

RANDOM HOUSE  BOOKS



The Self-Help Reflexology Handbook

Sonia Ducie

CONTENTS

Cover

About the Book

About the Author

Title page

Foreword by Mo Usher

How to Use This Book

Introduction

Healing

The Systems of the Body

Looking After Your Feet

Part 1: How to use Self-Help Reflexology

Warming Up

Reflexology Techniques

How Will It Make Me Feel?

Dos and Don'ts Checklist

Part 2: Self-Help for Energy and Vitality

THE SELF-HELP WORKOUTS

The Positive Thinking Workout

The Strength Workout

The Vitality Workout

The Relaxation Workout

The Sex Workout

The Metabolism Workout

The Detoxification Workout

Part 3: Self-Help for Help

COMMON HEALTH COMPLAINTS

Using the Routines

Headache
Blocked Sinuses
Eyestrain
Earache
Toothache
The Common Cold
Hiccoughs
Sore Throat
Cough
Hangover
Tiredness
Sleeplessness
Poor Circulation
Stress
Travel Stress
Backache
Premenstrual Tension
 Bloating, Lower Backache
 Headache, Emotional Problems
Constipation
Diarrhoea
Panic Attack
Osteoporosis

Part 4: Reference Section

Easy Reference Charts
Reflexology Charts of the Feet
Reflexology Charts of the Hands
Visiting a Professional Reflexologist

Professional Contacts

Further Reading

Index

Acknowledgements

Copyright

About the Book

Relax, rejuvenate and improve your health using self-reflexology – in just a few minutes a day.

The healing art of reflexology uses reflex points on the feet and hands to improve the health of the body as a whole. It has been practiced around the world for centuries by skilled practitioners – and has positive therapeutic benefits in everyday life as well as in times of illness.

Now reflexologist and therapist Sonia Ducie explains how easy it is to use reflexology on yourself. By applying gentle pressure to points on the hands and feet you can enhance feelings of positive health, soothe away common aches and pains, and stimulate your body's natural healing abilities.

Her clear, straightforward, practical routines can be applied to the feet and hands, using safe and simple techniques for easy self-use at home or at work.

- A 'how-to' section illustrates basic and easy-to-learn reflexology techniques and how to apply them.
- Seven step-by-step 'workouts' will help you to: relax, improve confidence, develop personal strength, increase vitality, enhance your sex life, detox your system and boost metabolism.
- Simple self-help techniques for 22 common health complaints include reflex points for: headaches, backache, period pains, fatigue, hangovers and panic attacks.

About the Author

SONIA DUCIE

Member of the Association of Reflexologists

Sonia Ducie studied the Eunice Ingham method of reflexology in 1990 with Margaret Bonner-Walter in London and has been practising reflexology for over six years in clinics and in private practice. Sonia teaches self-help reflexology at workshops in London. She is also a professional numerologist.

CHARLES JAMES HORAN

Member of the Association of Reflexologists

Jim Horan has been practising reflexology for over eight years and trained with the Gaia School of Reflexology in Shropshire, using the Doreen Bayley method. Jim has been very active in promoting reflexology and teaching at workshops and colleges. He has researched and designed maps of the hands and feet as illustrated in this book. Jim also practises Bio-Mobility – body alignment through the manipulation of muscles.

THE SELF-HELP
Reflexology
Handbook

Easy routines for hands and feet
to enhance health and vitality

Vermilion
LONDON

FOREWORD

We have a natural ability to heal ourselves. In the dawn of mankind, we used to walk around barefoot and the stones underfoot massaged our feet, but we have come a long way since then - such things as cement pavements, shoes, the car and supermarkets have made our lives so much easier, but have taken us away from things natural. However nature is adaptable and just as we can have a good workout to compensate for a day spent inactive at a desk, so too we can use self-help techniques to compensate for the forced and sometimes inappropriate changes to our lifestyle.

This book is dedicated to self-help and self-healing through a very simple, yet very powerful therapy called reflexology. It can help you find optimum health and help prevent illness. The need is great. The World Health Organisation has a vision - good health for all by the year 2000 - yet as the millennium fast draws to a close, alarming statistics show that although people are generally living longer, they are not necessarily living in optimum health with diseases such as cancer, heart disease, rheumatism, arthritis, back problems and asthma on the increase.

Sonia Ducie encourages us to take a look at that vastly underrated part of our anatomy - the feet. We totally underestimate the importance of the feet. They get you to where you need to be to do your great work. They say that by the time we are 70 we will have walked the equivalent of three times around the world!

