



Teaching Self-Help Reflexology to the World

Self-Help Reflexology for Women's Health Issues Premenstrual

Syndrome/Menstruation/Menopause

Incredibly, 75% of all menstruating women have some form of PMS, and 85% of menopausal women report experiencing varying types and severity of symptoms. With percentages like that, the World Reflexology Foundation (WRF) provided an online workshop in October 2022 for Self-Help Reflexology targeting Women's Health Issues. As in past workshops, this non-vocational workshop was offered for free and was instructed by WRF volunteer trainers. The workshop included hands-on demonstrations so the attendees could follow along, focusing *on* where to Priority Reflex on the Feet, Ears, and Hands to help bring the quickest relief.

Volunteer trainer Tina Meyer began the workshop with introductions and a basic tutorial of Reflexology. Bill Flocco, President of the World Reflexology Foundation, gave a brief history of the non-profit and its mission to bring the healthy benefits of reflexology to everyone around the world through self-help reflexology. The workshops, which before the pandemic were done in person, have now been moved online and continue to be free. Prior to this workshop, all participants were emailed a WRF reflexology chart of the priority reflex points for women's health issues.



Tina Meyer: Facilitator
Explaining Foot Hand Ear
Reflexology

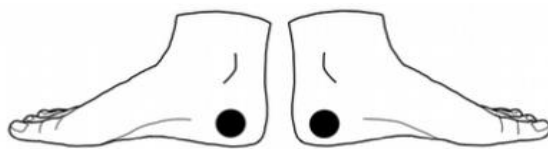


Bill Flocco: What is the World
Reflexology Foundation?
Priority & Progression Reflexing?

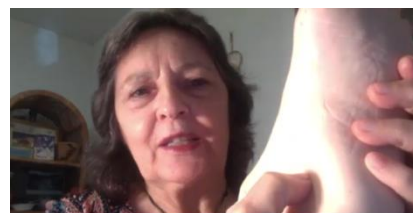


Participants from the U.S.
and around the world

The first priority area demonstrated was the feet by volunteer trainer Mitta Wise. The uterine reflex point was shown to be on the inner ankle, just below the medial malleolus (inner ankle bone). Mitta demonstrated using the thumb roll technique over the entire area explaining, if any tenderness is felt, to ease up and work gently. This reflex point can be tender and quite sensitive if a person is experiencing symptoms. Mitta also suggested working the greater area, working on both feet, and she explained that working longer can help bring more relief.



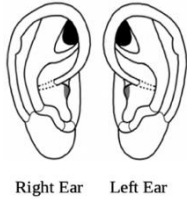
Inner Right Inner Left
For Uterine Issues: Feet 1st



Mitta Wise: Uterine Reflex

Ears followed in the priority lineup with volunteer trainer Kathy Reynolds instructing. Kathy demonstrated that the uterine reflex point on the ear is located in the triangular fossa (triangular valley) and by using the tip of the index finger, moving closer toward the face, the reflex point would be covered. It was suggested and demonstrated to work both ears at the same time and, if

available, to rest one's elbows on a table while holding. The hold can be for as long as time allows, while taking relaxing deep breaths. Continuing with the ears, the Master Endocrine point was shown to help balance hormonal secretions that often cause menopausal symptoms like hot flashes and night sweats. This powerful point is located in the groove just below the Tragus (face flap). Again, using the tip of the index finger, but with much less pressure this time, Kathy showed how to lightly place the fingertip of the index finger in this groove and gently hold, utilizing both ears, for as long as time allows.



For Uterine Issues: Ears 2nd

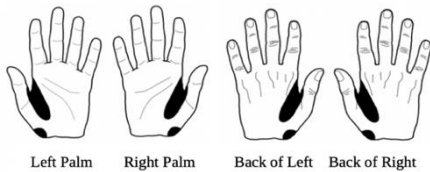


Kathy Reynolds:
Uterine Reflex



Sara Chameides:
Master Endocrine Point

The last in the priority order, but just as important, were the hands. Volunteer trainer Laurie Hanna cradled one hand in the other to demonstrate where to work below the thumb, at the wrist, paying attention to work the whole area. This area, the uterine reflex, is found on both hands. Laurie pointed out that this particular area gets overworked with daily activities and often feels good to be reflexed. The final point was located in the big web, the fleshy area between the thumb and the index finger. Laurie used the “clamp” method with the thumb on the outside and the index finger on the palm surface and recommended holding this for at least five minutes or more. This can help to release tension in the abdominal region which is why this can be a contraindication for pregnant women.



For Uterine Issues: Hands 3rd



Laurie Hanna: Uterine Reflex



Laurie Hanna: Big Web

The workshop concluded with a brief review of all the highlighted priority reflex points by volunteer trainer Sara Chameides, with a Q&A following. Working for longer periods of time, multiple times a day, if possible, was recommended. It was also suggested to hydrate after Reflexology.

The mission of the WRF is to help empower all the people around the world with the healthful benefits of Reflexology and continues to offer free self-help workshops online, or in person when it is safe to do so. The WRF relies entirely on donations from the public and the support of volunteer efforts. To donate to *WRF please visit www.worldreflexologyfoundation.org.

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

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