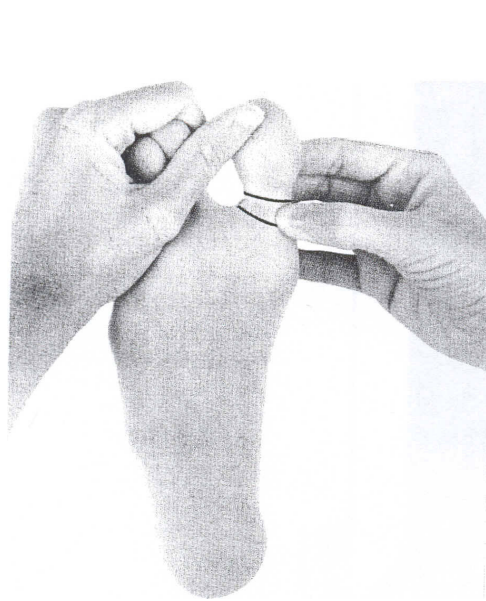
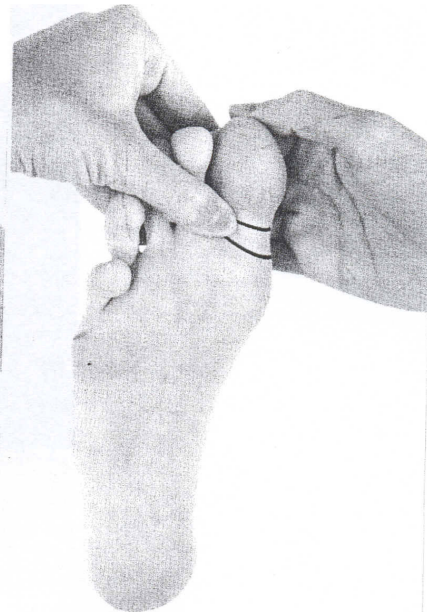


Thyroid and parathyroid gland reflexes

Since the thyroid gland is located at the base of the neck area, the reflex area will be located at the base of the great toe, to work this area effectively...use the thumb of the holding hand to spread the great toe so that it may be worked on effectively by the thumb of the working hand on those of the holding hand; using the basic thumb technique, make several passes, walking across the base of the great toe from the medial side to the lateral side, change hand and come back in the opposite direction in the same manner; this, of course, is done in order to completely cover the comparatively wide reflex area for the thyroid gland reflex; working several passes in one direction and then changing hands to work in the opposite direction will give you complete coverage of the thyroid reflex area; this will also include the parathyroid gland reflex since they are buried in the thyroid gland (Byers 2001, p 145).



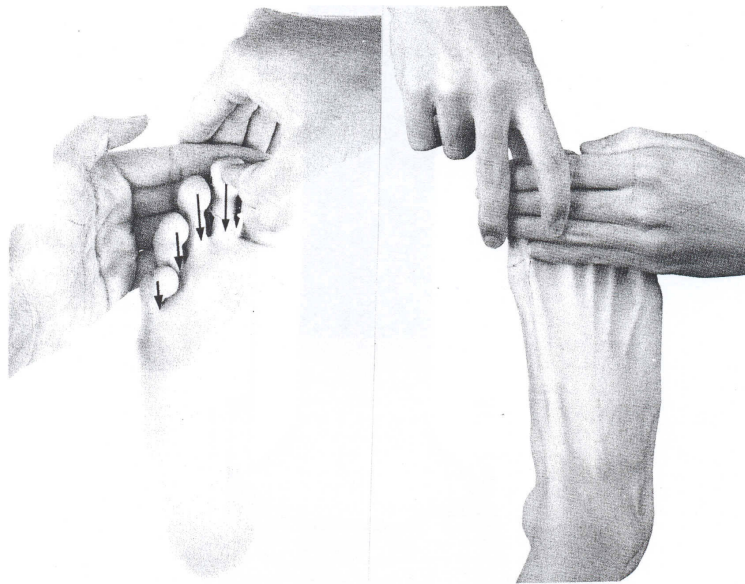
Picture 26
Working the thyroid reflex medial to lateral



Picture 27
Working the thyroid reflex lateral to medial

Sinus reflexes

Starting on the right foot, use the right hand as the working hand and the left as the supporting hand, place the fingers of the supporting hand horizontally across the dorsal surface of the toes, with the index finger level with the tip of the toes, place the fingers of the working hand over the outside of the supporting fingers; the first two fingers of the working hand should be over the first two knuckles of the supporting fingers for leverage, using the basic thumb technique and starting with the great toe, work down the middle and lateral edge of each toe from its tip to its base, the working hand and the holding hand move together as a unit as you move from toe to toe; remember, the first fingers of the working hand should be over the first two knuckles of the supporting fingers...work each toe several times and take about 6 to 10 small bites down the toe, then change hands and repeat this process with the left thumb, starting on the small toe, always work down the middle and then the medial edge of each toe to its base...(Byers 2001, pp 104-105).

