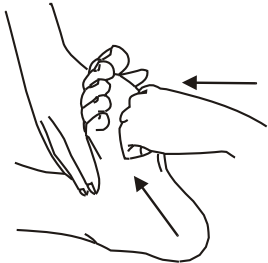
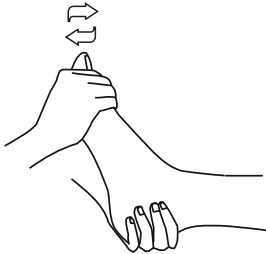
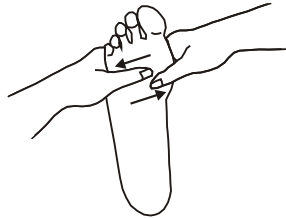
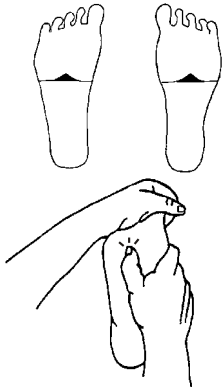
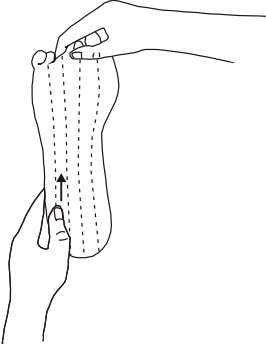
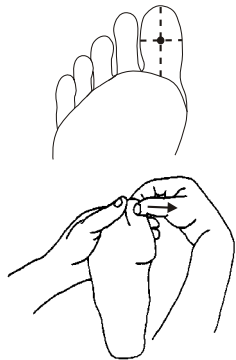
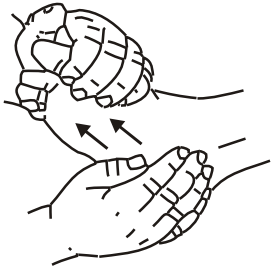
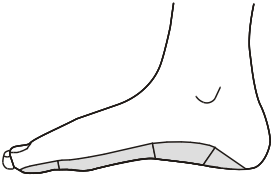
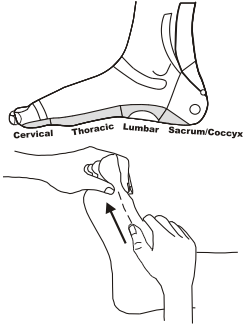
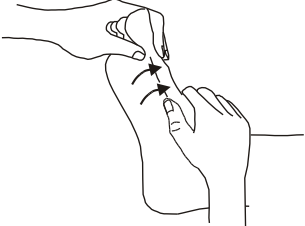
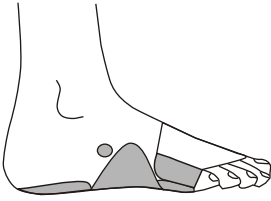
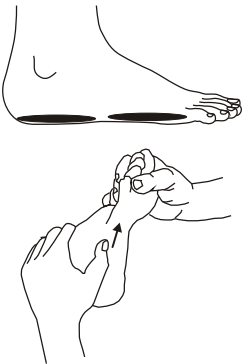
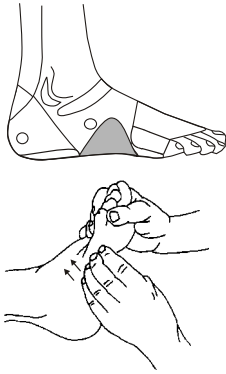
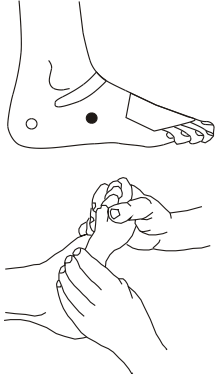
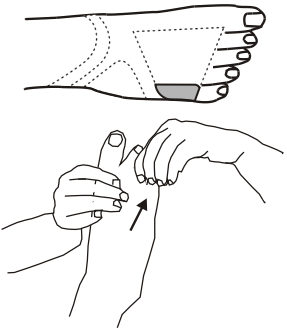
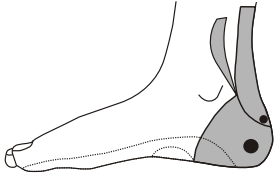
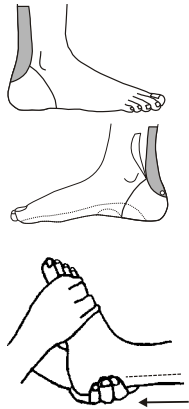
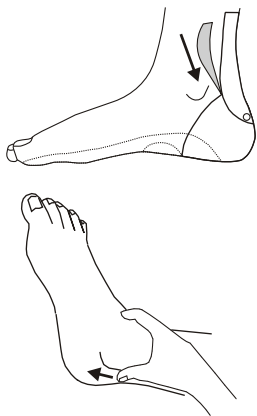
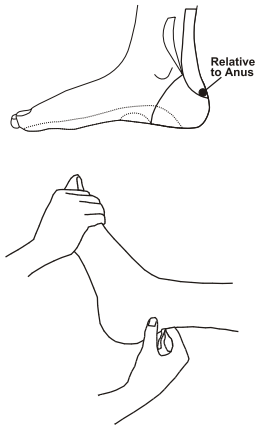
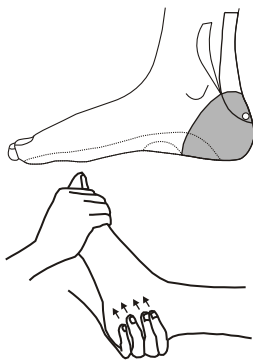
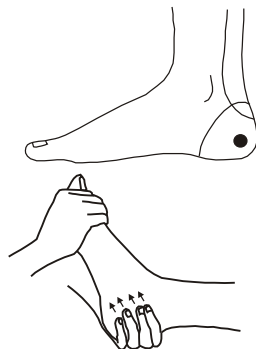
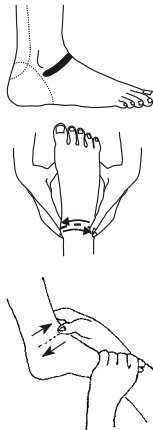
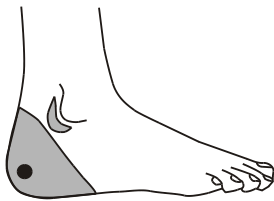
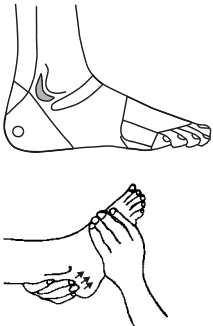
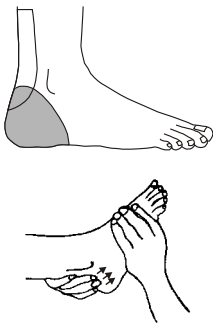
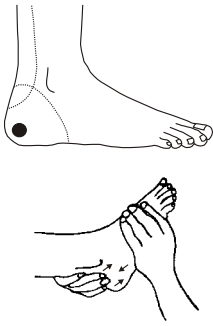
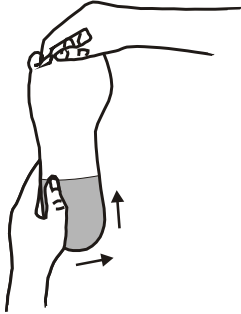
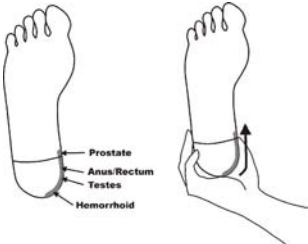
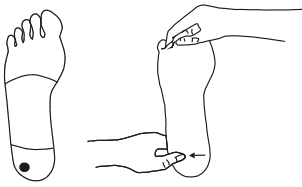
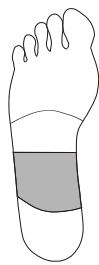
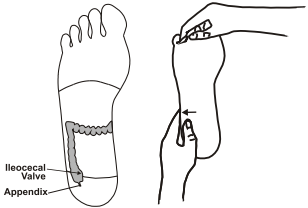
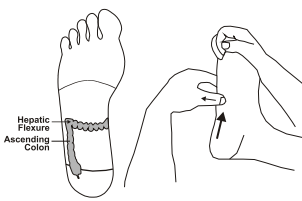
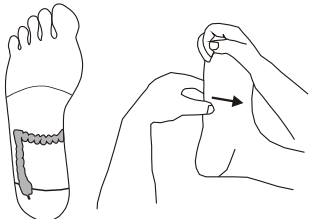
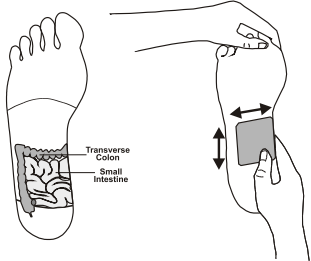
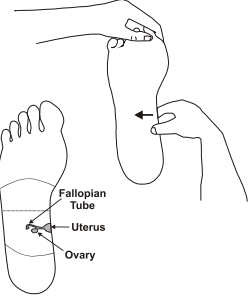


