



Teaching Self-Help Reflexology to the World

Seasonal & Year Round Allergies Workshop

Although spring is the usual time for allergies, they can be a nuisance all year long. Chronic allergies affect scores of people around the world. Whether it is a food allergy, animal allergy or from plants and flowers, allergies can have serious consequences. The World Reflexology Foundation chose this topic for its online workshop bringing awareness to this annoying and sometimes very serious condition.

Leading the workshop was **Tina Meyer**, WRF treasurer and Volunteer Trainer. Her introduction welcomed viewers from all over the world. Spoken in Hindi, Japanese, German, Italian, and Spanish she welcomed our many global participants. Introductions of the WRF Volunteer Trainers and board members followed, along with an explanation of the how the WRF is working to enable Self-Help Reflexology education to expand far and wide. Being a non-profit, the goals from WRF's donations are many; however one of the focuses right now is on having the educational articles and videos translated into different languages so they can be understood worldwide.



Tina Meyer, facilitator, describing worldwide mission of the World Reflexology Foundation.



People across America and overseas holding Allergy Point on both ears.



Bill Flocco explaining Reflexology, Priority & Progression Reflexing; Q&A.

Bill Flocco, president of WRF, explained Reflexology and the importance of Priority Reflexing / Progression Reflexing. Reflexology uses pressure maps that resemble a human body on the outer ears, feet, and hands to work with the nervous system for promoting relaxation and pain reduction. With Priority / Progression Reflexing, we use a specific order when working. In respect to our subject of Allergies, the priority is the Ears first, then progress to the Feet second, and the Hands third to bring the most productive results. Bill then showed and spoke about WRF's color charts. These charts represent the body's different regions with corresponding colors on the feet, hands, and outer ear maps. Using color coordination can be interpreted all over the world.

Stefanie Sabounchian, WRF vice president, led the demonstration on the ears. Showing a page from the workbook's maps that had been sent to all online participants ahead of time, the reflex point for allergies is at the top apex of the ear. Stefanie, using a large plastic model of an ear, placed the tip of her thumb under the highest part of the fold and the index finger on top of the outer ridge and gently pressed them together. Encouraging the viewers to work on their own ears, Stefanie then demonstrated on her own ear. She explained that both the top and underneath areas are important for this reflex point. Both ears can be worked on at the same time, but it is important to relax your shoulders. She suggested resting the elbows on a table or large cushion while working. Stefanie shared a story of while lunching with some friends, one of the friends ate something she was allergic to. Fortunately, it wasn't a severe reaction; however it was profound enough that Stefanie walked over to her and held her ear Allergy Point. After approximately 1.5 minutes the friend felt relief. Stefanie explained to her where to do self-help work if this type of situation happens again.



Stefanie Sabounchian demonstrating how to hold Allergy Point on the outer ear.

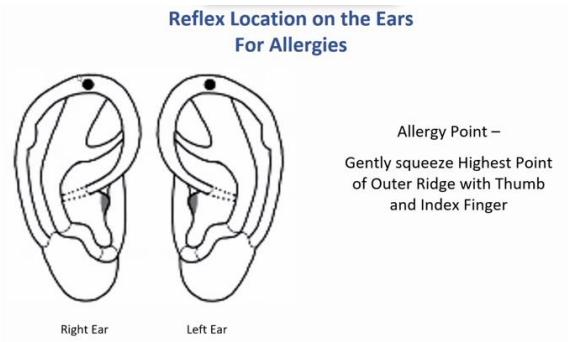


Chart showing location of Allergy Point on the outer ear

Sage Grabler, WRF Volunteer Trainer, was next demonstrating where to work on the feet. A screen shot diagram of the foot showed where to work the liver reflex on the foot. Sage explained that the liver is a large filter of the blood which can contain irritants that cause allergic reactions. The liver can help break down these toxins in the blood. Using a plastic foot to demonstrate, she began with the right foot, as the liver is found mainly on the right side of the body. Starting at the inner edge of the foot, directly under the ball and pad and on the soft sole, we were instructed to gently move across the skin. Sage explained, if a tender area is found, it is advised to go lighter on that point and continue gently until the tenderness subsides. Continuing to the outer edge of the foot across the soft sole, one could use a "thumb walk" or simply work with a small circular touch technique. On the left foot, the liver reflex is only represented on a small area below the ball on the soft sole, near the arch, covering a few inches. Suggesting to the viewers to work on their own feet, Sage continued to demonstrate on the plastic right foot for a guided tutorial, finishing with the left foot.