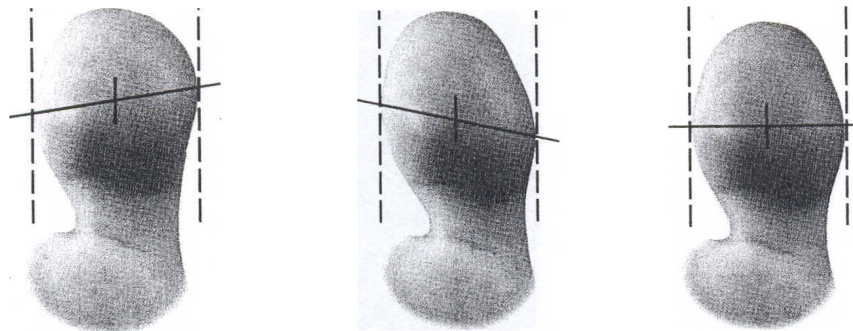


Picture 28
Working the sinus reflex

Picture 29
Leverage for working the sinus reflex

Pituitary gland reflex

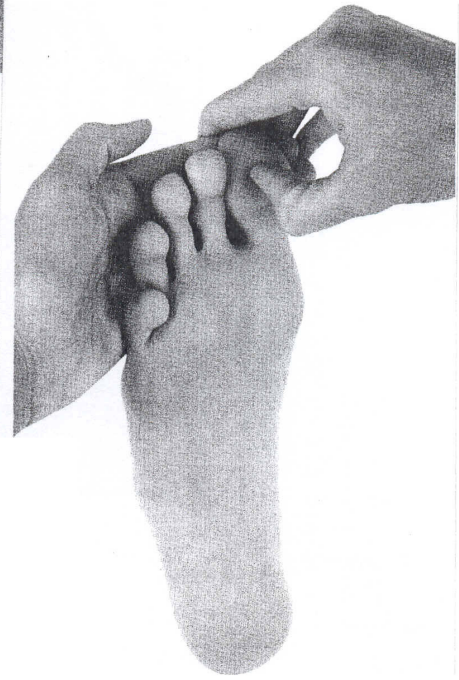
To pinpoint the pituitary reflex...always look for the widest point on both sides of the great toe and then draw an imaginary line from point to point...the pituitary reflex will be found at the midpoint of this hypothetical line...this midpoint should be close to the center of the great toe...when working on the right foot that you use the right hand, and on the left foot you use the left hand; the holding hand will be used to support and protect the great toe, always cover the toes with the fingers of the holding hand, use the fingers of the working hand for leverage; the leverage fingers are always on the outside of the holding hand; this is done to prevent any injury or unnecessary pain to the top of the great toe...always use the medial corner of the thumb of the working hand by utilizing the hook-in, back-up technique...remember the bumblebee who sits down and backs up...making 3 or 4 working contacts with this area...(Byers 2001, p 143).



Picture 30
Locating the pituitary gland reflex



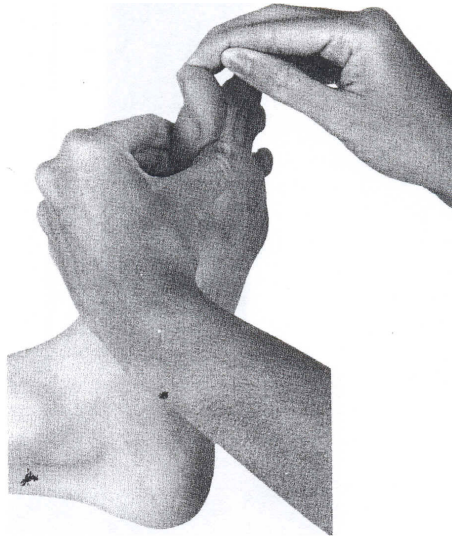
Picture 31
Working the pituitary gland reflex
starting position



Picture 32
Working the pituitary gland reflex hook in,
back~up technique

Working the brain

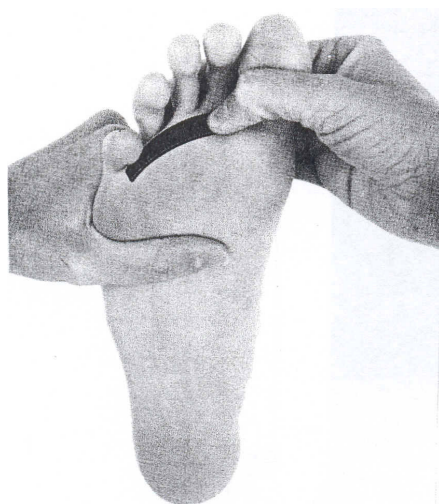
Hold the right great toe with the thumb and index finger of the right hand, the 1st joint of the index finger of the left hand will be resting on the tip of the thumb, this stabilizes the index finger which is used to work across the tip of the great toe in a rolling motion with the wrist, start with the lateral edge of the tip of the index finger and rill across the tip of the great toe, pick up the index finger and move to where you finished and repeat this process until the entire tip of the great toe is covered, repeat this entire process several times on both feet (Byers 2001, p 50).



