

## Reflexology foot charts

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To give a foot massage, which is based on this map, you must know the pressure points. The basic principle is simple, applying pressure to the points that the map shows accordingly, stimulating the central nervous system. Foot reflexology is used by the best masseurs who know the map used for this Foot therapy. Therefore, it has produced a practical guide to allow any beginner to massage these features. (Foot Reflexology Chart: FEET MAP) Foot Reflexology Map This is the best known foot reflexology graph of Foot Reflexology Foot Reflexology Map Map to perform a massage based on this technique, follow these guidelines: The massage should be performed in the reflected areas of the foot, for those who want to treat the bodies. In reflexology, it is understood that the foot and its ends are connected to each organ of the body. You must apply intermittent pressure to the points that the foot reflexology map shows as correct. To relax the foot during pressure application, massage or should move in circles from the ankle joint, to cause optimal relaxation. In short, it is detected in time using the map, the area to be treated and try to apply pressure, mild to moderate during the duration of the massage. Reflexology, acupressure, acupuncture and massage have a common origin and modality. All of them use the concept of stimulating pressure points in various places in the body to relieve stress and/or to stimulate the body's natural healing processes. These points may be the real places of discomfort, they may be associated with meridians (energy lines) through the body, or perhaps projections of the other anatomical parts of the body in the ear, hand or foot. This concept of using pressure on various parts of the body goes back to those who practiced acupressure in China more than 2000 years ago. Western medicine followed much later. One, often mentioned, is Dr. Paul Nogier of Lyon, France, who, in the 1950s, cartographed the pressure points of the ears. As time went on, others relied on these early works and a wide variety of maps are currently available. In many ways, the assignments are similar, but there are some differences. Reflex Reflexological Graphic Foot Map Reflexology maps are based on the concept that the ear, foot or hand are connected to all other parts of the body through the nervous system or energy system and thus become a reflection or snapshot of the whole body. Interestingly, Dr. Nogier explained the concept that the ear can be mapped compared to a curly baby in the fetal position. Others suggest that you have to do exceptions with this comparison, but we've included both images for your own study. Techniques for stimulating these pressure points vary widely. Acupuncture, of course, uses an inserted and manipulated needle to stimulate pressure Some use magnets. Acupressure, massage and reflexology use manual pressure at various points to promote stimulation. The graphics available through the tabs at the top of this page (feet, hands and ears) were developed by comparing a number of fonts and looking for the common spot between them. They can generally be considered as a fusion of Chinese mappings with additions to the most recent French studies. The graphics were developed to make it easier for the reader to quickly find the pressure points of interest. By clicking on the charts themselves, you will have access to a high-resolution chart that can be printed for practical personal use or to move on to others. The following graphic shows many of the reflexology points on the feet. A reflexological foot chart is a device generally used in complementary medications with reflexology increasingly famous for decreasing agony and stress. Reflexology is not just an elegant word for a foot massage, it's considerably more mind-blowing than just whipping your feet! Reflexology depends on the rule that the hands and feet are composed of areas that reflect the various organs, body parts and frames, known as reflex territories. By animating these reflex territories, usually using explicit back-down procedures, it can decrease pressure and agony in related parts of the body and promote overall prosperity by improving blood flow and vitality. Reflexology can be used to treat a variety of side effects including brain aches, sinus problems and stomach problems. Here we will take a look at what reflexology is, the way it started, how it works, what resembles a reflexological contour of the foot, the advantages of reflexology, the logical research behind it, the advantages and dangers and why reflexology should be used nearby by ordinary medication rather than as another option. What is reflexology? The American Reflexology Certification Board characterizes reflexology as a non-intrusive and corresponding work in including thumb and finger strategies to apply rotating tension to reflections that appear on the body's reflection maps located on the feet, hands, and outer ears. Basically, reflexology is tied with the application of tension to explicit regions of the feet, hands and ears guided by a reflexological foot diagram or hand map. With reflexology, a constant weight is applied, usually switching from side to side between the tension of the fingers and thumb to the hands and feet. It's anything but an example of basically scrutinating or rubbing your foot, it's tied with the pressure on the right path to the right regions. It could be a deep weight through the curve of the foot, walking by the thumb through the various areas from a graph of reflexological feet, delicate crease through the part of the foot, or one of the different strategies strategies Use. Some reflexologists may also use different things, such as elastic pools, balls, and sticks to help them in their work. The Origins of Reflexology The roots of reflexology can be followed around 5000 years to Egypt and China. Hieroglyphics found in a pyramid in Egypt dating back to 2330. C. show reflexology as a feature of Egyptian culture around then. Before the end of the fourteenth century an interpretation is known as reflex zone treatment was being used throughout Europe. In zone treatment, the body is ingsted in ten longitudinal zones (five on each side of the