

What is Reflexology?

Foot, Hand and Ear Reflexology is based on the premise that there are zones and reflex areas in the feet, hands, and ears which correspond to all body parts.

By applying specific pressure using thumb, finger and hand techniques, reflexology reduces tension, improves circulation and promotes the natural functioning of the related areas of the body.

Nervous people pace back and forth; wring their hands; rub their hands together and some even handle worry beads and or rocks. Unknowingly they are relieving tensions by working the reflexes.



What Reflexology is not

Reflexology is not massage as understood in the systematic and scientific manipulation of the soft tissues of the body and is not referred to as such. It stands alone and separate from other therapies or any other form of practice or treatment. It may however, enhance and/or complement other practices.

What Happens in a Session?

With the client relaxing in a comfortable position, the reflexologist may work on either the hands, ears or feet. Sessions usually last from 45 - 60 minutes.

Beginning with the right side, all reflex points on both sides are stimulated as the body is considered to be a whole unit.

Reflexology is safe for everyone, although pressure and length of session may vary for babies, the aged or extremely ill.

Steps to Learning Reflexology

Comprehensive training in the theory and practice of reflexology is available from independent teachers who have been certified and approved by the Reflexology Association of Canada.

Steps to Foot Reflexology Certification

This course consists of 35 hours of classroom instruction, 15 hours of home study and 60 hours of independent practical application.

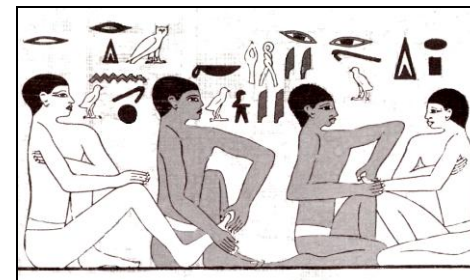
Examination:

- Written (2 hours)
- Practical (one hour) and submission of case histories of at least 60 sessions.

Arrangements for examinations should be made with each individual teacher.

RCRT & Continuing Education

Certified Reflexologist can now sign up to be a Registered Canadian Reflexology Therapist. With this program you have to carry insurance and then gain 30 credits over a 3 year period.



History of Reflexology

Egyptian Wall Painting
Early 6th Dynasty, about 2,330 B.C.: Wall painting in tomb of Ankhmahor (highest official after the king) at Saqqara is known as the physician's tomb. Translation reads 'Don't hurt me'. The practitioner's reply: 'I shall act so you praise me.'

When mankind went barefoot, walking on sand or uneven ground was a partial reflexology session. India, China and Egypt practiced reflexology thousands of years ago.

When we put on shoes we lost direct contact with the earth and were no longer grounded to it. We lost the natural exchange between the body's electrical current and those of the earth.

In 1913, reflexology was brought to the Western world. Dr. Wm. Fitzgerald, an MD in Connecticut, was using "Zone Therapy" to deaden pain in some parts of the body.

Edwin Bowers, MD, of New York, and George Starr White, MD, used reflexology but the medical world did not accept it then.