

# In The Practice



## TCM REFLEXOLOGY

Reflexology is known as both an art and a science. The science lies in the physiological and neurological response to the treatment, the art lies in the skill of the practitioner.

The incorporation of ancient **traditional Chinese medicine** methods used as a health assessment tool will be the basis for the practice as it enhances the effectiveness of the reflexology treatment.

The information provided in this newsletter will explain treatment protocols of each assessment tool used in practice. Case study examples are used to further support each explanation.

The following assessment tools are used:

- The 12 meridian energy channels.
- Hand, feet and face reading
- Auricular therapy
- The 5 element system of behavioral patterns
- Reflex sensitivity interpretation
- Lifestyle recommendation



### INSIDE THIS ISSUE:

TCM Reflexology	1
The Meridian Web	1
Hand Feet and Face Reading	2
Reflex Sensitivity	2
Auricular Therapy	2
Vacuflex Concept	3
Magnetic Healing	3

### Restoring energy through the meridian web

The meridian system looks like a giant web linking different areas of the body. Its pathways make up a complex body map that supplies vital energy to every part.

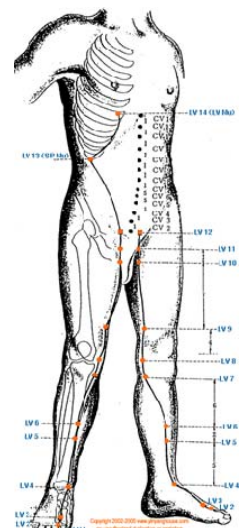
The meridian system consists of 12 channels, all linked to an organ.

Disruptions with regards to the distribution of vital energy in the 12 systems are assessed and treated and therefore restores balance to the entire body.

#### Case study 1:

Patient seeks helps with

regards to amenorrhea (absence of menstrual cycle), during pre-treatment assessment questions are also asked around PMS symptoms and the patient reports frequent migraine headaches. Often these symptoms relate to what is known in TCM as liver stagnation. The treatment will involve stimulation of the liver reflex and related endocrine points as well as restoring energy congestion within the liver meridian. The medical case history will also be assessed to eliminate further contributing



## WHAT YOUR HANDS FEET AND FACE SAY ABOUT YOUR HEALTH

Therapeutic Reflexologists are also taught the art of **hand, feet and face reading** to determine the patient's state of health. This information is related back to the actual reflex/organ connection or to the meridians.

### Example:

#### Observations: Bunions - Spleen Pancreas Meridian

The spleen pancreas meridian penetrates the medial side of the big toe. This meridian has a very close relationship to the health of the uterus.

This observation often indicates that patients suffer from painful and heavy menstrual cycles as well as blood sugar related imbalances.

### Case study 2:

Through the observations of the feet it is noted that the patient is developing slight bunions on both sides of the feet, the big toes also lean laterally towards the second toe and, under the thyroid reflex, a deep groove is noted.

After interpreting the tactile observation, the patient is questioned around menstrual difficulty. She reports having been diagnosed with a uterine fibroid (bunions formation) which is being monitored by a gynaecologist.

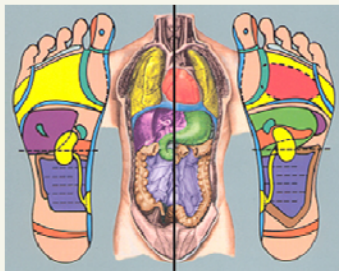
Treatment will include the stimulation of the uterus and pancreas reflexes as well as related endocrine points, together with the stimulation of the spleen/pancreas meridian. Further recommendations will be made with regards to balancing sugar levels.



factors.

## REFLEXOLOGY

**Reflexology** is traditionally perceived as a "foot massage", however the application of specific finger pressure techniques are used as a method for 'activating the healing powers of the body'.



As a science, it requires careful study, practice, technical knowledge and skill. Reflex sensitivity is interpreted

by relating to stress and weaknesses within specific organs and corrected through the application of stimulation or lifestyle adjustments.

### Example: Case Study 3

Sensitivity within the kidneys/uterus and bladder reflex area.

Further questioning techniques will be based around energy imbalances like frequent urination, scanty urine, lower back pain or incontinence. A careful review of the medical history will also be looked at with regards to fluid intake.

## Did you know the body is also mapped in the ears?

**Auricular** (ear) therapy is another form of microsystem of the body. It is a form of acupressure and consists of the insertion of tiny ear seeds or magnets in the ears related to specific body organs.

