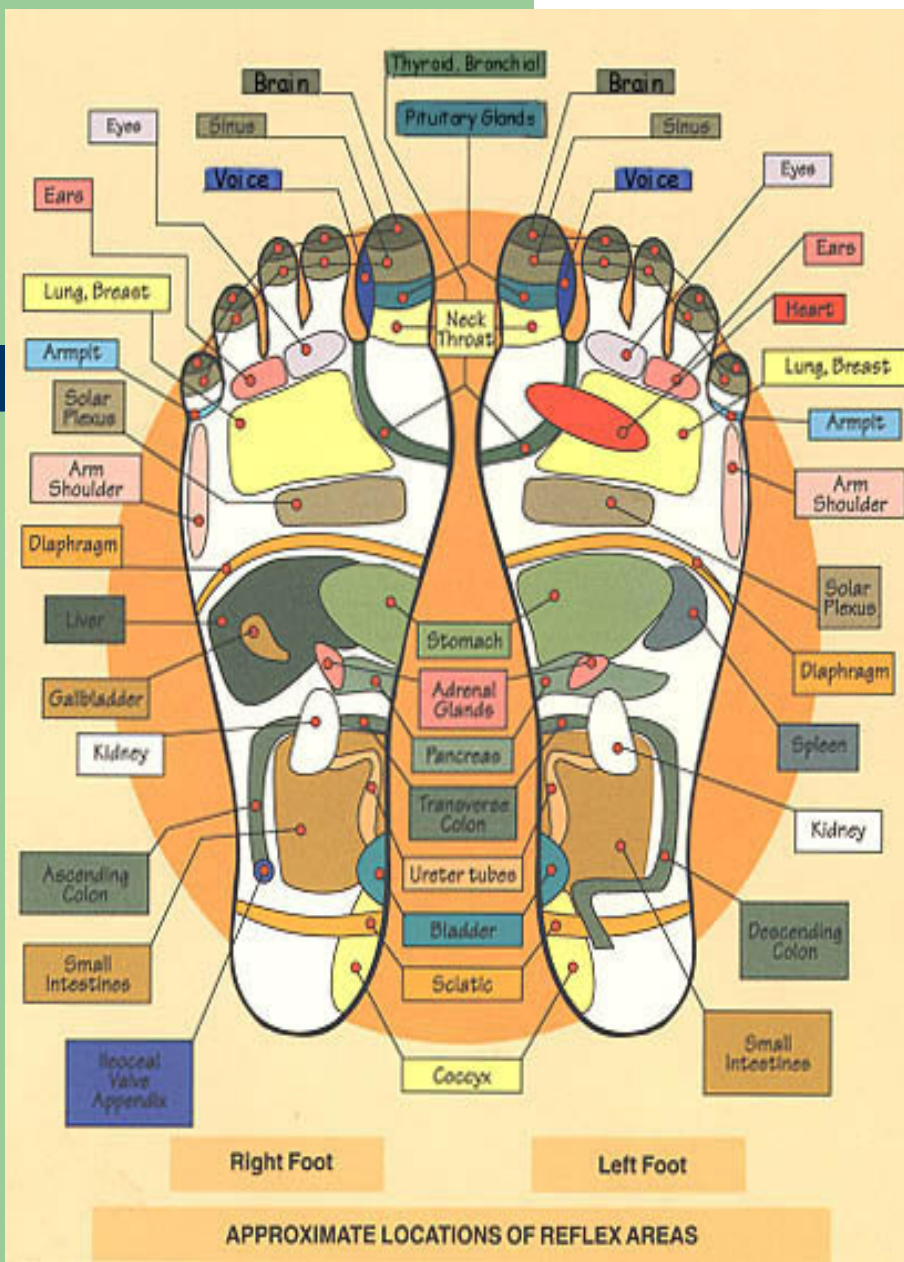
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- Reflexology recognizes that the body has the ability to heal itself.
- The body becomes “imbalanced” following illness, stress, injury or disease.
- Vital energy pathways are blocked, preventing the body from effectively functioning.
- Reflexology can be used to restore and maintain the body's natural equilibrium and encourage healing.

# Reflexology

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- ❑ **Traditionally, a reflexologist uses hands only to apply gentle pressure to the feet to relieve tensions , increase circulation and improve elimination.**
- ❑ **This gentle therapy encourages the body to heal itself at its own pace, often counteracting a lifetime of misuse.**



**This is a reflexology foot chart.**

**It shows how the body's internal organs are represented on the bottom of your feet.**

**Can you find your liver?**

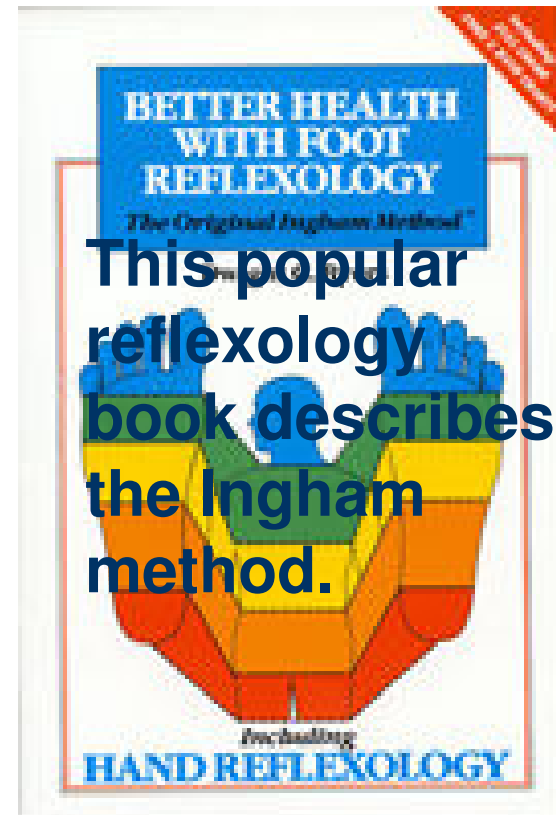
Hint: about the middle of your right foot toward the outer edge.

# Reflexology

Reflexology is 5,000 years. It is seen in Egyptian hieroglyphics.

The “Ingham Method” is considered by many to be the “modern reflexology,” technique, which dates back to the 1930’s.

Dwight Byers is the nephew of the late Eunice Ingham and the author of “*Better Health with Foot Reflexology.*”



# Reflexology

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## Things to remember about reflexology

- ⊗ A reflexologist does not diagnose diseases. Only medical doctors are licensed to do this.
- ⊗ A well-trained reflexologist can recognize foot ailments which can help lead to proper treatment.
- ⊗ A reflexology session lasts about one hour.
- ⊗ Several treatments may be needed for a particular physical problem or to achieve “balance.”

# Reflexology

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**Reflexology is very popular throughout the world.**

Many books on reflexology are now available.

Amazon.com carries at least 15 different authors on the subject.

You will find hundreds of reflexology web sites on the Internet.

