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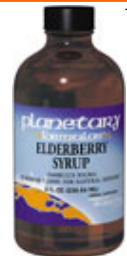
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### The Importance of Touch

Through the simple process of touch, [Reflexology](#) is so effective in the healing process. In the hi-tech world that we live in, touch has taken second place to machines.

Physiotherapists are now using machines instead of their hands. Doctors use machines to scan bodies and no longer rely on their hands for diagnosis. People have forgotten how to hug one another. They now shake hands. They walk past one another in the streets and do not even greet each other.

Electric Blankets are used to keep warm in bed - human arms have become redundant. Healing takes place through an exchange of human energies and not through an exchange of electricity.



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There is sufficient evidence that over-exposure to electricity increases the risk of Cancer. Even living near high voltage pylons is reputed to deplete the [Immune System](#).

Research was done in an orphanage in London where the mortality rate of babies was very high. People were paid to come into the orphanage and to play with an experimental group of babies. The mortality rate remained the same for the babies in the control group but the experimental group babies who were played with every day showed a higher survival rate.

When you are feeling down in the dumps and someone hugs you, you immediately feel better. This occurs because of the exchange of human energies and since positive energy can be used to destroy negative energy, you change the energy field of the person and they will immediately feel better.

All of us have the gift of healing in our hands. You instinctively use your hands to heal. When you bang your knee, you automatically put your hand on it. When a child bangs his head against something, you put your hand on his head. You are transmitting healing energy without even knowing it.

## What Is Reflexology?

For the [Reflexologist](#), the feet are a microcosm of the human body and every organ and body part is represented in the feet. Where there are two organs in the body they will be represented on both feet, e.g. lungs and kidney and where there is only one organ, this will be represented on one foot, e.g. the liver will be on the right foot while the heart will be on the left. Where the organ or body part is reflected in the feet, this is called the "organ" reflex, e.g. the heart reflex.

The right foot represents the right side of the body as well as the past while the left foot represents the left side of the body as well as the present and future.

Each foot has over 7,000 nerve endings, 26 bones, 107 ligaments and 19 muscles. This type of drugless therapy creates a physiological change in the body by naturally improving your [Circulation](#), which reduces our body [Tension](#) and enhances relaxation. It aids in the elimination of the body waste and restoring the body functions to better health.

### THE PRINCIPLES OF [Reflexology](#)

By stimulating reflexes on the feet with a type of pressure massage, the organs of the body are stimulated, thus allowing them to start unblocking and healing themselves. In addition to this, the stimulation of these reflexes allows the body to begin detoxing and eliminating poisons which have built up through bad diet, thinking and habit.

Centuries ago, man mapped out a healing energy that circulates through the body on specific pathways. This energy we call "life force" or "vital energy". This force can be "tapped" at more than 800 points in your body.

Ancient medical philosophy teaches that to obtain and maintain health, which is the balance and maintenance of harmony within the body, there must be a free and unimpeded [Circulation](#) of energy flowing through the body's organs.

Traditional medicine, not only of the Chinese, but from the use of Acupuncture in other countries as well, we learn that traditional medicine is based on the belief that the body's blood [Circulation](#) follows the flow of energy. If this energy Circulation, which follows circulates freely in an endless cycle from the main organs through the channels beneath the skin, is blocked at some point, then the Circulation is impaired.

This blockage results in a deficient oxygenation of the tissues around the affected area and throws the body off balance. This imbalance produces malfunctioning not only of the tissues surrounding it, but, if not corrected, spreads to related organs nearby.

Tapping this healing current can bring prompt and natural relief from practically all of your aches and pains, chronic or acute, by the simple process of working the 'reflex buttons' located in your hands, feet and/or body.

Stimulating, pressing or 'working' a reflex point (or button) connected to a particular body organ, system or part sends a surge of healing energy for prompt relief of a condition. Working a reflex also loosens and flushes out [Crystals](#) and blockages within the body's energy channels allowing the life force or vital energy to resume its free and natural flow through the channels. This encourages the body to swing back into its normal balance, so harmony and health are again established.



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Getting sick (or at least pretending to) was sort of fun back in the old da



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Overall health can often occur naturally if the body receives the proper nu



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This method of restoring the body to normal functioning involves no expense, no special equipment (although reflex tools can be utilized and do help save wear and tear on your finger and thumb joints!), no drugs or medication. The results are amazingly fast, bringing relief often in a matter of seconds.

[Reflexology](#), which helps a wide range of situations, not only cures specific ailments but can be used to keep you in good health and help build resistance to attacks of disease. In addition, this method often detects health problems before they become serious by you recognizing a sore or tender reflex.

[Reflexology](#) is a simple technique that can be applied at any time and practically anywhere. It is Nature's 'push button' secret for dynamic living, abundant physical energy, vibrant health, better living without pain, retaining youthful vigor and enjoying life to the fullest.

## STRESS AND Reflexology

The benefits of [Reflexology](#) and Stress can be explained physiologically. [Tension](#) can be equated with stress. There are as many definitions of stress as there are authors of books on stress. Today everyone suffers from stress but no one knows what stress is. It could be stated that stress is the difference between a persons perceived ability to deal with the stressor and the reality of the environmental demand.

This definition allows for varying degrees of stress to be felt by different people in the same situation. Irrespective of what the stressor is, the stress reaction is always the same.

Seyle, 1956, termed the reaction to stress as the fight or flight syndrome. What this means is that when we are faced with a stressful situation, we either fight it or run away. The body releases hormones into the system that allow us to physiologically cope with this. For example, you have all heard of mothers who have had the strength to lift up a car to rescue their children. This ability comes from the rush of stress hormones, e.g. adrenaline into the bloodstream.

We also perspire profusely, (to slip out of a grasp), blood pressure increases as the blood leaves the extremities (so you do not bleed badly when cut), [Proteins](#) and fats convert to glucose (to give you energy) etc. Once the stress situation is over the stress hormones come back to normal levels.

Today however, it would be socially unacceptable to hit your boss if he was stressing you or to run away from home if your kids or spouse were stressing you. This means that the stress hormones are continually being secreted and do not come back to a normal level. While these stress hormones play a vital role when faced with a stressor, they have a detrimental effect on the individual if they do not come back to normal levels. Prolonged secretion and [Circulation](#) of these stress hormones causes damage to the body.

The white blood cells (infection fighters) become depleted, neurotransmitters controlling mood are depleted and T-cells in the lymphatic system are broken down. Examples of the effects of this are not hard to find. Just look at how many people who have been under stress become sick. How many people do you know who have lost a "significant other" through death or divorce or who became ill or contracted Cancer?

[Reflexology](#), by inducing relaxation, reduces the stress hormones so that the body is able to produce T-cells, white cells and neurotransmitters so as to start healing itself.

## Quick Guide To Reflexology

Reflexology is just for the feet

[Reflexology](#) can be carried out on the feet, hands, face and even the ears! Foot [Reflexology](#) is the most popular, and many reflexologists believe that the sensitivity of the feet makes them particularly suitable for treatment. Hand [Reflexology](#) exercises can be given to clients to use between treatments as 'homework'.

Reflexology is torture if you're ticklish

Very rarely the case! As soon as you relax you'll find that the firm, sure touch used by the therapist doesn't tickle. I have never lost a client because they found the treatment ticklish, and many people who were bracing themselves for an ordeal have been very pleasantly surprised.



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My feet look horrible, the Reflexologist will comment on them and embarrass me

Before starting a treatment, a [Reflexologist](#) will examine your feet. If they feel you may need treatment from a chiropodist or doctor for a foot condition eg veruccas or corns, they will tell you. Other than that they are there to do a job and aren't judging your feet, or indeed you. Your feet have their own shape and structure, and are nothing to be ashamed of.

After a day on my feet they aren't too fresh!

Again, your [Reflexologist](#) isn't there to judge you. We all lead busy lives and there isn't always the opportunity to wash your feet before your appointment. Most reflexologists will freshen up the client's feet before starting the treatment.

Reflexology can tell me what's wrong with me and then cure me

Reflexologists are not trained to diagnose, and do not claim to cure medical conditions. We don't have medical training, and in any case that is your doctor's job. Having said this, [Reflexology](#) naturally supports your body, mind and emotions and allows them to heal on their own, and it can have some astonishing results.

