

Lesson 1: Introduction to Reflexology

OBJECTIVES OF THIS LESSON

- Describe the history, philosophy, and role of reflexology and how it has developed.
- Describe the objectives and possible benefits of reflexology.

What is reflexology?

- Specific pressure technique massage making use of reflex points to stimulate the feet.
- The reflexes found on the feet correspond with organs and parts found within the body.
- The aim is to reach homeostasis through balancing the body and all its systems.
- Therefore, the body is in equilibrium.
- It is a holistic therapy which treats the body as a whole.



Reflexology is a form of natural, holistic therapy based on the discovery that there are points on the feet and hands, which correspond to organs, systems and structures within the entire body. This corresponding relationship is called a 'reflex'. A reflex is when a stimulation, at one point brings about a response in another point or area. In reflexology, by using special pressure techniques to stimulate the points on the feet and hands imbalances in the tissues, organs and systems of the body can be both detected and effectively treated to restore balance and well-being.

The Origins of Reflexology

The roots of reflexology are embedded way back in ancient history when pressure therapies were recognized as preventive and therapeutic medicine. Exactly where and how it all began is somewhat elusive, but evidence indicates that reflexology and foot massage has been practiced throughout history by a variety of cultures.

Ancient History

A widely held theory is that reflexology originated in China some 5 000 years ago. Many reputable reflexologists have stated their belief in this theory even though concrete proof is evasive. Egyptian and Babylonian cultures developed before Chinese culture, documentation depicting the practice of reflexology was unearthed in Egypt. This evidence, a pictograph dated around 2 500 – 2 330 BC, was found in the tomb of an Egyptian physician, Ankmahor, at Saggara. According to evidence found in the tomb, Ankmahor was a most influential person – second only to the king.

The scene in the pictograph depicts two darker-skinned men working on the feet and hands of two men with lighter skin. In ancient Egypt, advanced civilizations and knowledge came from the south where darker skin was prized. One explanation of the pictograph comes from the Egyptian Mohammed El Awny: “the dark people with the hair in the curly African style are from Upper Egypt and are obviously the practitioners, who have come from the south to treat those from Lower Egypt who have lighter coloured bodies and straight hair. The positions of the patients are different. The patient on the left has his right hand on his right knee and his left hand under his right armpit. The other patient is the opposite. There is a relationship between the kind of problem the patient has and where the practitioner touches. This determines the points of pressure he and the patient use. In this case, the patient is touching the reflex point under his arm where he feels the corresponding pain. According to the papyrus institute in Cairo the hieroglyphics above the scene read: “Do not let it be painful” says on the patient. “I do as you please” an attendant replies.

Another theory claims that a form of reflex therapy was passed down to the American Indians by the Incas. Again, no specific evidence supports this theory. However, the use of reflex pressure applied to the feet as a healing therapy has been practiced by the North American Indians for generations. For centuries the Cherokee Indians of North Carolina have acknowledged the importance of feet in maintaining physical, mental and spiritual balance.

Jenny Wallace, a Cherokee Indian from the Bear Clan, practices as a foot therapist in America today. In the tribe, she is known as “moon maiden” a title bestowed on a person who, as a young person, exhibits natural intuitive healing talents, and is chosen by the tribe to develop this talent further. According to her: In my tribe working on the feet is a very important healing art and is part of a sacred ceremony that you don’t have to be ill to take part in. The feet walk upon the earth and through this your spirit is connected to the universe. Our feet are our contact with the earth and the energies that flow through it.

The Chinese Connection

There is a strong link that exists between reflexology and acupuncture as they are certainly based on similar ideas. Both are considered meridian therapies as they propose that energy lines link the hands and feet to various parts of the body. This enables the whole body to be treated by working on the reflex areas. Acupuncture went from strength to strength in the East but reflexology was, for some unknown reason, lost and forgotten until its recent re-emergence in the West.

The Chinese had divided the body into longitudinal meridians by approximately 2500 BC whereas the similar idea of zones came to Western awareness as late as the 1900's as we have seen.

Reflexology definitely has some relationship with acupuncture, shiatsu and acupressure. According to acupuncture, the body has twelve pairs of meridians as well as two special meridians known as vessels. Together these constitute the body's energy system, which works to maintain the health of the organism. These meridians are pathways through which the energy of the universe circulates throughout the body organs and keeps the universe and the body in harmony. The acupuncturist believes that illness or pain occurs when the pathways become blocked, disrupting the energy flow and breaking the body's harmony. The Chinese, in acupuncture, developed the use of needles to unblock these pathways. In shiatsu, the Japanese use direct thumb and finger pressure on acupuncture meridian points to achieve similar results. Reflexologists also work on acupuncture and acupressure points but only those found in the feet.

As more evidence becomes available one can barely refute the fact that, although not visible to the naked eye, energy pathways do exist. Russian physiologists have carried out extensive studies. These studies, which involve measuring the electrical potential of the skin at the classical acupuncture points, have verified basic claims for acupuncture and related its effects to reflex action.