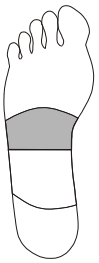
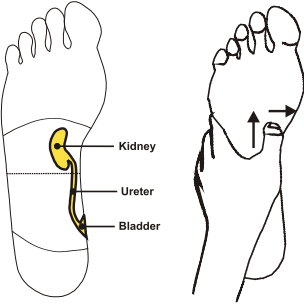
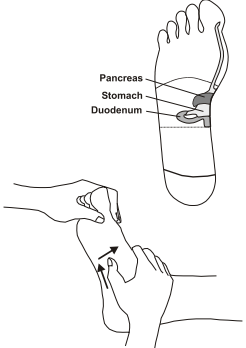
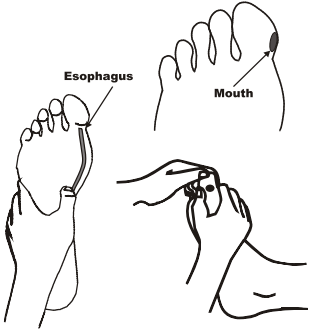
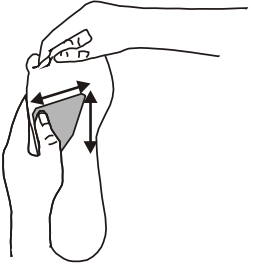
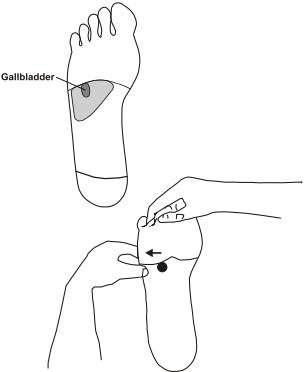
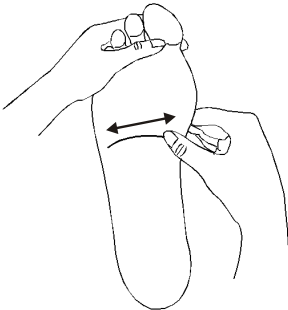
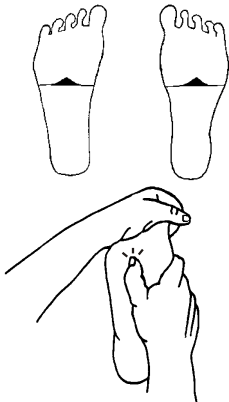
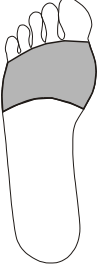
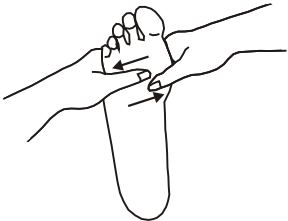
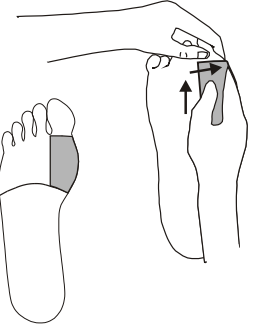
Summary of Reflexology Foot Procedure - Right Foot

