

Reflexology footnotes

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Reading the Feet

In conclusion, the human body is a miracle. It can adjust to many years of abuse whether it be by eating inappropriately or lack of proper exercise. Making adjustments to our lifestyle and how we respond to sickness is our own personal choice so one sickness does not follow another. We are a creation of all that we put into our mouths. Everything about us is a direct result of what our daily nutritional intake is. No matter what we consume, our bodies will continue to give us clues as to what is happening within. All of this little aches and pains we get mean something so don't ignore them.

Color of the Feet

Like the rest of the body, healthy feet have smooth skin, without discolorations and blotches on them. Changes on the feet do show internal organ conditions. Red toned feet at the outside periphery indicate expansion of capillaries due to excessive consumption of expansive foods which may include, coffee, refined and simple sugars, fruit juices, alcohol, caffeine, sodas, chemicals, drugs and medications. This shows that the heart and circulatory system is irritated and being overworked. At times, this discoloration can lead to general fatigue and loss of mental clarity and can often be accompanied by overactive kidney and bladder functions.

Feet with a purplish hue is a more serious version of the above-mentioned condition. If the diet remains unchanged this serious condition progresses indicting circulation, pulse and breathing problems along with excretory and reproductive systems also being compromised. Often heart trouble is seen with this condition due to nutritionally deficient blood that is due to sugar removing the minerals and vitamins from the blood.

If there is a yellowish tint to the peripheral areas of the feet then the liver and gall bladder are struggling or getting hard due to the excessive consumption of saturated animal fats, including meat, poultry, eggs. Generally there is a lack of stamina, impatience and lack of compassion for others.

A dark color means that the circulation is growing sluggish and the kidneys and excretory organs are slowly getting clogged with saturated animal fats and from the consumption of white flour products, too many long cooked dishes and not enough freshness and lightness in the diet. Deep fatigue and negative thinking leading towards depression and anxiety can result.

A pale complexion could mean weakness in blood, possibly anemia or blood flow problems, and hardening of the arteries. This is caused by an over consumption of simple or refined sugars that weaken the blood and remove minerals from the bloodstream. Many times a lack of strength and stamina overcomes this person that also tires quite easily. Often these people are stubborn in nature.

A greenish tint shows that spleen and lymph functions as well as the circulatory system is slow and sluggish due to the accumulation of fat and congestion around various organs and could indicate cancer starting. This is from a diet high in dairy foods, simple sugars, oily foods and white flour products. Cysts may also be forming within the organs. Mood swings are very often displayed, as are feelings of self-pity.

Shoes

The characters and problems within peoples bodies can also be determined by the way the shoes wear. For instance a person with a well cared for pair of shoes pays attention to the little details in his or her life. Shoes also directly reflect a person's means. Most people never spend more than they can afford on shoes. A person of modest means will usually buy an expensive suit or dress but will not necessarily spend it on a pair of shoes. So usually a person who spends a lot of money on shoes reveals a person of means.

Looking at the bottom of a pair of shoes indicates where the persons' body is unbalanced, that is where they are excessively worn. We all put more weight on one part of a foot than another. If the front part of the shoe is worn near the first two toes more than the rest, the owner's stomach meridian is very active. This usually means that this person is always hungry and sometimes nervous or impatient about the outcome of events, fearing that their appetite will not be satisfied. Such people are hungry, have good appetites for life but their impatience makes them prone to accidents and perhaps may even bump his head a lot.

If the kidneys are overworked and the back of the shoes are worn excessively this person usually has overworked kidneys, consumes too much liquid and may also suffer from lower back pain. He or she may be sluggish, easily fatigued and fearful. This is a person looking for security but cannot find it and is also not too adventurous.

The area of the arch reveals the spleen and liver conditions. This person is usually knock-kneed and places excessive weight on the inside of the foot at the arch. This indicates that the liver and spleen are over taxed. This person can be somewhat antisocial, timid and perhaps quite frustrated. The reproductive organs are somewhat troubled, which can complicate relationships with the opposite sex. Sometimes this person can be quite confused when confronted by important decisions, is likely to have neck or shoulder pain as well.

Facial control is possible, but the way we put our feet down on the ground is not as controllable and can reveal a lot about who we really are.

The outside of the shoe worn excessively indicates that the person is bow-legged and places most of his weight on the outer part of the foot, along the bladder and gall bladder meridians. Usually this person likes spicy and sensual foods but can be indiscriminate about food choices. Sometimes this person is overweight and also suffers from anger, fear and hostility, has difficulty making decisions, and perhaps has a practical nature. Shoulder pain is a common occurrence due to this imbalance in the body by an uneven distribution of weight.

The big toe area of the shoe worn means that the liver energy is quite excessive. This person is goal orientated, driven and can be a workalcoholic. Anger is not far from their surface but this person can usually control it.

Clean shoes reveals a meticulous person who cares a great deal about details in their life. Moderately cared for shoes indicates a person who is comfortable with their image by may be more concerned with the quality of their work. Dirty shoes show a person who probably suffers

from a high degree of turmoil in his or her life that may also reveal itself with some physical or mental illness or even financial difficulty.

The foot and shoe smell reflects a person's diet. Shoes and feet that give off a strong repugnant odor such as a sour smell is usually a person that has a diet high in animal foods, including dairy. This person sweats because of over drinking liquids, indicating overworked kidneys from being overweight and possibly has high blood pressure.

If a person's shoes or feet smell sweet then a person consumes too many sweets and may also suffer from a problem related to the spleen and pancreas being overtaxed. Hyperglycemia and diabetes are possibly indicated with this smell. A salty smell indicates that the kidneys are overworked, while a pungent smell indicates some large intestine imbalances.

The importance here is not what you can find out about the person, but why you are interested in reading this information. People are always asking, "How can I be happier or healthier?" Just look at your shoes and you can read them. This is a SOLE-UTION. You are walking or standing on your answer. The secrets of life are written some place on your body, and are also being worn on the soles of your shoes. The universe is able to give some answers that we are looking for. The information is flowing to us from many directions on a constant and daily basis in many many forms. Sometimes we block that information when we have imbalances, failing to see how we can change things and live in more harmony. If we can remove the rocks that have formed in the rivers of our lives, we can reveal the answers and be enlightened. We all have the ability to see and learn, to be able to read the body, follow guidance from the universe and listen to receive some answers.

A few good books to read in this subject is *Reading the Body* by Ohashi, *Your Face Never Lies* by Michio Kushi, *How to See Your Health through Oriental Diagnosis* by Michio Kushi, and *Food and Healing* by Anna Marie Colbin.

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