



Self-Help Workshop on Lung & Respiratory Health With Foot Hand Ear Reflexology

While 2022 has brought with it more hope in how we deal with Covid 19, it has continued to bring attention to lung and respiratory health. The world has seen the evolution of the Corona Virus' mutations; however, the one thing that hasn't changed is the focus on lung health. Even in the best of times, a healthy respiratory system has been a top priority of wellness. A strong respiratory system provides a vital foundation for the body's organs and systems. It is with all this in mind that the World Reflexology Foundation chose to focus on this subject for its first online workshop of 2022.

The WRF is a nonprofit which provides self-help reflexology workshops at no cost. Currently these workshops, offered online, instruct the participants on the priority areas to reflex for the focused topic. WRF informs the participants about what Reflexology is, what it can provide to one's wellbeing, and where to work on one's feet, hands, and outer ears. This is all done, non-vocationally, with the intent to bring the benefits of Reflexology to people all over the world.

With an audience of more than 40 attendees, the WRF volunteer trainers, six in all, led the workshop focusing on where to prioritize self-help reflexology on the feet, hands and outer ears for improving lung health. The moderator for the workshop was WRF's treasurer, **Tina Meyer. Stefanie Sabouchian**, WRF's vice president, spoke on the mission of WRF, and **Bill Flocco**, founder and president, concluded why prioritizing and including all three areas of work for self-help reflexology can bring maximum benefits.

Sara Chameides, Eliza Mitchell, Mitta Wise, and Kathy Reynolds, all WRF volunteer trainers, led the instructional portion of the workshop, and participants were encouraged to simultaneously work on themselves. The demonstration began with a relaxation sequence on the ear which included unfurling the outer ear (spinal cord reflex) with long slow movements, and concluded with holding the Zero Point master point located between the upper and lower valleys, along the center ridge.

-The first area of focus was the feet, specific to the plantar region on the ball and pad, between the base of the toes and just above the arch and diaphragm line. In this area the tissue was worked in both a horizontal and vertical direction with the thumb or fingers "inching" across. On the dorsal side of the foot, the grooves, also known as the long areas between the metatarsals, were worked in a long and slow fashion with either two or three fingers in a stretching motion.

-Hands, with similarities to the feet, were showcased next, demonstrating on the palm under the base of the fingers to the diaphragm line. Using an "inchworm" like motion, work could be done either across the knuckles or in an up and down fashion. Holding and circling any sensitive areas or points were additional options given. For the back of the hand, working the grooves in a similar way to the feet continued the benefits of respiratory health.

-To conclude, the lung reflex on the ear was instructed as being located below the previously shown Zero Point, in the center of the lower valley. Using the index finger to hold this point enables a large area to be covered, ensuring that the reflex point is being targeted. Again, holding for a longer period of time, with shoulders relaxed, provides more benefit.

The volunteer trainers for the WRF go through a very thorough training for self-help reflexology and are all highly trained reflexologists. With the mission of the WRF to help empower all the people around the world with the healthful benefits of Reflexology, they will continue to offer free self-help workshops online, or in person when it is safe to do so. They work entirely on donations from the public and the support of volunteer efforts. To donate to WRF please visit www.worldreflexologyfoundation.org.



Self-Help Reflexology Respiratory Workshop Attendees from 3 Countries & Many States



Tina Meyer Explaining Reflexology



Stefanie Sabouchian Explaining the WRF



Sara Chameides Showing Spinal Cord Reflex



Elisa Mitchell Showing Lung Reflex



Mitta Wise Showing Lung Reflex



Kathy Reynolds Showing Lung Reflex