Have you ever watched children play on a beach? They rush around irrespective of the pebbles underfoot, but as we get older, we may wince as we gingerly pick our way

across, trying to avoid them. The reason is simple. Through the pollutants in the air we breathe, the food we eat and the liquid we drink, any negative thinking, lack of exercise, uncontrolled stress and poor lifestyle generally, toxins build up throughout the nerve pathways of our body, which end up in our hands and feet. This causes an imbalance to the body; it creates factors which weaken our immune systems and hence can lead us from disease to illness. It basically creates sore feet. An example of this is coming home after a long day, feeling dreadful. You may say something like, 'Oh, my feet are killing me,' then kick off your shoes and even rub your feet.

This book helps you to take charge of your own health and assist the body in its own healing. Additionally, it will help you to help those in your own circle – your family and friends. It could even inspire you to take up reflexology as a profession. Keep this book by your side. It could change your life!

-Mo Usher, MAR, MGCP

Mo Usher is honorary life member and former President of the Association of Reflexologists and was their Chairman for six years. She has served as President of the International Council of Reflexologists and was honoured for her work as one of the 'Best of British Women' in 1993.

HOW TO USE THIS BOOK

The Self-Help Reflexology Handbook offers you a chance to learn some simple reflexology techniques which can help you relax and stay healthy. It inspires and motivates you to include regular reflexology in your life, along with exercise, fresh air, a healthy diet, etc., to help keep you balanced, happy and glowing with confidence. When you are healthy and happy you are able to put more into life, and because reflexology helps increase your creativity, it can even help to make you more efficient! By being a happier, more caring person you will naturally make others around you happier, too.

Practising reflexology brings self-awareness about how your body works and what it needs, and teaches you to take responsibility for yourself. It's your body, after all – and when you look after it with love, care and attention, it will look after you.

This isn't a medical book that tells you how to diagnose your symptoms and practising the self-help techniques isn't going to cure you of all ills – but it can help. The book has been designed so you can obtain the maximum benefits from your reflexology routines and workouts:

INTRODUCTION

Here you will find a review of the history of reflexology and how it is used today, to give you a background on the subject. Also, this section contains general information about reflexology, what it can and can't do, and notes on what to expect from the self-help approach.

HEALING, THE AURA AND THE CHAKRAS

All life is made up of energy, or ch'i, as it is sometimes known. The human aura is the electromagnetic energy field that surrounds you, while chakras are seven vortices of moving energy, running at intervals along your spine, which energize the organs of your body.

THE SYSTEMS OF THE BODY

If you don't remember much of your school biology, then read this short synopsis to get a little understanding of how your body functions.

WARMING UP

Warming up is an important part of your routine and this section also gives you tips on how to get the most out of your routines, whether in the office, travelling or at home.

GENERAL RELAXATION TECHNIQUES

This is the most important part of the book because it explains the basic reflexology movement – the caterpillar movement – and other relaxation techniques which need to be practised before and after any of the self-help routines or workouts.

HOW WILL REFLEXOLOGY MAKE ME FEEL?

You may also like to read about typical reactions to reflexology in this section.

DOS AND DON'TS CHECKLIST

Before practising any of the self-help techniques in Part III ([Common Health Complaints](#)), have a general check-up with your doctor, who has your full medical history and knows about your health. This checklist highlights some of the many points you may like to discuss together.

SELF-HELP FOR ENERGY AND VITALITY INTRODUCTION AND WORKOUTS

Everyone wants to make the most of life and reflexology can help give you the energy and vitality do just that. Also, loving yourself, valuing yourself and feeling good about who you are will help make you radiate with confidence and look beautiful!

SELF-HELP FOR HEALTH

Introduction and Common Complaints Here is a list of common complaints which may be experienced in daily life and self-help routines to help you manage them.

VISITING A PROFESSIONAL THERAPIST

At some point, either before you start working on your own self-help routines or after a while, you may like to visit a professional reflexologist for a treatment. This may be out of curiosity, for pampering and general relaxation, or because you are ill. This chapter covers everything from what to wear to choosing your reflexologist and how to find out the cost of a treatment.

PROFESSIONAL ASSOCIATIONS/READING LIST

At the back of the book is a contact list of fully trained reflexologists and a list of a few of the many exciting reflexology books available today.

JIM HORAN'S HAND AND FEET CHARTS

Each workout or self-help routine in this book has a number for each reflex point and they are illustrated here. If your routine is shown using hand reflexology and you wish to use foot reflexology instead, then simply look up those numbers on these charts. They will also give you an idea of your whole body and how it works.

