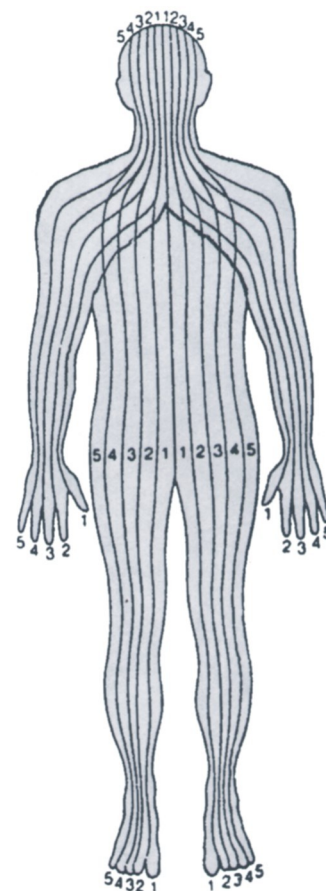


## Introduction to body-reflexology – part 1 - by Arve Fahlvik

### My wondering

When I have been visiting conferences about reflexology in Europe I have always been wondering about the other participants focus on feet. During the years I have met a few working on the ears and a few working on the hands. I've newly heard that doing reflexology above the knees can be a reason for exclusion from a british organisation. Do they believe that feet have some kind of special properties that no other bodyparts of the body have? Are they blinded by the frames of the traditions? Is Fitzgerald to blame? Is Ingham to blame? Instead of digging in the history and trying to do antropological studies on reflexological culture I will try to describe the alternative. It is what I call 'body-reflexology'. 'Body' because it is not limited to any parts of the body as in contrast to for example hand reflexology and foot reflexology.



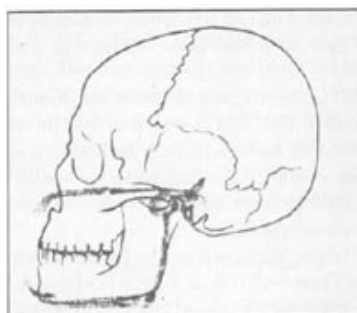
### History

Ok, then. A bit history can be on its place. I hope all of you have seen the picture of Fitzgerald's 'meridians'. This does not indicate that he gives any parts of the body have a special focus.

### Special kinds of reflexology around the world today

Here is a list of several projection oriented reflexology systems.

- Raftis chin and cheek acupuncture (RCCA). This is a set of body projections in the face.  
[www.ynsa.org/buch.htm](http://www.ynsa.org/buch.htm)
- Tongue reflexology. There are several schools, most of them describing the digestive system on the tongue. [www.vitalityplusaustralia.com.au/news.asp?id=220](http://www.vitalityplusaustralia.com.au/news.asp?id=220)
- Nose reflexology. Not very well known, and seldom practiced.
- Teeth reflexology. Mostly used for diagnostics. One interesting approach is the one by Leen Mees.  
[www.health-diseases-tips.com/photov-tooth-muscle-chart-a-chart-from-45761.html](http://www.health-diseases-tips.com/photov-tooth-muscle-chart-a-chart-from-45761.html)  
[www.antrovista.com/leenmees/skelet/pags/pagina-7.htm](http://www.antrovista.com/leenmees/skelet/pags/pagina-7.htm)



Afb. 88



Afb. 90

- Hand reflexology. There are several schools, going in different directions. One traditional 'copy foot to hand' and a more complex one by Jae Woo Park. Also ECIWO acupuncture can be placed in this category, because of the way it is applied on the second metacarpal.  
[www.su-jok.eu/](http://www.su-jok.eu/)  
[www.healthgoods.com/](http://www.healthgoods.com/)

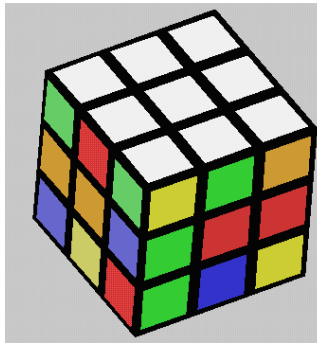
[images/medirub\\_hand\\_reflexology.gif](http://images/medirub_hand_reflexology.gif)  
[www.eciwo.sdu.edu.cn/](http://www.eciwo.sdu.edu.cn/)

- Joint reflexology. Among others John Boel have been promoting the use of reflexological systems in every joint.  
<http://a2000.dk/?Side=1940&lang=34>

This was just a brief overview, showing you that our body is bigger than the feet.

### Is 1 = 1 ?

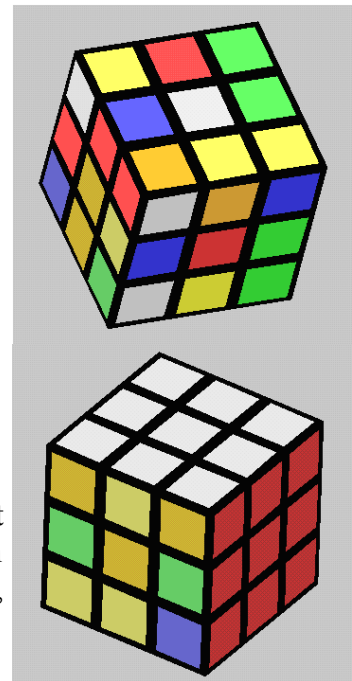
Do you remember Rubik's cube? I will use it here as an analogy for the body. Most bodies in the world are like this one, a total mess. Some of them get bright ideas: A reflexologist can help. The average



reflexologist does what he has been taught and is used to do, treats a reflexological system. The result can be like this, if the person is lucky and patient.

If the reflexologist is among the more educated ones, those who master several systems, the results can be much better.

The principle behind body-reflexology is not 'know one system more'. It is about knowing in general how the human body expresses its tensions and unbalances through reflexological systems, and using these to heal the body.



There are actually infinite numbers of reflexological systems. As you might observe from my list above, the systems are not only on the outside of the body. In general, one system is not better than any other, but in use on a specific body related to a specific problem one system can definitely be much better than other. The selection of which system to use also depends on the fact that some systems are more accessible than others. From my experience with body-reflexology I have unnumberable examples of clients having disorders that are not reflected in the ground system of the foot. The reasons for this are that the systems have different qualities. One system is better than others on skin problems, another shows me digestion problems, a third works on psychology.

If you have many systems to test, your chances for revealing the problems of a body increase, and also your chances for healing the body. So, for the question in the heading, no, 1 system is not equal to 1 other system. In a future article I'll tell you why 1+1 is not 2.