Reflexology is one of these newfangled crazes

[Reflexology](#) has roots in Ancient Egypt, India and China. For centuries scientists have explored the theory that the body has energy zones running through it. In 1913 an American hospital consultant, Dr William Fitzgerald, established that reflex areas on the feet and hands were linked to organs and areas in the body through a zone network. In the 1930s a physiotherapist, Eunice Ingham, developed Dr Fitzgerald's work and called her method '[Reflexology](#)'.

Sum up Reflexology in a sentence, please!

[Reflexology](#) is the technique of applying gentle pressure to reflex points on the feet and hands to bring about a state of deep relaxation, stimulate the body's own healing process and help a person return to a state of balance and well-being (homeostasis).

What does Reflexology actually do for you?

A [Reflexology](#) treatment works through each organ, gland and body system. Among the many benefits it can provide are relaxation, pain and stress relief, improved [Circulation](#) and digestion, stimulation of the immune and nervous systems, and balance for the mind, body and spirit. [Reflexology](#) is a holistic treatment, since the whole person is treated instead of singling out a symptom. Digestive disorders eg Irritable Bowel or [Acid Reflux](#); [Migraines](#); sinus problems; [PMS](#) and hormone related problems; [Pregnancy](#), [Fertility](#) and [Menopause](#) related problems; back and joint pain; and [Insomnia](#), are just a few of the conditions [Reflexology](#) may help to relieve.

How quickly does Reflexology work?

[Reflexology](#) isn't a wonder cure, although I have seen some astonishing results after just a handful of treatments. How quickly you are likely to respond to [Reflexology](#) depends on all sorts of factors, such as how long you have been living with a particular condition. Very broadly speaking, we would hope to see some improvements in your health and well-being after 4-6 sessions, and it is normally advisable to start the course of treatment with weekly treatments.

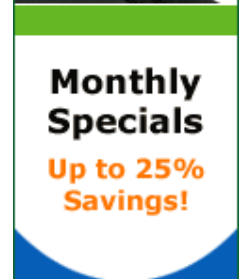
How can I get the most out of Reflexology?

Your body is a little like a car ' if you treat it with love and respect, have it MOT'd and serviced regularly, clean it, give it water and oil, and carry out the appropriate health checks, it should serve you well for years! I often find that the people who get the most from [Reflexology](#) are those who put in a little effort themselves to improve their overall well-being and health.

Your [Reflexologist](#) will have an in-depth lifestyle discussion with you, and together you may pinpoint ways in which you could help yourself to better health. These might include drinking more water and cutting down on caffeine drinks, eating a more balanced diet, seeking advice on nutrition, looking for ways to improve your sleep, or finding ways of relaxing and lowering your stress levels.

What happens when you go for Reflexology?

You don't need to undress to have [Reflexology](#), just to remove your socks, shoes and spectacles. Men may want to



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loosen their tie, and tight belts may be removed for your own comfort. Ladies need to remove their tights or stockings. After a consultation with your Reflexologist, you sit in a special chair or lie on a couch.

This positions you so that you are comfortable and your feet are in the right position for the [Reflexologist](#) to work. After some foot relaxation, he or she will normally work on one foot at a time in a special sequence. The Reflexologist's fingers and thumbs work gently around your feet pressing, thumb walking and using other techniques to stimulate the flow of energy through all the zones and release any blocks or energy imbalances.

If they detect a possible energy imbalance they may ask you questions to find out what it might relate to. It is normal for you to feel deeply relaxed, and you may fall asleep. After your treatment you will be given a glass of water and the chance to rest and ground yourself.

Who can have Reflexology?

From [Newborn](#) babies to the very elderly, everyone can benefit from [Reflexology](#) treatments. Your age and state of health are taken into consideration by the therapist when planning the nature and duration of your treatment, and the pressure he or she uses will be adjusted to meet your individual needs better.

About the author

Siobhan Forsyth runs the At One complementary health practice in Egham, England. She is a fully qualified and insured member of the Association of Reflexologists, and trained at the Central London School of [Reflexology](#) - <http://www.At-One.uk.net>

## Ancient History of Reflexology

It is important to be aware of the great archetypal history manifested by the practitioners which dates back over 6,000 years.

Our study of the ancient Egyptian doctors starts 4,500 years ago. They were among the first to study the human body scientifically. They became masters at setting bones, caring for wounds and successfully treating many illnesses. Egyptian artists preserved the history of surgery, anatomical observation and medical treatments through their meticulous record keeping.

Ed and Ellen Case of Los Angeles, while on tour of Egypt in 1979, discovered a pictograph on the wall of the tomb of Ankhmahar which is located in Saqqara. This is known as the tomb of the physician and has been dated by Egyptologists at 2330 B.C.

This is the third oldest recorded history of pedis/manus-cure [Reflexology](#) to date and gives the modern day practitioner a consciousness of its roots and a sense of connection with one of the oldest health care professions in the world. In the artist's painted illustration of the original pictograph, the physicians are pressuring the Great toe (spleen/pancreas and liver meridians) and thumb (lung meridian) of their respective patients; while the patients themselves are putting pressure on a gallbladder meridian point under their arm.

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Pain was an indicator of a problem according to the hieroglyphic translation made by the Papyrus Institute in Cairo. The patient says to the physician: 'Don't let it be painful.' The modern [Reflexologist](#) has some patients with the same request; while others embrace the pain; knowing that the best results are due to a strong "current of injury".

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The reply of the physician shows consideration of the patient; working within his pain tolerance level: 'I do as you please.' A patient must be educated to the benefits of the pain created by pressure on a point.



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As we consider the early origins of [Reflexology](#), I wish to present some modern day considerations that must be adopted into the practice of this ancient healing art. It is of interest to me that the medical specialist had a practical trade as well as his therapy practice (stone carver/foot Reflexologist) in ancient Egypt.

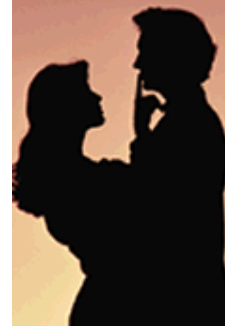
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Learning Today!

Many modern Reflexologists combine their practice with another occupation (auto mechanic/foot Reflexologist). Don't put off living your life until you are "better." ("I'll do it when I've learned more ..... when I'm older .....when I have more money .....when I have more time.")

Look for all the positive things taking place in and around you right now. As you find them, naturally you'll feel more

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joyful. In life we have either results or try to justify our failure. If we don't have what we want (results), we usually have a long list of reasons why we haven't had success.

My father used to tell me, "Son, Don't rationalize (rational lies)."

[Reflexology](#) offers you an incredibly effective method of affecting the health of yourself and your family in a positive manner as well as a positive way to express your life.

## Reflexology Today

[Reflexology](#) as it is known in the West today had its origins in the study of Zone Therapy. This practice utilised the longitudinal lines of energy that run through the body starting at the feet and moving up to the brain.

In the early 20th Century Dr William Fitzgerald spent time broadening his medical experience at various hospitals. At a post in an American hospital where he was head of an ear, nose and throat department, he brought to the attention of the medical world his research into the ancient Chinese healing techniques.

He had discovered that by applying pressure to the feet he could bring about an increase in the functioning of other parts of the body.

By chance a Eunice Ingham, a physiotherapist at a hospital overheard talk on Dr Fitzgerald's findings and was immediately fascinated by his discoveries as to the benefits brought about by Zone Therapy.

In her practice at an orthopaedic hospital she introduced the practice of Zone Therapy after post operative surgical procedures on her patients, noticing that it speeded up the body's natural healing and that they were able to move quicker after the operation. Eunice Ingham introduced Zone Therapy or [Reflexology](#) as we know it today.

In 1930 Eunice Ingham started a private practice as a [Reflexologist](#). She was instrumental in writing the first book on Reflexology and was later to open a teaching school dedicated specifically to train students in the practice of [Reflexology](#).

Eunice Ingham dedicated forty years of her life to [Reflexology](#) but sadly passed away in 1952.

## Reflexology Myths

There are many myths about [Reflexology](#). They can have harmful effects because, just like rumors, they always seem to have a willing audience. Here are some of the worst ones...