Fitzgerald recognized an energy connection between the feet and other parts of the body and without his pioneering work reflexology would not be where it is today. But as the Eastern concept of the meridian system was unknown in the West at the time of his research, the connection with the meridians was not recognized. It is however convincing that the energy channels linking the feet to other organs and body parts are the meridians described in Chinese medicine.

Task: History of Reflexology



Research the history of reflexology. Identify three things that you did not previously know about reflexology. Write a summary of the origins of reflexology in no more than three paragraphs.

The holistic approach

Reflexology falls into the realm of alternative medicine. In the modern context this term refers to any form of medicine that does not fall into the mainstream of the orthodox Western approach. As a natural therapy reflexology uses only the techniques of human therapeutic touch and interaction to bring about its results. It seeks to work with the body's natural, or innate, healing efforts.

As a holistic therapy reflexology shares an approach to health common to other complementary disciplines such as homeopathy, naturopathy, herbal medicine etc. This approach basically takes a comprehensive and energetic viewpoint, one that sees that the person and their illness or ailment cannot be divided up into separately treatable parts, but must be understood and treated as a whole – mind, emotions, body and even spirit, each interacting and influencing the other.

The human body is far more than a collection of working parts. It is a highly sophisticated organisms imbued with the vital dimensions of body, mind and spirit. Modern doctors are not always trained to recognize problems beyond the physical. Most therapies, reflexology among them, recognize that physical imbalance seldom occurs in isolation. Imbalance in mental and spiritual spheres cannot be separated from the physical, so intricately are these interwoven? Orthodox medicine sometimes seems not to recognize this interdependence and people become disillusioned as they see it failing in chronic conditions and witness the destructive and disturbing side-effects that some drugs and surgery can have.

The reflexologist doesn't heal – only the body heals itself. But reflexology helps to balance all the body systems, stimulating an under active area and calming the over active one. It is harmless to those areas functioning properly. As all body systems are closely interrelated, anything, which affects one part, will ultimately affect the whole. Numerous practitioners, after years of study and practice, have concluded that reflexology works on a number of levels – physiological, psychological and spiritual.

The Aims and Indications of Reflexology.

Main effects of reflexology

- Total relaxation
- Increase circulation
- Increase oxygen levels within the blood stream
- Helps with the effective removal of toxins
- Aids the body to cleanse itself of toxins
- Aids the body to heal itself

Reflexology is based on the body's reflex relationships.

Physiological reflexes

The existence of reflex relationships is well established in medical science in the physiology of the human body. There are several forms of these reflexes in the body, mediated primarily through the nervous system. These include:

- The simple reflex arc of nerve stimulation: for example, when an area of skin senses too much heat, the sensation is conveyed to the spinal cord via the sensory nerves and the motor nerves initiate a motor response of withdrawing the body from the heat;
- The psychologically conditioned reflex response described by Pavlov: the behaviour of a person can become habituated or conditioned to responding in a particular way to a particular stimulus;
- The reflex relationship between the internal organs and skin via the dermatomes and segments of the spinal nerves
- The reflex relationship involved in proprioception: pressure to the skin and muscles in the course of movement gives the body information about its position and balance. In addition, stretch receptors in the muscles tell the brain when a muscle is over-stretched and it responds by activating an inhibiting response.

Subtle energetic relationships

Reflexology recognises that there are correspondences between points on the feet and hands and in the organs, systems, and structures in the body as a whole. These links we call "reflexes", are not visible or verifiable in anatomy and physiology, nor by scientific equipment – as yet developed. But we know the effectiveness of these relationships because in practical empirical experience over many decades thousands of users of reflexology observed the effects. Starting with Dr William Fitzgerald who identified longitudinal zone lines of energy in the body through which responses to stimuli could be evoked and continuing with the work of Eunice Ingham and others, we have learned that working certain reflexes has a beneficial healing effect on the corresponding organs, Such energetic reflexes cannot yet be 'seen' or measured, but they definitely exist because contacting them gets results.

Reflexology activates definite physical and psychological responses.

Physical responses:

- Reflexology induces a state of deep relaxation and since it has been estimated that about seventy five percent of disease is stress related, this is a major contribution to the return of health. As treatments continue over time this state of relaxation becomes deeper and more established.
- Reflexology stimulates flow of blood and lymph supply to the cells and tissues. Good circulation is of utmost importance in nourishing cells and eliminating waste from

the body. The 'cleansing' and 'nourishing' effects of a reflex treatment are a major part of its effectiveness. Improved circulation can be measured in terms of heat: after treatment a significant beneficial rise in temperature occurs which can last for several hours. The circulation of the entire body is thus enhanced.

- Reflexology stimulates nerve supply and the flow of nerve energy in the body, enhancing energy and vitality. This is entirely beneficial stimulation: one cannot over-stimulate the body, through reflexology that professionally applied.

Psychological responses:

- Reflex enhances the receiver's sense of well-being. Giving reflex conveys a sense of unconditional caring. Touch is perhaps the primary medium of communication of love and esteem. Feeling cared for, a person responds with an enhanced sense of security and self-esteem which allows them to grow and develop healthily, to be healthy, to engage in loving relationships.
- Psychological health is improved through the sense of deep relaxation and enhanced energy brought by reflexology.