Before you practise any of the self-help techniques in this book it is essential that you read the 'Dos and Don'ts Checklist' ([see here](#)), then 'Warming Up' ([see here](#)) and

‘How Will It Make Me Feel’ ([see here](#)) to help you understand the process. Always remember to practise the general relaxation techniques for a few minutes before and after any of your routines or workouts, as reflexology works on the whole body.

This book is your friend – it’s here to help you to get the most out of your life and your health. So have fun, relax and enjoy the journey ahead.

INTRODUCTION

What Is Reflexology?

Reflexology is a wonderful, natural and simple way of helping your body to heal itself. It is often referred to as a holistic therapy, meaning 'whole', because it works on your whole mind, body and spirit, rather than focusing on your symptoms. When you are sick, reflexology is nurturing, healing, relaxing and invigorating, and when you are healthy its healing touch helps to make you feel good in yourself, positive and happy. Regular reflexology can help prevent certain reoccurrences of illness and help maintain your health. It is practised by professional therapists all over the world, in health centres, hospitals, at home and even in the workplace. Everyone can benefit from it, from young children to the elderly, in sickness and in health, for fun and for pleasure, for mind, body and spirit.

Mapped out on your feet and hands are 'reflex points' which correspond to every organ and part of your body. When you are ill or stressed these points become sensitive and sore to touch, as toxins build up. These toxins cause blockages in your body which prevent your energies from flowing freely. Reflexologists can feel toxins or crystal deposits just underneath the skin. By working over the areas of congestion, the blockages are released, which helps to bring your body back into balance and harmony.

Reflexology is sometimes referred to as 'zone therapy', because every one of your reflex points lies within a certain zone or meridian. Your body is divided into 10 equal zones; when you draw a line vertically down the middle of your body there are exactly five zones running down either side. These zones are also sometimes referred to as 'energy

pathways' or 'nerve pathways'. Every part of your body is connected to the rest and so a blockage of energy in one zone will affect the whole. Therefore it is important to look after your whole self, from your head to your toes, through a healthy diet, exercise, relaxation and plenty of sleep, and to find a balance in work and play.

Reflexology encourages you to breathe, to relax and to let go of stress. Stress has been suggested as the cause of a great many illnesses; some people say as many as 80 per cent. A little stress is necessary – it boosts your adrenaline, which gets you going, but constant stress can run you down. How you manage the stresses and strains of everyday living will determine how healthy and happy you remain; reflexology can help you manage stress.

Your body is very powerful and, like nature, has its own cycles and rhythms. It can normally heal itself in its own time, but reflexology can help speed up this process. However, it is important to note that a reflexologist doesn't claim to cure your symptoms and doesn't treat a specific illness or prescribe medicines for you. This is left to medical practitioners – doctors, consultants, etc. – who are able to diagnose your symptoms. Reflexology simply works on your whole body by helping to bring it back into balance and harmony.

History

Reflexology is an ancient art, a science and a healing therapy. It has recently been rediscovered and has become very popular as a result of a need to find alternative ways to relax, to help relieve pain and to help with many different illnesses.

The Chinese are said to have used energy medicine as long ago as 3000 BC and traditionally the East has given the West many insights into how the mind, body and spirit work together to create health. The ancient Indians, Africans and Russians also practised their own methods of reflexology.

Egyptian tombs depict murals and hieroglyphics in which medicine, herbs, hand and foot reflexology are being administered.

In the early twentieth century the American ear, nose and throat specialist Dr William Fitzgerald travelled to Europe and saw the practice of zone therapy, which was then being used to help with pain control. Around 1909 he did further research on the theory and divided the body into 10 vertical zones. He used instruments to put pressure on certain zones which corresponded to areas in the body where he needed to perform minor surgery and was very successful with this therapy in America.

In the 1930s another American, physiotherapist Eunice Ingham, further developed zone therapy methods. She mapped out the reflex points on the feet and their corresponding organs or areas in the body, and called it 'reflexology'. Eunice wrote two books, *Stories the Feet Can Tell* and *Stories the Feet Have Told*, which are still popular today.

One of Eunice Ingham's pupils was called Doreen Bayley. She was a pioneer in the 1960s. Doreen set up the Bayley School of Reflexology and was very influential in establishing reflexology in the UK. She too undertook her own research and drew her own reflexology maps.

Reflexology continues to evolve and today there are many different methods to this healing art. For example, it is now being practised in conjunction with other therapies, such as acupuncture (some therapists have developed reflexology using the acupuncture meridians), shiatsu, massage, etc. This is a healthy sign. However reflexology works wonders on its own!