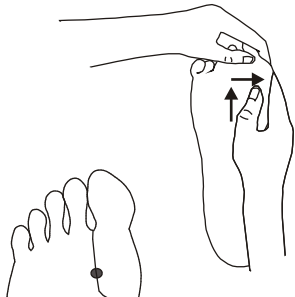
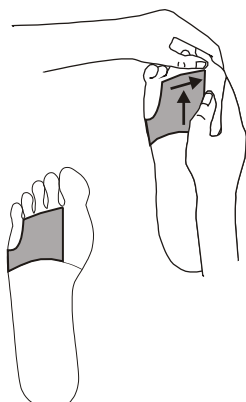
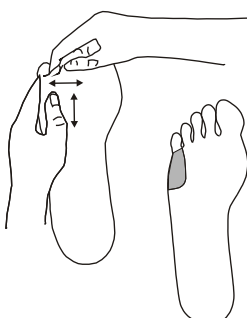
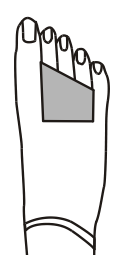
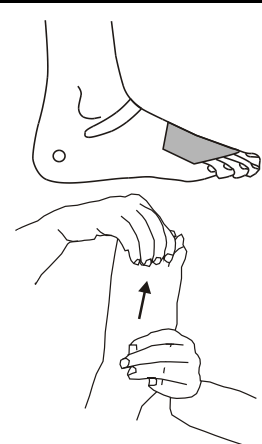
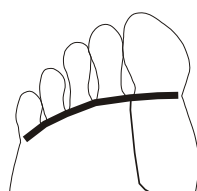
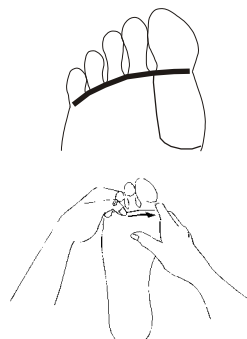
1. Cleanse Feet	2. Foot Examination	3. Cover left foot and begin on the right foot.	4. Palm Rub Relaxation Technique - rub back & forth from ankle & heel upward to toes.
Cleanse both feet with diluted witch hazel (50% with water)	Examine for any unusual conditions on the feet. Do not work on any foot conditions.	Relaxation Warm Ups:	
5. Knuckle Draw/Roll Technique - draw or roll knuckles upward from heel to toes 3X.	6. Ankle Rotation Technique - rotate foot 3X in each direction.	7. Spine Reflex Twist - twist in opposite directions in Zone 1.	8. Thoracic Chest Stretch Technique - fingers on top, thumbs on bottom. Stretch open in opposite directions horizontally 3X. Then reverse hands & repeat 3X.
			
9. Relative to Solar Plexus - middle of diaphragm in Zone 3. Push in & up 3X.	10. Longitudinal Zoning Technique - upward from heel up to and including the toes in all zones.	11. Longitudinal Zoning Technique - on big toe in all zones.	12. Pituitary Gland Reflex - Zone 3, hook in and draw to medial side.
			

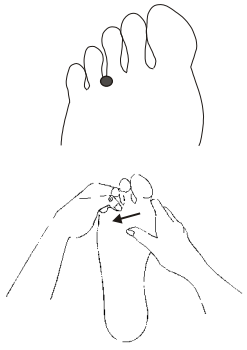
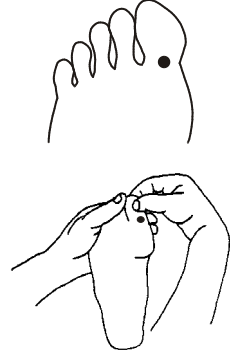
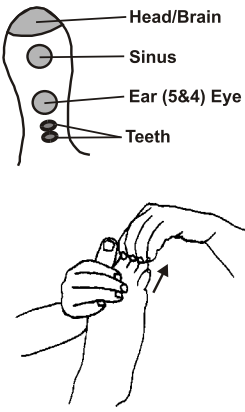
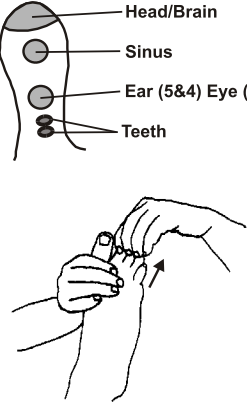
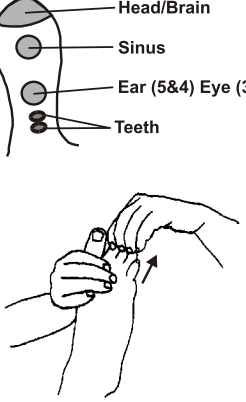
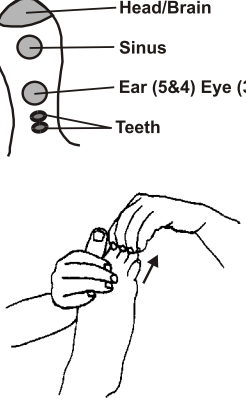
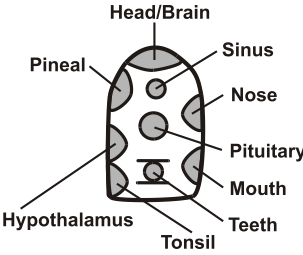
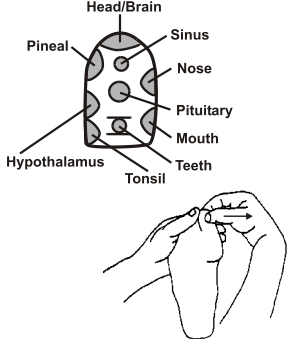
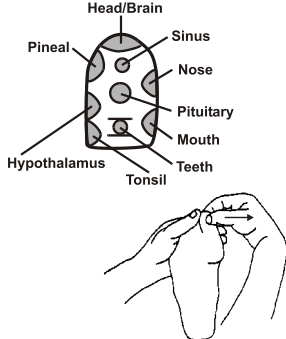
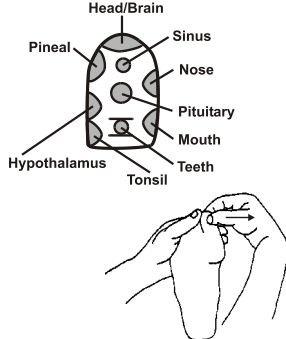
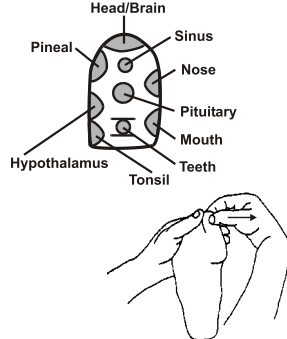
13. Foot Clean-Out from Achilles Tendon upward to & over toes.	Spine Reflex:	14. Spine Reflex - Zone 1, work vertically from heel to toe.	Then work horizontally from heel to toe. Clean-out spine reflexes.
			
Lateral Zone 5:	15. Leg & Arm Reflexes - Zone 5, work and pinch upward from bottom.	16. Hip/Thigh/Knee/Elbow Reflex - Zone 5 at 5 th metatarsal bone. 4-finger walk upward to Zone 4.	17. Dorsal Sciatic Nerve Reflex - Zone 4&5 above 5 th metatarsal bone. Hook & draw downward 3X.
			
18. Dorsal Shoulder Reflexes - Zone 5, below 5 th toe. Grid 3X with 4 fingers.	19. Clean-Out	Medial Pelvic Area:	20. Relative to Sciatic/Rectum Reflex - Gently pinch Achilles tendon towards you.
	Clean-out the lateral side of the foot in Zone 5.		