Reflexology uses human therapeutic touch.

Reflexology techniques involve touch given to points on the feet and hands by one human being to another and this helps give an extra, powerful dimension to the effects. In many scientific experiments it has been demonstrated that human-to-human touch is necessary for human health and well-being.

Reflexology detects and treats specific imbalances.

As the reflexologist gives treatment to the feet or hands, she discovers imbalances in the reflexes. These may be experienced by the client as: sensitive, tender or even acutely painful at the moment when pressure is applied. Or there may be no tender sensation at a reflex, yet the therapist can sense changes in the tissues that also indicate imbalance: tension or congestion of tissue, or grittiness – sometimes referred to as crystals, or changes of temperature which the client is not even aware of. Such tender, tense or congested reflexes indicate that the area of the body corresponding to that reflex is itself imbalanced.

Reflexology promotes homeostasis and aids the stress response

Homeostasis is the body's condition of relative stability, i.e. its balance within its internal environment. Any disturbance in this balance is to some degree a type of stress and the body responds by adjusting its internal processes to meet the challenge. All these changes happen automatically and we are often not even aware of them. Reflexology, professionally applied, helps the body to return to this normal state of homeostasis, its internal harmony and balance.

The Stress Syndrome

Introduction

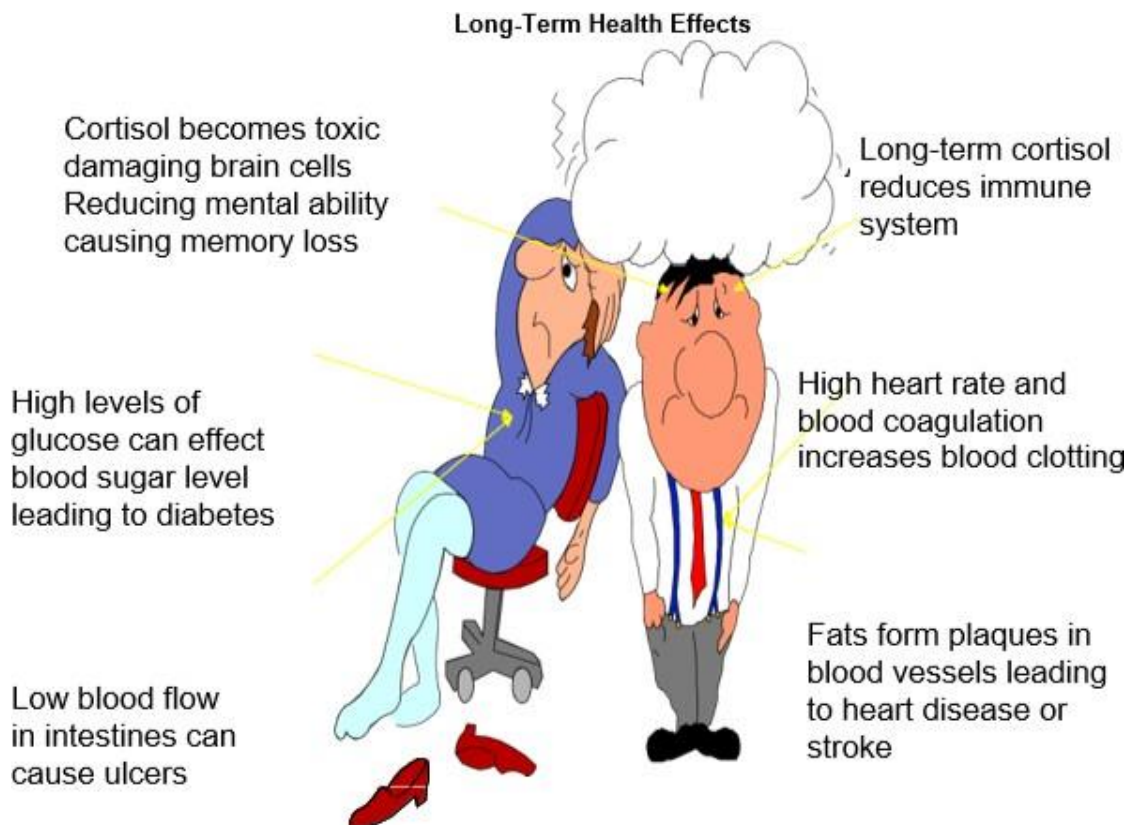
Stress is probably one of the most commonly used words in today's society but stress is not new to the human condition. It has always been present, but is now more prevalent as the pressure and demands of the twentieth century take their toll. The word "stress" is derived from the Latin word "stringere" which means 'to draw tight'. The modern word "uptight" accurately describes the response to stress.

Stress

The stress reaction is a primitive response to a threatening or dangerous situation, and has been of essential importance in ensuring the continued survival of the human species. Man is the product of thousands of years of evolution. His survival has depended on quick physical responses to dangers and the stress reaction is commonly referred to as the 'fight-or-flight' reaction.

