How Does Reflexology Work?

The underlying theory behind reflexology is that there are certain points or "reflex areas" on the feet and hands that are connected energetically to specific organs and body parts through energy channels in the body.

By applying pressure to reflex areas, a reflexologist is said to remove energy blockages and promote health in the related body area. Here are some examples of reflex areas and their corresponding body parts:

* The tips of the toes reflect the head
* The heart and chest are around the ball of the foot
* The liver, pancreas, and kidney are in the arch of the foot
* Low back and intestines are towards the heel

Although the roots of reflexology go back to ancient Egypt and China, William H. Fitzgerald, an ear, nose, and throat doctor, introduced this concept of "zone therapy" in 1915. American physiotherapist Eunice Ingram further developed the zone theory in the 1930's into what is known as modern reflexology.

(very well health)