

Reflexology footnotes

May 2006

What Your Feet Reveal...About You

Long before there were X-ray machines, CAT scans, MRI's and blood tests, traditional healers used non-invasive means to determine one's health, talents and character. Everyone is searching for information about themselves, their strengths and weaknesses and perhaps even their direction in life. Reading the body using Oriental Diagnosis is one way to discover and reveal inner truths and answers to questions we all have.

Millions of Americans have foot problems. Some of the most common ones are bunions, calluses, and swollen areas that prevent people from standing or walking comfortably. Have you ever wondered why children almost never have any blemishes on their feet? Or even more mystifying is why these bunions, calluses or swollen areas appear on some of the places that they do appear?

The feet are major peripheral parts of the body that are representative of our overall condition. They reveal our health and functioning of various organs and systems. Specific conditions of the feet and toes do tell a tremendous amount of information about what is going on internally within our bodies. Balances and imbalances can be seen on the feet and tell us a great deal about our health. Most people rationalize that these bumps and other inflammations come from the wearing of poor quality or the fitting of their shoes, saying, "My shoes rub me there." Yes, your shoes may very well rub you there at that point now, especially since the bump sticks out so far, but something must have made that bump come out in the first place. You've been walking on those same pair of feet for your whole life, so why didn't they appear sooner?

The cause is actually not your shoes at all, though they may feel like the problem now. In fact the cause goes much deeper and can be quite a bit more revealing of your life. Since diet is the principal source of our health and vitality, then a poor diet can cause sickness. The periphery of the body shows underlying conditions that can be used as tools to change condition and improve one's health.

So to examine the foot a little more closely, the foot has many meridians or river pathways that flow up and flow down through various parts of the feet. The theory behind reflexology is that by reflexing certain points on the foot you can actually stimulate, tone, balance or sedate all the organs and regions of the body. Walking barefoot for short periods of about 10-15 minutes each day especially in the early morning dew and when the days are warm enough is known to improve circulation in the feet, stimulate parts of the body and energize our health. Doing this every day is a wonderful way to perk up the body and begin a day.

The Toes and the Meridians

The **big toe** on both feet each has two meridians that are on the inside and the outside of the toe at the nail corner point area. The outside meridian represents the liver while the inside meridian represents the spleen. Many people have bunions on the side of the foot right below the big toe. Often this is inflamed and red. It appears to be a bony mass and many have had surgery to remove this mass. However, it reveals a very sluggish condition from a tired spleen that has had way too many sweet foods and inadequate amounts of minerals. Many people with this condition seem to suffer from arthritis. This occurs because the spleen is attempting to eliminate excess energy and waste. The energy is blocked at the spleen in the body, but tends to back up along the meridian, causing swelling of capillaries and eventually a bony mass develops on the side of the foot. At this point the shoe begins to rub against the swollen area. Eventually the rubbing creates a hardening of minerals to calcify and accumulate creating a huge bunion. This condition can suggest a very stubborn person.

The second and third toes are an indication of the stomach. Swelling of either toe shows an overburdened organ that is attempting to eliminate excess energy trapped both in the organ and the meridian too and from the organ. A longer second and third toe show that an individual's stomach is very powerful and strong. This person will have a strong appetite, will tend to overeat and may become overweight easily and may suffer from gout or arthritis. This shows a weakened stomach function that is constitutional (from birth and not something we create from day to day eating) and not something that has been created over a lifetime of eating. We can change conditions that the toes show us and support the function of this organ to strengthen and nourish it to work better within our bodies by adding more vegetables to the diet. Stomach ulcers can develop if people with these types of toes are not careful and that they eat too many sweet foods such as fruit, juices, cookies, candies and sodas. These foods tend to expand the body. People with strong stomachs or "cast iron stomachs" tend to believe that they can eat anything without regret. They just do not realize that they do not have a cast iron liver. Consequently they indulge in foods such as hard dry baked foods like toast, crackers, pastries and cookies that do not or cannot work well with the liver or the digestion. If a person abuses his or her liver on a constant basis, they will usually grow angrier and more hostile, will suffer from explosions of emotion over which they seem to have little control. Rich gourmet foods and drinks should be eliminated from their diet so they will be calmer in nature so that energy doesn't get trapped in the head causing the typical "hot head" attitude or feeling.

The fourth toe is where the gall bladder meridian comes from. A bunion, corn or callus on this toe indicates that a person consumes too many fatty and oily foods, causing the liver and gall bladder to become congested with cholesterol. If the bunion, callus or corn is large and brown it could indicate that gallstones are forming and that this individual might have a fiery temper and that they may have explosions of emotion and anger, can flare up suddenly and then just as suddenly evaporate.

The baby or pinky toes contain the bladder meridian. These toes indicate whether we have strong kidney and bladder functions or whether they are aggravated or overworked and perhaps that the muscles are hardening and stiffening. Caused by extremes in the diet of too much salt and then having too many sweet foods it can be accompanied by lack of strength and stamina as well as general fatigue. These conditions could be caused by an excessive consumption of liquids and sweets. One might have frequent urination but also have feelings of nervousness and anxiety.

Our feet are the foundation of our body. We are not content or happy if our feet hurt. Let's all give our feet the attention they deserve.

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*This Article was brought to you by the Reflexology Association of Connecticut (RACT)
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