Not all stress is negative. It can be immensely stimulating. The human body is equipped to cope with short-term invigorating stress. But long-term exposure to stress is devastating.

Stress affects different people in different ways and to varying degrees. One person may exhibit cardiovascular problems, another gastro-intestinal upset, anorexia, palpitations, sweating or headaches. The cardiovascular and digestive systems are targets for the ill-effects of stress – high blood pressure, ulcers and indigestion being obvious results. Stress can also be linked to infectious diseases. When the body is busy dealing with the effects of residual stress, it cannot organize an effective defence against invading organisms.



Long term stress

Long-term adrenal stimulation with no discharge of energy will deplete essential minerals and vitamins from the system, for example vitamins B and C, which are vital for the functioning of the immune system. This will result in lowered resistance and increased susceptibility to diseases directly related to the immune system. Long-term adrenal accumulation can also affect blood pressure and cause a build-up of fatty substances on blood vessel walls, as well as damaging the functioning of the digestive system.

When an organism must face continual or repeated stress, the response system enters the chronic phase, during which resistance declines below normal and eventually becomes exhausted. Several diseases result directly from this stage, but the most important effect is a decrease in the body's ability to fight infection and cancer.

Everyone is confronted daily with potentially stressful situations. One's vulnerability to stress can be influenced by life events, which cause undue emotional strain. Emotional distress is one resistance-lowering factor. Another important factor, according to some health professionals, is the impact of major life changes.

It is believed that 75 per cent of modern diseases have a stress-related background. These include hypertension, high blood pressure, coronary thrombosis, heart attack, migraine, hay fever, and allergies, asthma, peptic ulcers, constipation, colitis, rheumatoid arthritis, menstrual difficulties, nervous dyspepsia, flatulence and indigestion, hyperthyroidism, diabetes mellitus, skin disorders, tuberculosis and depression.

Reflexology versus the stress syndrome

One of the most important benefits of reflex is its effect on stress. As reflexology encourages the body to relax, other functions are affected. Every part of the body receives its nerve supply from the spine. Abnormal tension causes tightening of the muscles of the spine, thus nerves are affected, resulting in pain. When tension is relaxed the muscles cease to contract. Blood vessels too are relaxed, reducing vascular constriction and allowing circulation to flow freely, thereby conducting the necessary oxygen and nutrients to all body tissues and organs. This in turn helps cleanse the body of toxins and impurities.

Reflexology helps integrate our mind, body and emotions

Reflexology helps reconnect and restore the balance between our mind, body and emotions and to maintain those connections at optimal levels. Working on the feet with clarity and calmness of mind a reflexologist can help a client relate the sensations to her present condition, to the experiences, feelings and mental attitudes that may be contributing to the imbalance. The client begins to take responsibility for her health.

Who can benefit from reflexology?

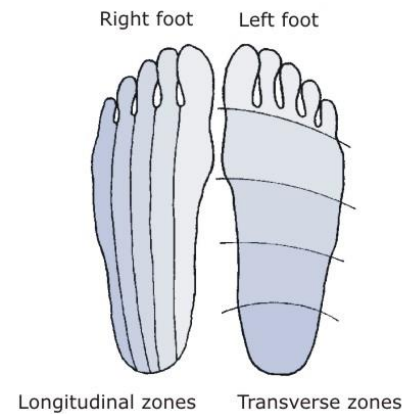
Reflexology does not discriminate. There are no boundaries or limitations. People of any age or sex – the elderly, women, men, teenagers, children and babies – can derive positive

benefits from reflexology. Elderly people with no specific complaint will benefit from a couple of courses of treatments a year to keep bodily functions toned. Results are good with children and babies because they are more relaxed and supple and because their bodies are highly receptive to therapeutic stimuli.

Reflexology has proved itself to be effective, but because no two people are the same, what may be of great benefit for one person may not have the same results for another. Because a reflexology treatment reaches the receiver on several levels- physically, mentally and spiritually – it can only be of benefit.

The Basics of Reflexology

Reflexology is a therapy that treats the feet in order to balance the whole body. Its main principle is that by massaging and applying pressure to parts of the feet known as reflex areas, other corresponding and connected areas of the body will feel the benefit. In reflexology, the feet and hands are like mini-maps of the body's anatomy so any body system can be accessed and stimulated by massaging the corresponding area of the foot. The aim is to stimulate the body's own healing processes in order to keep it in homeostasis, i.e. balanced. It is a holistic therapy which means that it works on the principle that the whole person must be treated: if one area of the body is out of balance then other areas will be. It encourages both relaxation and stimulation: the first helps the body rebuild its energy resources and recover from illness and disease whereas the second helps activate the circulation and the nervous system, making both more efficient and thus benefiting the body as a whole.



So it's a foot massage?

Not exactly. It uses massage techniques but, unlike massage, reflexology works with the feet as anatomical 'maps' of the whole body. By applying pressure to one part of the foot, the reflexologist aims to benefit not only the feet but also the rest of the body.

Is it a medical treatment?