Myth: Reflexology is not safe for babies. Fact: Not true.

[Reflexology](#) is safe for EVERYONE! In fact, children love to have their feet worked on because they can experience the immediate and actual pleasure of it. Light pressure is used on the feet of infants, and has even been known to relieve [Colic](#). The techniques must be adapted to tiny feet. In general, babies enjoy and benefit from very light pressure on the bottoms of their feet.

Myth: Reflexology is not safe for [Pregnant](#) women. Fact: Not true.

If the fear is of miscarriage, Reflexology can only HELP the body seek its own equilibrium. A miscarriage is a reaction of the body, NOT a reaction to [Reflexology](#). Under no circumstances has Reflexology ever been shown to have caused the body to do something it didn't want to do.

Myth: [Reflexology](#) is not safe for diabetics. Fact: Not true.

Insulin shock is the result of improper treatment of [Diabetes](#). It is NOT the result of, nor does it have any connection with Reflexology treatments. A person who is Diabetic has a serious health problem which requires constant attention. [Reflexology](#) can and should be used with diabetics as well as with any ill person to help restore homeostasis.

## The Benefits of Reflexology

Thousands of specific benefits have been reported from people who have received [Reflexology](#) sessions. The broad

range of reported benefits can be divided into several categories.

Stress reduction, profound relaxation, for all parts of the body, Pain reduction and pain elimination, such as in the neck, shoulders, lower back and jaw, Improved [Circulation](#) resulting in better oxygen and nutrient supply to all the cells of the body, [Detoxification](#), improved organ and gland function, Feeling better, greater productivity, enriched quality of life, Normalization of body functions, Prevention by reducing accumulated stress in the body before health challenges develop, Safe nurturing touch.

Reflexology: Hidden benefits of Reflexology by *Helen Thompson (Healing Holistix)*

When a client of mine asked if she could bring her sister, who had learning disabilities, for a [Reflexology](#) treatment with me, I was only too glad to concur. When the appointment day arrived, the young lady's mother accompanied her and explained to me that her daughter had been born with learning disabilities (she was now in her thirties) and that the only diagnosis that doctors had given her was that something probably went wrong during birth.

My client was very cheerful, did not appear nervous, but was unable to reply to my enquiries about her health and lifestyle - her mother did this for me, telling me she was in good general health mainly (apart from [rosacea](#)) and that one thing she constantly talked about was getting married! She loved to look at magazines where there were pictures of brides' dresses and related details and often imagined herself to be dressed in one. However, emotionally she was very detached from people, even her mother and two sisters.

During the treatment, she was unable to communicate any tender spots on her feet, which were very smooth & unlined, although I encountered several gritty points especially on the head zone and the pituitary and pineal points. She did, however, say that she was enjoying it and loved the feeling of her feet being rubbed. I gave her a specially thorough post-treatment foot massage because of this. As they were about to leave, the young lady gave me a really big hug and thanked me for the time I had spent with her. I am quite used to this, but was a little surprised to see the look of astonishment on her mother's face.

The next day, her mother phoned me to say that she had never, ever, seen her daughter give anyone a hug - not even to her, and that was why she had been so amazed at her response to the treatment. She also told me that, during the evening, when her daughter had been sitting up in her bedroom dressed only in her underwear, as she was accustomed to do every night, the mother had called up to her that she was going down to the shop to make a few purchases.

Instead of the OK that she expected, the girl called down to her to wait a moment while she got dressed, and she would accompany her on the walk to the shop. This was so unusual that the mother could hardly believe her ears. The daughter came down dressed, and walked to the shop and back with her, lacing her arm in her mother's on the way back. This may sound like a very small breakthrough to many people, but the mother was moved to tears when she was telling me this.

[Reflexology](#) treats all the organs of the body through the feet, but not only this - it clears blocked energy pathways throughout the body enabling organs and glands to function properly and in a holistic way. When a blockage is removed from one area, this in turn promotes the free flow of energy to a related area, and so on.

It can show benefits to the physical body or, as in this case, to the emotional body so that the heart can stimulate the brain into alternative ways of thinking or behaving. The fact that a client cannot tell us what is felt during a treatment, is therefore no indication as to the level of benefit that the treatment can bestow upon the mind, body and spirit.

## Reflexology FAQ

What Is Reflexology?

[Reflexology](#) is the science or method of stimulating reflexes of the foot, hand or ear that correspond to each gland, organ and part of the body. Stimulation of these reflexes serves to relax and normalize all functions of the body in order to promote a natural balance and revitalization. In ancient times, walking barefoot over rocks and hard ground naturally stimulated these reflexes every day.

By applying pressure on specific areas of the feet or hands, a [Reflexologist](#) can stimulate corresponding organs or glands. For instance, pressure is applied to the big toe to affect the pituitary gland and the four other toes are stimulated to affect the brain, sinuses, eyes and ears. Because internal organs like the lungs and the [Kidneys](#) can not be directly massaged, reflexologists believe that the feet, hands, and ears are an appropriate alternative.

Does Reflexology cure diseases or ailments?

[Reflexology](#) is not intended to cure diseases or ailments. Reflexologists are not medical practitioners and are not allowed to diagnose ailments or treat disease. Reflexology can be a valuable way of indicating areas where higher

stress or Tension is present in the body and can assist to relieve that stress or [Tension](#) which can promote or encourage the natural healing process.

What are the similarities between Reflexology and Acupressure?

In [Reflexology](#) and [Acupressure](#), the fingers and thumbs are used to exert pressure on various parts of the body to relieve pain and promote healing.

The key to both [Reflexology](#) and [Acupressure](#) is the concept of chi, the vital life force energy flowing throughout the body. Indeed, in Chinese medicine, practitioners seek to balance and harmonize the body to ensure an uninterrupted flow of chi. This is the foundation of the Chinese healing arts.

Hands on Healing, by the Editors of Prevention Magazine, describes the human body as “a network of highways and byways called meridians. These meridians weave through every one of the body’s vital organs, the bloodstream, ... the bones and through the muscles.

Along these roads travel not cars and trucks but chi.” Illness occurs when chi is blocked in the organs or along these meridians. According to Hands on Healing, “with the touch of the fingers acupressurists can influence the flow of chi, and most important break up the traffic jams that can rob one of vitality and good health.” Theory aside, the important thing is that [Acupressure](#) and [Reflexology](#) work and are easy to learn.

What is the difference between Reflexology and Acupressure?

The main difference between the two is in theory and technique, but for all practical purposes they can be used together for relief of pain, associated [Anxiety](#) and [Depression](#) as well as other physical, mental and emotional conditions or dysfunction.

In [Reflexology](#), pressure is applied with the fingers and thumbs to specific points on the feet, ears, or hands. These points correspond to different parts of the body such as the back, various muscle groups, and internal organs.

[Acupressure](#) is an ancient healing technique, in which finger or thumb pressure is placed on specific points on the body. Acupressure is similar in principle to acupuncture, in which needles are inserted. The main distinction between Reflexology and Acupressure is that in Acupressure points all over the body are activated, whereas in [Reflexology](#), these points are largely limited to the ears, feet, and hands.

What does Reflexology do?

[Reflexology](#) can relieve [Tension](#) and promote relaxation. Medical studies show that over 75% of all health problems can be linked to Tension and stress. Our modern lifestyles not only cause a great deal of this stress, but also do nothing to relieve it. In ancient times, we had stress of a different nature, and due to the ancient lifestyle, were able to naturally treat Tension and stress without even realizing it.

How does it work?

There are many theories about how [Reflexology](#) works, but the most commonly held belief is that Reflexology acts to relax those reflexes that in turn are connected to various parts of the body, improving lymphatic drainage and [Circulation](#) as well as relaxing muscles and stimulating nerve connections.

Reflexology is primarily a relaxation technique, and while research clearly indicates that Reflexology benefits patients health in both chronic and other ailments, it is not a substitute for medical treatment, and should be considered as complementary to any type of medical treatment. Extensive research on [Reflexology](#) has validated the effectiveness of Reflexology.

What does a Reflexologist do in a session?

A Reflexologist aims to provide a healing “environment” for a client. Prior to the session, the client’s medical history is discussed. After an inspection of the feet and hands, the [Reflexologist](#) will individually stimulate each foot and/or each hand. The bottom, top and sides of the feet and/or hands receive a thorough massage.