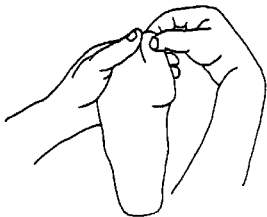
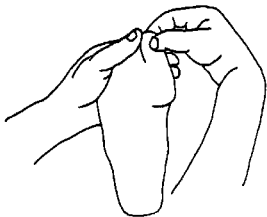
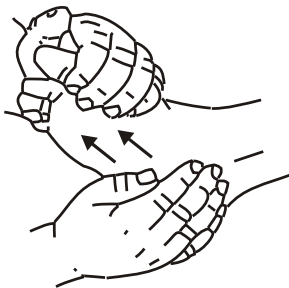
21. Relative to Large Colon Reflex - work or pinch above Achilles tendon.	22. Relative to Anus Reflex - end of Achilles tendon, gently pinch 3X.	23. Medial Relative to Pelvic Area Reflex - Zone 1 - 4 finger-walk upward from heel to ankle.	24. Relative to Uterus /Prostate/Vagina/Penis Reflex - ½ way between ankle & heel. Hook downward 3X.
			
25. Clean-Out	Groin Lymphatic Area:	26. Fallopian Tube/Groin Lymphatic Reflex - dorsal, anklebone to anklebone 3X.	Lateral Pelvic Area:
Clean-out the Medial Pelvic Area.			
27. Hip/Lower Back/Sciatic Area Reflex - 4-finger walk under lateral anklebone in Zone 5.	28. Lateral Relative to Pelvic Area Reflex - Zone 5 - 4 finger-walk upward.	29. Relative to Ovary/Testicle Reflex - ½ way between ankle & heel in Zone 5. Hook downward 3X.	30. Clean-Out
			Clean-out the Lateral Pelvic Area.

<u>Plantar Pelvic Area:</u>	31. Plantar Pelvic Area Reflex - Grid heel, all 5 zones 3X.	32. Hemorrhoid, Testicle, Anus/Rectum & Prostate Reflexes - work upward on medial side of heel 3X to above pelvic line.	33. Plantar Sciatic Nerve Reflex - Zone 4 of heel, ust above bottom of heel, draw 3X to lateral side of heel.
			
34. Clean-Out	<u>Plantar Lower Abdominal Area:</u>	35. - Ileocecal Valve & Appendix Reflexes - Zone 4&5 line above pelvic line, hook 3X to lateral side.	36. Ascending Colon & Hepatic Flexure Reflexes - work Zone 4&5 line upward to waistline. Hook into hepatic flexure 3X.
Clean-out Plantar Pelvic Area			
37. Transverse Colon Reflex - work Zones 4 to 1 on waistline.	38. Small Intestine Reflex - grid Zones 4 to 1 between waistline & pelvic line 3X.	39. Uterus, Ovary & Fallopian Tube Reflexes - ½ way between pelvic & waistline, work & hook 3X Zones 1 to 3.	40. Clean-Out
			Clean-out Plantar Lower Abdominal Area

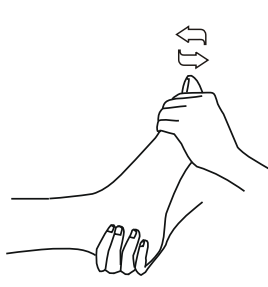
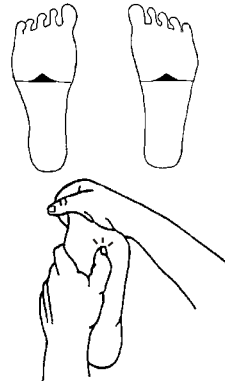
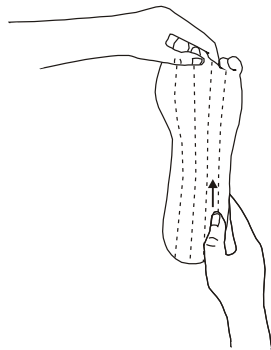
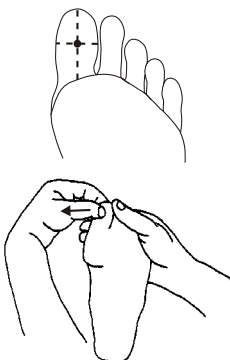
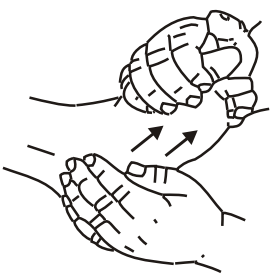
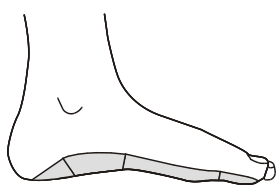
<u>Plantar Upper Abdominal Area:</u>	41. Urinary Bladder, Ureter, Kidney & Adrenal Reflexes - work upward from bladder Zone 1 to adrenal Zone 2. Hook kidney & adrenal 3X. Then grid.	42. Duodenum, Stomach & Pancreas Reflexes - grid area between Zones 1&3, waistline & diaphragm line.	43. Esophagus & Mouth Reflexes - work upward in Zone 1 from diaphragm line to mouth reflex.
			
44. Liver Reflex - grid area between Zones 2 & 5 and waistline & diaphragm line.	45. Gallbladder Reflex - hook 3X to lateral side in Zone 4, below diaphragm line.	46. Diaphragm Reflex - work horizontally 3X.	47. Relative to Solar Plexus - middle of diaphragm in Zone 3. Push in & up 3X.
			
48. Clean-Out	Plantar Thoracic Area:	49. Plantar Thoracic Area Reflex - Chest Stretch Technique 3X.	50. Plantar Bronchial Area & Heart Reflexes - grid Zone 1 between neckline & diaphragm line.
Clean-out Plantar Upper Abdominal Area			