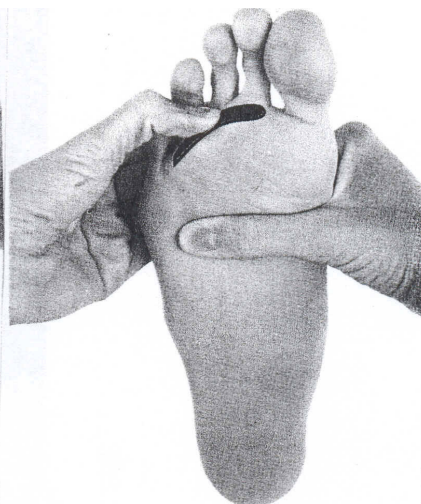
Picture 33
Working the brain reflex

Eye and ear reflex

Start on the right foot with the right hand as the working hand, the fingers of the left hand (holding hand) are placed on the dorsum of the foot opposite the thumb...flat against the metatarsal area along the plantar surface of the foot, place the right thumb of the working hand on the ridge making sure to use the lateral edge of the thumb, the ridge is formed where the base of the small toes meet the metatarsal padding...the thumb will walk from medial to lateral in a forward motion across this ridge starting at the base of the second toe and continuing to the lateral edge of the foot...the walking motion must be one in which the thumb walks all the way across the base of the small toes, is picked up, comes back and starts over...with the pressure of the thumb exerted downward toward the heel...repeat several times, then change hands and walk in the opposite direction several times (Byers 2001, p 92-93).



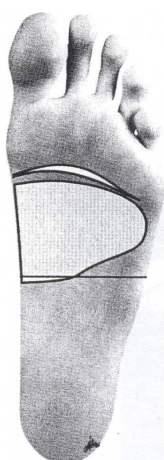
Picture 34
Working the eye and ear reflex medial to lateral



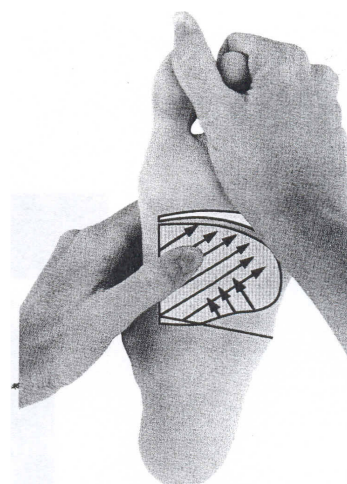
Picture 35
Working the eye and ear reflex lateral to medial

Stomach reflex

The largest part of the stomach reflex is going to be found on the left foot...located below the diaphragm guideline of the foot and above the waistline guideline...start with the left hand on the left foot and work from the waistline guideline in a criss-cross motion up to the diaphragm guideline and cover the entire region, use the basic holding technique, then change hands and come back in the opposite direction, giving the 'criss-cross' effect (Byers 2001, p 117).



Picture 36
Stomach reflex (left foot)



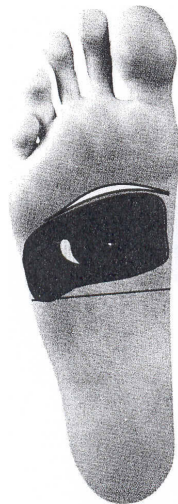
Picture 37
Working the stomach reflex

Liver reflex

The liver reflex is on the right foot...the reflex area covers the space from the waistline guideline to the diaphragm guideline from the medial to the lateral side of the right foot...start with the right hand and work the area towards the diaphragm guideline using the basic holding technique...then come back over the area, change hands, and walk across the area in the opposite direction angling towards the diaphragm guideline (Byers 2001, p 118).

Gallbladder reflex

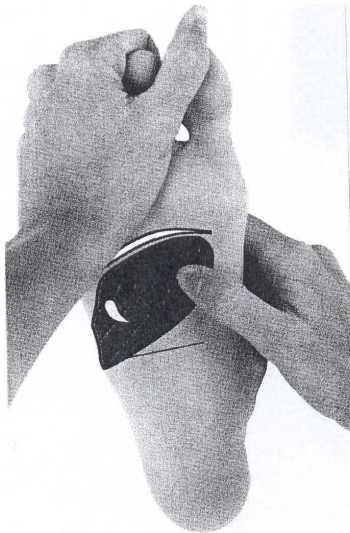
Generally, the gallbladder reflex will be around the 3rd or 4th zone above the waistline guideline approximately a third of the way to the diaphragm guideline; simultaneously, while working the liver reflex you are going to be working the gallbladder reflex, the gallbladder reflex can also be located on the dorsal surface of the foot just opposite the reflex site on the plantar surface (Byers 2001, pp 118-119).