By taking into account the needs of a client, a Reflexologist will vary the amounts of pressure on different areas of the foot and hand. Cream is applied to the feet at the end of the [Reflexology](#) session. The entire process requires approximately 45 minutes to an hour.

Is Reflexology new?

Although recently becoming much more popular and accepted in Western society, [Reflexology](#) has been practiced for thousands of years by Egyptians, Native American cultures and Mayan and Incan civilizations. It is widely accepted in many European countries as an accepted therapy. Modern Reflexology has its origins in the late 1930's, thanks to Eunice Ingham.

Is Reflexology the same as Massage, Acupuncture, Acupressure or Shiatsu?

[Reflexology](#) is not the same as massage, which involves tissue and muscle therapy to promote relaxation. Acupuncture, Acupressure and Shiatsu are similar in some respects to Reflexology in their use of reflexes or meridians of the body as they relate to the gland, organs and parts of the body, however [Reflexology](#) focuses on relaxation of those reflexes through manipulation to reduce stress and [Tension](#).

The other therapies are based on the belief that 'Chi' or energy flows through the meridians and that the therapy improves the flow of 'Chi' by reducing or eliminating blockages.

What are the benefits of Reflexology?

[Reflexology](#) primarily eases stress and [Tension](#), which in turn can improve blood [Circulation](#), lymph drainage, assist in the elimination of [Toxins](#), and strengthening of the [Immune System](#). It enables the body's natural healing processes to promote wellness.

Who can receive Reflexology sessions?

Anyone can benefit from Reflexology, including children, the elderly and the sick. Reflexology is safe and drug-free, so any person can begin [Reflexology](#) sessions as soon as they wish.

Can Reflexology make a condition worse?

No. Reflexology is a non-invasive natural therapy that relaxes the body and is essentially harmless. On rare occasions, release of [Toxins](#) as a result of the body's natural healing process may result in symptoms such as [Perspiration](#), nausea or [Headaches](#), however these symptoms are not directly related to Reflexology, and are temporary and not serious.

Can I have Reflexology if I have a verruca, or corns?

Verrucas are generally considered to be contagious, so for hygiene reasons they should be treated before you can have [Reflexology](#), corns are best removed before a treatment as they can get in the way, but you can have a treatment with corns.

How can Reflexology help my sinus problem, when you're treating my feet, and my sinus is in my head?

[Reflexology](#) acts on nerve endings in the feet relating to the whole body, by applying pressure to the sinus reflex in the feet we are relieving the symptoms of sinus in the head.

Do you have to be ill to have Reflexology?

No, [Reflexology](#) is used to maintain good health as well as treat ill health.

Can I give myself Reflexology treatments?

YES, definitely! That is one of the coolest things about [Reflexology](#), it is easy to learn and you can be just as effective using it on yourself as a professional Reflexologist treatment. Browse through this site to see the various books, tools and charts we have to help you learn this powerful healing technique.

Are there specific sessions for different types of clients?

Generally, a Reflexologist will administer lighter and shorter sessions on seniors, [Pregnant](#) women, the sick and children. However, it is recommended that these same types of clients receive [Reflexology](#) more frequently.

How can I become a Reflexologist?

The regulations regarding practicing [Reflexology](#) vary from country to country and within countries can also vary by

state or province. In some cases municipal or city licenses may be required to practice natural health care. The best way to investigate becoming a Reflexologist is to contact your closest Reflexology Association.

The amount of classroom and practical training as well as written examinations also varies greatly. although Reflexology Associations are striving to ensure that all practitioners are well trained and certified in most regions. Using a well trained Reflexologist who is certified by an accredited school and/or Association is recommended.

Is Reflexology a good career?

[Reflexology](#) is quickly gaining in world-wide recognition as an excellent way towards providing and maintaining health care for all ages. A good Reflexologist has sensitive and strong hands. Personal cleanliness and a professional outlook are important. For those who choose self-employment, good business sense is essential.

Remember, it takes time and persistence to develop professional skills and a successful practice. This profession is best suited to those who are committed to helping people, and who are able to sustain a challenging work routine.

## Reflexology and Color Therapy

[Reflexology](#) and [Color Therapy](#) have their roots in the distant past. As individual therapies, they have tremendous therapeutic value. When used in conjunction with each other, they have shown their ability to both complement each other and accentuate the healing process.



*Color wheel depicting color, with its complementary color*

The origin of Reflexology, or zone therapy as it was called, still remains a mystery. One theory, mentioned by Dr. Fitzgerald, in his book *Zone Therapy*, is that it originated from China some 5,000 years ago as a form of Pressure Point treatment. Dr. Fitzgerald was an ear, nose and throat specialist, and must be credited for his part in reviving [Reflexology](#).

Another conjecture is that it began in Egypt. Evidence for this stems from an Egyptian tomb drawing dating back to 230BC. This drawing depicts four people. One person is being treated with foot massage and a second person with hand massage. Others credit its birth to the Incas. These were people of very ancient Peruvian civilisation, possibly reaching back to 1200BC. It is speculated that they passed their knowledge of zone therapy down to the North American Indians who, up to this present time, are still using this form of treatment.

It was believed that the method formulated by Dr. Fitzgerald was based on acupuncture. Of the twelve meridians used in acupuncture, six terminate or originate on the feet and six terminate or originate on the hands. If one follows the path of these meridians, from their point of origin or termination over the feet and hands, they form the ten longitudinal zones formulated by Fitzgerald.

It was Eunice Ingham, a student of Fitzgerald's, who instigated what we today know as [Reflexology](#). Through her dedicated research, she was able to correlate the anatomical structure of the body to the energy zones found on

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the feet and on the hands. This made both the feet and the hands a mirror image of the entire body; the microcosm of the macrocosm.



The principal teaching behind [Reflexology](#) states that the body is divided into ten vertical energy zones, inside which are encompassed the organs, muscles and skeletal structure of the physical body, all of which are reflected on the soles of the feet and palms of the hands. The occurrence of energy blocks in a human person, and the reasons for these are many, are likewise reflected on the hands and the feet in one or more of the zones located there. Through the use of specific pressure techniques, these energy blocks can be detected through the presence of pain or crystalline formation under the skin.

color as a therapy also reaches far back into history, but unlike Reflexology, it is still in its infancy of rediscovery. It is speculated that [Color Therapy](#) was used by the Atlanteans. It is believed that they built temples with ceilings that were domed and constructed from interlocking [Crystals](#) that dissipated light into the color spectrum. Around the circumference of these temples were healing rooms, each reflecting one of the colors dissipated from these Crystals.

Archaeologists have discovered that the Egyptians, like the Atlanteans, also incorporated color healing rooms into their temples and used these not for physical illness alone, but for [Childbirth](#), counselling and to aid the transition of the soul at death.

India used and still uses color in gem therapy. Indian gem therapists believe that gem stones are the storehouse of cosmic color and that everything manifest is composed of the seven rays which are primeval, formative forces of nature. There, therapeutic techniques incorporate several methods of releasing this color force.

At the beginning of the nineteenth century, with the discovery of new drugs and advances in surgical procedure, [Color Therapy](#) started to be replaced by allopathic medicine. What is interesting is that some of the early pioneers of allopathic medicine, continued to use color in their treatments. One such pioneer was Paracelsus (1493-1541).

Paracelsus developed considerable interest in alchemy, astrology and occult sciences. His love of alchemy and his application of this in his treatments earned him the title 'father of pharmacology'. Another pioneer was Hippocrates (460-370BC), also well versed in alchemy and known as 'father of medicine'. He was famous for his 'Hippocratic Oath'.

With the growing awareness of the detrimental effects of allopathic drugs, the percentage of people returning to complementary therapies has started to increase. Unlike allopathic treatment, complementary therapies aim to deal with the cause and not the manifested symptom.

This is frequently an alien concept which some people find difficult to work with. But, unless the cause is found and eradicated, it will continue to manifest as a physical symptom. One way of helping the person to locate the cause is through counselling and color.

