



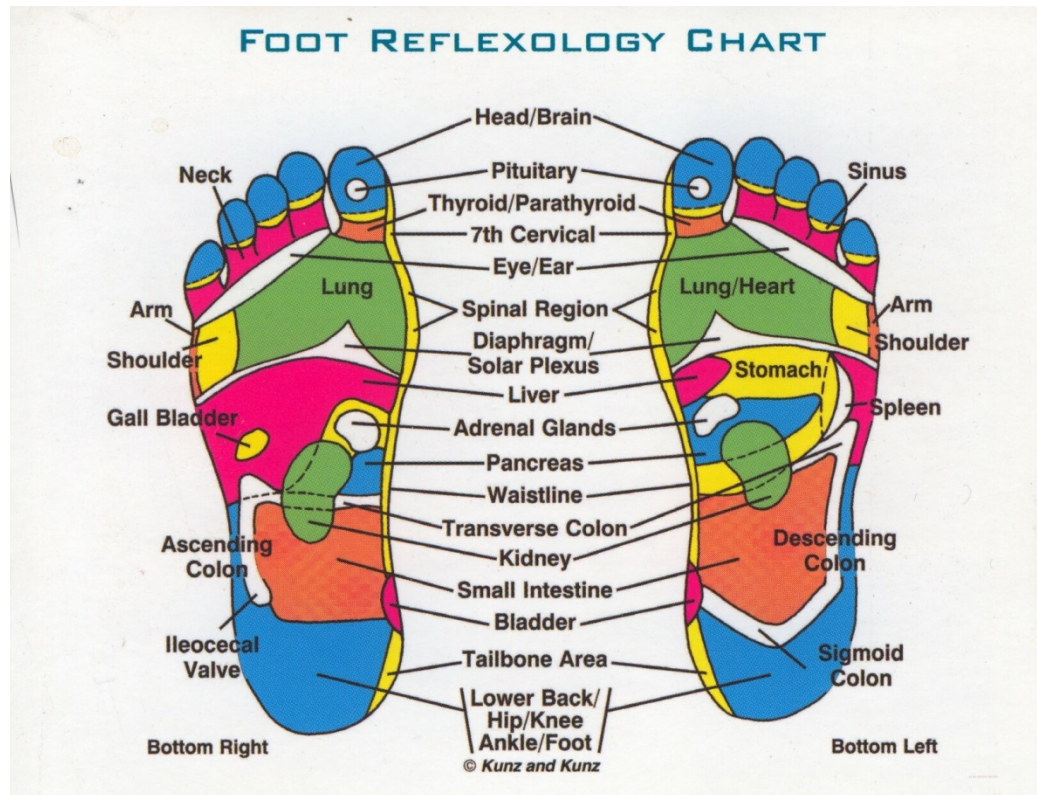
# *What's With the Feet?*

A “soleful”  
exploration

*Tina Weisman, Reflexology Practitioner,  
Peaceful Soles of Highbanks*



# Basic Reflexology Chart



# ***What is Reflexology?***

**“Reflexology is a science that deals with the principle that there are reflex areas of the feet and hands that correspond to all of the glands, organs, and parts of the body.”—  
Dwight C. Byers**

# *What Reflexology is Not*

- **Massage**
- **A “new age” practice**
- **Harmful (if contraindications are followed)**
- **A medical procedure/diagnosis**

# *Reflexology Has Been Around For Thousands of Years*

- There are reportedly hieroglyphics in Egyptian pyramids that depict people looking for relief from ailments through the feet
- There are areas throughout India and Asia that have used pressure on the feet to treat ailments
- In the 1500s procedures that reflect modern-day reflexology were recorded throughout Europe.

