

World Reflexology Foundation Free Online Self-Help Stomach Health Workshop

The first workshop of 2024 from the World Reflexology Foundation focused on Self-Help Reflexology for Stomach Health. “My tummy hurts” is a common ailment from children and adults alike. How wonderful to be able to use Self-Help Reflexology techniques to improve discomfort in that area. With viewership from over world, from New Zealand to Canada, this free non-vocational online workshop did just that. Using Priority Reflexing, WRF Volunteer Trainers demonstrated where to work on one’s feet, hands, and outer ears first, second and third to yield the most productive results. In this workshop WRF board members, **Bill Flocco**, **Stefanie Sabouchian**, **Paul Harvey**, **Mitta Wise** and Volunteer Trainer **Liz van Beek** guided the participants in an hour presentation.




<p>Stefanie Sabouchian: Facilitator. What is World Reflexology Foundation?</p>	<p>Bill Flocco: What is Reflexology? Priority Reflexing & Progression Reflexing?</p>	<p>Over 90 participants from 4 continents & 8 countries around the world</p>

What is Reflexology...It is a gentle, noninvasive way to relieve aches and pains through relaxation. Reflexology uses maps that resembles the human body that can be found on the feet, hands, and outer ears. Using gentle pressure, one can work the area of the maps to correspond to the affected body part. Stomach health includes not only focusing on the stomach reflex points, but also relaxing all the supporting area in the upper left abdominal region.




Moderating the workshop, **Stefanie Sabouchian** introduced **Bill Flocco** to explain the benefits of Priority Reflexology. Bill educated the viewers of discoveries 40 years ago which supported performing Reflexology in particular orders for different health challenges, alleviated pain more successfully than not. Bill posed the question if working the three areas 1st, 2nd, and 3rd to bring the most relief, then why not learn it in that priority order? Bill additionally went through the benefits of the Color Chart which uses colors to map the body in regions. These colored regions correspond to where to do Self-Help Reflexology on one’s own body.

	<p style="text-align: center;">Reflex Location for Stomach on the Feet</p> <p style="text-align: center;">Bottom Right Bottom Left Top Right Top Left</p>	
<p>Liz Van Beek: Thumb Walk/Roll Technique</p>	<p>For Stomach Issues: Feet 1st</p>	<p>Liz Van Beek: Stomach Reflex</p>

First priority to aid in Stomach health were the feet. **Liz van Beek** began by instructing on the left foot below the diaphragm line, on the soft area below the ball and pad. She demonstrated the thumb walk as inching the thumb across the tissue in small movements paying attention to not work so deep it hurt, but with enough pressure to feel the movement. To access the foot, Liz crossed her left foot over her right knee, pointing out that a pillow under the knee might be helpful, but not to do this if it brought any discomfort. Liz began on the medial or arch side of the foot suggesting it might be easiest to access. Demonstrating on her own foot, Liz moved in the direction across the foot to cover the greater-stomach reflex area, in turn relaxing the corresponding muscles in the upper left abdomen. She then told of a success story in which one of her clients did this Self-Help technique for a stomach issue. After after about 5 minutes, the client had to excuse herself from the room, due to the positive results she found. Upon returning, the client was amazed at the results and effectiveness of the work. Liz concluded with working the right foot as well, focusing on a small area around the medial arch reiterating that working slowly and working frequently for better results.

	<p style="text-align: center;">Reflex Location for Stomach on the Hands</p>  <p style="text-align: center;">Left Palm Right Palm Back of Left Back of Right</p>	
<p style="text-align: center;">Paul Harvey: Stomach Reflex Location</p>	<p style="text-align: center;">For Stomach Issues: Hands 2nd</p>	<p style="text-align: center;">Paul Harvey: Stomach Reflexing Techniques</p>

Guiding the second priority area, the hand, was **Paul Harvey**. Paul showed the focus area on the left hand to be where the thumb joins the hand and across to the soft center area of the palm. By showing the viewers how to cradle their left hand in right hand, Paul used the previously shown thumb walk to work the stomach reflex area. Suggesting the viewers practice on their own hands, he demonstrated using the thumb walk across the palm and from the wrist to fingers. The benefits of covering the entire area slowly and frequently, allowing at least 5 minutes if able and up to 15 minutes, is where positive change could be found.

	<p style="text-align: center;">Reflex Location for Stomach on the Ears</p>  <p style="text-align: center;">Right Ear Left Ear</p>	
<p style="text-align: center;">Stefanie Sabouchian: Stomach Reflex Plastic Ear</p>	<p style="text-align: center;">For Stomach Issues: Ears 3rd</p>	<p style="text-align: center;">Stefanie Sabouchian: Stomach Reflex</p>

The final priority area taught were the outer ears by **Stefanie Sabouchian**. Using a large plastic ear to demonstrate on, Stefanie highlighted the stomach reflex as being in the center of the ear between the upper and lower valleys. Two ways to find this point were explained. Beginning from the ear canal and moving slightly up the ridge to the notch between the valleys and use your fingertip to gently flatten. The other was to follow along the outside of the ear and trace to the face moving your finger between the two valleys and feel for the notch. This point should be

held on both ears simultaneously, and if possible while doing so, to relieve neck tension, rest one's elbows on a table. This hold has best results when done for at least 5 minutes or longer. Stefanie shared a story of traveling up a mountain in a car and becoming motion sick. She held this point on herself for the remainder of the drive and arrived at the destination feeling better. Her carsickness had left her. However, her family member who was following behind arrived very ill. Stefanie showed her this point and suggested holding it. After 10 minutes the family member was alleviated from her discomfort. Stefanie pointed out that the fingertip covers the broader area for the stomach reflex which in turn relaxes the greater upper abdominal region.



Mitta Wise encouraged the participants to go to www.worldreflexologyfoundation.org, for more information on what the WRF does, and information on Reflexology. A sign up for the newsletter could be found there as well. Mitta also did a recap of the priority reflex areas that were covered and how to work on them. She explained to perform Self-Help Reflexology consistently and for at least 5 minutes and longer if time allowed. The importance of staying hydrated was advised as with any Reflexology, even Self-Help.

Bringing better health to people across the globe is the goal of the World Reflexology Foundation. Self-Help Reflexology has no barriers. The Online Workshops, Workshop Videos, and Workshop Articles like this one are free of charge and located on our website www.worldreflexologyfoundation.org*. The organization is run completely on a voluntary basis. The WRF relies on donations and grants to fund their outreach and growth. Donations are accepted on our website www.worldreflexologyfoundation.org, or can be mailed to P.O. Box 821, La Verne, CA 91750. Please help by spreading the word about these free self-help reflexology educational programs. Remember to invite your family, friends, neighbors, and colleagues to the next WRF free online reflexology workshop.

*The World Reflexology Foundation (WRF) is a nonprofit foundation that does not promote the vocational aspect of the Reflexology profession. The WRF exists as a humanitarian project for the health betterment of humanity throughout the world as its stated mission.

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