We, as human beings, are beings of light, surrounded and interpenetrated by the colors which constitute visible light. This establishes the electromagnetic field or aura surrounding us. The aura contains six sheaths or layers, all of which interpenetrate with each other and the physical body. It is filled with constantly changing colors, determined by our state of health, physically, emotionally and mentally. How true the sayings: 'green with envy', 'red with rage'.

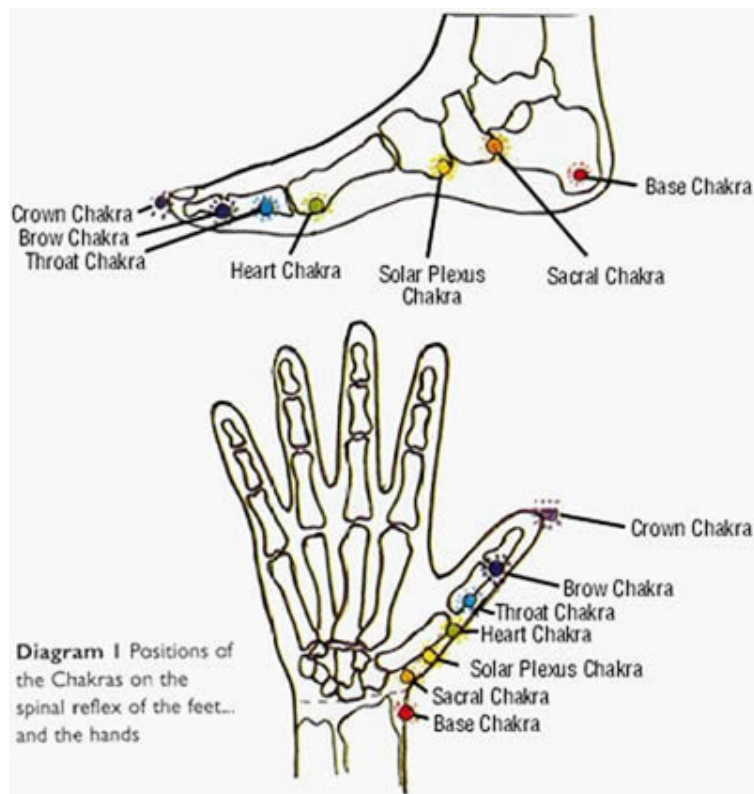
The layer closest to the physical body is known as the etheric sheath and is the blueprint for the physical body. It contains the very fine energy channels or nadis through which pranic energy flows. This network of infinitely intricate nadis establish the counterpart of the entire nervous system.

As well as containing the nadis, the etheric sheath contains seven major and twenty one minor chakras or energy centres. It also contains numerous acupuncture points. A major chakra is defined by the crossing of 21 nadis; a minor chakra by 14 nadis and an acupuncture point by seven nadis.

These force centres can be found in each of the layers constituting the aura, but their primary importance is at the etheric level. They are both the transformers and the transmitters of energy for each of the layers and work with the physical endocrine system. Disease starts in the aura as accumulated energy. If this is not dispersed, it will eventually manifest as a physical disease.

A chakra which is not acknowledged as one of the major centres, but is of prime importance, is the splenic chakra. It is this chakra which absorbs prana, chi or life force and disintegrates it into its seven varieties. Each of these seven varieties of prana vibrates to the frequency of one of the colors on the color spectrum and establishes the dominant color of the chakra to which it is distributed.

From these chakras, the colors radiate into the rest of the auric field. Because the feet and the hands present a mirror image of the physical body, they reflect the auric field around themselves. The chakras can also be located along the spinal reflex on both feet and hands. I have found these to be important points for treatment, especially for hormonal imbalances.



*Position of the Chakras on the spinal reflex of the feet... and the hands*

Although the chakras work mainly with the endocrine glands, they also have an effect on organs, muscles and bones which lie in their pathway. Each color contains within itself its own spectrum of color. Therefore the parts of the body related to a specific chakra will vibrate to a frequency contained within the spectrum of color of that chakra. This I always refer to as the general color.

When working with the vibrational frequencies of color in therapy, it has been deemed important to administer the treatment color followed by its complementary color. This I have found through experience to be trite. One of my students treated her husband with [Reflexology](#) and color for [Diabetes](#).

Unfortunately, she forgot to administer the complementary color after the treatment color. This resulted in his blood sugar, after stabilizing, suddenly rising. By treating with color complementary color, we work with polarity. Polarity teaches that complementary energies have to be in balance to create harmony.

When combining color with [Reflexology](#), color is used for three conditions. The first is to work with the cause, the second to help keep the body in balance and the third to work with the manifested disease. Sometimes all three conditions are treated with color during a therapy session. At other times only one or maybe two of the conditions are worked with.

When treating a person with the combination of these two therapies, a complete Reflexology treatment is initially carried out. A [Reflexology](#) treatment is diagnostic, thereby enabling a practitioner to locate where problems or potential problems lie. Having completed this, the general colors with their complementary colors are applied to the areas where an abnormality has been diagnosed but which has produced no noticeable symptoms in the physical body.

The reason for this can be twofold. It could be related to an accumulation of energy in the etheric layer of the aura, or it could indicate that a particular part of the body is under strain through trying to keep the whole in balance.

If, through disease, the vibrational frequencies of the etheric body changes, the change will affect the cellular structure of the physical body. This then affects the force field of the related organ or organs. If the force field of one or more organs is altered, then the body will try to bring itself back into homeostasis.

This process can put strain on healthy organs within the physical structure which shows itself as pain on the related reflexes on the feet or hands. Administering the general color, with its complementary color, to the related reflex, will help to re-balance its altered function.

The treatment colors, with their complementary colors are then applied to the zones on the feet which relate to the part of the body which has manifested problems. When selecting colors for specific diseases, several factors have to

be taken into consideration. These are, the nature of the disease, the part of the body affected and the overall condition of the patient.

Having treated the reflexes related to the physical symptoms, the chakras situated along the spinal reflex on the feet or hands, are balanced with their dominant color before the overall color, relating to the cause is administered through both feet.

Color can be applied to the zones of the feet in two ways. Firstly, if the practitioner is sensitive to color, they can visualise it being channelled through their hands. I personally believe that the physical body can be the most beautiful instrument for the projection of color, but some reflexologists find sensitizing and using the physical body as a channel too demanding. For these people the [Reflexology](#) crystal torch has been devised.

This instrument shines light through stained glass discs and projects the color of the stained glass into a [Quartz](#) crystal. The crystal is then applied to the relevant zones of the feet. The length of time that a color is projected would depend upon the nature of the illness and the stature of the person being treated.

The time factor would be less on a frail, elderly lady than on a robust young male. Apart from being a very powerful instrument, I have discovered that patients love to look at the color. Depending upon their degree of sensitivity, some patients are able to feel the color pulsating through their body.

Combining illuminatory color with [Reflexology](#) is still in its infancy, and I know that what we are experiencing is just the tip of the iceberg. I also know that during the years that I have been treating with and teaching these two therapies, some wonderful results have been achieved.

If we are beings of light, and of this I have no doubt, surely treating with the vibrational energies of light must be therapeutic. I personally believe that vibrational medicine will be the medicine of the future and this will consist of both color and sound.

Further reading: The Reflexology Manual by Pauline Wills published by Headline

The Reflexology and Color Therapy Workbook by Pauline Wills published by Element

## Crystal Reflexology

First select a [Quartz](#) crystal which has a very good polished/smooth single-terminated point.

Then remove socks, tights and/or footwear. Instructions below are for someone giving a crystal [Reflexology](#) treatment to a 'client' - but this method is just as easily administered and just as effective if you are treating yourself. Also keep in mind that stimulating reflexes on the hands will work just as well as using foot reflexes - it is really your preference!

Crystal [Reflexology](#) treatments may either be done lying on a massage couch or sitting in a comfortable chair. When using the latter method you yourself need to sit on a stool so that you can place your client's feet upon your lap. Reflexology is basically a foot massage. Or, at least, that is the way that it is normally described!

The principles of Reflexology, of course, is that the feet consist of numerous reflex points; all of which relate to specific parts of the physical body.

An ordinary qualified [Reflexologist](#) will use his/her hands to press into every one of these reflex points and when a health problem is diagnosed the client will often feel a sharp pain and the therapist will detect a small pea-like lump just under the surface of the skin.

