

*Ontario College of  
Reflexology*

# **The Nervous System**

*N101 - Foot Reflexology Course*

## **Chapter 15**

Ver. 3.2



- parathyroids (*regulate calcium, balance calcium & phosphorus for nerve/muscle functions*)
- kidneys (*activate Vit. D for calcium absorption*)
- pituitary (*aid thyroid hormone release*)
- hypothalamus (*aid pituitary, regulate body functions & homeostasis*)
- relative to solar plexus (*alleviate stress/tension*).

### **Glaucoma** (glau-co'ma)

Glaucoma is an increase of pressure within the eyeball caused by an inability to eliminate, at an adequate rate, fluid produced by the ciliary body of the eye.

*Primary reflexes to work are:*

- eyes (*alleviate pain/discomfort/fluid, normalize function of eyesight*)
- pineal (*receives/responds to/from optic nerves, changing light levels, body's internal clock*)
- spine/brain - cranial nerves, brain stem, cerebrum, thalamus, all toes (*2-way relay for visual impulses, sensory perceptions, communication, recognition of body functions, regulation of homeostasis*).

### **Lockjaw (Tetanus)** (lock'jaw' - tet'a-nus)

Lockjaw or tetanus is a disease of the nervous system caused by poisons from wounds infected with tetanus bacteria. These organisms are found in dust, rust, sewage, and soil, and particularly in the feces of domesticated animals.

*Primary reflexes to work are:*

- spine/brain - cranial/spinal nerves, whole of brain, all toes (*communication, integration, control, recognition of body functions, regulation of homeostasis*)
- pineal (*receives/responds to/from optic nerves, changing light levels, body's internal clock*)
- immune/lymphatic systems - closest location of affected nodes, thymus, spleen, lymphatic drainage point, whole of foot for lymph & vessels (*filters, immune/defence response*)
- affected area - can affect more than jaw & neck (*alleviate pain, normalize function*)
- kidneys (*cleanse blood*)
- hypothalamus (*regulate body functions & homeostasis*)
- relative to solar plexus (*alleviate stress/tension*).

### **Meniere's Syndrome** (me-niere's syn'drome')

Meniere's syndrome (or disease) is a condition of the inner ear accompanied by sudden, severe episodes of vertigo, tinnitus, and fluctuating hearing loss.

*Primary reflexes to work are:*

- inner ear (*alleviate ringing/pain/pressure, normalize function, aid balance or vertigo*)
- ears (*normalize function, hearing, balance, equilibrium*)
- spine/brain - cranial nerves, brainstem, cerebellum, thalamus, cerebrum, all toes (*2-way communication for sensory impulses, smooth coordinating movements, maintain equilibrium, sustain normal posture, associates emotions, recognition of body functions, regulate homeostasis*)
- pineal (*receives/responds to/from optic nerves, changing light levels, body's internal clock*)
- relative to solar plexus (*alleviate stress/tension*).

### **Meningitis** (men'in-gi'tis)

Meningitis is an inflammation of the membranes covering the brain. It may be caused by a head injury or a viral infection. It causes headaches, fever, loss of appetite, and intolerance to light and sound.

**Note: work on the toes of the opposite foot for all affected brain reflexes.**

*Primary reflexes to work are:*

- spine/brain - cranial nerves, whole of brain, all toes (*alleviate pain, normalize function, 2-way pathway for visual & auditory communications, recognition of body functions, regulation of homeostasis*)
- adrenals (*cortex - anti-inflammatory & anti-allergy*)
- immune/lymphatic systems - closest location of affected nodes, thymus, spleen, lymphatic drainage point, whole of foot for lymph & vessels (*filters, immune/defence response*)
- pineal (*receives/responds to/from optic nerves, changing light levels, body's internal clock*)
- kidneys (*cleanse blood*)
- pituitary (*aid adrenal to release hormone*)
- hypothalamus (*aid pituitary, appetite, regulate body functions & homeostasis*)
- affected areas (*head/brain, digestive system, eyes, ears, inner ears*)
- relative to solar plexus (*alleviate stress/tension*).

