

World Reflexology Foundation's Headache Sinus Allergy Free Online Self-Help Reflexology Workshop

On June 5th, 2021, the World Reflexology Foundation put on another online self-help reflexology workshop for the public.

We had 25 people on the Zoom workshop which included some WRF Board Members who are also Volunteer Trainers - **Bill Flocco, Stefanie Sabouchian, Mitta Wise, Kathy Reynolds,** and **Tina Meyer.** We also had **Quirino Ibarra** - a WRF Volunteer Trainer.



Kathy Reynolds was our wonderful host this time and did a great job presenting and telling us what reflexology is, as well as guiding the WRF Volunteer Trainers when it was their turn to speak.

She also introduced Bill Flocco, the president of WRF and Bill spoke about the 501(c)(3) non-profit foundation. Bill explained the WRF mission of improving health worldwide by eventually getting self-help reflexology into the hands of everyone around the globe.

It's always good to hear Bill speak with such passion and caring with all of his many years of experience in different groups and settings.

First up to demonstrate reflex points was Quirino Ibarra. Since overall relaxation of the entire body is helpful for relief of headaches, sinus, and allergies he showed us some relaxation reflex points on the ears and we all practiced them. Spinal cord reflex, unfurling the Outer Ridge (Helix) from the top of the ear lobe and up to half-way up the Outer Ridge – helps to relax the entire body, especially the musculature. Zero Point in the notch at the center of the ear, between the root of the Outer Ridge and the Valley Ridge – helps with relaxation of the visceral inner organs, glands and structures. Zero point is equivalent to solar plexus and is the reflex for celiac ganglion. He also talked about the time we can spend on each of the reflexes and the option of doing either one or both ears at the same time. Everyone felt relaxed!

Next up was Mitta Wise. She showed us the headache, sinus and allergy reflex points on the ears - first by demonstrating on a big plastic ear! And secondly by demonstrating on her own ears. Brain reflex is located where the top of the ear lobe connects just below the

lobe flap. Sinus reflex is slightly lower and slightly closer to the face from the brain reflex. Allergy point is at the very top of the Outer Ridge. Mitta reminded attendees, while they were reflexing their ears, to simultaneously rest their elbows on the table or desk, so they don't tire their arms and shoulders.

Stefanie Sabouchian then demonstrated those same points on the feet. First on her BIG plastic foot... then on her own feet and toes.

Big Toe – Brain and Neck reflexes

Sides of Toes – Sinus reflexes

Soft Sole, especially of the right foot – primary liver reflex

She was very specific in her technique and how we use the thumb and fingers on the toes and feet, specifically using what we call the Thumb Roll.

Tina Meyer then showed us these same points on the hands and made us feel very happy by reminding us to think happy thoughts as we are using the techniques.

Thumb - Brain and Neck reflexes

Sides of all fingers - Sinus reflexes

Soft Palm, especially of the right hand – primary liver reflex

Big Web of the Hand, especially close to the second metacarpal bone

She also reiterated how we use the techniques of thumb roll and finger roll on the fingers and hands and demonstrated these.

World Reflexology Foundation
Teaching Self-Help and Family-Help Reflexology to the World

Where to work for Headaches, Allergies & Sinus Issues on your Feet, Hands & Outer Ears

Headaches
 Client: *Potentially Pregnant Women - do not hold Big Web between Thumb and 2nd Finger! See Contraindications*
 1. **Hands** - Gently clamp Big Web between Thumb and Finger
 2. **Ears** - Upper Part of Lobe, Tip of Thumb to Tip of Index Finger
 3. **Feet** - Upper Part of Big Toe

Sinusitis
 Client: *Potentially Pregnant Women - do not hold Big Web between Thumb and 2nd Finger! See Contraindications*
 1. **Hands** - Gently clamp Big Web between Thumb and Finger
 2. **Ears** - Lobe, Tip of Thumb to Tip of Index Finger
 3. **Feet** - Bottom and Sides of All Toes

Allergies
 Client: *Potentially Pregnant Women - do not hold Big Web between Thumb and 2nd Finger! See Contraindications*
 1. **Ears** - Allergy Point, Pushing Highest Point of Outer Ridge with Thumb and Index Finger
 2. **Feet** - Bottom of Foot on the Upper Part of Sole Side
 3. **Hands** - Pads of Hands on the Upper Part of Palm below the Knuckles
 * Note: For Allergies work Liver Reflex on Feet and Hands

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 501(c)(3) Nonprofit Public Charity

After some wonderful demonstrations with guests practicing as well at home... Bill Flocco then talked more about some general reflexology tips such as the importance of drinking water, how much pressure to use when working on the feet hands ears, how frequently, as well as talking more about the WRF website, donations, newsletter, and events.

Stefanie then did a thorough review which was mentioned in the feedback as very helpful. We also got some other very positive feedback on how effective the workshop was. And...we had a Q and A session at the end and then finished within the hour.

Another successful free public Self-Help Workshop for the World Reflexology Foundation carrying out our mission!

The next WRF Self-Help Reflexology Workshop is planned for the last full week of September. For notices of future free online WRF Self-Help Reflexology Workshops you are invited to go to: www.WorldReflexologyFoundation.org

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