The Self-Help Approach

Self-help means taking responsibility for yourself and learning to listen to your body and do the best you can to look after it. Life can be so hectic that it is easy to neglect

yourself. Yet your most important relationship is with yourself because you need to understand, trust, listen and communicate who you are in order to relate fully to others. Reflexology can help you with this. By setting aside time to practise it on yourself you are saying that you are important and worth looking after.

Practising the self-help routines and workouts in this book can be fun and pleasurable. They can improve your life by helping to keep you happy and relaxed. Feeling safe to touch yourself also brings you more body awareness. Trust your instincts about what your body needs in order to stay healthy and happy, using a discriminative mind to decide the best course of action.

Reflexology helps to balance your whole mind, body and spirit. Your physical body needs touch, love, food and exercise, etc. Your mind needs positive mental stimulation, intellectual learning or education and a positive outlook, and your spirit needs to feel it is connected to people, to the earth and to humanity. When you practise reflexology on yourself it helps to bring out positive thinking and clarity of thought, helps you feel connected to yourself (and therefore to others) and helps your physical health; ultimately, it helps keep you balanced.

Because the reflexology works holistically, you need to work on your whole body – or on the whole of your hands or feet – before and after you practise any of the routines or workouts. So first, follow the general relaxation techniques on [here](#). Then you can start work on your self-help routine or workout. To begin with, you may like simply to practise the general relaxation techniques for a few days until you feel confident enough to work on yourself.

Self-help reflexology is available anywhere, anytime. Very often you may need to practise your routines away from your home – whilst travelling on a bus, train or plane, in a car (as a passenger obviously) or in the office. This is a great advantage, but in an ideal world it is always best to

practise reflexology at home – in a quiet environment with soft music and with the dog, cat and children safely out of sight and the answer phone switched on. This way you can give yourself time and space to enjoy your routine, and to obtain the maximum benefits from it.

Wherever you are, remember to read the 'Dos and Don'ts Checklist' on [here](#) and consult your doctor before you start work on yourself. It is also important to take responsibility for yourself and consult your doctor as soon as possible should you experience any adverse reaction to your reflexology routines or workouts.

Reflexology is a wonderful, safe and natural therapy. When you practise it with respect, it can help bring balance and harmony to your whole body, and uplift and inspire you.

HEALING

Do you ever remember being ill or bruising your knee when you were little and somebody kissing it or rubbing it better? Or have you ever had a problem and a kind person has listened to you and held your hand? They were giving you healing. Healing is natural and we all do it all the time, often without thinking. A smile from a friend really lifts you up when you are feeling low – and that keeps them smiling, too. Healing can take place in a moment, but it can influence your whole lifetime.

Healing brings about change. Although this may not always seem beneficial at the time, when you look back later you often realize the changes all happened to you for a reason. Sometimes, however, facing the truth is too painful. Many people don't heal because they are not prepared to look at the cause of their problems and let them go. Difficulties may be physical, emotional, mental or spiritual, but the principle is the same. Sometimes the letting go is also traumatic, which is why you may stay in an unsuitable job or relationship. You prefer to hold on to the pain you know because the unknown is too scary. Pain and illness themselves can become an identity which you are reluctant to let go of, particularly if you like moaning! And change doesn't always mean you get what you want; in some cases it means your physical problems may get worse. This is, however, all part of the healing process.

Life expands and contracts like your heartbeat. If you accept change and try to make the most out of every situation, then your life is able to flow freely. Resistance to change is fine for a short time, but any problem left

unsolved gathers energy which can manifest into a bigger problem later on.

Energy is all around us. Have you ever seen the heat rising from a road baking in the midday sun, or seen the electrical power of a thunderstorm? This can give you an idea of just how much energy is around us all the time. According to science, objects are not solid but are moving particles of energy. The sun and moon radiate energy and in Eastern cultures people run their lives in accordance with their cycles because they believe that helps them get the most out of their lives.

Your own body is made up of energies which feed, and feed off, other energies in your environment. Energy is also referred as ch'i, yin/yang, life force, prana or vital energy; terms you may already be familiar with. Everyone and everything has its own energy field, or electromagnetic field, which is called an aura. Many people are able to see the aura with the naked eye and it can be photographed by special cameras. Your aura changes constantly in reaction to your environment and your thoughts. Your body also has seven chakras or energy vortices shaped like cones which run down your spinal chord, at intervals. These metabolize and distribute energy into your body and feed the organs they govern.

The Earth itself has an aura – when it is photographed from space a blue haze can be seen around it. It also has a magnetic energy field which vibrates in waves. Healers tune into this magnetic field; when they are aligned to these energies they transmit them to help heal others. Complementary therapies, including of course reflexology, use different methods to activate these healing energies.