In crystal Reflexology, however, we do not need to be quite as precise. First, naturally, we must program our healing Quartz crystal to re-balance any imbalances which might be discovered in the client's body as the treatment proceeds.

Using the single-terminated end of the [Quartz](#) crystal the crystal healer very gently - and without pressing too deep into the skin - starts to rotate the crystal in a clockwise direction just lightly pushing into the skin.

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Starting with the soles of the left foot, the crystal is moved slowly around to the sides, lightly touching the skin all the time, and then on to the upper part of the foot. All movements should be both slow and deliberate. Make sure that you cover all the surface of the foot. Then on to the right foot.....

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Whenever the crystal healer obtains a reaction from the client he or she will spend a few moments directing crystalline healing energy into the appropriate reflex point.



As the crystal [Reflexology](#) treatment ends the therapist takes the Quartz crystal and lightly runs it over the entire surface of the foot; on the soles and on the upper part of both feet.



## Color & Crystal Therapy

As a rough time-guide I would suggest that you spend around thirty minutes per foot but naturally this is completely flexible depending upon what you find and upon the needs of your client!

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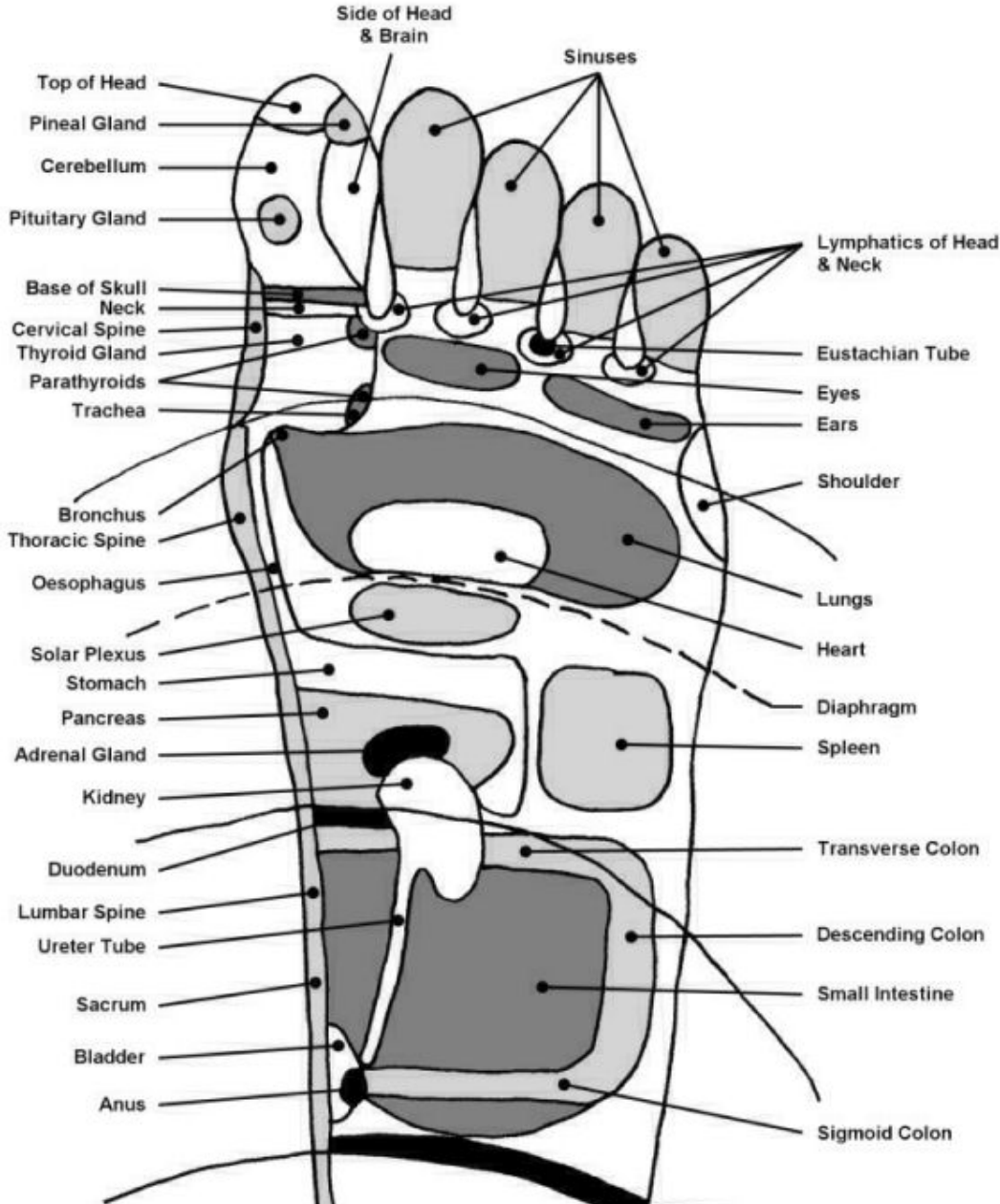
## Reflexology Charts

(Full training in reflex points, reflex massage techniques, dozens of large reflex point charts and learning to address specific ailments can be found in our courses at the [Alternative Healing Academy](#))

The feet are a microcosm of the human body and every organ and body part is represented in the feet. Where there are two organs in the body they will be represented on both feet, e.g. lungs and kidney and where there is only one organ, this will be represented on one foot, e.g. the liver will be on the right foot while the heart will be on the left. Where the organ or body part is reflected in the feet, this is called the "organ" reflex, e.g. the heart reflex.

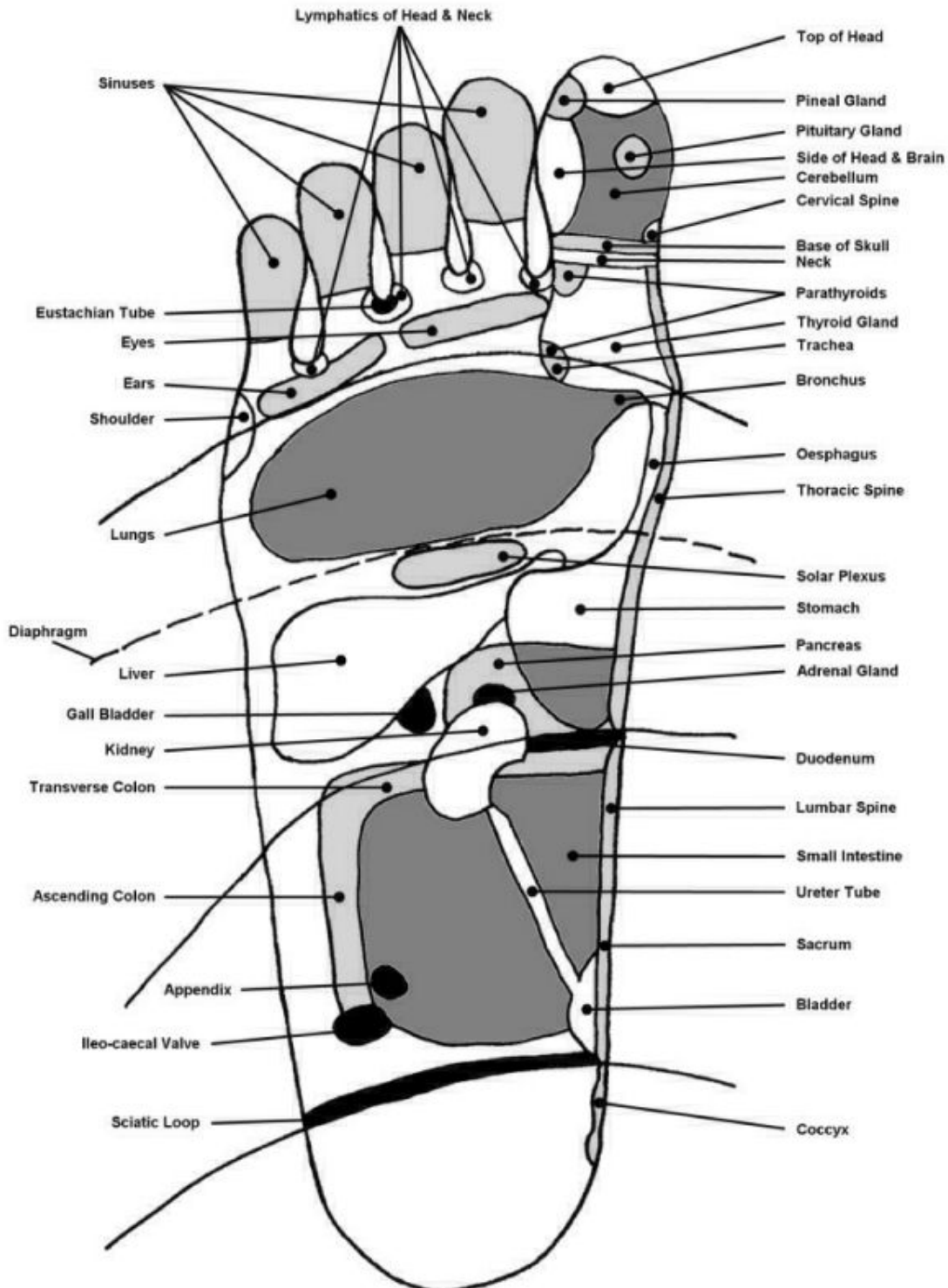
The right foot represents the right side of the body as well as the past while the left foot represents the left side of the body as well as the present and future.

