

Fertility treatment, fast and dirty. Revision 2012.12.04. Arve Fahlvik

Here is a list of areas to work on to remedy infertility. There are no explanations of the projections behind the areas, but most of them are endocrine. This way of working is the *full body reflexology* way of doing it. This list is just the starting points, each individual have a different body with needs. The protocol is for both women and men. Only treatment that is easy to describe is included. To master all techniques it is recommended to attend a course.

Massage both the medial and lateral side of the heel. Different school places the testes and the ovaries on different places on the heel, but go for the spots that stand out from its surroundings. Often there is one or more line between the medial and the lateral side of the heel, crossing talus. Scratch this line until it is numb and red. I always use sharp tool to do this.

Release all tension on and around the tip of sternum. Quite often there is a horizontal line in this area. Use the same technique as on the foot to remove the line. Some times the line is also on the back. Do the same here.

There are two areas in the ear that need to massaged. This is fossa triangularis and behind antitragus.

The outer segment on the two lateral fingers and toes must be massaged on the planar side. Keep on until all painful spots are gone.

If the tongue is not nice and smooth, tell the client to brush it. This count especially for those with a distinct furrow medial on the tongue.