



Teaching Self-Help Reflexology to the World

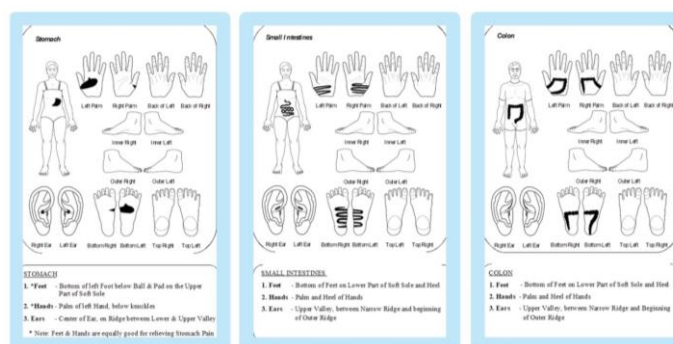
## World Reflexology Foundation Online Self-Help Workshop for the Digestive System

The World Reflexology Foundation (WRF) continued with its 4<sup>th</sup> Self-Help Reflexology Zoom Event on September 25th, 2021. This free online workshop highlighted Self-Help Reflexology techniques for keeping our Digestive System healthy. The program was presented by WRF Volunteer Trainers, along with WRF Board Members, who showcased where and how to work the corresponding reflex points found on the feet, hands and ears.

The program began with a general introduction to Reflexology and a brief explanation of the non-profit services that the WRF provides. With the pandemic hitting in early 2020, the WRF has taken its in-person Self-Help Reflexology Workshops to the Zoom format which has continued to provide the gift of health to an online audience. Previous Zoom workshop subjects that WRF has covered include Spinal Health, Headache/Sinus Issues, and Stress Reduction.



Kathy monitoring the workshop and explaining Reflexology



Digestive Reflex locations on the feet, hands, and ears.

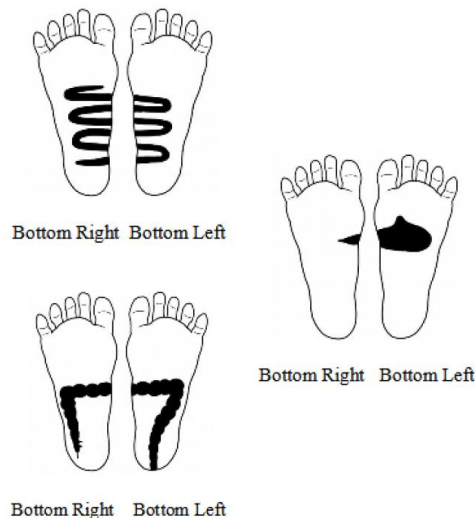
The demonstration and participation section began with two relaxation techniques on the ears. First was the unfurling of the outer ridge of the ears, working the spinal cord reflex for relaxation of the muscular skeletal aspects of the body. This was shown by having the thumb support the back of the outer ear while the index or middle finger worked the front. Participants were encouraged during the workshop to work on their own ears using long, *slow* and gentle movements. The second demonstrated area was Zero Point, held between the upper and lower valleys, which supports the Solar Plexus for relaxation of everything inside the chest and abdomen.

The feet were the next to be showcased. It was explained that a “touch technique” of either a thumb roll, press and hold, or a press and circle would all be valid ways of performing Self-Help on one’s own reflex points on the feet. Using a plastic foot to demonstrate, reflex techniques for encouraging a healthy digestion system were shown. This began with the reflex points at the base of the big toe which indicate the upper torso (esophagus), and encourages relief for acid reflux and GERD. Transitioning down the foot to the soft sole, below the ball and pad, the stomach reflex point (mainly on the left foot) was pointed out, continuing with the intestinal reflex points on the lower soft sole and heel. It was recommended for the participants to use the demonstrated touch

techniques on their own feet as the routine was being explained. For best results, both feet should be reflexed.



Jan Grubb showing Colon Reflex location of the foot.