## **Multiple Sclerosis (MS)** (mul'ti-ple scle-ro'sis)

Multiple sclerosis is a chronic auto immune disease that destroys the myelin protective covering of the brain and spinal cord in patches, leaving multiple areas of scar tissue in the nerve pathways interfering with normal control and function of organ and body parts.

**Note: work on the toes of the opposite foot for all affected brain reflexes.**

*Primary reflexes to work are:*

- spine/brain - cranial/spinal nerves, whole of brain, all toes (*communication, integration, control, recognition of body functions, regulation of homeostasis*)
- pineal (*receives/responds to/from optic nerves, changing light levels, body's internal clock*)
- thyroid (*regulate blood calcium*)
- parathyroids (*regulate calcium, balance calcium & phosphorus for nerve/muscle functions*)
- kidneys (*activate Vit. D for calcium absorption*)
- pituitary (*aid thyroid hormone release*)
- hypothalamus (*aid pituitary, regulate body functions & homeostasis*)
- affected areas (*alleviate pain/discomfort, normalize function, extremities, eyes, speech, vision*)
- relative to solar plexus (*alleviate stress/tension*).

## **Poliomyelitis** (po'li-o-my'e-li'tis)

Also known as **polio** or **infantile paralysis**, poliomyelitis is an acute, infectious viral disease of the nervous system, in which the inflammation attacks the anterior part of the spinal cord that may result in paralysis of any part of the body. For paralysis, work on the brain reflexes on the opposite foot.

**Note: work on the toes of the opposite foot for all affected brain reflexes.**

*Primary reflexes to work are:*

- spine/brain - cranial/spinal nerves, whole of brain, all toes (*communication, recognition of body functions, regulation of homeostasis*)
- adrenals (*cortex - anti-inflammatory & anti-allergy*)
- immune/lymphatic systems - closest location of affected nodes, thymus, spleen, lymphatic drainage point, whole of foot for lymph & vessels (*filters, immune/defence response*)

- pineal (*receives/responds to/from optic nerves, changing light levels, body's internal clock*)
- kidneys (*cleanse blood, activate Vit. D for calcium absorption*)
- pituitary (*aid adrenal & thyroid to release hormones*)
- hypothalamus (*aid pituitary, regulate body functions & homeostasis*)
- thyroid (*regulate blood calcium*)
- parathyroids (*regulate calcium, balance calcium & phosphorus for nerve/muscle functions*)
- affected area(s) (*alleviate pain/discomfort, normalize function*)
- relative to solar plexus (*alleviate stress/tension*).

## **Other Conditions:**

Allergy, amaurotic idiocy, astigmatism, blemishes, blindness, brain tumour, colour blindness, deafness, dermatitis, diplopia, earache, eczema, exophthalmos, eye fatigue, familial periodic, paralysis, feeble mindedness, head injury, headache, hemangioma (birthmarks), hereditary spastic paralysis, hereditary tremor, herpes zoster (shingles), hives, Huntington's chorea, hydrocephalus, hyperemia, impetigo, migraine headache, moles, myasthenia gravis, neuralgia, neuritis, nystagmus, paresthesia, pimples, progressive, lenticular degeneration, parkinson's disease, rabies, ringworm, sleeping sickness, smallpox, spinal cord tumour, spinal injury, St. Vitus's Dance, strabismus, strokes, Sturge-Weber syndrome, swimmer's ear, syringomyelia, tinnitus, trypanosome (African sleeping sickness), and warts.

## Pathological Conditions:

**Note:** The brain reflexes are to be worked on the **opposite foot** for any pathological conditions that occurs within the brain for the corresponding physiological symptoms including paralysis caused by a condition occurring within the brain. It is best to work on all the brain reflexes for any brain pathological conditions (big toe and all toes).

Some examples:

- Migraine headache on the right side of the head - work on the left brain reflex.
- Stroke - paralysis on the left side of the body - work the right brain reflexes.

**Cerebral Palsy** - a group of neurological disorders that affects children resulting from brain injury. Muscular condition is characterized by a stiffness or spasticity of the limbs, or some type of paralysis, resulting in an awkward or stiff-legged gait.

