

## **Reflexology Tips: A Reflexive Minute Solution for Stress**

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(Originally published in Natural Awakenings Magazine)

Have you ever awakened with a feeling of anxiety or had trouble getting to sleep? Would it be helpful to you if you knew a reflex point and a technique that you could use to assist in letting go of stress? I have a reflexive minute solution to offer you and your loved ones using the ancient art and science of Reflexology. At the end of this article, I describe a technique that is easy to learn. First, let me explain how reflexology looks at the body in order to help you better understand what you will be doing.

The science of reflexology looks for ways to assist the body to "create or restore the balance" that will bring relief. Naturally occurring in your body are over 1400 reflex points that can be stimulated with your own fingers and thumbs to elicit health responses in minutes that seem like a miracle. The beauty of it is that it costs nothing and your tools are right at your fingertips wherever you go. Children and adults of all ages can learn how to safely and easily help themselves and each other with a little education. This is the kind of touch that creates peace and caring in relationships.

To understand how to work the reflex system with reflexology and the zone theory, we can think of our body as divided into 10 vertical zones that run from our head to our toes. Conveniently, if we divide our body into two halves, there are 5 zones that run down the right side and 5 zones that run down the left side. These zones end in the tip of each of our 5 toes on each side; so for example, zone one on the left side starts at the top of the head just slightly to the left of center and continues down to end at the tip of the great toe. Zone 2 ends in the second toe, zone 3 in the 3rd toe, zone 4 in the 4th toe, and zone 5 on the ear side of the head ends in the 5th toe.

These zones run down both sides of the body and also the arms where they end in the fingertips. What is very interesting is that all organs and parts of the body that are in the same vertical zone will have reflex points in the feet (and hands) in that same zone as it maps out onto the feet. What we can observe is that when we stimulate points anywhere in a particular zone, everything in that same zone along our whole body is affected. How ingenious it is that even if we are walking, we could be stimulating points through the zones in our feet, thereby helping to keep our whole body tuned up, in balance, and free of stress.

Health providers agree that stress is a number one factor they see in the breakdown of wellness. This stress may translate into anxiety, panic attacks, and sleeplessness which can be experienced by either adults or children. Below is a reflexive miracle minute solution for stress that you can try. I would love to hear how it worked for you or your family. Please feel free to post comments on our Nashville Academy of Reflexology Facebook page.

I welcome you to join us for reflexology classes at the school, either as a student in our certification program, a professional taking CE Classes, or simply a person interested in learning more about reflexology. We will soon offer our Family Reflexology, Adult Partners Reflexology, and Intro to Reflexology classes again. Please check our calendar at

<http://www.nashvilleacademyofreflexology.com> for upcoming dates and details or call 615-837-8833. And remember to join our email list on our contact page.

#### A Reflexive Minute Solution for Stress:

Take one of your feet into your lap. You are going to press with your thumbs into bottom of your foot on the soft spot just below the ball of the foot in the center. A way to find this spot is to squeeze the two sides of the foot together and a depression will appear right where that spot is located. On reflexology charts this spot is located in the center of the diaphragm reflex and is known as a key reflex point for relaxation. As you press into this reflex point, breathe in. Then hold the reflex point and your breath for a brief second pause. Now release the pressure gently as you exhale the breath. Do at least 6 rounds on one foot and then switch to the other foot and repeat. If you are doing this for someone else, it is possible to execute this on their two feet simultaneously by placing one thumb on each foot on the reflex point and having them breathe in, hold, and release in rhythm with your pressure. This reflexology technique is always done slowly and peacefully. It usually engenders just as much relaxation for the doer as the receiver. Enjoy.

Disclaimer: The information given here is for educational purposes only and does not replace the advice, diagnosis, or prescription of your physician. Please seek medical attention whenever needed.