All energy flows and in reflexology it can be seen to flow through the 10 zones of your body. When you think badly about someone, it affects your whole body, as it can slow down your energy and stagnate it. When you think happy thoughts, on the other hand, your energies flow faster and

this feeds your environment. So as you respond to your environment internally and externally, you also contribute to it. You can pollute the atmosphere by your thoughts or actions. For example, when you walk into a room where people have been arguing, you feel uncomfortable and may leave.

You will have realized that as you get tired your personal energy seems to run out and as you get older your energy levels slow down. You may also be exhausted by being under stress; if you are always on overload, your body will signal you to slow down. You can recharge your batteries by taking a walk in the park, eating, meditating, sharing a conversation with a friend, enjoying physical touch, focusing on something you love doing, exercising, breathing deeply, receiving reflexology or sleeping. During this time your body gathers energy from the vast energy source surrounding you.

Illness starts when some part of your body goes out of balance, so you may need to look at all areas of your life: are you getting enough food, touch, physical exercise? Do you partake in sharing and intimacy, socializing (emotional and physical)? Do you stimulate your mind with new information and learning (mental), and do you have a sense of belonging and being able to give to your family or community or serve the world (spiritual)? These are all areas you need to satisfy to help maintain balance.

The Aura

As already mentioned, the energy field or electromagnetic field surrounding each person is called the aura. It comprises seven levels of energy. Each level is called an energy body. The first level is the physical body, the second the emotional body, etc. Each vibrates at a different rate and the physical body vibrates the slowest. On Earth our vibration is quite slow; trees and flowers have faster vibrations than humans. Each energy body affects the rest

and when a number of them go out of sync at once your physical health can be affected. Many illnesses begin in the upper levels of the aura and gradually work down to the physical body. Therefore it is important that you keep your aura clear and flowing. Reflexology helps you to do this by stimulating the energies in your aura and moving 'negative' or stagnant energies out of your body.

You can feel your own aura and sense other people's. For example, when people get too close to you without your permission you may feel that your personal space has been invaded.

Let's look at each energy body in turn.

1ST LEVEL - PHYSICAL BODY

This level of your aura is found up to 2.5cm (1") from your physical body and is generally a misty grey-blue colour. If you have a strong physical body, feel physically safe and comfortable, have vitality and like physical touch and sex, then this level will be healthy. If you feel insecure, avoid physical touch or physical intimacy, and are dreamy and ungrounded, then your physical body may be out of balance.

2ND LEVEL - EMOTIONAL BODY

Your emotional body lies around 7.5 cm (3") from your physical body and can sometimes be seen as watery pastel colours. When this body is healthy and balanced you feel calm and good about yourself, feel self-love and love for others, and are able to express your emotions positively. When it is out of balance you may feel negative emotions which you may not be able to express in a positive way or you may feel totally cut off from your emotions.

3RD LEVEL - MENTAL BODY

It is possible for some people to see this level of the aura, usually a yellow colour, around 23cm (9") from your physical body. When your mental body is healthy, you are able to think clearly, have a strong mind and need mental stimulation in your life. When this body is out of balance you may be unfocused and confused, have mental problems or be a pessimistic thinker.

4TH LEVEL - ASTRAL BODY

This is around 35cm (14") from your physical body and is made of up a variety of colours. When your astral body is healthy you are able to have healthy and intimate relationships with people, and you may enjoy working for your community. If this body is out of balance you may avoid intimate relationships.

5TH LEVEL - IMPRESSION BODY

This body usually looks dark blue and lies around 61cm (2') from your physical body and is dark in colour. When the impression body is balanced, you are aligned to your life purpose. If you are disconnected from your life purpose, you may reject boundaries and structure or be very disorganized. Then this level is out of balance.

6TH LEVEL - WISDOM BODY

This body can be seen as an array of iridescent colours around 1m (3.5') from your physical body. When it is balanced, it brings joy, peace, healing, a feeling of connection, love and harmony. When it is out of balance, you may reject any form of spiritual connection.

7TH LEVEL - SPIRITUAL BODY

This lies about 1.21cm (4') from your physical body and makes a golden egg shape around it. When it is healthy you will have great clarity about your spirituality. You may be telepathic, introspective and search for the truth within,

and you may view the world as a whole. When this level is blocked or out of balance you may be impatient, a perfectionist and a dreamer who feels isolated and cut off from the world.

The Chakras

As well as the seven energy bodies surrounding you there are also seven chakras, or spinning vortices of energy, which lie along your spinal cord at points where there are a gathering of nerves, taking in energy and feeding it to the organs governing each area.