

Certified Reflexology

The Expanding World Of Reflexology

by Bill Flocco

- A Real Estate agent from Compton, California reports not having to have a planned bladder surgery.
- A Beverly Hills Financial Consultant reports dramatic improvements in his six year liver condition.
- A San Fernando Valley Ballerina formerly of the American Ballet Theater, reports dramatic reduction of excruciating back pain.
- An eighty-five year old Ventura housewife with a long history of frequent headaches reports almost complete elimination of headaches.
- A twenty-six year old Northridge Sign Language Interpreter raves at almost total elimination of her PreMenstrual Syndrome. (PMS)

To what do all of these grateful people attribute their impressive health improvement? To a unique system of Reflexology developed in Southern California by the author. This is the first approach to natural health that works extensively with the ears and hands as well as the feet. It's called the "Flocco Method."

WHAT IS REFLEXOLOGY?

In 1917 an American Medical Doctor named William Fitzgerald discovered a fascinating fact. You have a complete map of your body in your feet and your hands. In other words, every part of your feet and hands correspond to some part of your body. By properly working on these areas in your hands and feet with your fingers and thumbs, you can help the body heal itself of a wide range of health imbalances.

THE EARS?

In 1957 a highly respected French Neurophysiologist named Doctor Paul Nogier

discovered a complete map of the body on the outer ear. He found a surprising graphic correlation between where reflexes for the body are found on the outer ear and the shape of a baby upside-down in a fetal position. This is scientifically the most documented of the Reflexology systems.

From the time of Dr. Nogier's discovery in 1957 until 1983, working with the Reflex system in the outer ear was left almost exclusively to acupuncturists working with acupuncture needles and electrical stimulation.

Since 1983 the author has been working extensively with ear, as well as hand and foot reflexology.

A NEW SYSTEM EMERGES

In this unique approach some fascinating discoveries have been emerging. Each system-the ears, hands, feet-has strengths and benefits over the other systems.

It's been discovered for example that the ears are most effective for fast relief of sciatica-lower back discomforts as well as overall quick relaxation. The hands are very useful for headache relief and upset stomach/hyperacidity. The feet prove to be especially helpful for PMS and menstrual cramps

Another discovery is that working all three systems (the ears-handsfeet) appears to be more effective than working on just one of these systems.

The resulting system is called "The Flocco Method," probably the most complete system of Reflexology known today.

WHERE ARE MY REFLEXES LOCATED?

In exploring where reflexes are located in your ears, hands and feet remember that our bodies are marvelously complex, three dimensional and vary from person to person. It would take many charts and extensive analysis of theories to have a full grasp of Reflex locations. However let us take a brief overview of Reflex locations. In your OUTER EAR the ear lobe has reflexes for your head, the area near the ear canal has reflexes for the chest with the groove just above it having reflexes for the abdomen.

In your HANDS, fingers and thumbs have reflexes for the head and neck, the large knuckle area, as the fingers come into the hand, has reflexes for the chest, with the palm having reflexes for the abdomen.

In your FEET, toes have reflexes for your head and neck, ball and pad have reflexes for your chest with the area below your ball and pad, down to your heel

having reflexes for your abdomen.

HOW DOES REFLEXOLOGY WORK?

What is the connection between your bladder, liver, back, head and so forth to your ears, hands and feet?

The specific pathways for messages traveling through the body could be the nerves (Western theory), meridians (Eastern theory), zones (Dr. Fitzgerald's theory only for hands and feet). Each of these communication systems within the body could explain how Reflexology works. In other words Reflexology might be effective for all these and many other reasons.

However, let's take a look at the Western Theory, which conventional wisdom suggests is the main way in which Reflexology works.

The Western theory holds that when there is a health imbalance anywhere in the body, congestion accumulates in the corresponding reflexes of the ears, hands and feet. Since there is an extra lush supply of nerve endings in the extremities the congestion accumulates around these nerve endings. By using our fingers and thumbs we place specific pressure on the congested area to break down the congestion. By breaking down the congestion which blocks bioelectric flow, the nerve energy can once again flow freely. In ways that science has yet not been able to explain to us, the body in its wisdom often heals itself. Consequently the benefits reported at the beginning of this article.