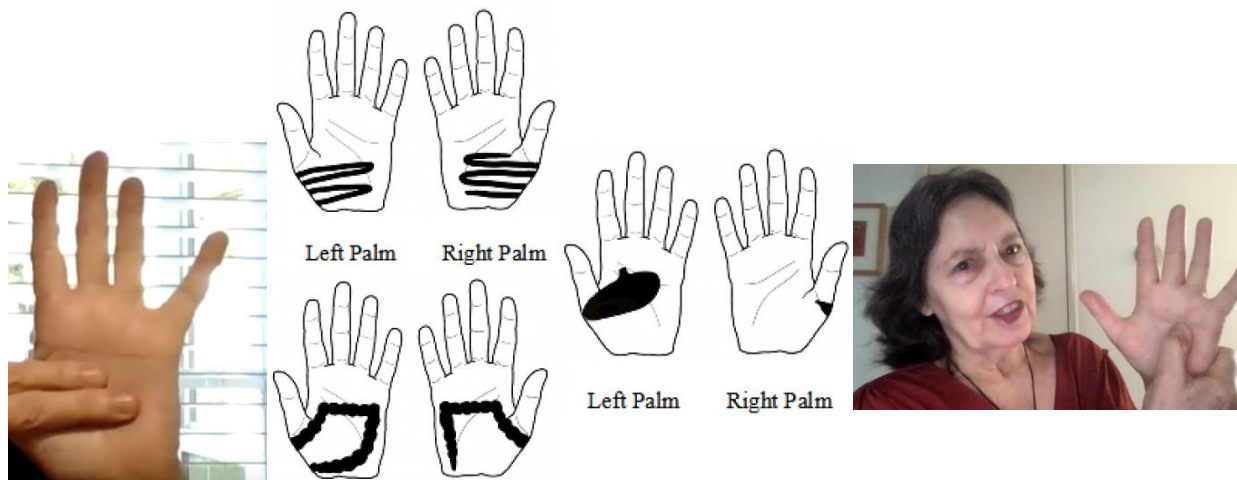


Small Intestine and Colon Reflex location on the feet. Stomach Reflex location on the hands.



Reflexing for Stomach Reflexes on the foot.

As the tutelage moved to the reflex points on the hands, it was suggested that the viewers follow along on their own hands. Similar to the foot, instruction began with the upper digestive system reflex points found around the joint area below the thumb. This was followed by working the left palm to access the stomach reflex and continuing on to the wrist for the intestine and colon reflex points. To receive full benefits, both hands should be reflexed.



Digestive Reflex location on hand.

Small Intestines & Colon Reflex location on the hands.

Stomach Reflex location on the hands.

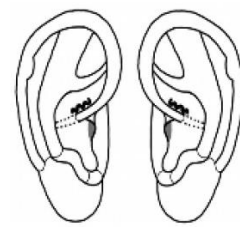
Mitta demonstrates how to work the Digestive Reflexes on her own hand.

The ear was the final area of focus discussed, and it was recommended to follow along on one's own ear during the instruction. Using a large plastic ear for reference, Zero Point was again highlighted. Just below Zero Point, in the upper area of the lower valley, near the ear canal, the esophagus reflex point was shown and held. The stomach reflex point was shown next, located on the valley ridge between the upper and lower valleys, slightly distal to Zero Point. Finishing off

the ears were the intestinal reflexes that can be found above Zero Point in the lower region of the upper valley. All the digestive reflex points can be held for 1-3 minutes or longer if time permits. The ear reflex maps work unilaterally, and both ears can be simultaneously worked on. It was explained that placing one's elbows on a table while holding ear reflex points can help to relieve any tension that might build in the shoulders.

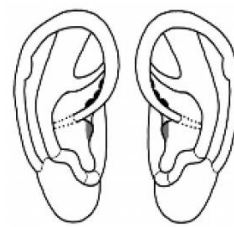


Sara showing the Small Intestine and Colon Reflexes on the ears.



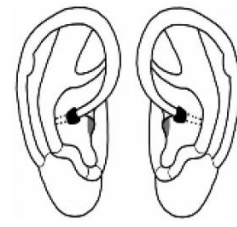
Right Ear Left Ear

Small Intestines Reflex location on the ears.



Right Ear Left Ear

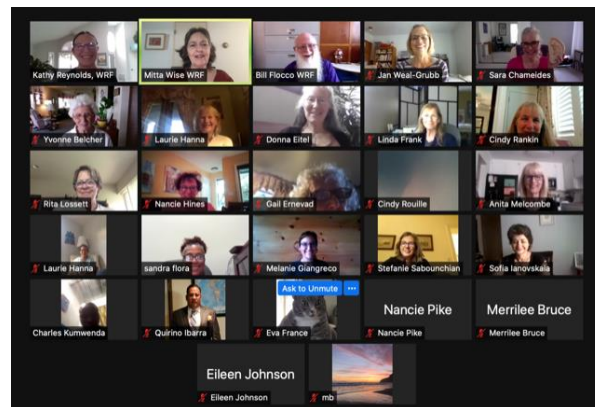
Colon Reflex location on the ears.



Right Ear Left Ear

Stomach Reflex location on the ears.

It was also mentioned that as you reflex the soft soles of the feet, soft palms of the hands, valley ridge and upper valley of both ears, you are also working the liver, gallbladder and pancreas reflexes.



30 Participants joining in on this Self-Help Reflexology Workshop on Digestion.

There was a final quick review of all the areas covered in the workshop after which questions were welcomed and answered on the material presented. The WRF will continue to hold free online Workshops featuring different topics relating to the body, as they carry out their mission of bringing Self-Help Reflexology to everyone in the world.

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