No, but it helps maintain and restore health. The reflexologist can detect imbalances in the body by working on the feet and then works on problem areas accordingly to help correct them. However, it is not a cure, more a helping hand for the body's self-healing: reflexology helps balance the systems of the body helping them work more efficiently which, in turn, speeds up the healing process.

Remember

Therapists must not diagnose or claim to treat, heal, or cure medical conditions, unless medically qualified to do so.



What are its benefits?

- it relieves stress and tension and has a deeply relaxing effect: 75% of disease is estimated to be stress-related
- in order to function, the body needs energy in the form of oxygen and nutrients which are circulated in the blood. As reflexology improves blood circulation, it thus increases the efficiency of all organs and cells
- it helps release trapped nervous energy and improves neural efficiency; approximately 7000 nerves are stimulated by reflexology massage
- it improves waste removal and elimination
- it activates the body's self-healing.

How does it work?

In order to understand the practical aspects of reflexology, it is necessary to start with the theory. Reflexology works on the principle that the whole body, from head to toe, is connected. This connection is represented by ten longitudinal zones, developed by Dr William Fitzgerald. These zones run front to back, head to toe throughout the body and are most easily accessible via the feet. By manipulating a particular area of the foot, the rest of the organs in that zone will feel a positive benefit. In a sense it is like a messaging service - when specific pressure is applied to a section of the foot, this sends a positive message along the zone. For example, working the heart area of the foot will release blocked energy, not only stimulating the heart but also all the other organs and body parts in the heart's zone. Each part of the foot is a different 'reflex area' which connects to a particular part of the body. Reflexologists use their thumbs and fingers to look for areas of tenderness in the reflexes, reading these as a signal that there is a problem in the corresponding part of the body and working that reflex accordingly. Some also look for crystal deposits (a granular texture under the surface of the skin) as proof of a problem area and work the reflexes to remove the build-up of crystals.

Why use the feet?

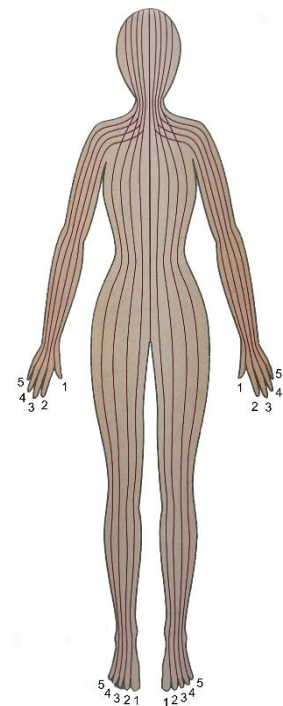
Eunice Ingham, known as the 'mother' of reflexology to many reflexologists because she developed the therapy, realised that all the nerves in the body ended in the feet. She thus mapped the zones of the body and their contents onto the feet and reflexology was born. Hands can be used but feet are more sensitive because they are usually covered by socks and shoes whereas hands are only protected or gloved when using chemicals and in cold weather.

'Mapping' the feet

When developing the therapy, Ingham produced reflexology charts which mapped the body's anatomy onto the feet and showed how it could be treated using the feet. The charts are similar to maps, with different lines and landmarks that help locate the part of the foot that will help treat the corresponding part of the body. The next section explains and illustrates the different zones and transverse lines which map the feet, before showing how these work on the charts. There are two main mapping tools: the ten longitudinal zones and the transverse, or horizontal, zones or guidelines.

The ten zones

The diagram shows the ten zones, running longitudinally (lengthwise) through the body. Each zone roughly corresponds to a finger/toe, which provides a simple numbering system, and there are five either side of the midline, an imaginary line through the centre of the body. They are all the same approximate width and run back to front as well as head to toe. Just as they 'slice' through the body, they slice through the feet and hands.



Transverse zones

Just as there are vertical and horizontal lines on route maps and globes (longitude and latitude) there are also vertical and horizontal lines on foot 'maps'. The horizontal lines, known as transverse lines or zones, help to 'interpret' the zones and 'locate' organs and glands within each one.

Two famous reflexology practitioners, Dwight Byers and Hanna Marquardt, have defined these. Byers, nephew of Eunice Ingham, calls them 'Body Relation Guide Lines', whereas Marquardt calls them 'Transverse Zones'.

There are three guidelines or zones:

1. shoulder: this line is placed at the join between the head and the body
2. waist: across the centre of the body
3. pelvic: across the bottom of the torso where it joins the legs, at the level of the hips

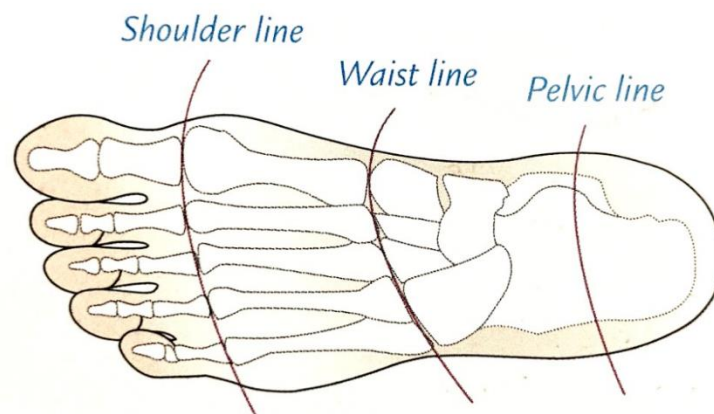
Each line has a corresponding line on the foot:

1. the base of the toes (where the phalanges meet the metatarsals): just as the toes represent the head and the rest of the foot represents the body, thus where the toes join the rest of the foot represents where the head joins the rest of the body
2. the centre of the foot, or arch (where the metatarsals meet the tarsal, or ankle bones)
3. the back of the foot, or heel (the tarsals).

How do these lines help locate different parts of the body?

In each transverse section of the foot, reflex areas for particular parts of the body are located. Thus:

- everything in the toe area, above the shoulder line corresponds to everything above the shoulders on the body, i.e. the head and neck area (see area A on diagram)
- everything between the base of the toes and the top of the tarsals, between the shoulder line and waistline, corresponds to everything between the shoulders and waist on the body, i.e. the heart and lungs, diaphragm and ribs, and stomach and liver (see area B)
- everything below the waist line and above the pelvic line corresponds to everything between the waist and pelvic floor, i.e. all the abdominal organs such as the large and small intestine, the kidneys and the bladder (see area C on diagram).



Connections within a zone

Parts of the body within a certain zone are all linked and can thus affect one another. A blockage or problem in one part of a zone will affect the entire zone. Thus, since the feet are part of the zones, by working with them a reflexologist can relieve blockages and release tensions throughout the body. Organs in zone one will be affected by pressure on zone one on the foot or hand. Furthermore, by working the whole of the left foot, the whole of the left side of the body will be affected and vice versa.

The spine and its importance

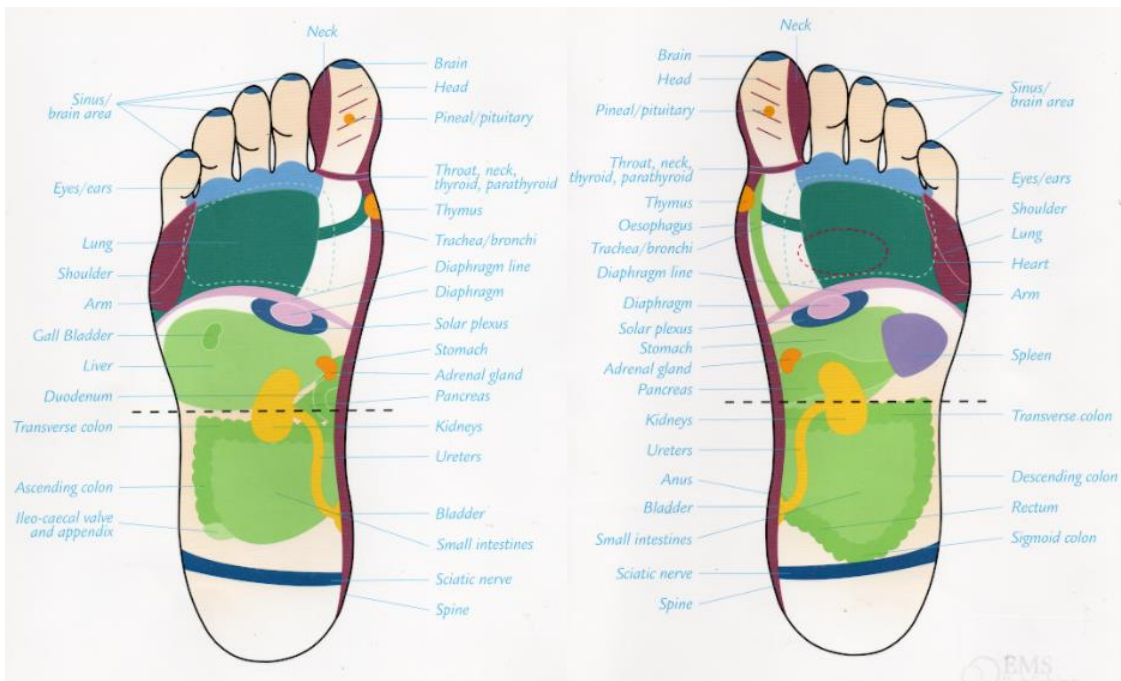
The central line through the body, its support and nerve network, is the spine. Many reflexologists believe that the feet and spine are closely connected because there are 26 bones in each foot and 26 (individual) bones in the spine and the curves in the spine are similar to those in the feet. Because it runs right through the centre of the body it is represented on the maps of both feet, right and left. The 'spine zone' runs along the whole length of the foot, on the inside and, just as the spine has five different sections, from cervical to coccygeal, so it has five zones for reflexology purposes.



