CHINESE REFLEXOLOGY FOR COLD RECOVERY AND PREVENTION

Hi, I’m Holly!
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For Cold Recovery and Prevention

Workshop Agenda

1. Chinese Reflexology 101
2. 5 points for 5-minute cold routine + 2 points for runny nose and phlegm
3. Putting it all together
4. How to customize based on symptoms
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Workshop Agenda

5. Reflexology for kids
6. Preventing a cold – delving deeper
7. Ways to Learn More
8. Q&A
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How This All Came To Be

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I Caught a Cold When My Son Was a Toddler

• Sore throat, couldn’t speak
• Swollen lymph nodes
• Chest tightness
• Headache, achy all over
• Had to get over it FAST!

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What to do?

• Too sick to go to store
• Complete Chinese Reflexology massage takes 30 minutes to do
• My son wanted my reflexology stick
• Necessity is the MOTHER of invention

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Improvised a Routine

• After 5 minutes of reflexology:
  – Loosening of chest tightness
  – Headache relief
  – Less pain in upper back
  – Cold stabilized
  – I survived the day!

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The Next Day

• No more sore throat or swollen lymph nodes
• Muscle ache reduced by 80%
• Energy up 70%
• By the following day, cold mostly gone
• Usually lasts 1 to 2 weeks
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Worked So Well, I Had to Share…

- Started a blog: ChineseFootReflexology.com
- Readers all over the world from over 100 different countries
- Most gratifying to hear stories from people who have been helped by Chinese Reflexology
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CHINESE REFLEXOLOGY 101

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Chinese Reflexology 101

- Ancient healing art of foot massage
- Based on principle of “Qi” (life force)
Fundamentals of Energy Healing

- Physical
- Emotion
- Energy

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Physical

• Environment
• Stress
• Diet/nutrition
• Exercise
• Sleep
Emotion

• Fear, anger, sadness, stress
• Love, joy, peace
• Emotions influence: diet/nutrition, exercise, sleep, choices of environment
Energy, Qi, Life Force

- Primordial Qi – what we’re born with
- Acquired Qi – Diet/nutrition, breathing
- Qi depletion – Stress, negative emotion, poor diet/nutrition, lack of/too much exercise, lack of sleep
- Qi replenishing – Joy, Love, Connection
Chinese Reflexology 101

- Body is comprised of energy pathways
- Energy flows smoothly = wellness
- Energy disruption can lead to physical symptoms

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Chinese Reflexology 101

- In your feet, are the “Master Control” points for harmonizing the body’s energy flow
- Reflexology points on feet correspond to areas of the body
- Sensitive points show energy imbalances
- Balance energy by massaging reflex point
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Let’s Try It!

• Feel your big toe
  – Inner edge
  – Base of pad
  – Top of knuckle

• Notice hard spots and tender areas
Chinese Reflexology 101

• Reflexology stick is the key to this style of Chinese Reflexology
• Stronger targeted stimulation
• It HURTS, but it works!
• Teaching “gentle” technique for this workshop
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Chinese Reflexology 101

• Reflexology is very safe, especially the “gentle” style
• Complementary with other treatments
• Do one hour before or after eating
• Don’t practice if you’re pregnant, especially first trimester – acupuncture points on feet that stimulate labour
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Chinese Reflexology 101

- Strong pressure should not be used in case of acute heart condition, diabetes or compromised immune system
- If not sure, ask your doctor whether it is safe for you to practice reflexology
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Chinese Reflexology 101

• The information in this workshop is for educational purposes only and should not be used as a substitute for personal medical advice.

• Use common sense. If you or a loved one is sick, see a doctor.
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THE REFLEXOLOGY POINTS

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The 5 Key Chinese Reflexology Points

1. Lungs
2. Sinuses
3. Throat and Tonsils
4. Throat
5. Lymph Drainage
LUNG POINT
The Lung Point – TCM Perspective

• Best reflexology point for a cold
• Lung meridian is the first barrier against “external evil”
• Strengthen Qi in lung meridian to strengthen defenses
The Lung Point – Energy & Emotions

- In TCM, Lung meridian associated with grief
- Body curls in and constricts flow of Qi in the lungs
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The Lung Point – Location

- Ball of the foot
- Below three middle toes
- Soles of both feet
- Point is sensitive before and during a cold; also if Lung Qi is weak or constricted
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The Lung Point – Video

• Massage technique
Lung Point – Let’s Try It

• Locate on sole of your left foot
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Lung Point – Let’s Try It

- Use thumb to rub up and down
- Also press and dig in tender areas
- Firm pressure

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Lung Point – Let’s Try It

• Then your right foot
SINUS POINT
Sinus Points

- Good for energy congestion in the sinus region and stuffy head feeling, especially above and around the nose
- Five sinus points on each foot
- Focus on main reflexology point for sinus
Sinuses – Energy & Emotions

