



# Newsletter



Happy Feet Reflexology

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I've combined my "Happy Feet Reflexology" practice and "MY Reflexology Store" in a brand new website.

**[www.happyfeetreflexology.com](http://www.happyfeetreflexology.com)**

The old **[www.MYreflexologystore.com](http://www.MYreflexologystore.com)** website is no more and the store now has it's own page on the new site.

## Summertime...and...the Livin' is Easy!

... or, so I hoped. Visions of longer, warmer, sunnier days and time spent in my porch, yard and gardens. Well—evidently *Gypsy Moth Caterpillars* had the same 'dream'. We were overrun here in Chepachet, R.I.! Now—the caterpillars are gone because they have cocooned and become moths — clouds of them! They're supposed to have a 2 week life-span, lay eggs, and be done.....for this year..... I hope your experience this summer has been much different than mine ☺

I am now looking forward to making up for lost time by getting out and about in my yard and having friends and family over for usual summertime visits and cookouts....

**What about walking 'barefoot'?** Is it Advisable?? (NOT in my yard right now!) Did you know that much of the foot/leg pain that is attributed to overuse can actually be caused by weakness of the small intrinsic muscles that are deep inside the foot?

Research suggests that strengthening these muscles by walking barefoot and exercise (such as barefoot yoga or Pilates) will help. Also, doing certain simple core foot exercises can help prevent and treat these problems.

## ***How Strong are your Feet?***

If you've had plantar fasciitis, tendinitis, shin splints, or other such injuries, your feet most likely need to be strengthened. Here's two exercises that could help:

- ◆ While standing, rise up on your toes. If your feet roll toward the outside of your foot, the small intrinsic muscles are weaker than they should be.
- ◆ Also, while standing, rest a few fingers on a table or chair for support. Lift one foot off the floor. If the other is 'stable' for at least 30 seconds, it's in good shape.

## ***How Strong are your Hands?***

Do you have weak fingers? Do you need to use them for something that requires flexibility? The right exercises can help:

- ◆ Hold a soft "squishy" ball in your palm and squeeze it for 5 seconds before releasing your grip. Work your way up to 10 repetitions, several times weekly. Don't overdo it.
- ◆ One at a time, touch the pad of your thumb to the tip of each finger and press. Try for 5 reps of this exercise.
- ◆ Open your hands wide with fingers spread for 5 seconds and then close your hands. Repeat for 5 reps of this exercise.

For more exercises: *Google - Core Hand/Foot exercises*. As always, for injuries, check with a medical doctor before doing these exercises.



## ***Meridians, The Five Elements and Reflexology***

*By: Inge Dougans*

The human body is a dynamic energy system in a constant state of change. Health is based on the harmonious flow of energies—dis-ease is the result of congestions in this flow. Reflexologists are primarily concerned with internal body energy. The efficacy of reflexology is the result of revitalizing the internal energy which traverses throughout the body along meridians. Sections of the six main meridians, those which penetrate major organs, are on the feet. Thus stimulating these meridians together with the reflexes enhances the potency of reflexology.

The meridian pathways mapped on the body and reflected on the feet are not straight lines like reflexology zones, but zigzag across the body and feet and influence organs and tissue through which they run.

Meridians 1 & 2—Great toe. Here are found two meridians near the base of the nail, one on either side. On the medial side is found the Spleen/Pancreas meridian and on the lateral side is the Liver meridian. The spleen/pancreas meridian deals with digestive and abdominal pain, thigh pain, bunions, pelvic complaints, including those having to do with the sexual organs. Increased or reduced energy flow in the liver meridian can result in stomach and liver problems, uterus/prostate problems, gout, thigh and knee pain, the eye and throat as well as lung and diaphragm conditions.

Meridian 3—second toe. The Stomach meridian is located near the lateral base of the second toe. It penetrates all the major organs in the body as well as passing through all the reflexes of the major organs in the feet. This is the dominant meridian, often the root cause of congestion. It is concerned with gastrointestinal complaints, disorders of the spleen and pancreas, lung/bronchial complaints and those relating to the head and leg.

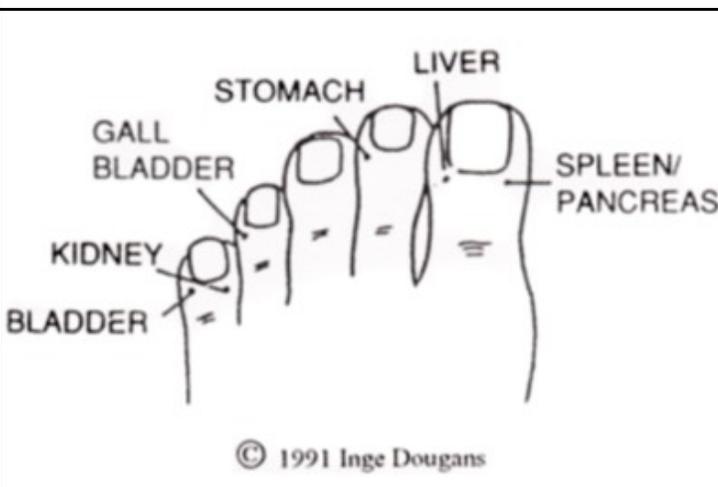
Note that there is no major meridian associated with the third toe.

