



## World Reflexology Foundation Free Online Self-Help Workshop *Kidney & Urinary Bladder*

When the World Reflexology Foundation decided to focus on Self-Help Reflexology for Kidney and Urinary Bladder health, it might not have seemed like an exciting part of one's body. However, many people silently suffer from bladder issues, and our kidneys are one of our most detoxifying organs which indeed made this a great focus for Self-Help Reflexology. Our introduction explained Priority Reflexing and why it can provide notable outcomes. Priority Reflexing prioritizes which area to work on first, second, and third to achieve the most productive results. Explaining Reflexology, Volunteer Trainer **Paul Harvey** shared that reflexology is a noninvasive way to help

<p>Stefanie Sabouchian: Facilitator. What is World Reflexology Foundation?</p>	<p>Paul Harvey: What is Reflexology? Priority Reflexing &amp; Progression Reflexing?</p>	<p>Participants from 4 continents and 6 countries around the world</p>


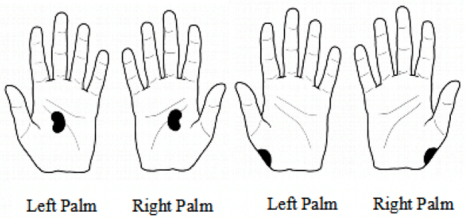

relieve aches and pains through relaxation. Reflexology uses maps that resemble the human body that can be found on the feet, hands, and outer ears. By applying gentle pressure, one can work the area of the maps that correspond with the affected body part. In addition, colored charts of the body, the feet, the hands, and the ears were displayed to illustrate the colored regions indicating where to do Self-Help Reflexology on one's own body.

Moderating the workshop, **Stefanie Sabouchian** introduced Volunteer Trainer **Sara Chameides** who demonstrated where to work on the 1<sup>st</sup> Priority (for optimal benefit) which are the feet. Sara began by using a plastic foot highlighting the Kidney Reflex. She began with the Kidney Reflex, found on the sole of both feet just under the ball and pad and center to the arch. Explaining the ways in which one could situate their leg to access the foot, she suggested placing a pillow under the foot in a cross over knee position to raise the foot for accessibility.

	<p style="text-align: center;">Bottom Right Bottom Left      Bottom Right Bottom Left Inner Right Inner Left</p>	
<p>Sara Chameides: Kidney Reflex on the Foot</p>	<p>Reflex locations for Kidney &amp; Bladder on the Feet - 1st Priority</p>	<p>Sara: Bladder Reflex on the Foot</p>


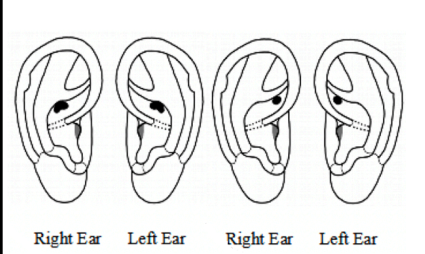

Once the foot is accessible, a technique such as a thumb roll, inch worm, or gentle press and stretch of the tissue over and around the reflex point was shown. Working gently, and for at least five minutes or more, was recommended. Sara explained that the touch does not have to be deep, and certainly does not need to be painful, to be effective. She encouraged the participants to work on their own feet while she was demonstrating. After the Kidney Reflex, Sara moved down the foot, over the Ureter Reflex point, and toward the inside arch where the Bladder Reflex can be found. This area was shown on the inner aspect of the foot, covering both the sole and side of the foot's inner edge, below the ankle bone, and up from the heel. Similar techniques as before were used, adding that something as simple as a press and circle over the reflex point was found effective. Even though there is just one urinary bladder, it was advised to work both feet as there are two kidneys.

**Paul Harvey** was then introduced by Stefanie to instruct where to work on the hands. Paul was wearing a glove with the location of the Kidney and Bladder Reflexes drawn on them. He explained that it appears to be an "L" shape, when starting to work at the area between the pointer finger and middle finger and moving down to the area just above the base of the thumb on the soft palm tissue, to where the Kidney Reflex point is found. On and around the thumb joint, just above the wrist, is the Bladder Reflex. While the participants worked on themselves during this demonstration, Paul explained that the Kidney Reflex point could be accessed with one finger or a thumb with a press and circular motion.

		
<p>Paul Harvey: Kidney Reflex Location</p>	<p>Reflex locations for Kidney &amp; Bladder on Hands - 2nd Priority</p>	<p>Paul: Bladder Reflexing Techniques</p>

Rolling gently with light pressure over the reflex area would be ideal. From this point one could work down the Ureter Reflex area to the Bladder Reflex by working downward and across the area below the thumb, down on the thumb side (inner edge) of the hand, near the wrist. Participants were encouraged to work on both hands. Paul briefly talked about contraindications, for example after kidney surgery. The convenience of working the hands was emphasized because they are easy to access.

**Stefanie Sabouchian** presented the ear portion of this workshop. She suggested an easy way to find the Kidney Reflex would be to take the tip of the index finger into the lower valley of the ear, just in front of the ear canal, and move straight up into the small valley where you will stop just below the pronounced narrow ridge. It is here, where you can't go any farther, that you will find the Kidney Reflex. With gentle pressure, hold the reflex point, and stay for a few minutes. Both ears can be held at the same time, while resting one's elbows on a table or pillow, paying attention to relaxing the shoulders. From the Kidney Reflex, move your index finger slightly closer to your face while staying directly below the ridge, and hold for the Bladder Reflex. Both the Kidney and Bladder Reflex points on the outer ear are in close proximity to one another. By flattening your finger and using its pad, one could access both points at the same time. Unlike the feet and hands, the ears require stillness, breathing and holding.

		
<p>Stefanie Sabouchian: Kidney Reflex on a Plastic Ear</p>	<p>Reflex locations for Kidney &amp; Bladder on the Ears - 3<sup>rd</sup> Priority</p>	<p>Stefanie: Kidney Reflex on her own Ear</p>

Stefanie explained and demonstrated, while the attendees participated in performing Self-Help Ear Reflexology, working on their own ears.

		
<p>Bill Flocco answering Questions</p>	<p>Kathy Reynolds: Review Kidney &amp; Bladder Reflexes on the Feet, Hands and Ears</p>	

**Kathy Reynolds** provided a quick recap of where to find the Kidney and Bladder Reflexes on the feet, hands, and ears. She demonstrated where the points can be found and how to best access and work on them for one's personal comfort and effectiveness. She reiterated that working slowly, with a gentle pressure, is best and for as long as time permits and as often as schedules allow. She explained that Self-Help Reflexology is most effective and successful with consistency. She cautioned to be careful not to work over any areas that are painful or have open wounds. The importance of staying hydrated was also advised.

The participants were encouraged to visit the WRF's website for more information about the WRF and what they are working on, and for more information about Reflexology. A sign up for the newsletter can be found on the website as well.

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](http://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](http://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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