

REFLEXATION THERAPY

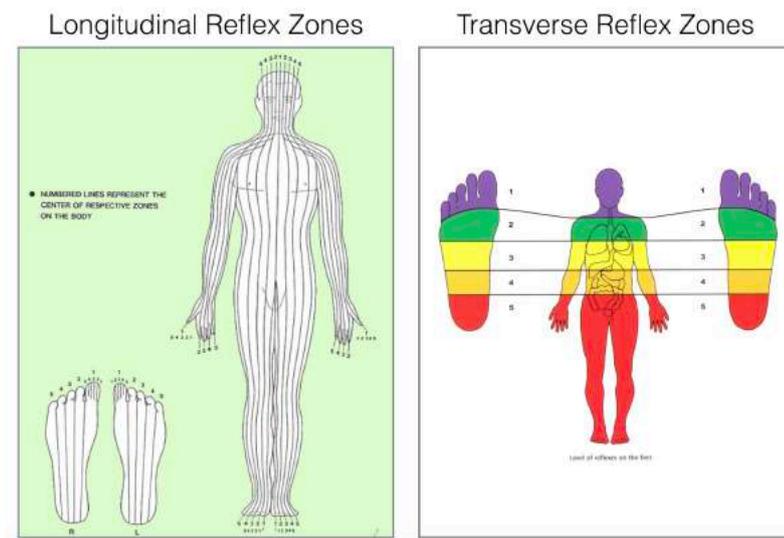
Reflexology - Soft Tissue Therapy - Massage

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Zone Therapy and Modern Reflexology

Some form of reflexology has been used as an ancient healing art for more than 4000 years, seen in records and images from ancient Chinese and Ancient Egyptian sources. Reflexology originated as an **holistic** energy treatment, where health and illness are thought to come from balance or imbalance in the flow of living energy (*chi* in Chinese medicine; *dosa* in Ayurveda; *vibrations* in Ancient Egypt).

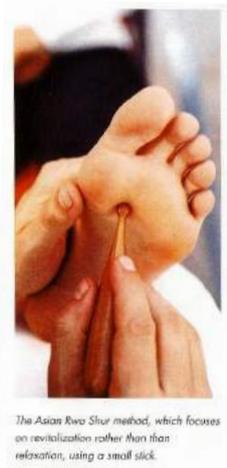


Modern reflexology is based mainly on the principle of **zone therapy**, where reflexes to specific parts of the body are mapped precisely within regions that divide the hands, feet and body into ten longitudinal zones (head to toe) and five transverse zones (side to side). According to modern zone therapy a point that corresponds to a specific body part, small organ or gland (e.g. the adrenals) is termed a **reflex**

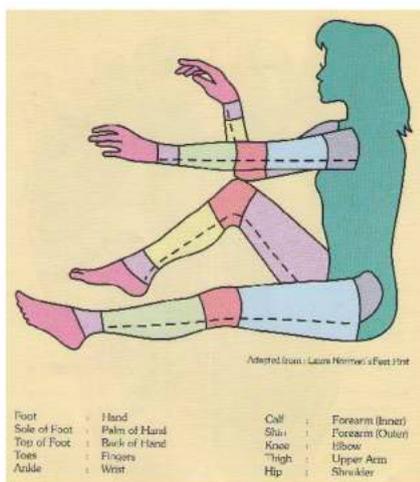
point, whereas if the reflex is a large organ or area (e.g. the lungs) it is termed a **reflex area**.

Longitudinal zones were defined first by Dr W. **Fitzgerald** in the early 1900's in his research into pain therapy and anaesthesia. Fitzgerald's ten zones (five either side the body axis) are similar to the **meridians** used in Chinese medicine from around 2500BC and in acupuncture and chiropractic medicine today. In the mid-1900's Dr J.S. **Riley** developed Fitzgerald's zone therapy by adding eight **horizontal zones** to the longitudinal zones and mapping many specific areas of the feet and hands in correspondence with specific parts of the body.

Eunice **Ingham** and co-workers took zone therapy further, making detailed maps and charts of the feet and hands with body parts assigned to the longitudinal and transverse zones. Eunice developed the **Ingham Method** of applying compression with the thumb or fingers as they walk across the foot (or hand), stimulating the body's own healing responses. Independently, on the other side of the world in Asia, a priest Father Joseph **Eugster** developed what has become known as the **Rwo Shur Health Method**, or **Taiwanese-style Reflexology**. **In Eugster's method**, painful levels of pressure are skilfully applied and astonishingly effective results are often achieved. Eugster realised that every reflexologist must first take care of themselves, humbly declaring that *"We can only do as much work for others as the amount of good health we are in."*



The Asian Rwo Shur method, which focuses on revitalization rather than relaxation, using a small stick.



Cross-reflexes are areas or points on the body that mirror or 'reflect' other parts of the body that lie within the same longitudinal zone. For example, arms are reflected by legs, shoulders are reflected by hips, jaws are reflected by the pelvis, elbows are reflected by knees, wrists are reflected by ankles, hands are reflected by feet and fingers are reflected by toes. The idea of cross-reflexes flows from Fitzgerald's longitudinal zones concept, in which balancing energy is thought to flow up and down within the zones, affecting all the organs of that zone in an interconnected manner. In zone therapy, an ailment in a specific organ (e.g. conjunctivitis in the

right eye: zone 2) may be treated by addressing imbalances in organs of the entire zone (e.g. right eye, kidney, adrenal: zone 2).

New developments in reflexology research and practice continue to emerge. Nico Pauly and Griet Rondel of the Netherlands recently devised **Nerve Reflexology**, combining reflexology and manual physiotherapy to effectively treat chronic pain. Research into the neurobiology of treating body organs through pressure therapy is ongoing, especially in China and North America. Eunice Ingham's nephew Dwight Byers took as President of the Institute of Reflexology she retired and the Institute continues to research and develop Ingham's techniques. In 1955 Harry Bond Bressler published his first pressure therapy book *Zonotherapy* and only 5 years ago he co-authored with T.M. Schippell another review entitled *Zone therapy: pressure reflex and hook work*. More is no doubt to come.



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