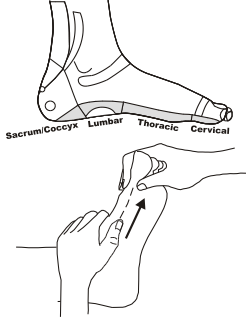
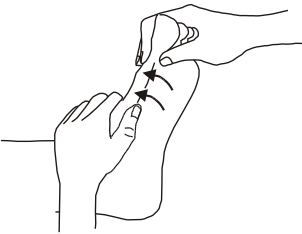
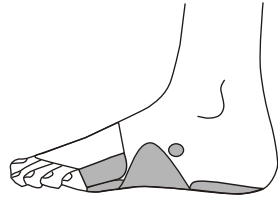
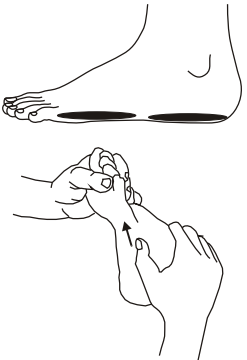
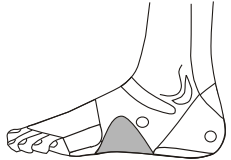
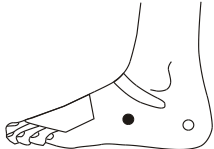
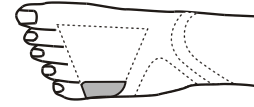
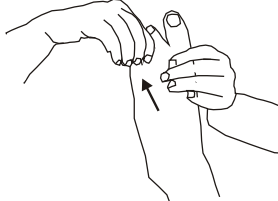
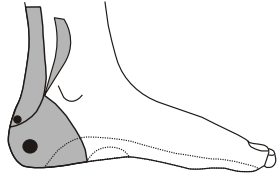
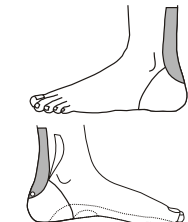
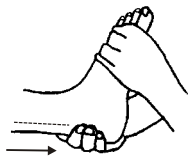
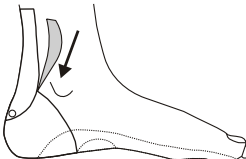
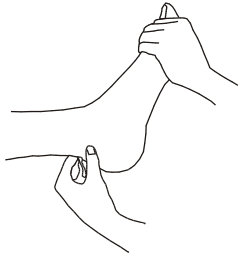
51. Thymus Reflex - 1/3 up lateral side of big toe pad, hook to medial side 3X. 	52. Plantar Lung Reflexes - Chest Stretch 3X. Grid area between Zones 2 to 5 and diaphragm & necklines. 	53. Plantar Relative to Jaw Reflex - Zone 4, below toe 4, hook to lateral side 3X. 	54. Plantar Shoulder Reflex - grid area 3X in Zone 5, below baby toe. 
55. Clean-Out	<u>Dorsal Thoracic Area:</u>	56. Dorsal Chest/ Breast /Thoracic/Lung Reflexes - Chest Stretch & grid area 3X.	57. Lymphatic Drainage Point Reflex - between Zones 1 & 2 where channel narrows. Work & hook 3X.
Clean-out Plantar Thoracic Area 			
58. Dorsal Relative to Jaw Reflex - work between Zones 3 & 5, below neckline. 	59. Clean-Out Clean-out Dorsal Thoracic Area	<u>Plantar Transverse Neckline:</u> 	60. Plantar Transverse Neckline Reflex - work 3X across base of all toes. 

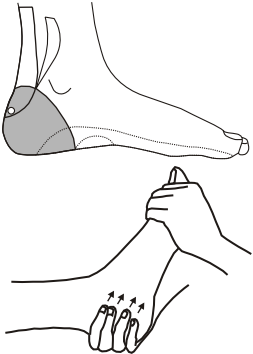
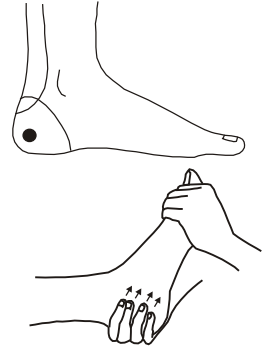
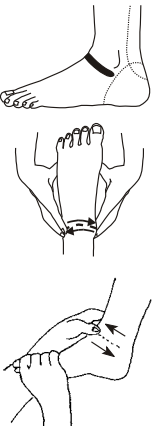
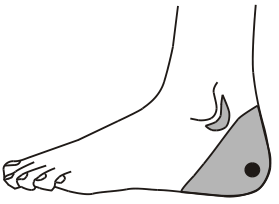
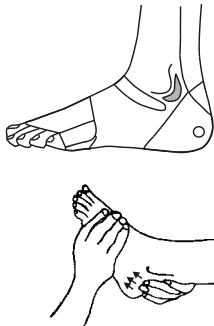
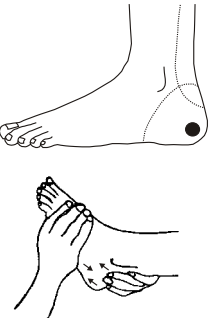
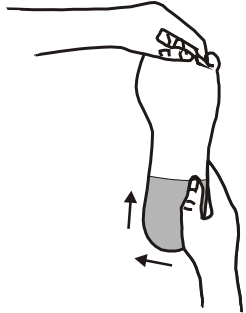
61. Inner Ear Reflex - between toes 3 & 4, hook to lateral side 3X. 	62. Thyroid/Parathyroid /Pharynx Reflex - Zone 2 at base of big toe, hook to medial side 3X. 	Head Area: 	63. Head Area Reflex - Zone 5 - grid toe upward & hook head/brain reflex 3X. 
64. Head Area Reflex - Zone 4 - grid toe upward & hook head/brain reflex 3X. 	65. Head Area Reflex - Zone 3 - grid toe upward & hook head/brain reflex 3X. 	66. Head Area Reflex - Zone 2 - grid toe upward & hook head/brain reflex 3X. 	Head Area - Large Toe - Zone 1: 
67. Head Area - Teeth, Sinus & Head/Brain Reflexes - Zone 3 upward & hook reflexes 3X. 	68. Head Area - Tonsil Reflex - Zone 5, hook to medial side 3X. 	69. Head Area - Mouth Reflex - Zone 1, hook upward 3X. 	70. Head Area - Hypothalamus Reflex - Zone 5, 1/3 up from base. Hook to medial side 3X. 