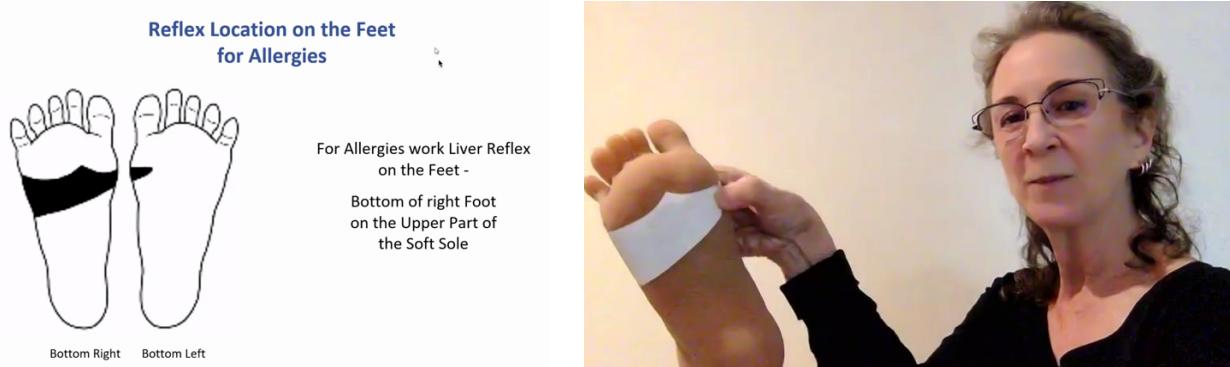


Chart showing location of liver reflex, primarily on the right foot.



Sherrel 'Sage' Grabler showing how to work liver reflex, primarily on the right foot.

Paul Harvey, WRF director, showcased the hand and where to work the liver reflex. Similar to the feet, the liver reflex can be found more on the right hand than the left. Located on the right palm, under where the fingers meet, and curving around the edges of the hand, Paul showed us where to work. He suggested working either across the palm surface or up and down, as long as the reflex is being covered. Working together with the audience, Paul suggested using a circular motion or upward motion, and to stay on an area that might be tender.



Paul Harvey showing how to work liver reflex, primarily on the right hand.

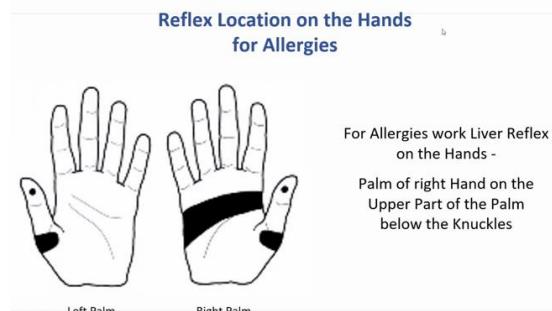


Chart showing location of liver reflex, primarily on the right hand.

A brief review was given by Stefanie of all three areas to reflex for the allergy and liver points on the ear, feet, and hands. She expressed the importance of working daily and, if possible, multiple times a day depending on need. Also, to work slowly and longer is always better if time permitted. Contraindications were mentioned. If an area has an open wound or is too uncomfortable to work, avoid it. Although the priority reflexing can yield the best result, working any of the three maps will still be productive.



Stefanie Sabouchian reviewing Allergy Point on the ear, as well as liver reflex primarily on the right foot and right hand.

Bringing better health to people across the globe is the goal of the World Reflexology Foundation. Self-Help Reflexology has no barriers. The Online Workshops, Workshop Videos, and Workshop Articles like this one are free of charge and located on our website: www.worldreflexologyfoundation.org*. You will also find a place to sign up for our free eNewsletters.

The organization is run completely on a voluntary basis. The WRF relies on donations and grants to fund their outreach and growth. Donations are accepted on our website, or can be mailed to: **P.O. Box 821, La Verne, CA 91750.**

Please help by spreading the word about these free Self-Help Reflexology Educational Programs. Remember to invite your family, friends, neighbors, and colleagues to the next WRF free online Self-Help Reflexology workshop.

*The World Reflexology Foundation (WRF) is a 501(c)(3)nonprofit foundation that does not promote the vocational aspect of the Reflexology profession. The WRF exists as a humanitarian project for the health betterment of humanity throughout the world as its stated mission.

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