body). Each area runs through the body, is from one of the arms, and proceeds directly down through the body and to the specific leg, to the individual foot to agree with a specific toe. Three cross-sectional lines were later presented, ingesting the body evenly equally vertically. Current reflexology created in the mid-20th century usually due to the elaboration of Dr. William Fitzgerald and physiotherapist Eunice Ingham, who are seen as the father and mother of reflexology. His works incredibly broaden the understanding of how reflexology works. They are based on the hypothesis of zone treatment by mapping the whole body into reflections on the feet that cause the main contour of the reflexological foot. How does reflexology work? Professed reflexology take an opportunity in the Qi hypothesis (Articulated Chee) – a field of undetectable vitality or vital power that runs through the various direct areas or in the body. The hypothesis is that if your Qi is disturbed or hindered through pressure, injury, ailment, harmfulness, or blockage, then the body becomes unequal, unfit to repair itself, and agony can create. Reflexology is intended to evacuate any blockage and allow Qi to be transmitted openly throughout the body until a parity condition, known as homeostasis, is met. By revitalizing multiple areas of a reflexological foot diagram, reflexologists improve the progression of vitality to the connected body part and restore the equalization and flow of Qi. This allows an undercover government to untangle that empowers the body to repair itself. Reflexology also provides endorphins, synthetic compounds that help decrease agony and stress. What is a reflexology foot chart? Imagine a guide to your entire body that anticipates the foot, that's basically what an contour or reflexological foot guide is. Each piece of the body is spoken in a specific piece of one of the two feet. It's not as simple as drawing a body on your foot, rather the size, position and scale modify, for example, the paranasal breasts are connected to the tips of each of the toes and the knee is connected to the outer stripe part of the lower foot. One contour of the reflexological foot may seem unique to another, however, each organs and body parts will be discussed in comparative positions. Some reflexological foot maps are more point by point than others, representing a large number of distinctions. Reflexologist reflexology advantages ensures that by controlling the feet, guided by a reflexological foot graphic, they can: Energy Parity: The progression of Qi all over the body Improve Circulation: blood, supplements and nerve signals Improve Health: support the invulnerable Framework Advance Healing The Purify: from different poisons Download Endorphins: a compound that helps reduce agony and stress Advanced Relaxationology is expanding , non-intrusive and characteristic treatment, without the need for medicines or synthetic substances. It's also easy to gain competition with methods and self-apply anywhere, as long as, all you need is a direct guide and a reflexological foot scheme. Logical evidence for reflexology Some reflexologists ensure that by treating people who use the spotlights of a reflexological contour of the foot as a guide, they can treat a variety of ailments, such as diabetes, asthma and malignant growth, however, there is no vigorous logical information to demonstrate these cases. Be that as it may, some research (subsidized by the National Institutes of Health and the National Cancer Institute) has shown that reflexology can lessen torment and the the extent of the drug agony expected, help improve mental conditions, for example, sadness and tension, and improve relaxation and rest. Reflexology has also been found to diminish the power of labor torments and is an extra useful with malignant growth patients during palliative consideration. Is reflexology safe? Encouraging the various areas from a reflexological foot diagram is commonly seen as protected, however, reflexology should not be used in the accompanying examples: During pregnancy: since the danger of skin conditions in the unnatural birth cycle has not been shown to expand: any infectious ailment or disease in the feet or hands , for example, Dermatitis, chicken psoriasis or confined inflammation : expansion of the feet or hands Confined injury: cracks, unhealed lesions or gout disease: If you are unwell due to contamination, you have a temperature, looseness of the intestines or agitated TVP: Deep vein thrombosis – a kind of blood binder Huge varicose veins Non-friendly reaction: in the possibility of you have an unfriendly reaction: in the possibility of you have an unfriendly reaction , either during or after a meeting should finish reflexology treatment should be constantly seen as a reciprocal treatment, which means that it is method that can be used nearby by common medications. It should not be used as an elective treatment when elective medication, for example, treatment based or hypnotherapy is used instead of traditional medication. Reflexology should not be used as a separate treatment, nor should it postpone the use of regular medicines. It should always be used as an assistant for treatment, near medications shown deductively. Reflexology Symptoms Get some answers about the advantages and reactions of foot reflexology kneading Everyone reacts contrastingly with reflexological treatment as individuals normally report: Ingsancio: and Laziness Brain Pains: These should be fleeting Mental changes: feeling progressively enthusiastic Expanded Urination: making sure you stay very hydrated It is imperative to relax after your treatment meeting and to pick up the biggest advantage it is prudent to come home and rest for an hour or More. Be sure to drink plenty of water to eliminate the development of poisons that are discharged during treatment. Foot Chart Reflexology Variety As we've talked about, a reflexological foot diagram can contrast a little bit of another - there are several reflexological foot map adaptations out there. All of them will have organs and body parts at comparative points, however, some might be nity-gritty than others, including a more prominent number of areas. Areas.

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