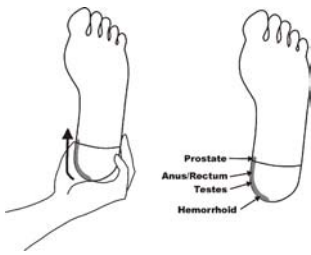
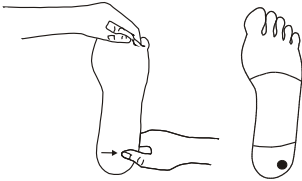
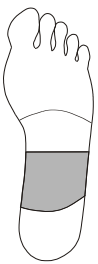
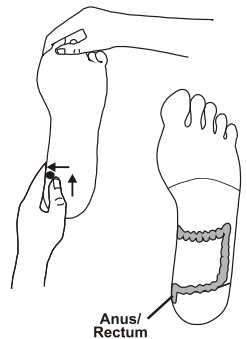
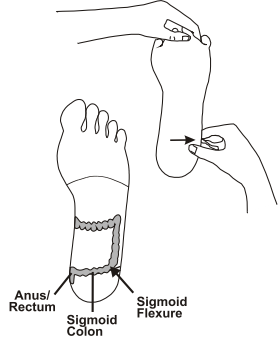
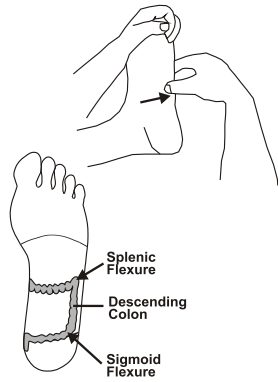
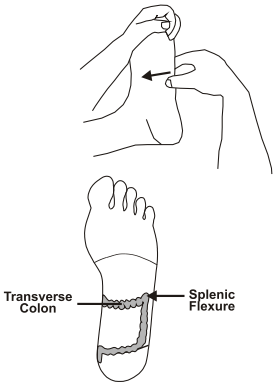
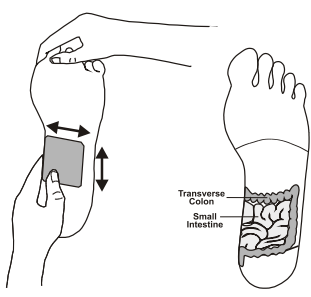
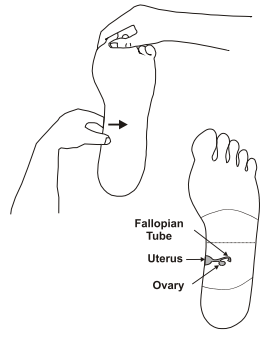
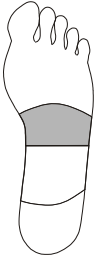
71. Head Area - Pituitary Reflex - Zone 3, hook to medial side 3X.	72. Head Area - Nose Reflex - upper ½ of Zone 1, work & hook 3X.	73. Head Area - Pineal Reflex - ¾ up Zone 5, hook to medial side 3X.	74. Clean-Out
			Clean-out the big toe.
75. Foot Clean-Out	76. Toe Rotation Technique - rotate each toe in each direction 3X.	<u>The Right Foot Is Now Completed</u>	
		Wrap right foot in towel and proceed to left foot.	

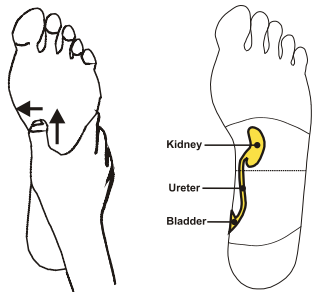
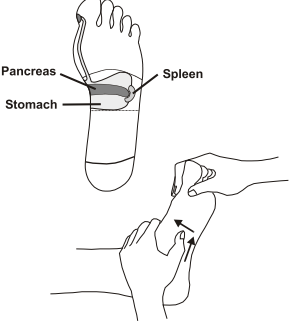
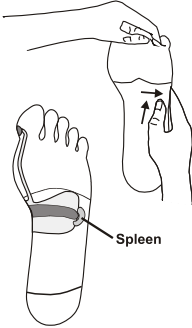
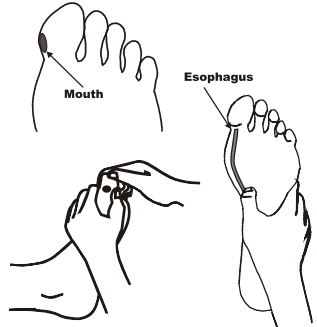
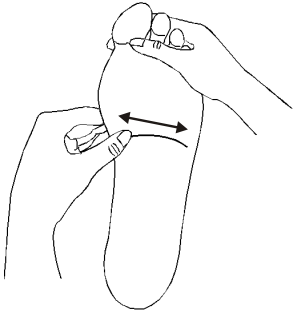
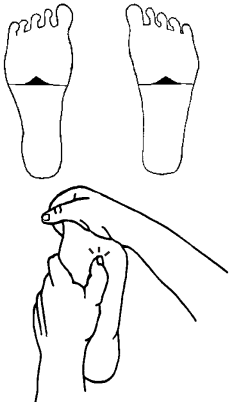
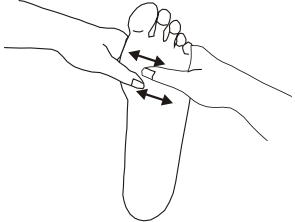
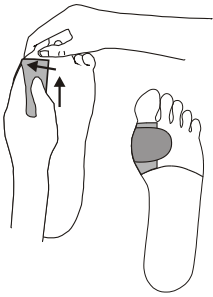
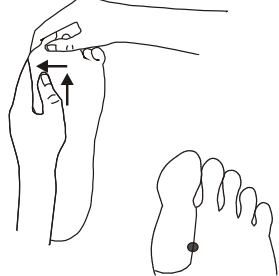
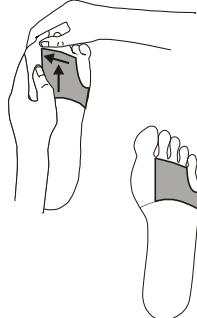
Summary of Reflexology Foot Procedure - Left Foot

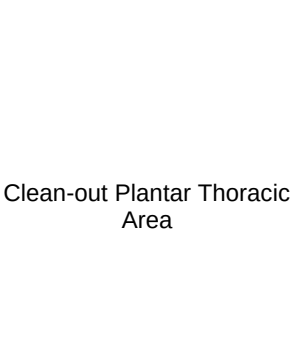
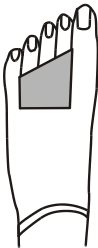
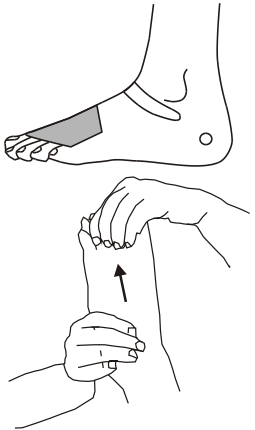
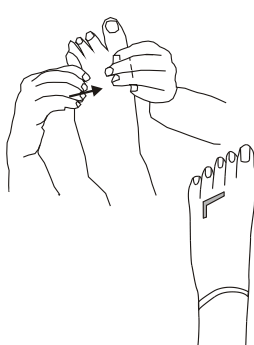
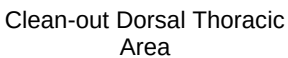
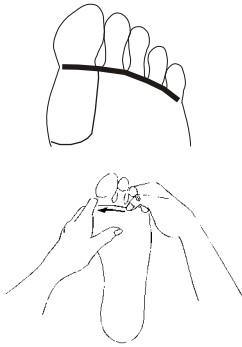
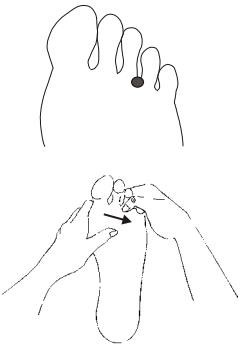
<u>Relaxation Warm Ups:</u>	1. Palm Rub Relaxation Technique - rub back & forth from ankle & heel upward to toes.	2. Knuckle Draw/Roll Technique - draw or roll knuckles upward 3X from heel to toes.	3. Ankle Rotation Technique - rotate foot 3X in each direction.
			
