

Introduction to body-reflexology – part 6 - by Arve Fahlvik

The human body is largely a self-regulating system. Like all kinds of systems the body needs a little adjustment and lubrication to work smoothly. In the following I will try to describe, on a philosophical level, the difference in how this is done between reflexology and conventional medicine. The example is using hypothyroidism as disease/diagnosis. The problem involves several factors and is more complex than what is outlined here. I include only enough to illustrate the fundamental principles.

Feedback system

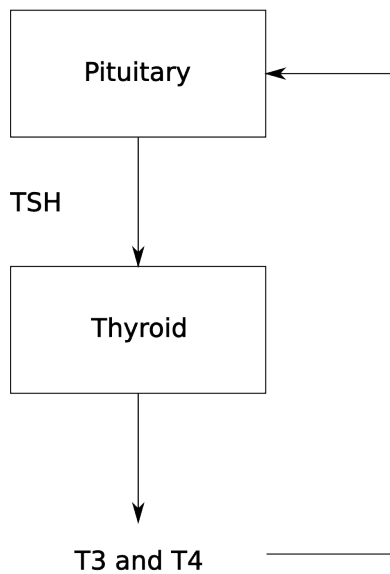


Fig. 1: Ideal situation.

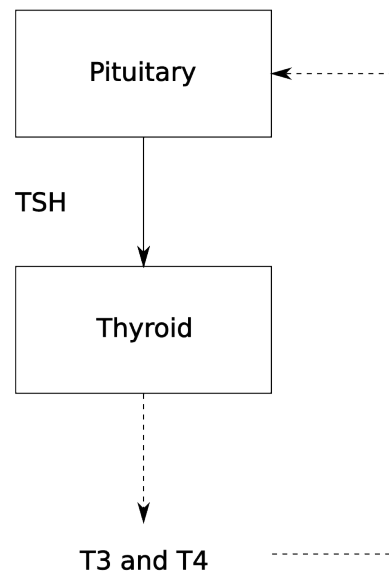


Fig. 2: Hypothyroidism.

In a healthy body the thyroid gland will be stimulated by the pituitary to produce more thyroid hormones when the level of these hormones are low in the blood. The pituitary do this by increase its production of TSH (thyroid-stimulating hormone). Vice versa, when the level of thyroid hormone is to high, the pituitary will reduce its production of TSH, and the thyroid gland reduce its production of thyroid hormones. Over time there will be an average, as illustrated in figure 1. The system is in balance, and work as intended.

Sand in the machinery

Some times this feedback system does not work as it should. One of the problems that can occur is named secondary hypothyroidism. This is illustrated in figure 2. The pituitary does not increase its production of TSH when the level of thyroid hormones in the blood are too low. The thyroid gland are then unstimulated, and will therefor not produce enough thyroid hormones.

If you seek help with this problem within the conventional medicine, you will probably end up taking supplement of synthetic thyroxin. There also exist non-synthetic alternatives, such as Armour. Over time the thyroid glands ability to produce hormones is reduced when such medicine is used. The body gets its thyroxin without involving the thyroid gland. This can be compared with the effect of a muscle that is unused, it will miss its power. The conventional medicine is said to treat the symptoms more than the cause. For this specific case, it seems to be right.

There are one additional problem with the conventional medicines way of handling this issue. How

much thyroxine supplement is needed? The GP prescribes you a dosage that holds your thyroxine level within some standardized limits. These limits can be wide, they can change from time to time, and from one population to another. There are no guarantees that the level matches the level that is the perfect for your body. This is simply the best the GP can offer.

The reflexological way

One of the strengths reflexology have is to do treatment in a indirect way. This makes it possible to release tension in the pituitary, in the middle of the brain. The core problem. With a stress and tension free pituitary the production of TSH will be restored. As with all other reflexological treatment it is all about knowing where to stimulate the body to get the intended effect. The stimulation of the pituitary must be followed up by stimulation of the thyroid. Now the feedback system should be operational again. Be kind to your endocrine system, and it will support you all life long.