**Encephalitis** - an inflammatory process in the brain usually caused by a virus that is accompanied by hemorrhages of the brain and muscular rigidity. *Parkinsonism* is frequently the result of encephalitis.

**Epilepsy** - characterized by a sudden, brief disturbance in the brain function, causing a loss or change of consciousness and is sometimes accompanied by recurrent convulsive seizures.

**Glaucoma** - an increase of pressure within the eyeball caused by an inability to eliminate fluid produced by the ciliary body of the eye.

**Lockjaw (Tetanus)** - a disease of the nervous system caused by poisons from wounds infected with tetanus bacteria that are found in dust, rust, sewage, soil, and domesticated animals' feces.

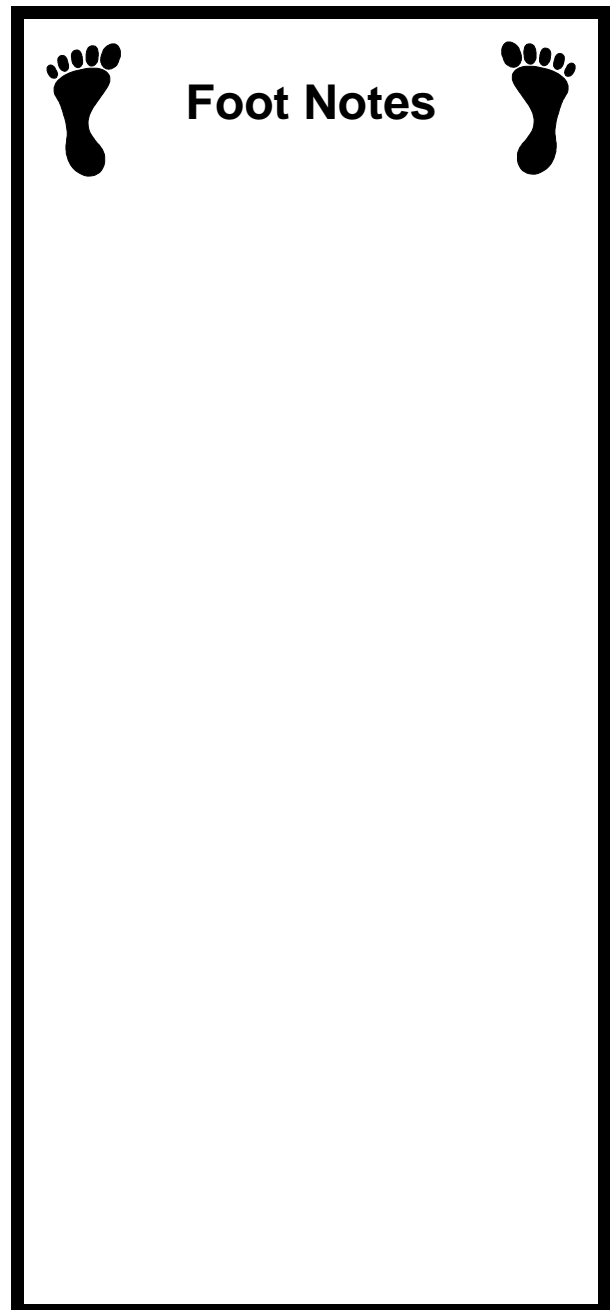
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**Multiple Sclerosis (MS)** - Multiple sclerosis is a chronic auto immune disease that destroys the myelin protective covering of the brain and spinal cord in patches, leaving multiple areas of scar tissue in the nerve pathways interfering with normal control and function of organ and body parts.

**Poliomyelitis** - also known as *polio* or *infantile paralysis*, it is an acute, infectious viral disease of the nervous system in which the inflammation attacks the anterior part of the spinal cord that may result in paralysis of any part of the body. For paralysis, work on the brain reflexes on the opposite foot.

For reflexes to work on for the above pathological conditions, refer to the **Pathological Conditions** section on page 10.





# Foot Notes