Here are several larger charts - feel free to print them or save them if you wish!





Reflexes in the left foot



Reflexes in the right foot

**Foot Reflex Charts and Remedy Points**

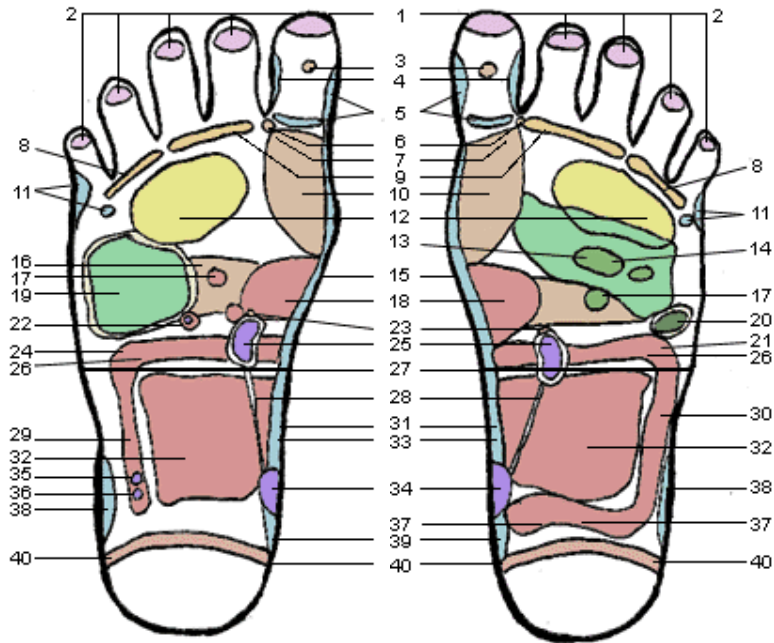


Chart I (Refer to Key below)

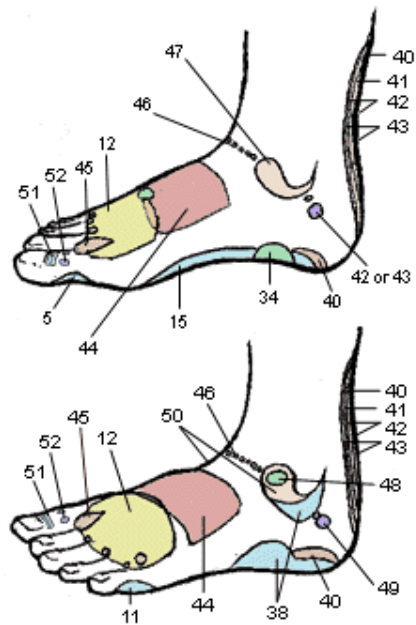


Chart 2 (Refer to Key below)

### Chart Key

1. Top of Head
2. Sinuses
3. Pituitary Gland
4. Temporal Area
5. Neck, Cervical
6. Upper Lymph Area
7. Parathyroid Gland
8. Ears
9. Eyes
10. Thyroid Glands
11. Shoulder
12. Lungs and Bronchi
13. Heart Area
14. Heart

15. Spine, Vertebra
16. Pancreas
17. Solar Plexus
18. Stomach & Duodenum
19. Liver
20. Spleen
21. Splenic Fixture
22. Gall Bladder
23. [Adrenal Glands](#)
24. Hepatic Flexure
25. [Kidneys](#)
26. Transverse Colon
27. Waist
28. Ureters
29. Ascending Colon
30. Descending Colon
31. Lumbar
32. Small Intestines
33. Sacral
34. Bladder
35. Ileo-Caecal Valve
36. Appendix
37. Sigmoid Flexure
38. Hip & Lower Back
39. Coccyx
40. Sciatic Area
41. Rectum
42. Uterus
43. Prostate
44. Breast
45. Lymph Drainage
46. Fallopian Tubes
47. Lymph Nodes (Arm Pit)
48. Sacro Iliac Joint
49. Ovary or Testicle
50. Lymph Nodes (Groin)
51. Maxilla/Submaxilla (Jaw)
52. Tonsils

Remedy Points:

Skin

[Acne](#) : Liver(19), gall bladder(22), [Adrenal Glands](#)(23), ureters(28), bladder(34), [Kidneys](#)(25).

[Eczema](#) or HERPESZOSTER : Parathyroid glands(7), [Adrenal Glands](#)(23), [Kidneys](#)(25), ureters(28), bladder(34).

PSORIASIS or DERMATITS : Parathyroid glands(7), [Adrenal Glands](#)(23), [Kidneys](#)(25), ureters(28), bladder(34)

Digestive System

ANOREXIA : Thyroid glands(10), stomach & duodenum(18), small intestines(32), transverse colon(26), descending colon(30), rectum(41).

FOOD-POISONING : (induce vomiting)Stomach & duodenum(18), lymph glands(6).

GINGIVITIS : Maxilla & submaxilla(51).

[Indigestion](#) : Solar Plexus(17).

[Halitosis](#) : Stomach(18).

TOOTHACHE : Stomach & duodenum(18), small intestines(32), transverse colon(26), descending colon(30), liver (19), pancreas(16), maxilla & submaxilla(51).

STOMACHACHE : Stomach(18).

ULCER : Stomach & Duodenum(18).

FLATULANCE : Stomach & duodenum(18), appendix(36).

[Diabetes](#) : Stomach & duodenum(18), pancreas(16).

APPENDICITIS : Appendix(36), lymph areas(6).

[Diarrhea](#), NAUSEA : Stomach & duodenum(18), small intestine(32), ascending colon(29), transverse colon(26), descending colon(30), rectum(41), lymph areas(6).

[Constipation](#) : Stomach & duodenum(18), small intestine(32), ascending colon(29), transverse colon(26), descending colon(30), rectum(41).

HEMORRHOIDS : [Adrenal Glands](#)(23), [Kidneys](#)(25), ureters(28), bladder(34), rectum(41).

HERNIA : Stomach & duodenum(18), liver(19), pancreas(16), small intestines(32), ascending colon(29), transverse colon(26), descending colon(30), rectum(41).

## Circulatory System

ANEMIA :

Stomach & duodenum(18), liver(19), pancreas(16), small intestines(32), ascending colon(29), transverse colon(26), descending colon(30), spleen(20).

[Hypertension](#) : Head(1), [Kidneys](#)(25), ureters(28), bladder(34), ear(8).

SWOLLEN LYMPH GLANDS : Lymph areas(6,47,50).

HEART PROBLEMS : Heart(14), stomach & duodenum(18), small intestine(32), ascending colon(29).

IRON DEFICIENCY : Spleen(20).

BLOOD [Circulation](#) PROBLEMS : Parathyroid glands(7), [Adrenal Glands](#)(23), [Kidneys](#)(25), ureters(28), bladder(34), heart(14).

## Nervous System

[Anxiety](#) : Head(1), [Adrenal Glands](#)(23), [Kidneys](#)(25), ureters(28), bladder(34), duodenum(18), small intestines(32), transverse colon(26), descending colon(30), rectum(41).