• Louise Hay: Sinus problems are related to irritation to one person, someone close
• Constant sinus infection?
• Who is annoying you?
• Focus on peace and harmony within

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Main Sinus Point – Location

- On the bottom of big toe
- Tip of toe
- About 1/4 to 1/3 of toe pad
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The Sinus Point – Video

• Massage technique
Sinus Point – Let’s Try It

• Find it on the tip of your big toe on the left foot
Sinus Point – Let’s Try It

• Use thumb to rub side to side
• Pressure like trying to crush a peppercorn between thumb and forefinger
Sinus Point – Let’s Try It

- Then your right toe
THROAT & TONSIL POINTS
Throat and Tonsil Points

• Helps move “stuck” energy in neck and throat area
• Excellent for clearing a sore throat and tender lymph nodes in neck
• Reflexology point is usually very sensitive and can be quite painful
Throat and Tonsils – Energy & Emotions

- Sore throat is caused by excess energy that gets stuck and results in heat
- Heat in head area results in irritability and anger
- Hot-headed
Holding on to anger is like drinking poison and expecting the other person to die.

-Buddha
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Throat/Tonsil Point – Location

- Consists of two small points on top of big toe
- Just below toe knuckle
- Either side of crest of bone
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Throat/Tonsil Point – Video

- Massage technique
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Throat/Tonsil Point – Let’s Try It

• Find it on the top of your big toe on the right foot
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Throat/Tonsil Point – Let’s Try It

- Use first two knuckles of RIGHT hand to press and twist
- Press hard enough to feel it, but not so hard to bruise (top of foot is delicate)
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Throat/Tonsil Point – Let’s Try It

• Then your left foot
THROAT POINT
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Throat Point

- Additional point for the throat
- Combine with throat & tonsil point to amplify effectiveness of both points
- Helps clear blocked energy in throat and neck region
Throat Point – Energy & Emotions

- Throat chakra represents communication and self-expression
- Holding back on expressing emotions or creativity
- Louise Hay on neck: stubbornness, refusal to change
Throat Point – Location

- Located on top of foot
- Small point at tip of webbing between big toe and second toe
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Throat Point – Video

• Massage technique
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Throat Point – Let’s Try It

• Locate on top of your right foot
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Throat Point – Let’s Try It

• Use knuckle of RIGHT index finger to press and twist
• Press hard enough to feel it, but not so hard to bruise (top of foot is delicate)
Throat Point – Let’s Try It

- Now, try your left foot

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LYMPH DRAINAGE POINT
Lymph Drainage Point

• Lymph drainage for armpit area
• Lymphatic system plays important role in immune system
• Need movement to move lymph fluid
• Reflexology point is often very painful
• Improves energy flow and clears toxins
Lymph – Energy & Emotions

- Louise Hay: Lymph problems are a warning that the mind needs to be recentered on the essentials of life
- Love and joy

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Lymph Drainage Point – Location

• Webbing between big toe and second toe
• Feel for bones of both toes
• Find the “V”
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Lymph Drainage Point – Video

• Massage technique
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Lymph Drainage Point
Let’s Try It

- Find it on the top of your right foot
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Lymph Drainage Point
Let’s Try It

• Use knuckle of RIGHT index finger to press and stroke TOWARDS you
• Lift and repeat
• Press hard enough to feel it, but not so hard to bruise (top of foot is delicate)

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Lymph Drainage Point
Let’s Try It

• Now try your left foot
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SPLEEN POINT
The Spleen Point – TCM Perspective

- Spleen meridian is responsible for digestion and the "transformation of fluids"
- Assists with metabolism of water
- Strengthening the spleen channel helps body to clear excess fluid in the body, aka mucous and phlegm

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The Spleen Point – Location

• Sole of LEFT foot only
• Above vertical halfway line (tip of big toe and base of heel)
• On the outer side of foot
• Feel for a sensitive spot

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The Spleen Point – Video

• Massage technique
Spleen Point – Let’s Try It

- Locate on sole of your left foot
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Spleen Point – Let’s Try It

- Use thumb to rub up and down
- Also press and dig in tender areas
- Press firmly
NOSE POINT
The Nose Point

• Good for runny nose
• Energy imbalance in nose from excess mucous and too much nose-blowing
The Nose Point – Location

- Side of big toe where skin meets sole
- On both feet
The Nose Point – Video

• Massage technique
Nose Point – Let’s Try It

• Locate on side of left big toe
Nose Point – Let’s Try It

- Use thumb of RIGHT hand and rub side to side
- Pressure similar to crushing dried oregano between thumb and forefinger
Nose Point – Let’s Try It