4. Spine Reflex Twist - twist in opposite directions in Zone 1.	5. Thoracic Chest Stretch Technique - fingers on top, thumbs on bottom. Stretch open in opposite directions horizontally 3X. Then reverse hands and repeat 3X.	6. Relative to Solar Plexus - middle of diaphragm in Zone 3. Push in & up 3X.	7. Longitudinal Zoning Technique - upward from heel up to and including the toes in all zones.
			
8. Longitudinal Zoning Technique - on big toe in all zones.	9. Pituitary Gland Reflex - Zone 3, hook in and draw to medial side.	10. Foot Clean-Out from Achilles Tendon upward to & over toes.	<u>Spine Reflex:</u>
			

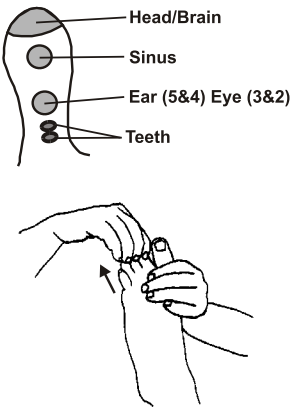
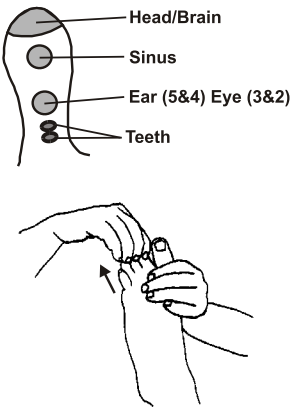
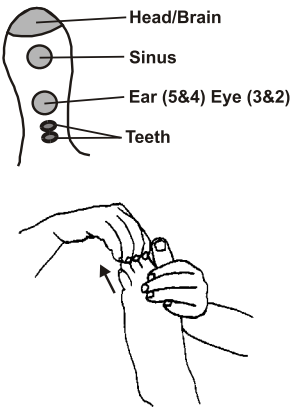
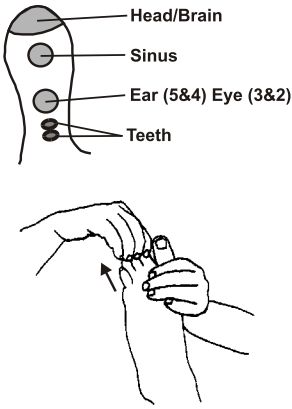
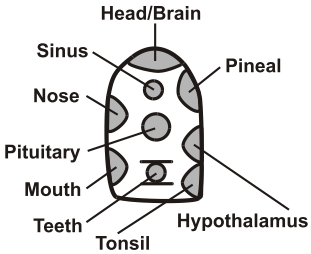
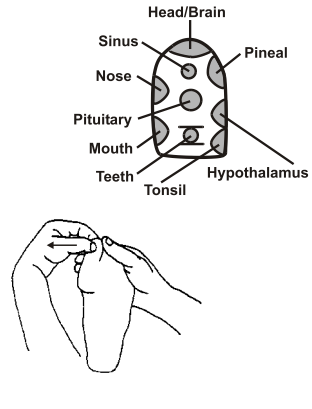
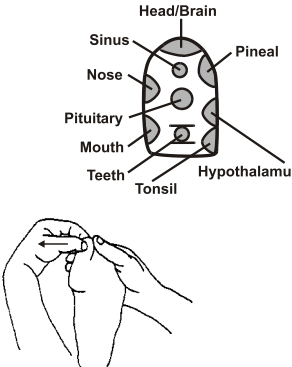
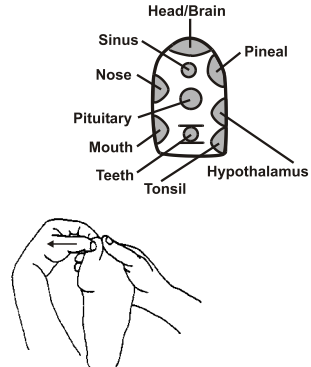
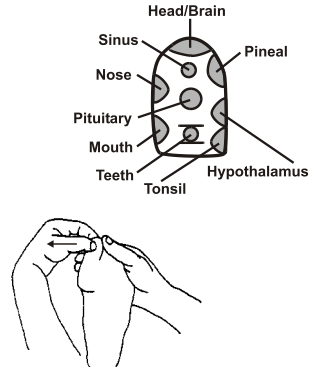
11. Spine Reflex - Zone 1, work vertically from heel to toe.	Then work horizontally from heel to toe. Clean-out spine reflexes.	Lateral Zone 5:	12. Leg & Arm Reflexes - Zone 5, work and pinch upward from bottom.
			
13. Hip/Thigh/Knee/Elbow Reflex - Zone 5 at 5th metatarsal bone. 4-finger walk upward to Zone 4.	14. Dorsal Sciatic Nerve Reflex - Zone 4&5 above 5th metatarsal bone. Hook & draw downward 3X.	15. Dorsal Shoulder Reflexes - Zone 5, below 5th toe. Grid 3X with 4 fingers.	16. Clean-Out
 	 	 	Clean-out the lateral side of the foot in Zone 5.
Medial Pelvic Area:	17. Relative to Sciatic/Rectum Reflex - Gently pinch Achilles tendon towards you.	18. Relative to Large Colon Reflex - thumbwalk above Achilles tendon.	19. Relative to Anus Reflex - end of Achilles tendon, gently pinch 3X.
	 	 	 

