



Happy Feet Reflexology

Newsletter

Spring—2017 E-mail: myreflexologystore@cox.net • happy_feet@cox.net
Website: www.happyfeetreflexology.com • TEL: 401-714-5722



*The first day of Spring is one thing,
and the first Spring day is another.*

*The difference between them is
sometimes as great as a month!*

...Henry Van Dyke

Happy Spring Everyone!

I'm getting anxious for Spring to "really" get here.

Mid-March and we still have snow on the ground.

We did have a bout of warm weather—before the freezing temperatures returned.

The plants in our yard were going great guns, growing and some even budded out.

This will test their New England resilience.

Can't wait to get outside and dig in the dirt. How about You??

Nancy

HAND REFLEXOLOGY!!



I teach a Hand Reflexology Course and ask my students to write a “paper” etc. as part of the course. And would like to share a case study done by Kelly Urso, NBCR, AAEd, Rhode Island. Kelly had a great opportunity to integrate her new skills in Hand Reflexology to her Foot Reflexology sessions and get the reactions of her clients.

“After a seventeen year career in foot reflexology with limited hand reflexology, it was of interest to me to see if adding further hand reflexology techniques to my skill set would be valuable. I pondered such questions as: Would it add better results to my practice? Would people like hand reflexology as much as foot reflexology? How would it help me as a practitioner to better help the conditions of my client? After working with five clients over five sessions some very interesting results followed. Meet **Client #5**:

Client #5 - is a 80 year old woman with diabetes, high blood pressure and restless leg syndrome. She has stiff feet limited ROM and often has edema in legs and feet. She has arthritis in her hands and a “ren” bump in right foot and on right hand. Areas of emphasis are lymphatic reflexes and muscular skeletal reflexes as well as solar plexus reflex for stress. She says that she really enjoys the hand reflexology and seems to relax a bit more when hands are worked because they are not the jumping like her feet.

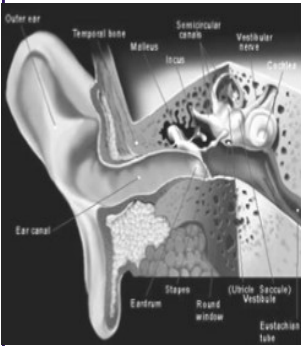
In conclusion, results from the 25hr. practice hours indicate that the local effect of hand reflexology is beneficial for relaxation of the muscles locally as well as for increased blood flow and circulation to the hands. In client #5 during episodes of restless leg syndrome it was helpful to work on the hands rather than the feet and to be able to offer a skillful complete session for all organs and systems of the body. Working on the hands was also very helpful to one client who does not like his feet touched at all. Two of the 5 clients preferred the hand reflexology to the foot reflexology. It also is of interest for two of the clients that hand reflexology may help to prevent future injury by keeping the hands and forearms loosened up which is so important for sports and work performance. “

Bill Flocco in his work on progressive reflexology suggests that you may be able to help muscular skeletal issues of the arms by working the hands first, prior to feet or ear reflexology. There are many positive results from the hand reflexology sessions that are beyond what I expected, showing the significance of learning the entire skill and routine for the hands. As hand reflexology progresses, documentation of these kind of results will aide in having hand reflexology stand-alone within the profession.“

For information on progressive reflexology-Bill Flocco:
www.americanacademyofreflexology.com

Ear Reflexology—"Ears to You" by Wendy I. Coad

The ears represent the capacity to hear and energetically connect to the early formative years in life. They are small but even so they are full of reflexes that correspond to all the organs and systems in the body. Obviously different from the feet and hands, the reflexes found on the ears appear bilaterally (whereas, in contrast, the reflexes on the left hand and foot represent the organs found on left sides of the body only and the same for the right side).



An amazing organ, as part of the sensory system, the ears collect sounds, process and then send them as signals to your brain. If that wasn't enough, the ears also help you keep your balance.