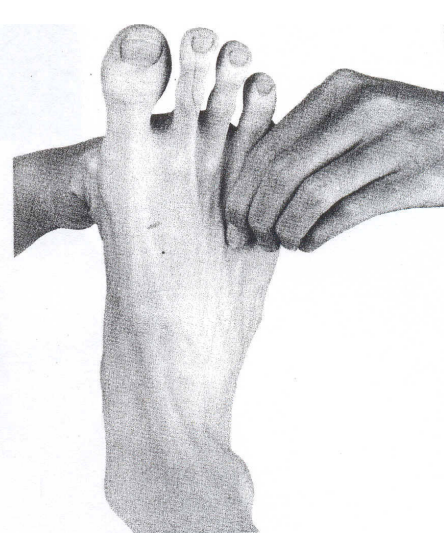
Picture 38
Liver/gallbladder reflex



Picture 39
Liver/gallbladder reflex (dorsal surface)



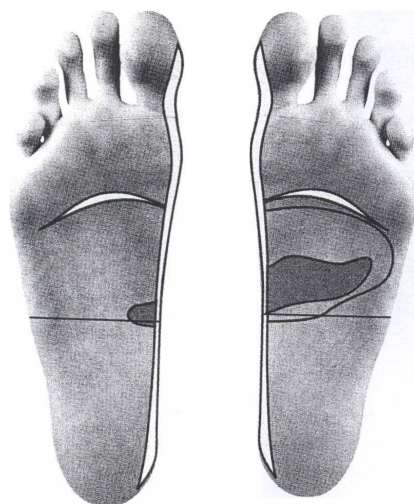
Picture 40
Working the liver reflex



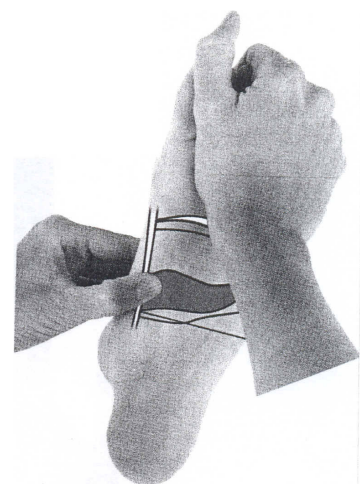
Picture 41
Working the gallbladder reflex (dorsal surface)

Pancreas reflex

The reflex area for the pancreas is found on both feet, but mainly on the left foot and is located slightly above the guideline to the waist to approximately half way to the diaphragm guideline; to work this area, use the basic thumb technique with the left hand, in tiny caterpillar bites, while using the basic holding technique with the right hand; after several slow and complete passes from the medial to the lateral side, change hands and work in the same manner from the other direction; on the right foot the reflex will be slightly below the waistline guideline (Byers 2001, p 119).



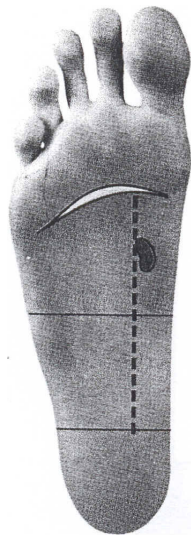
Picture 42
Pancreas reflex



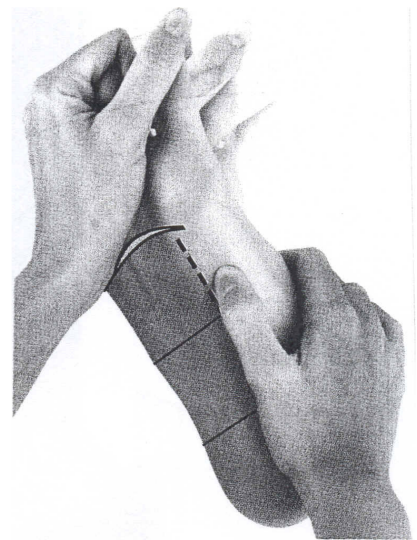
Picture 43
Working the pancreas reflex (left foot)

Adrenal gland reflex

The adrenal gland reflexes are located in the area halfway between the waistline guideline and the diaphragm guideline, on the medial side and next to the protruding tendon; work the adrenal gland reflex by holding the foot with the heel of the holding hand in the metatarsal padding and the thumb on the great toe, which, when pushed back, extends the tendon for a landmark; use the right hand to work on the right foot and the left hand for working on the left foot, using the basic thumb technique, walk slowly from the waistline guideline toward the diaphragm guideline; when approximately halfway up this area, you will find a very sensitive area (adrenal gland reflex) on the medial side of the foot right next to the protruding tendon...you may also use the pivot rotation technique to work this all important reflex...hold the thumb on the exact reflex area and then flex the foot back and forth on the pivot of the thumb; be careful not to exert too much pressure initially, rather work up to the desired pressure (Byers 2001, p 146).



Picture 44
Adrenal gland reflex



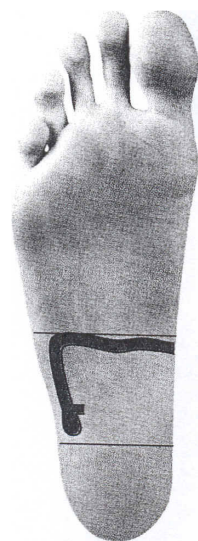
Picture 45
Working the adrenal gland reflex using
pivot point technique

Small and large intestine reflexes

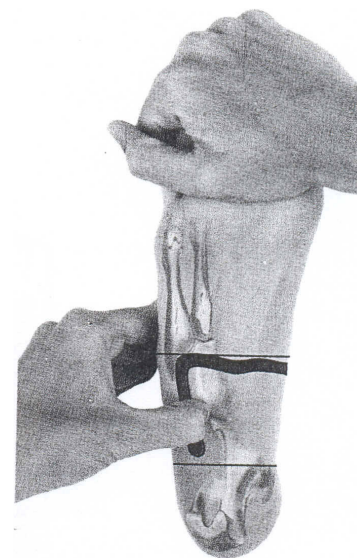
Start on the right foot with the left hand using the basic holding position, working the area from the waistline guideline to the pelvic guideline for both the large and small intestines, work across this area first with the right hand and then the left hand with the basic thumb technique using the criss-cross method (Byers 2001, p 121).