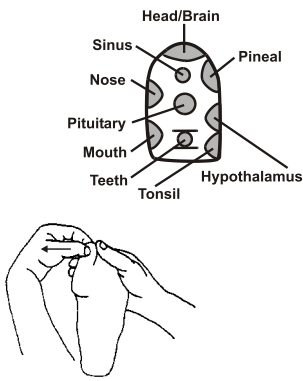
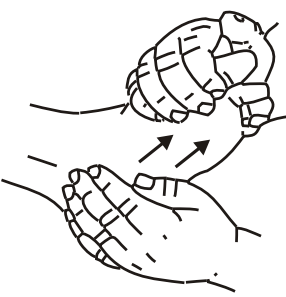
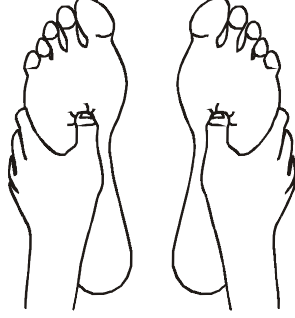
20. Medial Relative to Pelvic Area Reflex - Zone 1 - 4 finger-walk upward from heel to ankle. Hook downward 3X.	21. Relative to Uterus /Prostate/Vagina/Penis Reflex - ½ way between ankle & heel.	22. Clean-Out	Groin Lymphatic Area:
		Clean-out the Medial Pelvic Area.	
23. Fallopian Tube/Groin Lymphatic Reflex - dorsal, anklebone to anklebone 3X.	Lateral Pelvic Area:	24. Hip/Lower Back/Sciatic Area Reflex - 4-finger walk under lateral anklebone in Zone 5.	25. Lateral Relative to Pelvic Area Reflex - Zone 5 - 4 finger-walk upward.
			
26. Relative to Ovary /Testicle Reflex - ½ way between ankle & heel in Zone 5. Hook downward 3X.	27. Clean-Out	Plantar Pelvic Area:	28. Plantar Pelvic Area Reflex - Grid heel, all 5 zones 3X.
	Clean-out the Lateral Pelvic Area.		

29. Hemorrhoid, Testicle, Anus/Rectum & Prostate Reflexes - work upward on medial side of heel 3X.	30. Plantar Sciatic Nerve Reflex - Zone 4 of heel, just above bottom of heel, draw 3X to lateral side of heel.	31. Clean-Out	<u>Plantar Lower Abdominal Area:</u>
		Clean-out Plantar Pelvic Area	
32. - Anus/Rectum Reflexes - Zone 1 below pelvic line, hook 3X to medial side.	33. Sigmoid Colon & Sigmoid Flexure Reflexes - work Transverse Pelvic line from Zones 1to4 horizontally 3X for sigmoid colon. Hook sigmoid flexure 3X laterally.	34. Descending Colon Reflex -work Zone 4&5 line upward to waistline & hook Splenic flexure 3X laterally.	35. Transverse Colon Reflex - work Zones 4 to 1 on waistline.
			
36. Small Intestine Reflex - grid Zones 4 to 1 between waistline & pelvic line 3X.	37. Uterus, Ovary & Fallopian Tube Reflexes - ½ way between pelvic & waistline, work & hook 3X Zones 1 to 3.	38. Clean-Out	<u>Plantar Upper Abdominal Area:</u>
		Clean-out Plantar Lower Abdominal Area	

39. Urinary Bladder, Ureter, Kidney & Adrenal Reflexes - work upward from bladder Zone 1 to adrenal Zone 2. Hook kidney & adrenal 3X medially. Then grid.	40. Stomach, Pancreas & Spleen Reflexes - grid area between Zones 1 & 4, waistline & diaphragm line.	41. Spleen Reflex - hook 3X to lateral side.	42. Esophagus & Mouth Reflexes - work upward in Zone 1 from diaphragm line to mouth reflex.
			
43. Diaphragm Reflex - work horizontally 3X.	44. Relative to Solar Plexus - middle of diaphragm in Zone 3. Push in & up 3X.	45. Clean-Out	Plantar Thoracic Area:
		Clean-out Plantar Upper Abdominal Area	
46. Plantar Thoracic Area Reflex - Chest Stretch Technique 3X.	47. Plantar Bronchial Area & Heart Reflexes - grid Zone 1 & 2 between neckline & diaphragm line.	48. Thymus Reflex - 1/3 up lateral side of big toe pad, hook to medial side 3X.	49. Plantar Lung Reflexes - Chest Stretch 3X. Grid area between Zones 2 to 5 and diaphragm & necklines.
			

50. Plantar Relative to Jaw Reflex - Zone 4, below toe 4, hook to lateral side 3X. 	51. Plantar Shoulder Reflex - grid area in Zone 5, below baby toe 3X. 	52. Clean-Out Clean-out Plantar Thoracic Area 	<u>Dorsal Thoracic Area:</u> 
53. Dorsal Chest/ Breast /Thoracic/Lung Reflexes - Chest Stretch & grid area 3X. 	54. Lymphatic Drainage Point Reflex - between Zones 1 & 2 where channel narrows. Work & hook 3X. 	55. Dorsal Relative to Jaw Reflex - work between Zones 3 & 5, below neckline. 	56. Clean-Out Clean-out Dorsal Thoracic Area 
<u>Plantar Transverse Neckline:</u> 	57. Plantar Transverse Neckline Reflex - work 3X across base of all toes. 	58. Inner Ear Reflex - between toes 3 & 4, hook to lateral side 3X. 	59. Thyroid/Parathyroid /Pharynx Reflex - Zone 2 at base of big toe, hook to medial side 3X. 

<u>Head Area:</u>	60. Head Area Reflex - Zone 5 - grid toe upward & hook head/brain reflex 3X.	61. Head Area Reflex - Zone 4 - grid toe upward & hook head/brain reflex 3X.	62. Head Area Reflex - Zone 3 - grid toe upward & hook head/brain reflex 3X.
			
63. Head Area Reflex - Zone 2 - grid toe upward & hook head/brain reflex 3X.	<u>Head Area - Large Toe - Zone 1:</u>		64. Head Area - Teeth, Sinus & Head/Brain Reflexes - Zone 3 upward & hook reflexes 3X.
			
66. Head Area - Mouth Reflex - Zone 1, hook upward 3X.	67. Head Area - Hypothalamus Reflex - Zone 5, 1/3 up from base. Hook to medial side 3X.	68. Head Area - Pituitary Reflex - Zone 3, hook to medial side 3X.	69. Head Area - Nose Reflex - upper 1/2 of Zone 1, work & hook 3X.
			

70. Head Area - Pineal Reflex - ¾ up Zone 5, hook to medial side 3X.	71. Clean-Out	72. Foot Clean-Out	73. Toe Rotation Technique - rotate each toe in each direction 3X.
	Clean-out the big toe.		
The Left Foot Is Now Completed	Session Closing:	1. Oil Application (Optional)	2. Solar Plexus Push (Optional) - push in & up on both Relative to <i>Solar Plexus Reflexes</i>. Client breathes in & out for 3X. Release pressure.
		Apply olive oil evenly on both feet and wipe off excess oil.	Figure 16-117 
3. Feather Touch Technique - brush both feet with both hands lightly.	End of Session:	The body is now functioning in a parasympathetic response, returning to a state of homeostasis.	
			