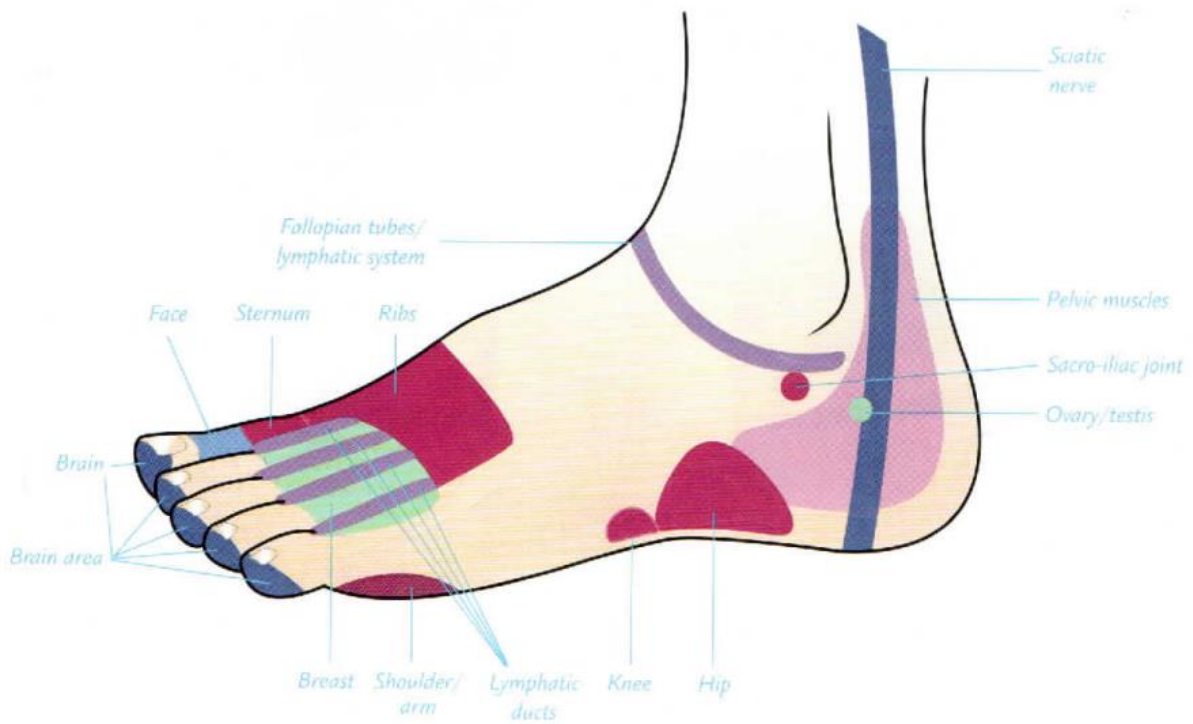
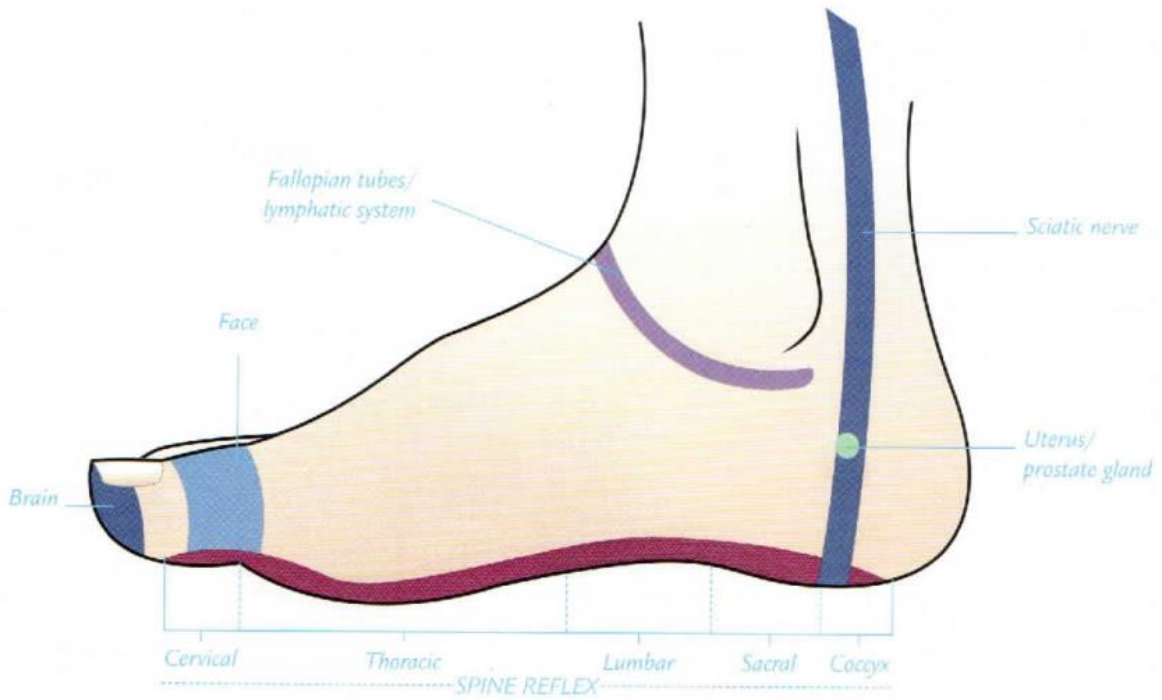
Foot 'maps'

You now know that reflexology divides the body up into ten vertical zones and four horizontal zones and that within each part of the foot there are reflex areas, i.e. by massaging and manipulating a reflex area will positively affect a corresponding area in the body.