Ileocecal valve reflex

The ileocecal valve reflex is always worked by using the hook-in, back-up technique; this reflex area is found on the plantar surface-lateral side (little toe side) of the right foot, below the waistline guideline. To locate this reflex, use the basic holding technique with the right hand and use the left thumb as the working hand, run the thumb down the lateral edge of the right foot between the waistline guideline and the pelvic guideline into the deepest part of the curve which is about halfway between the two guidelines; once located, place the thumb in a horizontal position, roll it from the edge of the foot straight around into the reflex, make sure the thumb is bent at the first joint and use the wrist to hook-in, back-up; this reflex will be fairly close to the lateral edge of the foot on the plantar surface between the 4th and 5th zones (Byers 2001, p 121).



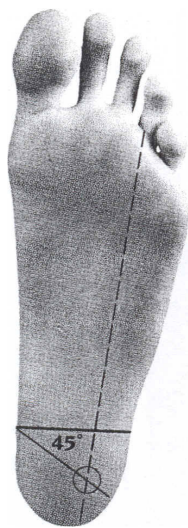
Picture 46
Ileocecal valve reflex



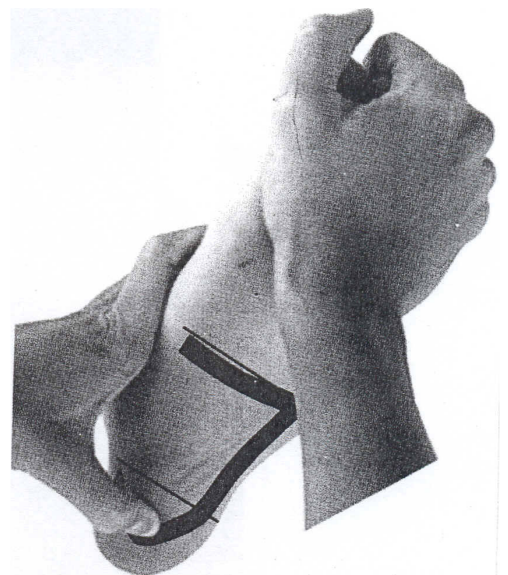
Picture 47
Working the ileocecal valve reflex

Sigmoid colon reflex

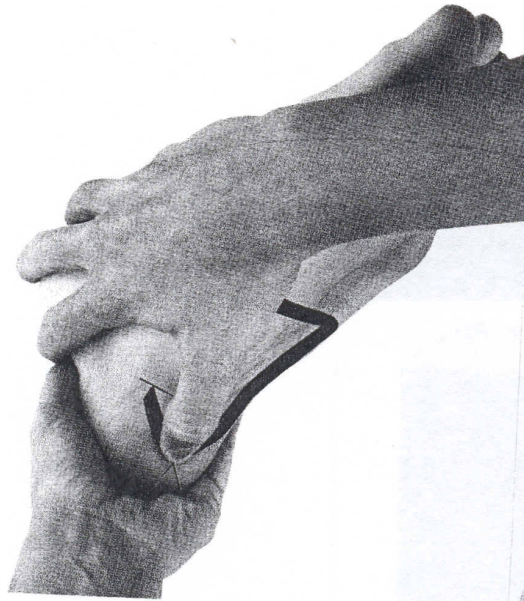
The way to locate the sigmoid flexure, a pin-point reflex, is to begin on the medial side of the left foot where the heel guideline and the spinal reflex intersect...from this point, angle down at approximately 45° to where the 3½ zone line intersects that angle...use the basic holding technique, tip the foot out with the right hand, the left thumb will walk down the 45° angle from the pelvic guideline to where the lines intersect (3½ zone line) and apply the hook-in, back-up technique...after working the whole line downward and using the left thumb for the hook-in, back-up technique, change hands and place the heel of the left foot in the palm of the left hand; tip the foot out in a comfortable position and put the fingers of the working (right) hand around the ankle for leverage, making sure the index finger is placed under the anklebone; this prevents contortion of the thumb joint; starting on the medial point of the pelvic line, walk the thumb down at a 45° angle to this pin-point reflex, stop, hook-in, back-up and then repeat the process several times...(Byers 2001, pp 122-123).



