

# Reflexology footnotes

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## **Stories That the Feet Tell About Our Health**

Often health is considered or viewed as an absence of sickness. Sometimes sickness is looked at as an absence of health. Our health is always changing and it is not ever fixed for there is no state of perfect health. We must always adjust our lifestyle to adapt to ever changing conditions that surround us. America spends more money on healthcare than any other nation and yet each year we continue to grow overweight and more dependent on medications. It is important to recognize that the foods we eat are playing an essential part in our ability to maintain healthy lives, proper body weight, good thoughts, and an abundant lifestyle.

The body wants to heal. With its natural healing ability, homeostasis is what we strive to achieve. The inner conditions of the body are controlled and always constant no matter what our external conditions are. Homeostasis also works to keep the pH balance of the blood stable. Science says our pH balance should be at 7.3 to 7.4 or slightly alkaline. Above that balanced level, the body becomes too alkaline and at a 7.8 pH level seizures and/or comas will occur. Below that balanced level pH of 7.3 to 7.4 the blood becomes acidic. When the pH level reaches 6.9 a coma also can result and we're finished. Many of the processed foods that are consumed in today's dietary selections contribute to our blood becoming too acidic, where sickness and disease develops.

Our curing power comes from good blood. Clean blood is important to maintaining strong bodies to nourish and provide proper healing power. Children today are weaker and not making good blood because of the processed or fast foods, rancid fats, and the extremely high sugar content that are consumed and in all foods. There is no need to add the poison white refined "crack" sugar and high fructose corn syrup to everything that we are eating. This is the downfall of our health. It not only leads to contaminating our blood but also creates poor vitality and weakened strength. When we compromise our health we change our ability to maintain good physical, mental and spiritual order. Conditions continue to show on the periphery of the bodies telling us we need to take heed.

### **Soles**

Our soles are most important. Standing, walking, running on them all day makes our bodies tired. The soles of the feet correspond to the entire body and reflect healthy functioning of all of our major organs. When the feet are free of calluses, and the skin is smooth and supple, not dry or achy, we feel good all over. This condition would show someone whose organs are working efficiently and smoothly and that they are healthy and vital generally sound. If when your feet are touched they show hardening, calluses especially on the heels, stiffness or are painful when touched as pressure is applied then the corresponding organs or systems are in disorder and not functioning harmoniously. Calluses indicate that the organs are sluggish while pain shows that the organs are overburdened. Keeping the soles of the feet soft and elastic is achieved by, of course, eating a balanced diet, as well as taking care of our feet. Proper diet, massage and

Reflexology can help to restore the organs and systems back to harmony, efficient functioning and health. When we change the diet we will see the feet become like a baby's that are soft, smooth and free of any problems.

Two diagnosis places to check for pain are at the base and valley of the big toe and under the fourth and fifth toes on the bone. The valley of the big toe area indicates whether the liver and stomach are functioning well or if they are aggravated by overeating or drinking, and the fourth and fifth toes indicate that the gall bladder and kidney are bothered by the over consumption of salts and fats. Any adjustments to our diet will quickly result in pain free feet. One easy thing to do is to begin to read labels. Become aware and then begin to eliminate as many processed foods, flour products and sweeteners from the diet.

### **Height and Size of the Foot**

A healthy and balanced normal foot reflect a balanced condition that is smooth and soft, uniform in color, free of calluses, bumps, corns, warts, flaky skin and other abnormalities of the foot. There should be no abnormal bumps or creases on the feet. The character of the feet comprise the size, length and width all of which should be proportionate to the size of the body, however individual constitutions create many differences in our distinct feet. The foot size is determined in the womb soon after conception. Larger feet indicate sound health with active and efficient functioning for the spleen, pancreas, stomach, liver, gallbladder and kidneys, which are all in the middle region of the body. So this means that if you have large or larger than usual feet, that you have inherently strong mid region organs. But, be careful not to abuse your own health by thinking you can overeat or for that matter eat those processed foods and flour products.

Smaller feet also mean sound health, but for different organs within different regions of the body. Both the upper and lower regions of the body where the lungs, large intestine, heart and small intestine are are functioning well. This shows that these areas are constitutionally stronger for you.

From the floor to the top of the foot or the height of the feet vary depending on the mother's dietary choices while the baby was conceived and growing in the womb. Higher and narrower feet indicate a diet richer in protein and a tendency to be more physically active. Feet that are lower and wider are the result of a diet more towards carbohydrates and fluids and leaning more towards scholarly pursuits than physical activities.

### **The Arch of the Foot**

The higher arch of the foot shows more contracted muscles allowing for more active function of the feet. A more balanced diet with less fluids and sweets are the feet of athletic people like athletes, dancers, skaters and sportsmen. Lower arches indicate that there are more relaxed muscles in the feet with more fluid intake. These feet are less active and more interested in aesthetic and spiritual interests as philosophers, writers, musicians, artists and spiritual leaders.

### **Joint Flexibility**

The flexibility of the ankle and toes is also important in determining our health and attitude. These moving parts should be flexible and able to move in many directions without any stiffness or pain. This shows vascular strength and supple muscles due to the consumption of a more balanced diet. If there is a lack of flexibility in these areas, there may be a hardening of the arteries and muscle stiffness, which is the direct result of a diet rich in saturated fats and cholesterol. Another cause might show up here also if a particular type of diet included sausages,

lunchmeats, since the salt and saturated fat create a deadly combination for arteries and muscles. A more flexible foot might indicate that the person has a more positive attitude and is able to go with the flow. Rather than the individual that has a more stiff and rigid foot that seems to be inflexible in mind as well as body movements. Then too if our feet are not hurting us we are in a much better mood rather than feeling cranky when the feet are in pain or sore.

### **Protruding Ball of the Foot**

The protrusion of the ball of the foot indicates a condition that develops in either childhood or adulthood that the middle organs of the body are hardening in the area of the liver, spleen, pancreas and stomach due to specific imbalances in the diet with salt being the culprit. This often creates a mental condition as well that there is only one way to do something, our way which can also be wrong. Again reading labels, eliminating processed foods, and cutting back on salt and adjusting the diet using daikon and dried shiitake mushrooms can help to soften the organs and remedy this condition.

### **Feet that turn in or out**

Outward pointing feet indicate that animal consumption was taken in greater quantity than vegetable type foods and people with these types of feet are said to be more progressive and have a more outgoing nature, take things in stride more confidently and are more socially active. Inward turning feet tend to come from a more vegetarian type diet and characteristically come from gentler and quite character individuals. Since people of today are eating a tremendous amount of meat in recent years more so than in past generations, there is a tendency for people with outward turned feet.

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### ***DISCLAIMER:***

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