



Teaching Self-Help Reflexology to the World

Self-Help Self-Care Reflexology for Sinusitis

Let's begin with what is Sinusitis? Sinusitis is inflammation of the lining of the sinuses that can lead to swelling, possibly causing obstructions and an accumulation of mucus. It can be caused by allergies, infections, nasal polyps or even a weakened immune system. Symptoms can include nasal drainage, postnasal drainage, facial tenderness, upper tooth pain, headache, ear pressure and fever. Sinus discomforts are quite common. It is estimated that sinus issues affect between 10% to 15% (800,000,000 - 1,200,000,000) of the population globally. The good news is that Self-Help Reflexology has frequently been reported to ease respiratory sinus discomforts.

The sinuses are small spaces, often referred to as cavities, in the head. Sinus cavities help to lighten the weight of the skull. They are lined with mucus producing cells and cilia which are very fine hair-like cells that help drain the mucus through small passages into the nose and throat. There are four sets of sinuses on each side of the midline of the head. These are located in the front of the face in the forehead (frontal sinuses), between the eyes (ethmoid and sphenoid sinuses), and in the cheekbones (maxillary sinuses). They also filter and humidify the air you breathe and give resonance to your voice.



Kathy Reynolds facilitator, describing worldwide mission of the World Reflexology Foundation.



Bill Flocco explaining Reflexology as the art & study of Self-Help Self-Care through *gentle* pressure applied by the hands to maps of the body on the feet, hands and outer ears. He also described Priority & Progression Reflexing: where to go 1st, 2nd, 3rd for pain.

The World Reflexology Foundation is a nonprofit foundation which provides Self-Help Reflexology workshops in a simplified yet specific way. It is made up of highly trained reflexologists who teach these Self-Help techniques to the public. The WRF familiarizes the participants with what Reflexology is, what it can provide for one's wellbeing, and where to work on one's own feet, hands, and outer ears. These **non-vocational** workshops are free to the public, with the goal of bringing the benefits of Reflexology to people all over the world.

Bill Flocco, President of WRF, explained Reflexology and the importance of Priority Reflexing / Progression Reflexing. Reflexology uses pressure maps that resemble a human body on the outer ears, feet, and hands to work with the nervous system for promoting relaxation and pain reduction. With Priority / Progression Reflexing, there is a specific order when working. In respect to the subject of Sinusitis, the priority would be the hands first, then progress to the ears second, and the feet would be third, which would

enable the most productive results. Bill then showed and spoke about WRF's own color charts. These charts represent the body's different regions with corresponding colors on the feet, hands, and outer ear maps. Using color coordination enables interpretation all over the world without a language barrier.

Leading off the demonstration portion of the workshop was **Isabel Guaderrama**, WRF Volunteer Trainer. She began with the first priority, the hands. Marking her own hand to clearly see where to work, Isabel explained that the focus would be on the web (both palm and top side) and the three sides of the all the fingers, outer, center and inner. The area of the web is on the soft side of the palm area, a triangle between the bone of the hand below the thumb and the bone below the index finger, just above the wrist. Isabel cautioned that it is not advisable to work or activate this area if a woman is pregnant. On the fingers, the area to cover are all three soft sides of each finger, either up or down, as long as the entire area is addressed. Techniques were shown as either the "finger walk" or the "thumb roll". This is done by inching across the tissue and activating all the nerve endings over the reflex points. Slow and gentle movement is used, covering the reflex areas and being aware of any tender parts. If that tenderness is encountered, Isabel suggested to do light circles on the tender area until it is relieved.



Isabel Guaderrama indicating where to work on the big web of the hand for sinus issues.

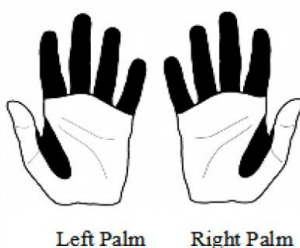


Chart showing location of sinus reflexes on big web & fingers.