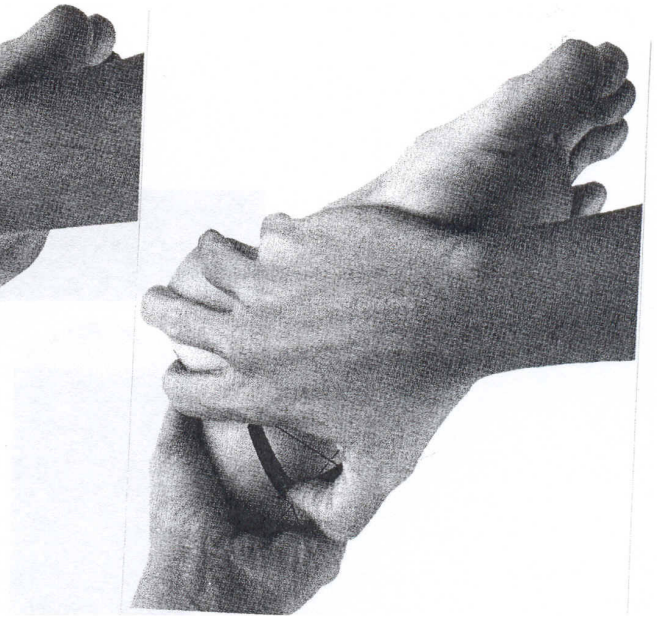
Picture 48
Sigmoid flexure reflex (left foot)



Picture 49
Working the sigmoid flexure with the left hand



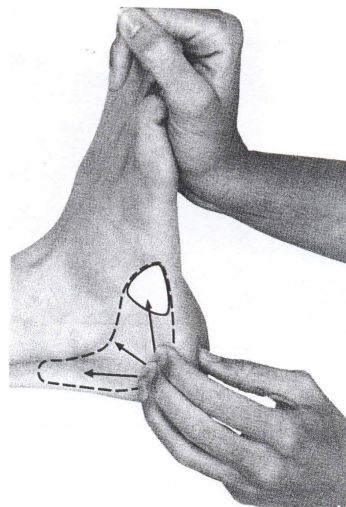
Picture 50
Working the sigmoid flexure
with the right hand, starting position



Picture 51
Working the sigmoid flexure,
hook-in, back-up technique

Pelvic reflex

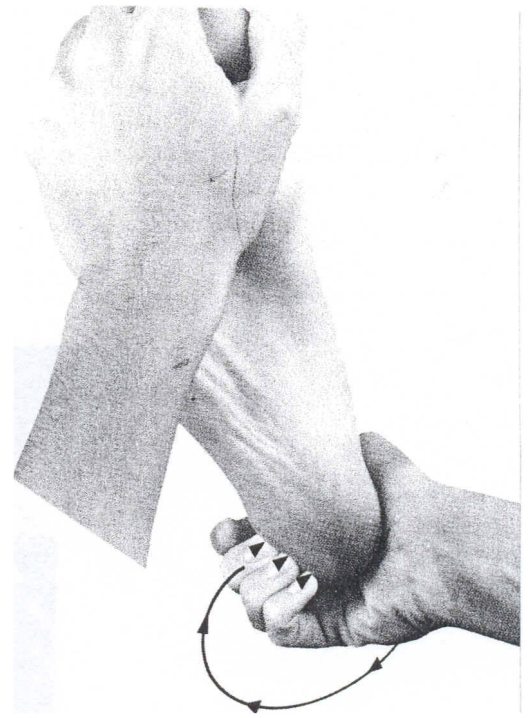
Work the pelvic area by keeping the foot back and straight, using the basic holding technique, place the thumb of the working hand on the heel for leverage, using all fingers, work the entire pelvic area in many directions by changing the angle of the wrist (Byers 2001, p 57).



Picture 52
Working the pelvic reflex area



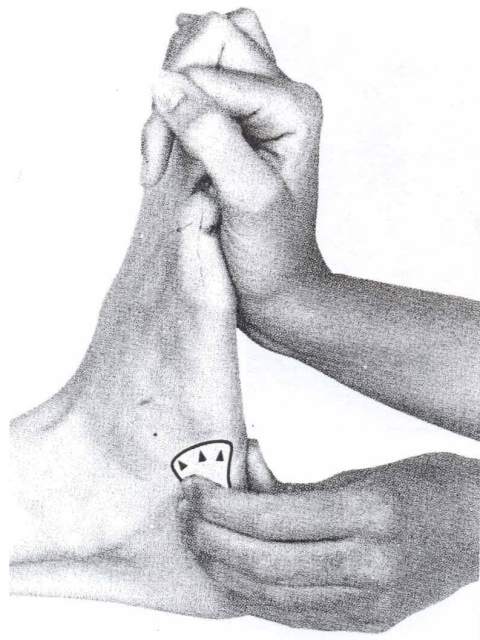
Picture 53
Working the pelvic area using
the pivot rolling technique



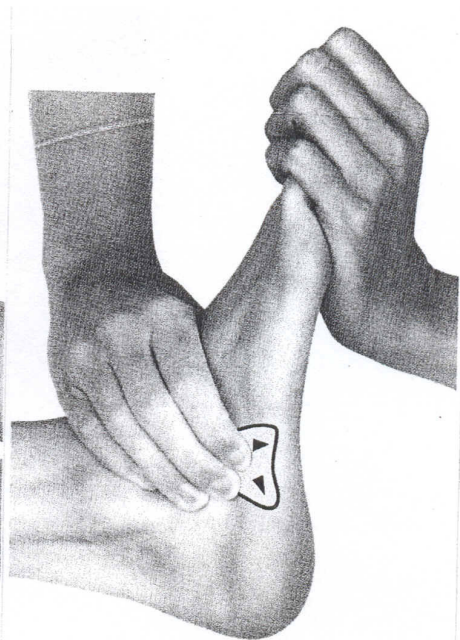
Picture 54
Working the pelvic area using the
pivot rolling technique

Knee/leg reflex

To work this reflex, the fingers can be used very effectively and thus save the thumb from overuse, use the basic holding technique, place the fingers of the left hand on the lateral edge of the dorsal surface and the thumb on the heel area for leverage, walk the fingers in several directions by changing the angle of the wrist, use the index finger, middle finger or both fingers simultaneously to work this area, also use the alternate hand and come over the top of the foot working toward the lateral edge with the fingers (Byers 2001, p 57).