The ear is the auditory organ of the body and audition is the scientific name for the perception of sound. As a form of energy, sound moves through air, water, and other matter, in waves of pressure. Most animals use sound as the means of communication, including frogs, cats, bird songs and spoken language.

Physically, the ear contains three sections, the outer, middle, and inner ears. The lobe and ear canal or outer part of the ear consists of structures which serve to protect the more delicate inner ear.

The middle ear starts at the eardrum. This is a thin membrane that vibrates in sympathy with any sound entering the ear canal. Further along are three small bones named the hammer, anvil, and stirrup, and it's here that the motion of the eardrum is transferred. These tiny bones are supported by muscles which allow free motion. When sound gets too loud, they can tighten up and inhibit the bones' action.

Past the middle ear chamber is the inner ear. It consists of several tubes that wind in various ways within the skull. Part of the function of these tubes, along with the semicircular canals, is to help us with our balance. They serve as our "orientation apparatus" because they contain fine particles of dust, and the location of the dust tells us which direction is up. The cochlea tube is the one involved in the hearing process and it's wound tightly like a snail shell.

The ears are a wonder of engineering and it's a wonder that they hold the reflexes to all parts of the body, too. Also known as "auriculotherapy" finding the reflexes on the ears requires a measure of precision. Moving from lateral (or posterior) to medial (or anterior), on the ears the reflexes for the whole skeletal system wrap around the systems for digestion, respiration, circulation, hormones and brain function.

Ear reflexology is only applied to the outer ear, and not in the ear canal. In fact the canal is never touched and should never, ever be closed off.

Because so many of the internal organs are located in the small "valleys" surrounding and just above the ear canal, you need a detailed map to locate them. Once located, a slight compression is applied to them from one or both sides of the ears. It's also important that you don't press too hard towards the center of the head. The cranial bones do move, so you don't want to squeeze them with too much pressure.

When my mother was in the final stages of her Alzheimer's disease, I would gently work on her ears, knowing that through ear reflexology I could access and comfort all the systems of the body. It was the easiest and the most efficient method of reflexology that I could use at that stage. And, she loved it. I would make sure she knew I was there and that she was safe. Then I'd start at the outside of her ears and work toward the center area, again being careful not to pull them or come too close to the ear canal (and risk blocking it).

She would lean her head towards one of my hands and say "that feels so good. I could feel the tension melt from her body. You can't imagine the joy it gave me to "communicate" with her. Even though we could no longer converse for more than a few seconds via speech, we'd have the most wonderful times connecting through reflexology.

I think that Ear Reflexology represents the (sound) wave of the future (pun intended). It's powerful and effective and can be enjoyed by young and old. Treasure your wonderful reflexology skills and marvel at how beautifully reflexology supports us body and soul.

Here's to your good reflexology health!

Online health and reflexology expert Wendy I. Coad, the "Reflexology Professor" publishes the popular "Reflexology Secrets, Tips and Techniques" monthly email newsletter to subscribers from around the world. If you're ready to enjoy health, express creativity, gain knowledge and skyrocket your reflexology or holistic health career, get your FREE tips now at <http://www.reflexologyprof.com> and join us using the link at the top right corner.

Melanoma Warning

When checking skin for changes (in the size, color and/or shape of moles or for any that bleed), don't forget to examine the bottoms of your (or your clients) feet.

New Finding: In a study of more than 100 melanoma patients, the deadly skin cancer was found to often be more advanced when it developed on the soles of the feet, possibly because this area is not examined as often as skin exposed to the sun.
Also: Repeated skin damage due to walking was identified as a possible trigger for melanoma on the soles of the feet.

Ryuhei Okuyama, MD professor of dermatology, Shinshu University School of Medicine, Matsumoto, Japan

*Be Well,
Nancy Bartlett, NBCR*

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

Ralph Waldo Emerson (1803-1882)

Check my website for more newsletters. www.happyfeetreflexology.com . If you would like to stop being notified of this newsletter, please send an email to happy_feet@cox.net and type the words REMOVE FROM SUBSCRIBER LIST in the Subject Line.