Here’s What We’ll Cover

- Root cause of allergies and asthma
- Chinese Reflexology 101 – How it works
- 4 points for symptom relief
- 6 points for long-term healing
- Reflexology for children
- Q&A
- How to learn more
Hello, I’m Holly!
My Husband Was Allergic to My Cat

- Itchy watery eyes
- Stuffy nose/sneezing
- Wheezing
- Throat closing/difficulty breathing
- 15 to 30 minutes
What To Do?

- Stop dating
- Never live together
- Give up the cat
- Live like freaks
- Allergy pills for life
CHINESE REFLEXOLOGY FOR ALLERGIES AND ASTHMA

In Search of a Better Solution

• Despite best efforts, my husband was still suffering from cat allergies
• Introduced him to Lung reflexology point
• Acupuncture and Chinese herbs
• Regular Chinese Reflexology
Today

- No more cat allergies
- Breathes clearly
- Cat-free bedroom, but cat roams (owns) the house
- Hubby is a cat person
THE ROOT CAUSES OF ALLERGIES
Holistic View

- Immune system overreacting
- Overloaded and overwhelmed from toxic load (E.g., stress, toxins)
- Allergen tips the scale
Traditional Chinese Medicine: Allergies

- Weak Qi (life force energy)
- Weak Lung Qi – Lung channel protects against invasion of “external evil”
- Weak Spleen Qi – Not able to “transform fluid”
- Weak Kidney Qi – Mother of all Qi
TCM: Food Allergies

• Lung governs skin and spreads defensive Qi
• Skin reactions: hives, rashes, eczema
• Spleen governs transformation and transportation of water and nutrients; opens into mouth and lips
• Reactions: vomiting, abdominal pain, and swelling of the lips, tongue, and throat
• Spleen and Stomach responsible for digestion
TCM: Asthma

- “External evil” invades and weakens lungs
- Impairs ability to regulate water passageways
- Weak Spleen Qi – Not able to “transform fluid”
- Congenital Kidney Qi deficiency
Asthma, Allergy and Eczema Connection

• If one or both parents have eczema, asthma, or seasonal allergies, child is more likely to develop eczema
• Children with eczema may be more at risk for developing allergies or asthma
• 35% of adults who had eczema as children had hay fever or asthma as adults
• Source: WebMD
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Asthma, Allergy and Eczema Connection

- Parents who have weak Lung, Spleen and Kidney Qi have less congenital Qi to give to their children
- Children with weak Lung, Spleen and Kidney Qi are more likely to become adults with weak Qi
- Good news: You can strengthen your Qi

You will enjoy good health. - Fortune Cookie Saying

Good News!
You can strengthen your Qi with Chinese Reflexology
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CHINESE REFLEXOLOGY 101

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Chinese Reflexology 101

- Ancient healing art of foot massage
- Based on principle of “Qi” (life force)
Chinese Reflexology 101

• Body is comprised of energy pathways
• Energy flows smoothly = wellness
• Energy disruption can lead to physical symptoms
Chinese Reflexology 101

- In your feet, are the “Master Control” points for harmonizing the body’s energy flow
- Reflexology points on feet correspond to areas of the body
- Sensitive points show energy imbalances
- Balance energy by massaging reflex point

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Chinese Reflexology 101

- At the heart of this style is a reflexology stick
- Stronger targeted stimulation. It hurts, but it works!
- Teaching “gentle” method for workshop
Before Beginning Chinese Reflexology

• Reflexology is very safe, especially the “gentle” style; complementary with other treatments
• Do one hour before or after eating
• Drink lots of water
• Preferable to abstain from alcohol
Before Beginning Chinese Reflexology

• Don’t practice while pregnant, especially first trimester
• CAUTION for acute heart condition, diabetes or compromised immune system
• If not sure, ask your doctor whether it is safe for you to practice reflexology
Before Beginning Chinese Reflexology

- The information in this workshop is for educational purposes only and should not be used as a substitute for personal medical advice.
- Use common sense. If you or a loved one is sick, see a doctor.
POINTS FOR SYMPTOM RELIEF
Points for Temporary Relief of Symptoms

1. Nose
2. Sinuses
3. Eyes
4. Throat
NOSE POINT
The Nose Point

• Good for runny nose, congestion and sniffling

• Helps rebalance energy disharmonies caused by excess mucous and nose-blowing
The Nose Point – Location

- Side of big toe where skin meets sole
- On both feet
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The Nose Point – Video

• Massage technique
Nose Point – Let’s Try It

• Locate on side of left big toe
Nose Point – Let’s Try It

- Use thumb of RIGHT hand and rub side to side
- Pressure similar to crushing dried oregano between thumb and forefinger
Nose Point – Let’s Try It