Meridian 4—4th toe. The Gall Bladder meridian begins on the lateral side at the base of the 4th toe. It deals with facial pains, the throat, hips, leg and shoulder.

Meridians 5 & 6—5th toe. The fifth toe has again two meridians—the Kidney meridian (on the medial side) and the Bladder meridian (on the lateral side). The kidney meridian runs along the medial side of the leg and is associated with such problems as lower back complaints, bladder/kidney and heart problems, lung congestions, digestive problems and infertility. The bladder meridian runs along the backside of the body and deals with bladder/kidney pain, sciatic/hip problems, pain and stiffness along the spine, neck tension, and headaches.

The meridians also work in partnership. The pairs are:

- 1) The Heart/Small Intestine meridians located on the hands *5<sup>th</sup> finger- Heart (medial) and Small Intestine (lateral)*
- 2) The Stomach/Spleen-Pancreas meridian on the *2<sup>nd</sup> toe - Stomach (lateral) and Spleen/Pancreas great toe (medial)*;
- 3) The Large Intestine/Lung meridians on the hands *2<sup>nd</sup> finger (medial), thumb (lateral)* and lateral side of the great toes;
- 4) The Bladder/Kidney meridians of the small toes (lateral and medial);
- 5) The (Circulation) Pericardium/Triple Burner (Endocrine system) of the hands; *3<sup>rd</sup> finger (medial) & 4<sup>th</sup> Finger (lateral)*
- 6) The Gall Bladder/Liver meridians (*4<sup>th</sup> and great toe respectively*).



No study of the meridians would be complete without also being accompanied by the five elements (fire, wood, earth, water, and metal) of Traditional Chinese medicine. Each of the elements is associated with specific parts of the body. They are also related to a season of the year, climate, orifice, sense organ, body/part/tissue, fluid secretion, physical manifestation, emotion, sound, flavor and color.

An understanding of meridians and the five element theory can help reflexologists to understand the disease pathway more comprehensively, and a basic knowledge of how they work can be an enormous benefit in pinpointing problems. If for example pain, irritation, or any other condition does not improve satisfactorily through working the reflex area, one

should observe the meridian(s) that traverse the part of the body in question and work the reflex area of the organ related to that meridian, or focus work on the paired meridian.

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Note: Hand meridian points in italics were added by Nancy Bartlett*

**JOIN YOUR LOCAL, NATIONAL & INTERNATIONAL REFLEXOLOGY ASSOCIATIONS:**  
Reflexology Association of America Website: [www.Reflexology-usa.org](http://www.Reflexology-usa.org)  
American Reflexology Certification Board Website: [www.arcb.net](http://www.arcb.net)  
International Council of Reflexology: [www.icr-reflexology.org/](http://www.icr-reflexology.org/)

## Reflexology in Rhode Island – More than just Feet!

Rhode Island may be the smallest state in the U.S., but it's got a lot going on for Reflexologists and those aspiring to learn Reflexology. There are two schools teaching Foot Reflexology and mine for Hand Reflexology.

There are also 'support' groups for holistic practitioners. Along with our state Reflexology Association, there's the R.I. Holistic Healing Association, the Integrative Health Professional Group and more. The *R.I. Guide to Holistic Practitioners* is published yearly.

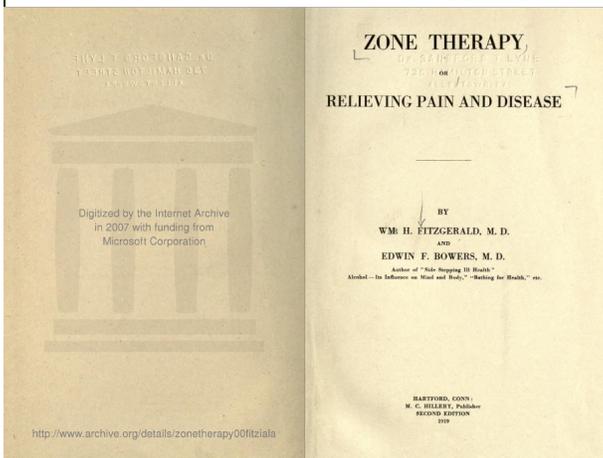
Our state association is sponsoring Bill Flocco in November. He's coming to share his reflexology knowledge, with an emphasis on ears this year.

Below is a picture of the latest group taking my Certified Hand Reflexology Course. Students in this class included four foot reflexologists and a massage therapist.



**Are YOU embracing 'everything reflexology' for your clients?**

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How would you like to read a book written by Dr. William Fitzgerald, M.D./Edwin Bowers, M.D., published in 1919? This book is located on line (FREE) and has been digitized by Microsoft for the University of California. Pretty Neat! You can read/download the book.

<https://archive.org/details/zonetherapy00fitzizia>

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*Be Well,*  
**Nancy Bartlett, NBCR**

*Once you make a decision, the universe conspires to make it happen.*

*Ralph Waldo Emerson (1803-1882)*

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