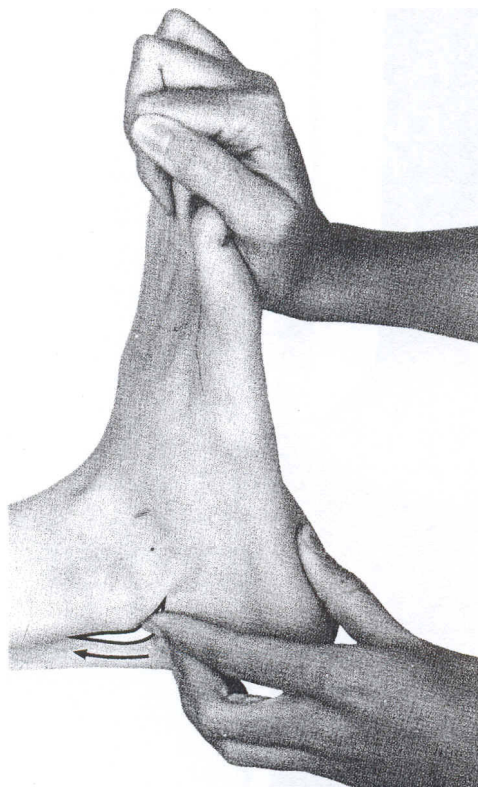
Picture 55
Working the knee reflex



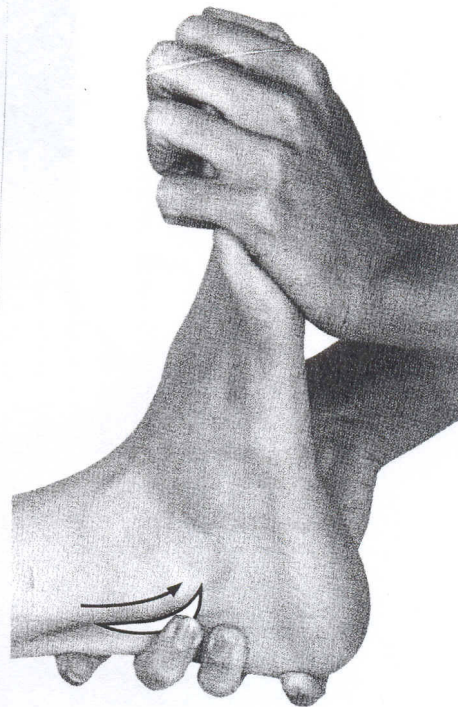
Picture 56
Working down the knee reflex

Hip/sciatic reflex

Place the heel of the right foot on the 3rd and 4th fingers of the left hand with the index finger resting underneath the lateral side of the anklebone and the thumb on the bottom of the heel for leverage, place the holding hand on the metatarsal padding, keeping the foot back and straight, walk with the index finger in a forward motion angling at an approximately 45° angle into the anklebone, go approximately one quarter to one half inch, stop, lift up, come back and start over, repeat this process several times, change hands, then place the right heel on the palm of the right hand with the 3rd finger resting under the anklebone on the lateral side of the foot, walk it toward you, about one quarter to one half inch, this time the left holding hand will be placed on the metatarsal pad holding the foot back and straight (Byers 2001, p 55).



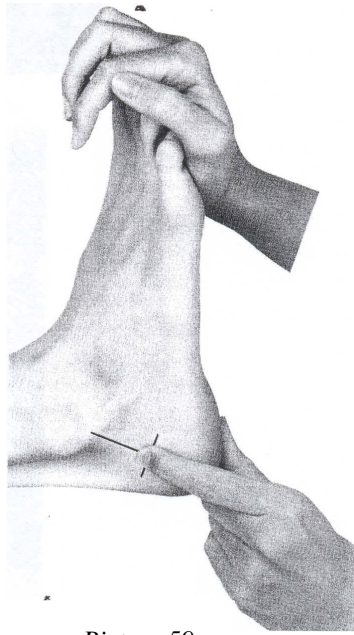
Picture 57
Working up the sciatic reflex



Picture 58
Working down hip sciatic reflex

The ovary and the testicle reflex

The ovary and the testicle reflex is found on the lateral side of the heel (little toe side); find the high spot on the anklebone, square off the back of the heel and draw an imaginary line; divide this line in half; this is where the ovary/testicle reflex is found; it is best to use your left index finger on the right foot, place the finger on this spot where the lines cross and use the slight circular motion, repeat this on the left foot using the right hand...(Byers 2001, p 152).



