

REFLEXOLOGY Part 2 – Success Stories

The most frequent question people ask me, about Reflexology, is, "Does it work?" My most frequent answer to that is, "Apparently, since I'm still in business after twenty years." If it didn't, people would not come back or refer their friends and family to me. There have been a few studies published in medical journals, documenting the value of Reflexology for cardiac problems and PMS, but not enough for me to convince you with them, alone.

In 1938, Eunice Ingham, the pioneer of Reflexology in America and founder of the International Institute of Reflexology, published her first book, *Stories the Feet Can Tell Thru Reflexology*. Her second book, *Stories the Feet Have Told Thru Reflexology*, followed soon after. These classic books are now available in one volume, *Original Works of Eunice D. Ingham: Stories the Feet Can Tell Thru Reflexology/Stories the Feet Have Told Thru Reflexology*, and are just as educational and inspirational today as then.

Following Eunice Ingham's example, I also share success stories, to educate and inspire my clients. I always remind my clients that the miracles they receive are theirs. They ask and receive, I only help.

Many years ago, when a woman came for her first session, I was puzzled that the reflex areas to her sinuses felt so hard to me and were very sensitive when worked. Although she had not mentioned sinus problems on her client information form, I asked her about them several times. She maintained that she was stressed out, her stomach hurt and, oh by the way, she was deaf in one ear (she wore a hearing aid), but her sinuses were fine!

When she returned the following week, she asked me if I had felt her cursing me the week before. I slowly took two steps back and asked what happened? She said she felt wonderful after her session and had a good night's sleep. She awoke feeling relaxed and refreshed but, as soon as she stood up, her sinuses started to drain, and Drain and DRAIN some more! She said so much horrible stuff came out that she could barely stand it. She spent close to an hour over her toilet, blowing her nose, gagging and flushing – and then it was done. She felt great after that and could not believe how good her head felt since she did not realize that it did not before.

I worked on her weekly for several months. Her health continued to improve; her stomach pains eased and she relaxed and felt energetic again. Thankfully, she never again had the overly dramatic response of the first time, but her sinuses continued to drain a bit after each session. Then one day, she told me, she realized, when she hung up her phone after a long conversation, she was not wearing her hearing aid! She forgot to put it in and accidentally discovered she no longer needed it!

I felt badly that she had that traumatic hour, but the results were clearly worth it. As I tell my clients, everybody's body is different and responds at its own level. Apparently her body REALLY wanted rid of that sinus stuff and only needed one little push to get started!

A man came to me who had Scleroderma, a rare, progressive disease that leads to hardening and tightening of the skin and connective tissues. (sklere-o-DER-muh; for more information <http://www.mayoclinic.com/health/scleroderma/DS00362>) The

skin on his arms and legs had contracted and hardened until he could barely walk or pick things up. He was constantly short of breath because the skin around his chest would no longer stretch enough for him to breathe deeply.

His suffering was not only physical. He was emotionally devastated because his daughter had recently announced her engagement to be married in less than a year. He wanted, desperately, to walk her down the aisle but his doctors told him there was no possible way he would be able to, by then. My heart ached for him. I encouraged him to stay positive by telling him my Father's story, and started to work on him.

I had never seen or heard of this disease and did a lot of research to find out what, where and why it attacked. The more I learned, the more I understood which body systems to stimulate the most. I gave him positive affirmations each week and got him to laugh a lot, while I poured all the energy I could into his body through my Reflexology. He started to improve.

He continued to improve. His body became more flexible and his walking improved. I encouraged him to practice some gentle stretching exercises and he improved some more. We both cried when he showed me the photos of him walking his daughter down the aisle. The pictures of him DANCING with her were beyond words.

Those are two of my most dramatic cases, but every client who comes with pain, feels a miracle has happened when they begin to feel better. Because of all the documentation I have read and my own years of experience, I am sure that Reflexology never makes any illness or condition worse. There are NO bad side effects. Occasionally, some annoying symptoms, flu-like aches or headache or diarrhea, occur as the body starts to cleanse, but they pass quickly. Reflexology will not stop a viral infection; instead it stimulates the immune system and speeds up the healing process.

Reflexology will not start a process that the body is not prepared for. Many people question the safety of Reflexology sessions during pregnancy. It is not only safe it is tremendously helpful. Regular Reflexology made my second pregnancy, delivery and recovery much more comfortable than the first. For the first ten years of my practice, I lived near an Amish community and a large percentage of my clientele was Amish. No group has more experience with pregnancy than Amish women do! They all appreciated how much easier everything went with regular Reflexology. Unfortunately, in many women's opinions, it also won't start labor until its time!

Earlier this week, one of my regular clients came limping into my office. Two days before, someone had accidentally stomped the top of her foot, causing so much bruising, pain and swelling, that she was favoring that foot and causing the rest of her leg to hurt. Even though she had experienced it before, she was still amazed that I could work it gently with little pain. As the circulation and flexibility increased, I was able to work deeper into the injured area. When I was done, she put on her shoes and danced happily around my office. In my opinion, Life does not get any better than that!

Eunice Ingham's nephew, Dwight C. Byers, has over 60 years of experience in practicing and teaching Reflexology. His book, *Better Health with Foot Reflexology*, 10th Edition, is the textbook on which the institute training is based.

If you really want to learn about your body and how Reflexology can help, this book is the best source available.

Patricia Kenworthy August, 2006