***Dr. William H. Fitzgerald, Founder of  
Zone Therapy in Reflexology***

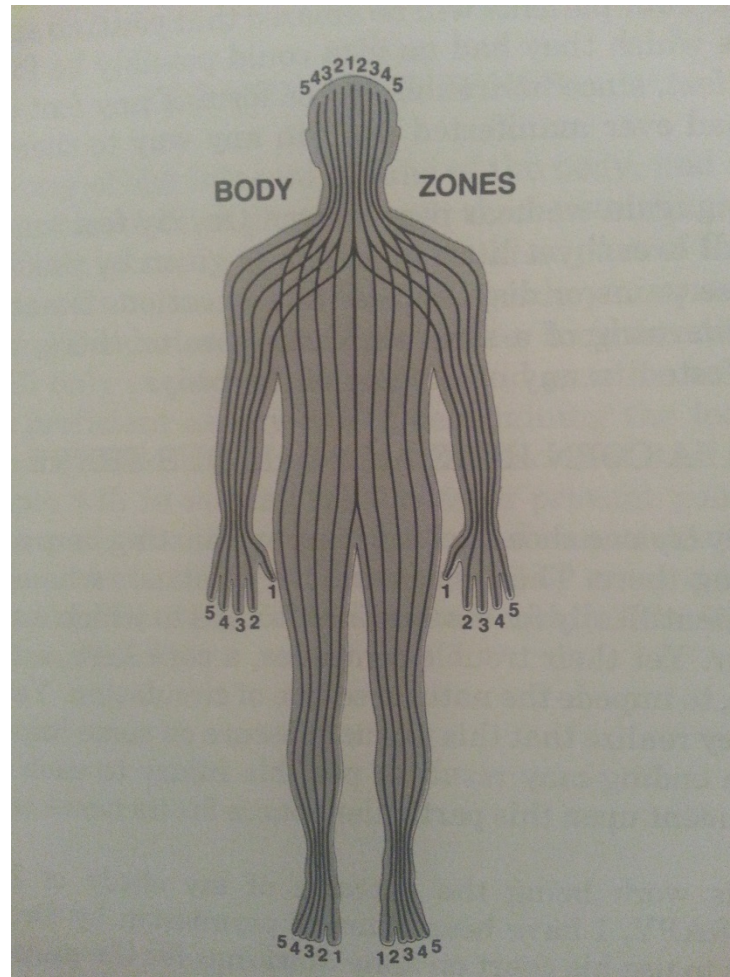


# *Eunice D. Ingham, “Mother” of Reflexology in the United States*

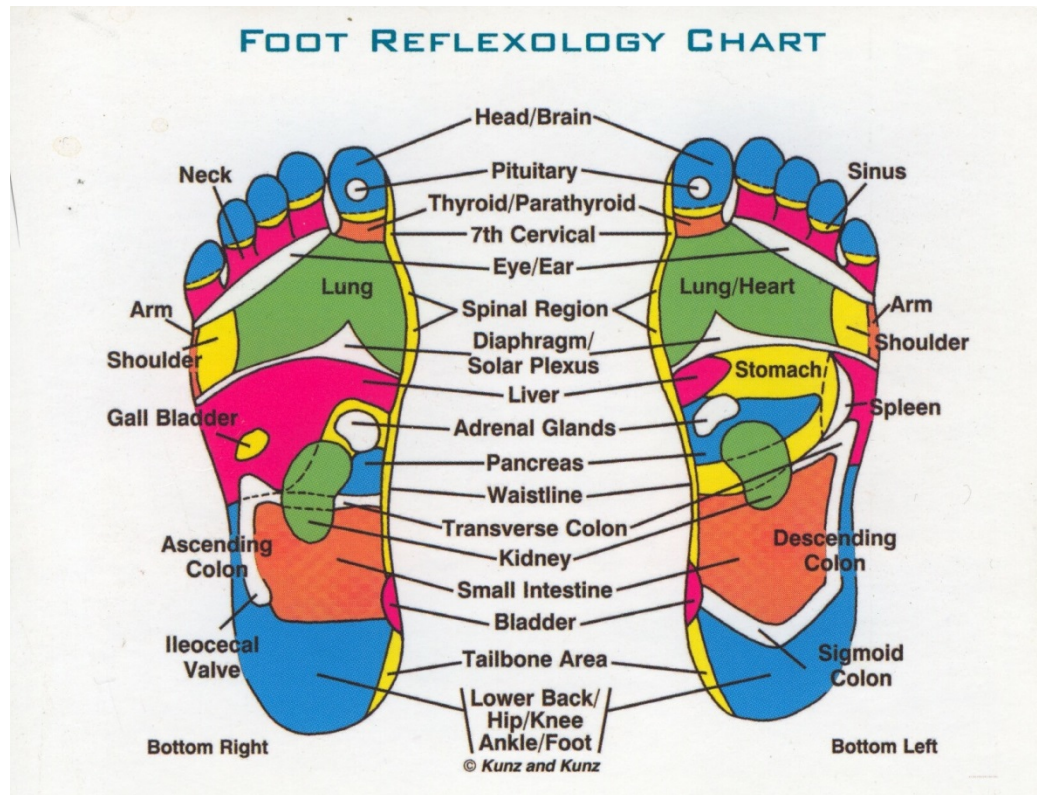




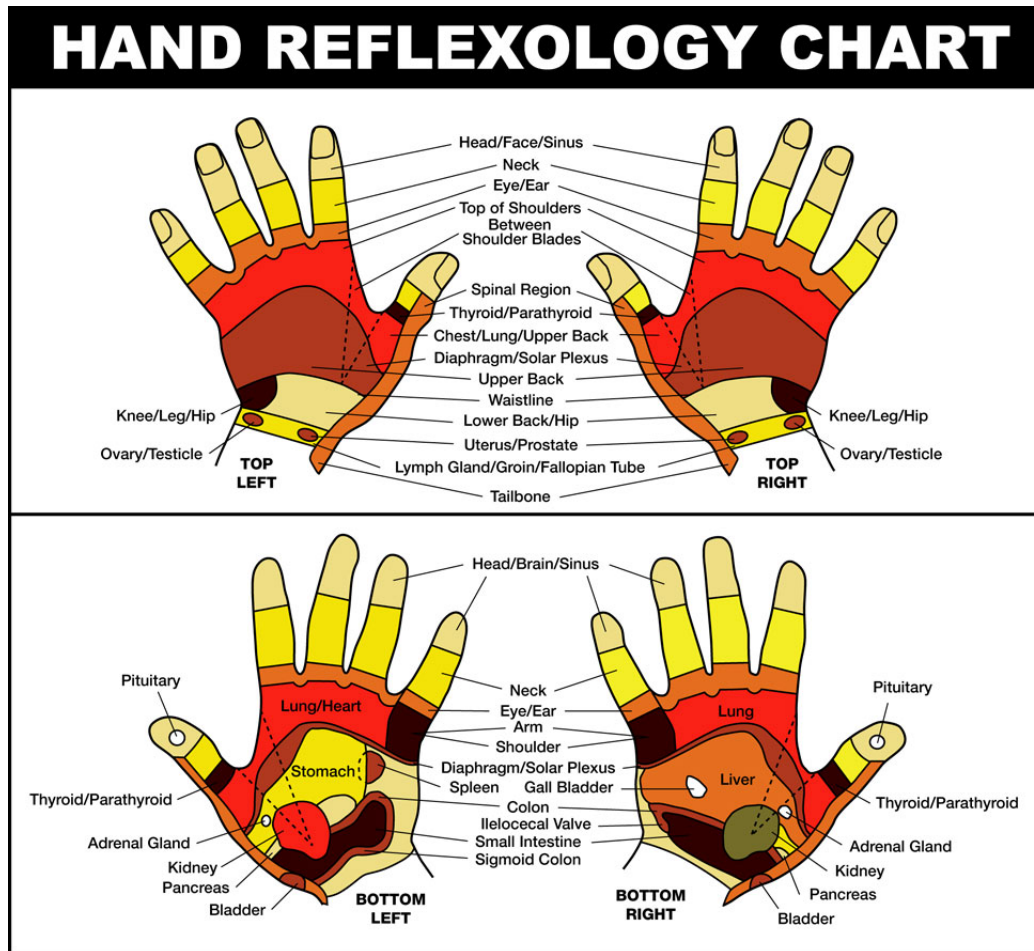
# *What is Zone Therapy?*



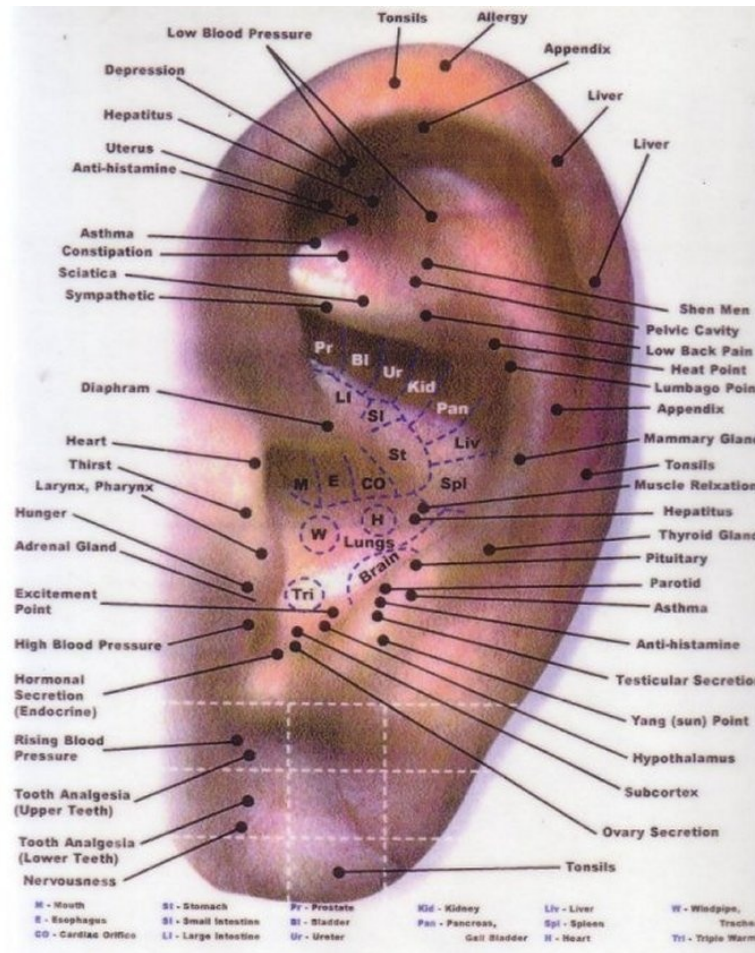
# Basic Reflexology Chart for Feet



# Basic Reflexology Chart for Hands



# Reflexology of the Ear



# *Should I Try Reflexology?*

If you are ever:

Achy

Tired

Stressed

Or Enjoy Massage ...

You probably should give it a try! 😊

(***Always*** pay attention to possible  
contraindications)

# *How Do I Find a Reflexologist?*

- Ask locally—word of mouth is sometimes the most reliable way to find good service!
- Ask a local nurse or physician
- Ask at your local spa
- Ask a staff member at your local palliative unit

# *What Questions Should I Ask as a Potential Reflexology Client?*

- Is the Reflexologist certified?