WHAT ABOUT THOSE TENDER AREAS?

Sometimes when Reflexing the Ears, Hands and Feet tenderness may be noticed. Tenderness suggests that something is out of balance. With the gentle pressure levels at which Reflexologists work, tenderness will show up only if there is something wrong in the area being worked on, or if there is something out of balance in the corresponding part of the body. For example, if someone's neck is in pain, tenderness will probably be discovered in the neck reflexes in the Ears, Hands and Feet when worked on with proper Reflexology techniques. Reflexologists will usually ease off a little and spend extra time reflexing the area to break down the congestion that accumulates around the nerve endings.

By gradually breaking down the congestion the bioelectric energy flows more fully, thus permitting the corresponding part of the body to return to a state of health and balance.

HOW MUCH PRESSURE?

Most Reflexology should feel very enjoyable. When tenderness does appear a level of pressure that hurts good is quite acceptable. Think of when someone massaged your shoulders and it hurt, but it hurt so good that you didn't want them to stop. That level of pressure is very acceptable and desirable in Reflexology. However, if anyone ever reflexes you, and it hurts too much, ask them to work lighter. Remember, most of the time Reflexology should feel wonderful

WHAT ARE THE BENEFITS?

Based on reports from clients and students the benefits of Ear, Hand and Foot Reflexology fall into several categories. Profound relaxation, pain reduction and elimination, organ and gland function improvement, improved circulation, reduced effects of stress, improved sense of well being detoxification, preventative balancing, maintaining good health, optimizing health. And, of course it is a way to have safe, caring and nurturing touch.

CAN I DO REFLEXOLOGY?

Yes. One of the wonderful benefits of ear, hand and foot reflexology is that you can use it on yourself, as well as on others. With foot reflexology we frequently have shoes on and are in situations where it's awkward to take shoes off. However, we can work on our ears and hands anytime any place. Another benefit is that you can use hand and ear reflexology in many situations where you have your shoes on because ears and hands are much easier to reach on yourself.

You can use hand and ear reflexology while standing in lines, waiting for appointments, traveling in boats, cars airplanes, watching TV, at concerts, during meetings and other settings in which you find yourself.

WHO USES REFLEXOLOGY?

Besides using reflexology on yourself, many people study Reflexology to use on their children, spouses, parents, other loved ones, neighbors, friends, people at work and others. It can be a wonderful way to express healing love to those close to us.

WHO ARE THE PROFESSIONALS?

For the more serious student of Reflexology a number of exciting options are available upon completion of full Professional Certification Training. Many graduates start private practices. Others work with chiropractors, doctors, acupuncturists, sports and fitness centers, at resorts and in beauty settings. Yet others include reflexology in their

professional massage therapy practice.

NOT A SUBSTITUTE

Although a wide range of benefits have been reported by people having experienced Ear, Hand and Foot Reflexology, we recommend you do not use it as a substitute for appropriate medical care. Persons suffering from chronic, serious or disabling illnesses should consult their physicians before embarking on any regimen of self treatment.

CAN WE READ THE BODY?

Although Reflexology can give us insights into the body, a Reflexologist doesn't diagnose, prognosticate or prescribe. Yet, it must be remembered, the reason so many people have Reflexology done, is that as a result they feel better, healthier, happier, more vital and energetic. Millions of people around the world, like the people at the beginning of this article, have been experiencing the benefits of Reflexology ever since Dr. Fitzgerald published his book in the early nineteen hundreds.

You, your family and friends can experience many of the same benefits and you can help others as well experience many of these benefits.

The next time you are holding your own hands or the hands of a loved one in a totally natural way you can achieve profoundly healthful benefits through your healing, loving touch, through Reflexology.

WE ARE STARTING a column by Bill Flocco, on Reflexology treatments which you can do for yourself and on others.

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