Strong scientific evidence exists and supports its effectiveness especially related to allergies, appetite control, muscular problems and many more.

### Case Study 4: Tension Headaches

Treatment will involve the stimulation of the points in the ear like the forehead, temples, cervical spine and pain points.



## VACUFLEX CONCEPT

The **Vacuflex** machine combines the treatment of reflexes with the stimulation of the acupuncture points .

Pressure is applied to the feet through the use of a "vacuum boot" system. The reflexes are therefore stimulated at a constant pressure ensuring equal stimulation.

After five minutes the boots are removed and the feet appear in different colours indicating energy congestion related to the lack of thermal heat and energy within the body.

These colors are interpreted and used as another assessment tool to compile the health profile of the patient.

The same vacuum system is then used to apply the cups to acupuncture points. The vacuum allows for the acupuncture point to be "lifted" to the surface and therefore stimulated.

The combination between the stimulation of the reflexes and the acupuncture points make this a very effective treatment and used in a modern day Reflexology practice.

*Only available at Bryanston Practice*



## MAGNETIC HEALING

In order for healing to take place within human cells energy is required and must be provided in the form of nutrients and oxygen.

"The stimulation supplied by magnetic energy causes the blood vessels to expand, enhancing blood circulation and the flow of nutrition (food & oxygen) to all body cells. Due to increased cell activity toxins are eliminated

and the pH levels of the blood, cells, tissues are restored", (Dougans).

The effects of stimulation can either be felt immediately or after several applications depending on the congestion.

### Conditions Treated Successfully with Magnets

- Arthritis
- Rheumatism
- Fibromyalgia

- Back pain
- Period pain
- Headaches
- Joint pain
- Tendonitis

### Other Benefits

- Reduces inflammation
- Improves Circulation
- Reduces Stress
- Enhances Energy



[www.vacuflex.com](http://www.vacuflex.com)

## TREATMENT FREQUENCY

A response is generally expected after **three treatments** and a treatment programme is discussed with the patient.

Once results have been achieved patients are encouraged to remain on a maintenance programme seeking treatment once every three to six weeks.

The purpose of any complimentary health practitioner is prevention and therefore ensuring continuous health and wellness.



Lize qualified as a Therapeutic Reflexologist in 2004. Her experience within the field of Reflexology included running a practice as well as a Reflexology school both as an acting director and lecturer teaching first and second year learners.

Her experience for the last 5 years included general campus administration duties such as marketing the qualification, facilitating workshops being a representative as a governing body committee member and hosting the annual graduation functions.

Alumni responsibilities included hosting of guest speakers, management of an interactive weboard communication and project managing a Infertility Conference hosted in March 2009 in South Africa. As acting director she was involved in government/registration and accreditation duties as well as the writing and implementation of policies.

Lize was both the lecturer of contact and e-learning education; she was a developer of curriculum programmes and continuous professional development teaching in South Africa as well as the USA, Ireland, England and Denmark.

As a therapist she runs two practices of which one is managed at the Vodacom Health Centre in Midrand and a private practice in Bryanston.

Her passion lies within the development of scientific research in the field of Reflexology as well as the education of the general public as to the benefits of Therapeutic Reflexology.

#### **Bryanston Practice**

9A Blackpool Road

Bryanston

Tel: 082 926 9209

E-mail: [Copeland.lize@gmail.com](mailto:Copeland.lize@gmail.com)

Website: [www.reflexologypractice.co.za](http://www.reflexologypractice.co.za)

#### **Times:**

Monday – 09h00 – 13h00

Tuesday – 13h00—19h00

Wednesday – 14h00—19h00

Thursday – 09h00 – 13h00

#### **Vodacom Practice:**

Vodacom

Corporate Park – Blu – Health and Wellness Centre

Vodacom Boulevard

Midrand

Tel: 082 926 9209

E-mail: [Copeland.lize@gmail.com](mailto:Copeland.lize@gmail.com)

Website: [www.reflexologypractice.co.za](http://www.reflexologypractice.co.za)

#### **Times:**

Wednesdays – 09h00 – 13h00

Fridays – 09h00 - 18h00

#### **Directions to Bryanston Practice:**

- From William Nicol (heading towards Sandton)
- Turn Right into Peter Place
- Right into Brian Road (just before Sandton Medi-Clinic)
- Brian becomes Blackpool ( look out for yellow wall – green acupuncture sign outside on the left)