[Epilepsy](#) : Head(1), lymph areas(6).

MIGRANE : Head(1), frontal and temporal areas(4).

[Insomnia](#) : Head(1), liver(19).

BACKACHE : Hip and lower back(38), spine(15).

NECK PAIN : Neck(5), sacral(33), spine(15).

## [Immune System](#)

ALLERGY :

Parathyroid glands(7), [Adrenal Glands](#)(23), [Kidneys](#)(25), ureters(28), bladder(34).

HAY FEVER : Nose (front & temporal region)(5), lungs and bronchi(12), parathyroid glands(7), [Adrenal Glands](#)(23), ureters(28), [Kidneys](#)(25), bladder(34).

TUMOR (Cancer) : Spleen(20), lymph areas(6), tonsil(52) (also reflex areas relating to the cancerous regions).

INFLAMMATION : Parathyroid glands(7), lymph areas(6) (also reflex areas relating to the inflamed regions).

Respiratory System

[Sore Throat](#) : Lymph areas(6), tonsils(52), thyroid area(10).

DRY NOSE : Nose (front and temporal region)(4), parathyroid glands(7).

[Asthma](#) : Parathyroid(7), lungs and bronchi(12), [Kidneys](#)(25), ureters(28), bladder(34), lymph areas(6).

[Bronchitis](#) : Parathyroid(7), lungs and bronchi(12), [Adrenal Glands](#)(23), lymph areas(6).

RESPIRATORY DISEASE : Head(1), nose (front and temporal region)(4), lungs and bronchi(12), heart(14).

Joints

PAIN IN THE HIP JOINT : [Adrenal Glands](#)(23), [Kidneys](#)(25), ureters(28), bladder(34), neck(5), hip(38).

INFLAMMATION OF THE HIP JOINT : stomach & duodenum(18), [Kidneys](#)(25), ureters(28), bladder(34), hip(38), waist(27), vertebra and spine(15).

PARKINSON'S DISEASE : Head(1), neck(5), parathyroid(7), [Adrenal Glands](#)(23), stomach & duodenum(18), pancreas(16), liver(19), small intestines(32), colon areas(26,29,30), [Kidneys](#)(25), ureters(28), bladder(34), rectum(41).

## Foot Reflexology and Foot Massage Tips and Techniques

Foot [Reflexology](#) is "pressure therapy" and involves applying focused pressure to certain known reflex points located in the foot to cure or prevent disease. Foot [Reflexology](#) is based on the premise that our nerve zones or reflex points go from the bottom of our feet to the top of our head, encompassing all vital organs on the way.

A trained [Reflexologist](#) can put pressure on different meridians or energy lines on the sole and side of the feet to determine the cause of illness.

The information below is a guide to foot massage. Some benefits of [Reflexology](#) will happen automatically simply by virtue of massaging the soles of the feet but the main objective is to help tired feet feel better.

Preparation for Foot Massage:

If you are giving a foot massage to your partner or friend than ensure that the massage foot is comfortably reclined on a pillow or a sofa. There are various creams and oils that can be used for a foot massage. However, we recommend the use of essential massage oils to achieve an ultimately relaxing foot massage. To begin with make sure the feet are clean, a foot soak with epsom salts is a wonderful way to de-stress before a foot massage. Make sure that your feet are completely dry (including in between toes) before you start.

Foot Massage Techniques:

**Stroking-** This technique stimulates the blood vessels in your feet and promotes gentle heat. Hold the foot in your hands and begin to massage the top surface of the foot. Use your thumbs in a slow, firm stroking motion, starting at the toes and moving up to the ankle. Once you have reached the ankle follow the same line back to the toes. Make sure you apply lighter pressure towards the toes than the ankle.

**Ankle Rotation-** Firstly gentle move the ankle side to side to loosen the ankle joint. Hold the heel of the foot in a cupping motion and hold the ball of the foot with the other hand. Rotate the foot clockwise and anticlockwise three or four times to relax the foot from the ankle joint, reversing the directions will calm and destress your senses.

Wear clean socks and shoes that fit you properly. Right shoes helps you put off injuries and soreness. If you feel your feet Sweat more than others, go in for leather or canvas shoes but not synthetic ones or plastic shoes. Plastic or vinyl shoes do not stretch or breathe. Sandals are also a good option. Use foot powder daily. - Random Tip

**Pivoting -** Gently hold the foot in your hand and use the other hand to massage the sole of the foot with your thumb. Begin with the area directly below the large toe and slowly move to the other toes. After initial pressure, roll the thumb back and forth. It may be seen as wiggling the thumb. Release pressure, and move.

Some handy and valuable tips on Foot Care:

- a) Check your feet daily for cuts, sores, red spots, swelling and infected nails.
- b) Do not cut corns and calluses (hardened or thickened part of the skin). Consult your doctor if you have developed corns and calluses rather than cutting them off using razor, corn plasters or some liquid corn removers.
- c) Make sure your toe nails are trimmed properly. Trim them straight across and smooth them using a nail file.
- d) If you are [Diabetic](#), consult your doctor. [Diabetic](#) patients are at more risk to developing foot complications and wounds which do not heal easily. There are three major problems which a [Diabetic](#) person faces if he develops some foot disease.

## Reflexology Massage Techniques

(Full training in reflex points, reflex massage techniques and addressing specific ailments can be found in our courses at the [Alternative Healing Academy](#))

### Basic Thumb Technique

In [Reflexology](#) you use your thumbs mainly to work the reflexes on the soles, and sometimes the sides, of the feet. Working with the first joint of your thumb, you “walk” forward along the reflex by successively bending and unbending the joint a little way. It is the inside or medial edge of the thumb that makes contact with the foot, not the tip or the ball (the part that touches the table if you put your hand down flat).

When the thumb is at the correct angle, the joint is not bent too far, allowing greater accuracy and smoothness of technique, as shown. Bending the joint over too far not only strains it but also means that the person you are working on may feel your nail. The fingers of the “working” hand wrap around the top of the foot to provide leverage.

### Hooking

Support the foot well in your “holding” hand and place the thumb of your “working” hand on a reflex area. Now hook the thumb in and back up sharply, to one side (in this instance, towards the outside).

This technique is useful for homing in on a particularly small reflex and for working on parts of the foot where the skin is tough, such as the heel. Like a bee inserting a sting, you push your thumb into the reflex, then pull it back. The leverage of the fingers is crucial here, as the technique demands great precision.

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[Adv. Reflexologist](#)  
[Aromatherapy Pract.](#)  
[Adv. Aromatherapist](#)  
[Color/Crystal Therapist](#)  
[ReflexAromatherapist](#)  
[Mini Courses](#)  
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[REMEDIES4...FREE HEALTH EBOOKS](#) | [NATURAL HOLISTIC HEALTH BLOG](#) | [HEALTH OR HIGH WATER](#)

## Alternative Healing Academy

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)  
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)  
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

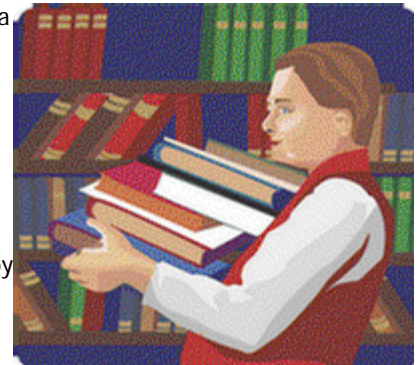
The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

## About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,  
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,  
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,  
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,  
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)  
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)  
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



## Course Testimonials

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*"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."*

-A. Lindquist - Advanced Aromatherapy Practitioner

*"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."*

-M. Oliver - Basic Anatomy & Physiology

*"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."*

-Debbie F. - Basic Reflexology

*"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."*

*"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."*

*"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."*

-Jean Russell - Basic Reflexology Course

*"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."*

*"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."*

-Megan P. - Advanced Aromatherapy Course

# Our Associations

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Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

*Payment plans are available, please [Click Here for More Info](#)*

## Sales & Refund Policy

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We will, within 30 days, refund the purchase price of any course you purchased **\*MINUS\* the cost of the modules you have already received**. This policy does **\*NOT\*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.