- Now try the right toe
PUTTING IT ALL TOGETHER
The 5-Minute Reflexology Routine

• Remove socks
• Start with left foot, then do right foot
  – Lung: 60 seconds
  – Sinus: 60 seconds
  – Throat/Tonsil: 60 twists
  – Throat: 60 twists
  – Lymph Drainage: 30 strokes towards you
Putting It All Together

- Total routine should take about 5 minutes
- Rub your feet 4 times a day for at least 2 to 3 days in a row
  1. First thing in morning
  2. 1 hour before or after lunch
  3. End of day (e.g. 5pm)
  4. Bedtime
Putting It All Together

• Your cold will still run its course, but strengthening Qi helps body to heal faster
• Need to look after yourself too
• As you feel better, do routine twice a day
  – Morning and bedtime
• Even if you feel fantastic, continue for at least 2 more days or…
CUSTOMIZING THE ROUTINE
How to Customize the Routine

- Where is the energy low or congested in your body?
- Give extra attention to corresponding points
- Add 30 to 60 seconds
- Massage more frequently (on top of 4x/day; up to 5 minutes total per point per day)
Coughing

• Focus on sensitive points on Lung reflex area
• Dry cough: Upper part (closer to toes) corresponds to bronchial tubes
• Deep cough: Lower part corresponds to air sacs.
• Phlegmy cough: Add Spleen point for 60 seconds
• Post-nasal drip: Extra massage for sinus points
Nasal Congestion

- Lots of mucous: Add Spleen point for 60 seconds AND Nose point for 30 to 60 seconds
- Sinus congestion: Extra massage for sinus points

Chest Congestion

- Focus on sensitive points on Lung reflex area
Body Aches

- TCM: The Spleen is in charge of the muscles
- Add Spleen point for 60 seconds

Headache

- Extra massage for sinus points
- Additional points to be covered in a future workshop on headaches
Sore Throat

- Rub Throat and Tonsil/Throat points for 30 to 60 seconds every hour for 4 to 6 hours until you start to feel relief, then stop

Sick as a Dog

- Lots of yellow phlegm, high fever, wheezing, unusual headache
- See your doctor, use reflexology as support

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REFLEXOLOGY FOR KIDS

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Reflexology for Kids

• Symptoms change quickly in children
• Can be fine, then spike a fever in just hours
• Reflexology is not a substitute for medical care, use in tandem
• Children (and pets) tend to respond very well to energy healing
Reflexology for Kids – 5 Golden Rules

1. Practice on yourself first
2. Explain what you are doing
3. Ask permission
4. Get them accustomed to foot rubs BEFORE you need to rub their feet
5. Listen to feedback. Less is more!
Reflexology for Kids – Pressure

• Start off slowly and gently
• If it tickles, press more firmly and move more slowly
• Infant – pressure to slide a dime on a table
• 3-yr old – pressure to rub out permanent marker from hands
Reflexology for Kids – The Points

• Follow basic routine:
  – Lung point: 60 seconds
  – Throat, throat/tonsil: only 30 seconds each
  – Lymphatic drainage point is optional
  – Always do Spleen point: 60 seconds
COLD PREVENTION
Pay attention to early warning signals:

- Dryness in throat
- Feeling tired, rundown or achy for no reason
- Press Lung point and it’s sensitive
Watch out for lifestyle cues:

- Not eating properly
- Staying up too late, not enough sleep
- Physical overexertion
- Type A personality behaviours
Pay attention to external triggers:

- Changing seasons, yo-yo temperatures
- Exposure to wind, including fans
- Looming deadline
- Period of change or transition
If you feel a cold coming on…

- Rub your feet 4 times a day for at least 2 to 3 days in a row
  1. First thing in morning
  2. 1 hour before or after lunch
  3. End of day (e.g. 5pm)
  4. Bedtime
Thoughts and Emotions

- Emotions and thoughts also influence the flow of Qi
- Physical changes when feeling angry or sad
- Physical changes when feeling love
- Every physical ailment has an emotional, mental or spiritual root
The Real Reason People Catch Colds

Before almost every cold, a choice was made to try to get one more thing done.
The Real Reason People Catch Colds

• Cold is body’s way of telling you to rest and nurture yourself
• We push ourselves because of fear of not getting it all done.
• Lack of trust in sufficiency of the Universe and ourselves

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4 Approaches for Cold Prevention

- **Mind**: Present a logical argument. If you get sick, productivity goes out the window.
- **Body**: Listen to signals and act before you get sick.
- **Heart**: Focus on joy. Your heart knows what needs to get done will be done.
- **Spirit**: Release control and trust that everything will be alright.
Ways to Learn More

- Amazing Feet Newsletter
- Self-Study Guide – PDF and video for computer; ebook for mobile devices
- Upcoming Workshops:
  - Asthma and Allergy
  - Turn Back the Clock
  - Natural Headache Relief
What’s Next?

- Practice routine once in the next 24 hours
- Email: holly@ChineseFootReflexology.com
Questions?