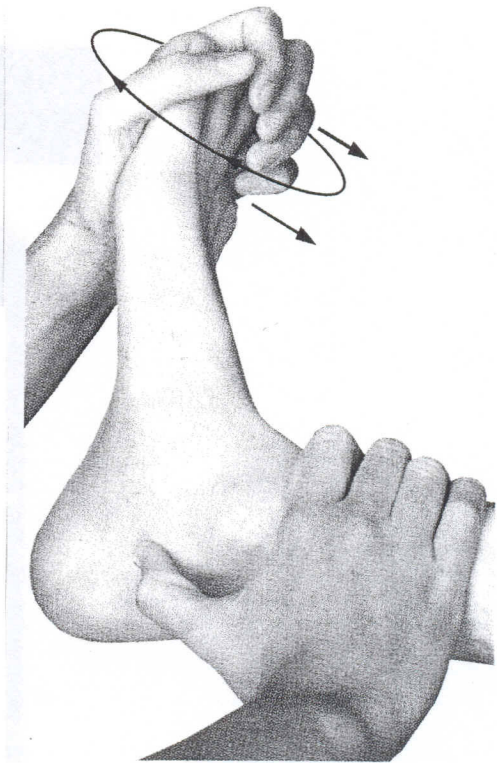
Picture 59
Working the ovaries/testes reflex

The uterus or prostate reflex

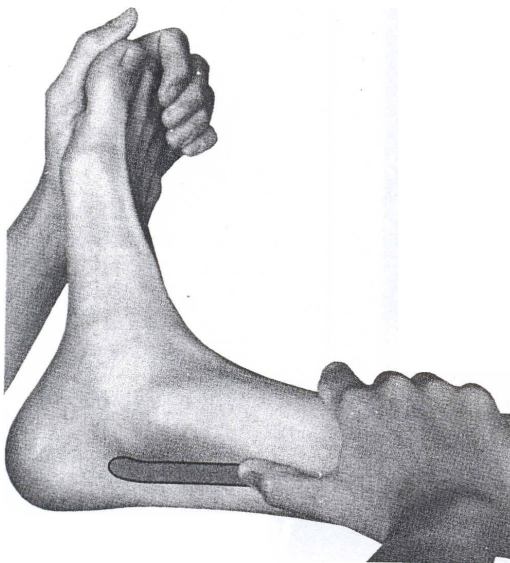
The uterus or prostate reflex is located on the medial side (great toe side) approximately halfway from the high spot on the anklebone to the back corner of the heel at the base of the ridge of the tendon; to work this reflex on the right foot, tip the foot out and support firmly with the holding hand, place the right hand a few inches above the ankle, with the medial edge of the thumb on the inside of the ankle between the bone and the Achilles tendon, walk the thumb down this groove ... continue until you reach the high point of the ridge; this is the uterus/prostate reflex; keep the thumb firmly on the reflex while rotating the foot in an outward direction, keep the rotations firm by using the natural spring of the ankle joint; this reflex is worked by the rotation of the foot and not by excessive pressure on the reflex point, repeat several times then repeat on the left foot (Byers 2001, p 152).



Picture 60
Uterus/prostate reflex



Picture 61
Working the uterus/prostate reflex



Picture 62
Working the chronic prostate/uterus reflex

Groin reflex

Keeping the foot back, place the thumb on the bottom of the heel for leverage, then place the index finger of the right hand just below the anklebone, then walk it in a forward motion, using 20 to 25 small bites, ending just below the opposite anklebone, repeat this process with the alternate hand, work this region several times in this manner with both hands (Byers 2001, p 82-83).



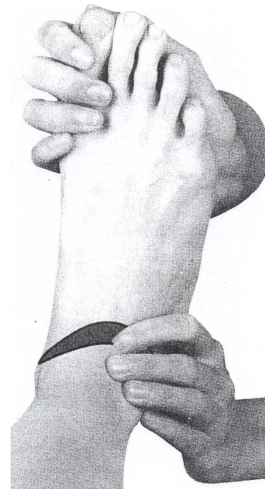
Picture 63
Working the groin reflex medial to lateral



Picture 64
Working the groin reflex lateral to medial

The fallopian tube and the seminal duct reflex

To work this reflex, hold the foot back and straight, work with the index finger of the right hand and walk from the medial side starting just under the anklebone to the lateral side finishing just under the anklebone, take at least 20 to 25 bites, change hands and walk from the lateral side to the medial side of the anklebone...(Byers 2001, p 153).



Picture 65
Working the fallopian tube reflex

Diaphragm-deep breathing

Place the ball of the thumbs in the center of the diaphragm/solar plexus reflex in both feet at the same time, allowing the fingers to comfortably support the dorsum of the foot, ask your client to take a deep breath and maintain it each time you press on this reflex, push in to this reflex as they take a deep breath and maintain the pressure while they hold their breath for a short time, as they slowly exhale, you should slowly let up on the pressure about halfway, do this 4 or 5 times gradually increasing the time you hold the pressure and they hold their breath, always maintain about half the pressure while they slowly exhale...this technique is generally reserved for the end of a session (Byers 2001, p 37).



Picture 66
Diaphragm- deep breathing relaxation technique