- What does the session entail?
- How long is the session?
- “I don’t like pain” —adjustments needed for various pain thresholds.
- Does the Reflexologist diagnose conditions or prescribe supplements/medications? If she/he says yes...LEAVE.

# ***What Questions Should the Reflexologist Ask?***

- Does the potential client have any contraindicators that would interfere with a session? ( i.e. a recent sprain, fracture, illness, infection)
- Does the potential client have Deep Vein Thrombosis?
- Is the potential client in her first trimester of pregnancy?
- What medications does the potential client use?



# *How Will Reflexology Help Someone I Give Care To?*

- If the person you're caring for is a terminal patient, a gentle session of reflexology will help him/her relax
- If the person you're caring for experiences anxiety, reflexology can be very relaxing
- If the person you're caring for has various muscular aches and pains, reflexology can possibly give some relief, particularly to the spine, shoulders, and back

# *How Will Reflexology Help Me, the Caregiver?*

Stress is your biggest enemy—it's non-stop, and it affects your health. You owe it to yourself to practice self-care regularly.

Reflexology, along with massage, eating regular meals, getting adequate sleep, and talking with people who are supportive will help you to

*r-e-l-a-x*

## *Time for Closing Questions and a Closing Thought...*

“For the body does not consist of one member but of many. If the foot should say, “Because I am not a hand, I do not belong to the body,’ that would not make it any less a part of the body...As it is, there are many parts, yet one body...If one member suffers, all suffer together. If one member is honored, all rejoice together” (I Corinthians 12: 14, 15, 26)



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