

Brief History of Reflexology

The ancient healing art of Reflexology can be dated back to 2330BC with evidence on an Egyptian Tomb Drawing. This drawing shows four people ~ one person being treated with foot massage and another with hand massage.



It is also believed it's birth can be credited to the Incas, possibly dating back to 12 000 BC. Native Americans from the North had been passed down this knowledge from the Incas, and they are still practicing this (along with other forms of healing) today.

Dr William Fitzgerald must take the credit for initiating Reflexology from his study of Dr H Bressler's work on Zone Therapy. Dr Bressler had researched the link between pressure points on the feet and the internal organs of the body. He published his findings in a book named "Zone Therapy". He also mentioned that foot massage as a form of therapy was practiced in the 14th century.

Dr Eunice Ingham (known as the Mother of Reflexology), was an assistant working for Dr Joseph Risely. She is responsible for instigating Reflexology as it is practiced today. Through her dedication and research, Eunice correlated the anatomical structure of the human body with energy zones located on the feet and she discovered that the feet provided a 'mirror image' of the entire body.



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ALL INDIA ASSOCIATION OF ACUPRESSURE REFLEXOLOGY®



I.P. BAHL
Founder & Patron of
AIAAR (R)

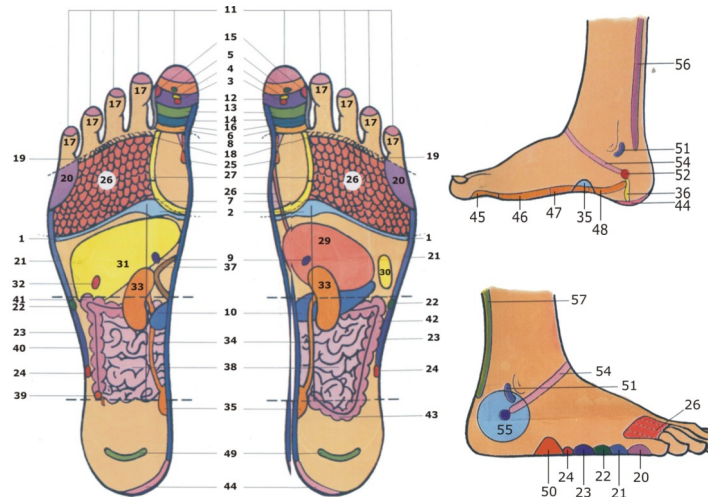
This Association was formed by our founder and patron Sh. I.P. Bahl in 1994 with a aim to provide a better health of the human beings.

From 1994 till date this Association has taught numerous students from a simple graduate to a medical doctors and is still going on.

Association provides courses in basic level, advance level and a special

teacher's course.

For more info contact AIAAR® office.



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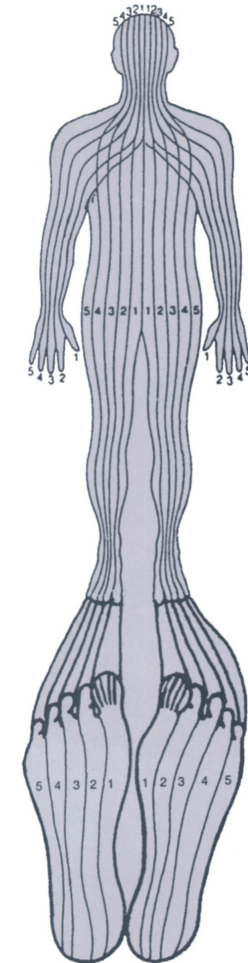
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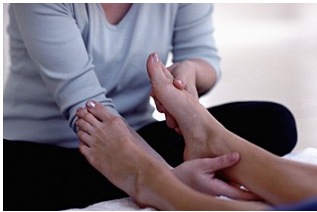
Right Step Towards

Right Direction

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What is FOOT REFLEXOLOGY (FR)?



Foot Reflexology (FR) is a great natural healing therapy, in certain problems it is very effective. Briefly

speaking, it is based on the relationship of the feet with the whole body. Like the electric switch board in a hall where each switch is meant for separate light or fan, we have points (known as reflexes) on the feet, separate for each organ/gland. For electric lights or fans power behind them is electricity. In reflexology it is body's own natural life force behind it. When ever there is any disorder in any part of the body its reflex point in the feet gets tender and if pressure is applied with thumb or finger it pains. And, if through methodical pressure techniques you work out the pain in the reflex point, the corresponding part in the body gets healed. It is difficult for laymen to believe that pressure applied on certain selected points in the feet will relieve a person of headache, shoulder pain, sinusitis, cervical pain or back ache or female problems and from many internal ailments. Those newly introduced to the therapy do get baffled over the results of this remote control feet stimulation. It does not take them far long to accept the profound relationship between the feet and the body and the efficacy of the therapy. To get familiar with the reflexes on the feet and the art of manipulating them with your thumbs and fingers is called Foot Reflexology.



How does Reflexology work ?

Reflexologists theorize that different points or zones on the feet, hands or ears correspond to specific anatomical features in the body in a logical pattern. Many maps exist showing the correlation of the foot, hand or ear to different organs, glands and structural features of the body. The goal of the therapy is to stimulate those points and break down any crystal deposits located in the feet, hands or ears to restore normal function to that body system.

It is not exactly understood how reflexology works. One possible theory is that reflexology works by releasing restricted energy in the body, by improving blood supply and by promoting parasympathetic nerve stimulation to assist in healing. Another theory is that reflexology works by stimulating the sensory nerves in the extremities having effects on other parts of the body. Reflexology may also work by increasing the release of endorphins into the bloodstream providing pain relief and a general sense of well-being.

When the reflexes are stimulated, blockages along the meridian lines and nervous system are removed. A blockage is felt as a sandy or gritty deposit under the skin present in these particular areas. While reflexologists can not diagnose conditions, they can identify reflex zones that are tender which correspond to specific areas of the body.

What can Reflexology treat ?

Reflexology is often used in conjunction with other forms of medical treatment. It can be performed on everyone from infants to the elderly. It can also be used to enhance health as well as treat very sick individuals. It is also safe during pregnancy, before and after surgery.

Specific conditions which benefit from reflexology include: Allergies, restless leg syndrome, back pain, bladder infections, bronchitis, childbirth, chronic fatigue, chronic pain, constipation, diarrhea, ear infections, female health problems, fever, gastritis, hay fever, headaches, insomnia, irritable bowel syndrome, menstrual cramps and stress. Most conditions can be treated by reflexology in that it is stimulating the body's system to heal itself.

What happens during a reflexology session?

The first visit to a reflexologist will generally take about 15 minutes longer than subsequent treatments. The reflexologist will probably ask you about your medical history and about your diet, exercise and general health. The reflexologist will take detailed notes about your lifestyle before looking at your feet; they will then make notes on the colour, look and feel of your feet.

They will then 'work' the entire area of both feet, some reflexologists may work the hands. The young or elderly will generally be given shorter treatments but more often so the body systems are not over stimulated. Sometimes on a first visit the session will be shorter as the reflexologist doesn't want to over stimulate the body and each session after will usually be 30-45 minutes. During the session you may feel different sensations in your feet, it may feel like a sharp pain or your feet may feel very sensitive. Sensitivity varies from person to person and from treatment to treatment. But generally the session will be calming and comforting; it will not tickle since it is a firm pressure to the feet. The practitioner will adjust the pressure to suit the client.