- Now try the right toe
SINUS POINT
Sinus Points

- Good for energy congestion in the sinus
- Also beneficial for sneezing, sniffling
- Five sinus points on each foot
- Focus on main reflexology point for sinus
Main Sinus Point – Location

• On the bottom of big toe
• Tip of toe
• About 1/4 to 1/3 of toe pad
The Sinus Point – Video

• Massage technique
Sinus Point – Let’s Try It

• Find it on the tip of your big toe on the left foot
Sinus Point – Let’s Try It

- Use thumb to rub side to side
- Pressure like trying to crush a peppercorn between thumb and forefinger
Sinus Point – Let’s Try It

- Then your right toe
EYE POINT
Eye Point

- Beneficial for itchy, watery eyes
Eye Point – Location

- Both feet, bottom
- U-shaped area below toe pads of 2nd and 3rd toes
- Point for LEFT eye is on RIGHT foot and vice versa
Eye Point – Video

- Massage technique
Eye Point – Let’s Try It

- Find the RIGHT EYE POINT on the bottom of your LEFT foot
Eye Point – Let’s Try It

- LEFT foot, RIGHT eye
- Use thumbs to press and rub up and down
- Go slowly, press deeply where it feels hard to the touch
- Press edges of toes too
Eye Point – Let’s Try It

- Find the LEFT EYE POINT on the bottom of your RIGHT foot
THROAT POINT
Throat Point

- Helps clear blocked energy in throat and neck region
- Constant clearing of throat
Throat Point – Location

- Located on top of foot
- Small point at tip of webbing between big toe and second toe
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Throat Point – Video

• Massage technique
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Throat Point – Let’s Try It

• Locate on top of your right foot

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Throat Point – Let’s Try It

• Use knuckle of RIGHT index finger to press and twist
• Press hard enough to feel it, but not so hard to bruise (top of foot is delicate)
Throat Point – Let’s Try It

- Now, try your left foot
Points for Temporary Relief of Symptoms

• Massage points for 30 to 60 seconds each, depending on symptoms
• Recommend to massage daily as needed
• Some points may notice immediate relief, some may take 2 weeks to notice difference
REFLEXOLOGY POINTS FOR NATURAL HEALING
BUT FIRST, LET’S TAKE A BREAK
Points for Natural Healing

1. Lungs
2. Kidneys
3. Adrenals
4. Spleen
5. Liver
6. Lymph Drainage
LUNG POINT
The Lung Point – TCM Perspective

- Lung meridian is the first defense against “external evil”
- Lungs circulate defensive Qi, govern skin and regulate water passageways
- Strengthen Lung Qi to strengthen defenses, benefit skin and keep passageways clear
The Lung Point – Location

- Ball of the foot
- Below three middle toes
- Soles of both feet
The Lung Point – Video

- Massage technique
Lung Point – Let’s Try It

- Locate on sole of your left foot
Lung Point – Let’s Try It

- Use thumbs to rub up and down
- Also press and dig in tender areas
- Firm pressure
Lung Point – Let’s Try It

- Then your right foot
KIDNEY POINT
The Kidney Point – TCM Perspective

- Kidney channel is “the root of life” and mother of all Qi
- Congenital Kidney Qi deficiency can cause asthma
- Kidneys filter toxins and excrete through urine
- Massage this point to strengthen Kidney Qi and aid in eliminating waste from body
Kidney Point – Location

- Soles of both feet
- Imagine horizontal line dividing foot in half horizontally
  - From tip of big toe to base of heel
- Imagine vertical line dividing foot in half vertically
Kidney Point – Location

- Left foot: Kidney point in top left quadrant
  - Right foot: Kidney point in top right quadrant
- Imagine another horizontal line following bottom of ball of foot
- Kidney point is below this line (red) and above halfway line
Kidney Point – Location

- About as wide as your thumb
- Place thumb on vertical line, with two thirds of the thumb in top left quadrant and one third in top right quadrant of left sole
Kidney Point – Video

- Massage technique
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Kidney Point – Let’s Try It

• Locate on sole of left foot
Kidney Point – Let’s Try It

- Use knuckle to rub up and down
- Can also use thumb to press and rub
Kidney Point – Let’s Try It

• Then your right foot
• Top right quadrant for right foot
ADRENAL POINT
The Adrenal Gland Point

• Adrenals produce cortisol to combat histamines associated with allergies
• Long-term stress fatigues adrenal glands
• Strengthen Qi in adrenals to bring them back into balance
Adrenal Point – Location

- Soles of both feet
- First locate Kidney point
- Adrenal is a small point resting on top of Kidney reflexology area
Adrenal Point – Video

• Massage technique
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Adrenal Point – Let’s Try It