Close up demonstration working the three soft sides of fingers for sinuses.

Kathy Reynolds, WRF Corresponding Secretary and WRF Volunteer Trainer, instructed on the ears, the second priority area. Starting at the landmark of the ear notch, she used her index finger to move slightly away from the face onto the ear flap, and the top of the earlobe where the sinus reflex point can be found. Using the index finger on the point, and supporting with the thumb behind, Kathy instructed how to use a tip-to-tip hold with the thumb and index finger. The ears are worked differently than the hands and feet, as the ears involve mostly holds with minimal movement. These holds can be as long as one feels comfortable, as the longer the hold the better the results. She suggested that both ears can be held simultaneously, and, by placing elbows on a table while holding the points, it will take any strain off the shoulders bringing a deeper sense of relaxation.

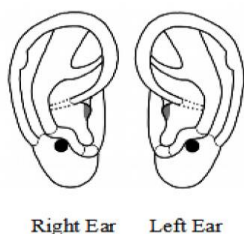


Chart showing location of sinus reflex on upper part of ear lobe.



Kathy Reynolds showing how to work sinus reflex on ear lobe.

Sage Grabler, WRF Volunteer Trainer, demonstrated where to work on the feet, the third priority. Sage explained that the sinus reflexes are found on the toes, including the sides of the toes, working on the plantar (sole side) and the sides of the toes. If flexible, she showed how to place an ankle on the opposite knee or thigh. Supporting the toes on the back side with the fingers, Sage used her thumb walk technique starting across the base of the big toe, where the toe connects to the upper foot. After working across the base of the big toe, she continued by starting at the top of the big toe and working her way down the entire big toe, in five lines representing the five zones of the body. Using the index finger behind the working toe for support, Sage continued working down all the toes in order. After the plantar side of the toes, she worked the sides of each toe, one side and then the other side. It was suggested that if the thumb is too cumbersome for the sides of the toes, a finger walk with the index finger would be a good option. It was advised to do both feet and to work slowly, paying attention to any tender areas and, if encountered, to work the area until the tenderness subsides.



Sage Grabler showing how to work sinus reflexes on the toes.



Bottom Right Bottom Left

Chart showing location sinus reflexes on the toes



Close up demonstration working the three soft sides of toes for sinuses.

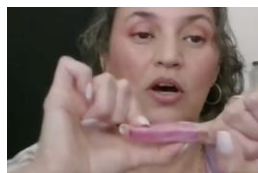
Review was given by both Isabel and Sage of all three areas. For the hands, the area of focus is the big web on the palm and back side of the hand, along with the three areas of the fingers (the sides and palm side). On the ear, it was a hold on the point lateral of the face and at the top of the lobe, using a tip-to-tip hold with the index finger in front and the thumb in the back. The feet focused on the big toe and all the other toes. Like the fingers, the toes are worked on all three sides.

In conclusion, best results are obtained by doing Self-Help Reflexology frequently and over prolonged periods of time in a slow manner. Bill commented that if the issue of concern is on one side of the body, he suggested working the three areas (hand, ear, foot) on that side. However, if able, working both sides is important as the body often compensates. Additionally, it was mentioned that hydrating after working with reflexology is important. Spreading the word of Self-Help Reflexology and the work of the World Reflexology Foundation to others, familiar or not with reflexology, helps bring better health into people's lives.

Workshop participants have reported the reviews of reflex locations are very helpful.



Isabel reviewing sinus reflexes; big web of hands and three soft sides of fingers.



Sage reviewing primary sinus reflex on plastic ear, and Isabel on her own ear.



Sage reviewing sinus reflexes; 3 soft sides of toes.

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*. You will also find a place to sign up for our free newsletters.

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, 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 Self-Help Reflexology workshop.

*The World Reflexology Foundation (WRF) is a 501(c)(3) 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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