

# Reflexology footnotes

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## **Body Imbalances That Might Show Up In The Feet**

For all of us, heredity plays a very large part in our health. For the most part, when we follow in our parents or ancestor's footsteps, eating foods as they have taught us to prepare, we can usually count on having similar types of health problems. As human beings we originated from food and food will always sustain us as long as we live.

At birth, we are all born with a constitution or, as some people call it heredity. This is our accumulated dietary and environmental effects of our long line of ancestors. Our mother's blood created our health as we were developing in the womb. Out of that, as we continued to grow and develop we were creating our own blood, condition and health. The original structure of our bones and bodies development and our constitution cannot be changed. As we go through life, we may not recognize how or when our condition changed. Those little warning signals we got such as burping, backaches, migraines and sinus congestion, at one point turned into accumulation and over long periods of time went deeper into the organs. Oftentimes they were ignored, especially when the symptoms cleared up. At times we turned to someone for treatment or we may even try to take over the counter remedies or medicines to help ourselves to put a "band aid" on whatever is ailing us. Unfortunately that is not always the answer and many times the symptoms return because we have not gotten to the root of the problem. As it has been said by Hippocrates, "You are what you eat. Let food be thy medicine and let medicine be thy food."

However, the good news is that we can change our condition by the day, week or month depending on the food we take into our bodies or our way of life. When imbalances in our health show up, it is mirrored on the face, but will also appear on the feet and hands, other periphery parts of our bodies. Since most everyone looking at this web site is having foot reflexology, I will include additional information focusing on the feet and what stories they tell from the standpoint of oriental diagnosis.

### **The Toes**

The toes all tell a story of their own. The toes are more useful than displaying rings and toe nail polish. They are the final exit points for all of the meridians or rivers of energy that are running throughout the body. Toes should all decrease in size from the big toe to the little toe. Healthy toes are free of bumps, curves, bends, calluses and discoloration.

Using the meridians as the focus point on the feet, a toe that overlaps another indicates that one organ is stronger than another organ that is represented by the overlapped toe. For instance, if the big toe (Liver and spleen) overlaps the second toe (the stomach), it means that the stomach meridian is weaker compared to the liver which is dominating the stomach. This person should

eliminate and avoid all stimulants and spices, refined sugars and acidic foods that are harmful to the stomach. This person may suffer from stomach problems and is not careful about what he or she eats thinking he/she has a cast iron stomach. Oftentimes it will be suggested to eat 6 small meals each day. However, keeping the stomach constantly moving by snacking or eating between meals, chewing gum or constantly having candy to suck on is very detrimental to the stomach creating too much activity for the stomach. The stomach needs to eat, rest and stop after each meal eaten throughout the day. Everything starts with digestion. Eating foods that sustain our blood sugar level like complex carbohydrates in a constant manner will help to solve the problem of eating many meals throughout the day. That way we do not need to snack all day long or between meals. Eating 3 meals a day, chewing foods slowly and many times will be very beneficial and helpful to also help the liver digest all foods that are taken in.

### **Curving of the toes**

Curving of the toes is abnormal as this means that the organ function is overactive. For instance if the big toe curves toward the second toe, it indicates that there is an over activity in the spleen and lymph functions and that the liver is sluggish. This is caused by an over consumption of excessive fats and poor quality oils like vegetable or canola oils from both plant and animal sources. This usually but not always is accompanied by depression and a very negative attitude.

If the smallest pinky toes curve towards the fourth toe it indicates that the bladder and kidney are aggravated and overworked caused by an excessive consumption of liquids and sweets. This results in frequent urination and also feelings of nervousness and anxiety.

If all the toes curl or turn inward or outward then this indicates that all the major organs are overworked, compromised and aggravated and that the muscles and arteries are hardening and stiffening due to extremes in the diet caused by excessive consumption of animal fats, refined sugars and other sweets, chicken, eggs, and proteins. Generally a lack of strength and stamina, general fatigue, chronic fatigue or fibromyalgia accompanies this condition. When any illness has occurred for long periods of time and gets deep within the body, it is always possible but difficult to eliminate the illnesses.

### **Calluses**

Calluses come from hard saturated fats, which is the cause of many health problems. Calluses show an elimination of fat and mucus that is caused by an over consumption of food in general and or an imbalanced nourishment. Often we are unaware of the combination of the internal and external cause and effect. Calluses on a specific toe show us what organ is overwhelmed by the accumulation of the hard dense hardened fats. If a callus appears on the outside of the big toe, it indicates that the spleen is aggravated by excessive intake of sugar and other sweets. If it shows up on the inside of the big toe it shows that the liver is overworked. Calluses on the second and third toes show that the stomach is responding to excessive fats in the diet. The fourth toe indicates that the gall bladder is compromised and on the fifth toe, the bladder and reproductive organs are accumulating hardened fats. A callus on the ball of the bottom of the foot shows that the kidneys are very much overworked.

It is important that these calluses be removed, not surgically, but by changing the diet so that the energy can flow more freely without blockages through the feet. The feet then will then feel more relaxed, vital and energy can be absorbed from the body. A change in the diet will keep the calluses from reforming on the foot. Pedicures are a pampering way to create healthier feet

and stronger vitality but by no means will get rid of conditions just because the calluses are shaved or filed.

## Toenails

Toenails, although harder than the nails on the hands and because they are on the lowest point of the body, tend to accumulate more nutrients making them quite a bit tougher. Toenails are normally slightly darker in color than fingernails but like the fingernails should be free of ridges and roughness. Dark purplish colored toenails indicate circulation is out of balance with nutrition that has had many extremes of simple sugars and meats. This shows a mineral deficient blood condition due to excessive sugar intake with restriction in the veins from saturated fat build up. If the toenails grow rugged, thick and white and also show ridges, then the liver, gallbladder and kidneys are overwhelmed with the job of trying to discharge dairy products, fats and oils from the diet. A healthy toe nail should be thin, lie flat against the skin of the toe, should not bulge or curve out away from the fatty tissue of the toes and should be free of any blemishes, cracks or splits.

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### **DISCLAIMER:**

Virginia Worrell has written this article solely for informational and educational purposes only. She does not make any claims or attempt to prescribe any medical or alternative treatment since under the laws of the United States only a licensed medical doctor can make those statements. As a wholistic health consultant, this is her opinion, thoughts and conclusions only on her oriental diagnosis studies through her macrobiotic education and practices. The reader alone is responsible for any choices made that might attempt to do anything based on what has been written by Virginia.



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