• Locate on sole of your left foot
Adrenal Point – Let’s Try It

- Use knuckle
- Press and twist
Adrenal Point – Let’s Try It

• Now your right foot
LIVER POINT
The Liver Point

• Liver helps smooth the flow of Qi in the body
• From a Western and holistic perspective, liver breaks down toxins in blood
• Overloaded liver can impact ability to break down toxins
• Massage this point to smooth flow of Liver Qi and support liver function
The Liver Point – Location

• Sole of RIGHT foot only
• Beside the Kidney point
• Below bottom of ball of foot and above halfway line
• Square-shaped region that extends almost to edge of foot
The Liver Point – Video

• Massage technique
Liver Point – Let’s Try It

• Locate on sole of your RIGHT foot
Liver Point – Let’s Try It

- Use knuckle to rub up and down
- Can also use thumb to press and rub
Spleen Point
The Spleen Point – TCM Perspective

• Spleen meridian is responsible for "transformation of fluids"
• Spleen also important for digestion
• Strengthening the spleen channel helps body to clear excess fluid in the body, aka mucous and phlegm
• Also helps to improve digestion
The Spleen Point – Location

• Sole of LEFT foot only
• Above horizontal halfway line (tip of big toe and base of heel)
• On the outer side of foot
• Feel for a sensitive spot
The Spleen Point – Video

- Massage technique
Spleen Point – Let’s Try It

- Locate on sole of your left foot
Spleen Point – Let’s Try It

- Use knuckle to rub up and down
- Also can use thumb to press and rub
LYMPH DRAINAGE POINT
Lymph Drainage Point

- Lymph drainage for armpit area
- Lymphatic system transports lymph fluid to help body get rid of waste and toxins
- Need movement to move lymph fluid
- Reflexology point is often very painful
- Improves energy flow and clears toxins
Lymph Drainage Point – Location

- Webbing between big toe and second toe
- Feel for bones of both toes
- Find the “V”
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Lymph Drainage Point – Video

- Massage technique
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Lymph Drainage Point
Let’s Try It

- Find it on the top of your right foot

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Lymph Drainage Point
Let’s Try It

• Use knuckle of RIGHT index finger to press and stroke TOWARDS you
• Lift and repeat
• Press hard enough to feel it, but not so hard to bruise (top of foot is delicate)
Lymph Drainage Point
Let’s Try It
• Now try your left foot
PUTTING IT ALL TOGETHER
Recommended Time to Massage

- Lungs – 60 seconds each foot
- Kidneys – 60 seconds each foot
- Adrenals – 30 to 60 seconds each foot
- Spleen – 60 seconds on left foot
- Liver – 60 seconds on right foot
- Lymph Drainage – 30 strokes each foot
Putting It All Together

- Total routine should take about 8 minutes
- Massage twice a week
- Drink water
- 1 hour away from meals
- Abstain or minimize consumption of alcohol
Short-Term vs. Long-Term

- Allergies are a systemic illness, affects the whole body
- May appear suddenly, but indicative of qi (energy) deficiency over time
- Strengthening and healing over the long-term
When Will You Notice a Difference?

• Commit to doing this regularly, 2x week
• Immediately: qi will start to flow better
  – Feet may feel warm
  – If very aware, may notice body feels lighter
• 2 to 3 weeks, feet will feel less sensitive
• 6 to 8 weeks, subtle changes in body
• Next season
Consistency is the Key

• To get most benefit from Chinese Reflexology, practice consistently over time
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Reflexology for Children

• Children tend to respond very quickly to energy healing
• But they won’t sit still for 8 minutes
5 Golden Rules

1. Practice on yourself first
2. Before you begin, explain what you are doing and ask permission
3. Break up the routine, one or two points
4. Listen to feedback. Less is more!
5. Make it fun, time for bonding
How Hard to Press for Children?

- Start off slowly and gently
- If it tickles, press more firmly and move more slowly
- Infant – pressure to slide a dime on a table
- 3-yr old – pressure to wash off permanent marker from hands
Recommended Times for Children

- Lungs – 60 seconds each foot
- Kidneys – 30 seconds each foot
- Adrenals – 15 seconds each foot
- Spleen – 60 seconds on left foot
- Liver – 30 seconds on right foot
- Lymph Drainage – Can skip this
- “Twice” a week
Questions?

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• www.ChineseFootReflexology.com/workshops

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Next Workshop:
Chinese Reflexology for Healthy Eyes

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Chinese Reflexology for Healthy Eyes

- Chinese Reflexology points for healthy eyes and retraining brain to see clearly
- Acupressure points to improve blood flow and release tension in eye muscles
- 5 Essential Elements of Amazing Vision for seeing with clarity
- Registration: $65

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• SAVE $20 – Registration is only $45
• Bonus Gift: Allergies and Asthma Self-Study Guide when it’s published
• Sign up by April 20 and use savings code: SEEBONUS
• www.ChineseFootReflexology.com/2014eyes