There are also maps for the hands, which follow the same principles. The charts for the feet and hands, which are standard for use in reflexology, are shown below and as an additional resource.



Side views of foot maps.



How does information get from a point on the foot map to a point somewhere else in the body?

The areas shown on these maps are known as reflex areas or zones. A reflex area is the relationship between a point on the foot and another area of the body: when a reflex area is stimulated through massage or manipulation the corresponding part of the body is affected. It is not known exactly how the stimulus travels from the reflex area to the corresponding body part but one of the simplest ways to understand the connection is to think of it as energy. It should not be confused with a nerve reflex.

If you look at the maps you will see that:

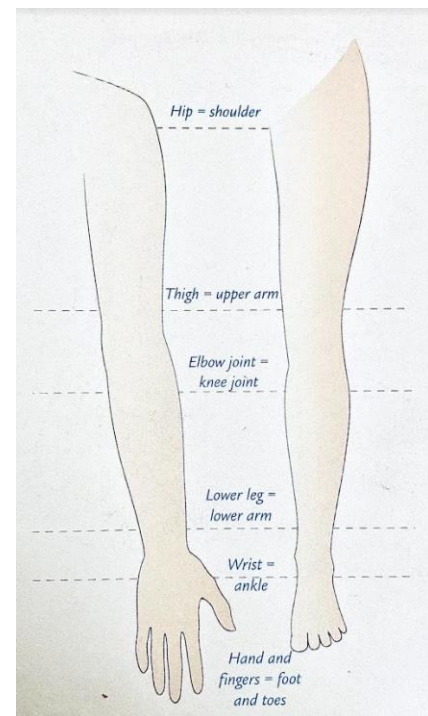
- the toes are the reflex areas for the head and brain area
- the inside heel is the reflex area for the lower spine, the sacrum and coccyx
- the arch of the foot is the reflex area for the abdominal organs such as the small and large intestines.

By working all the reflex areas of the left foot, the whole of the left side of the body will be affected and vice versa.

Referral areas

In reflexology, each foot is treated like a mirror of the body, reflecting its different parts. However, if the foot or leg is damaged then the referral areas in the hand and arm can be used. The arm and leg are considered to correspond with each other. Just as the hand has similar reflex areas to the foot, so does the rest of the arm. The easiest way to understand this is to think of the human body as having evolved from a four-legged animal to a biped. Our arms and legs are thus very similar: the wrist is the referral area for the ankle, the elbow is the referral area for the knee, the lower arm is the referral area for the calf and the upper arm is the referral area for the thigh.

Referral areas are very useful when there is a problem with a leg or foot because the corresponding area on the arm can be treated (e.g. for a broken ankle the wrist would be worked on), thus benefiting the injury and helping the healing process.



The theory of hand treatments

Hand reflexology, though not as common as foot reflexology, can be used in some situations. The hands and feet have very similar anatomy and shape and every part of the feet used in reflexology has an equivalent in the hands. Thus the toes are the fingers, the heel is the wrist, the palm is the sole and the thumb is the big toe. The hands are mapped in the same way as the feet, with reflexes for each part of the body. The hands are not as sensitive as the feet, because they are generally less protected. Thus working some of the deeper reflexes will be harder than on the feet.

Why use the hands?

The hands are used when it is not possible, convenient or suitable to use the feet. For example, someone may have a permanent or temporary impediment to foot reflexology: the loss of a limb, a fracture, sprain or a skin problem. The client may be embarrassed or uncomfortable with someone touching their feet, especially if the treatment is taking place in public such as a hospital ward. The hands are also very useful for self-treatment.

How do you work them?

The same techniques are used on the hands. One hand works whilst the other support. The thumb is walked across the palms, with the fingers of the same hand used for leverage. When working the top of the hands, especially the areas between the metacarpal bones, the index fingers will give more precise pressure.

Are the reflexes in similar places to those on the feet?

Generally speaking, the reflexes on the feet will be in an equivalent position on the hands. The ten longitudinal zones and the transverse zones can also be mapped on the hands and reflexes which exist in one zone on the feet will usually be in the same zone on the hands. Reflexes on the toes will be on the fingers, those on the big toe will be on the thumb, those on the ball of the foot will be on the top of the palm, directly below the fingers, those close to the ankle/heel will be close to the wrist. For example, the head and brain reflex on the big toe, is on the thumb. The eyes and ears reflexes, at the base of the toes on the sole of the foot, are at the base of the fingers on the palm of the hand. The lymph and Fallopian tubes reflex, where the top of the foot joins the ankle, are positioned at the join of the top of the hand and wrist.

