

MyReflexologist™ Says ...

Helping you help yourself - and others - feel your best.

Menstruation / PMS

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MyReflexologist™ Says ...

Helping you help yourself - and others - feel your best.

MyReflexologist™ presents how-to details for impacting your health concern. Pressure techniques applied to specific areas of the hands and feet are utilized to make a difference in how you feel.

MyReflexologist™ gives you complete descriptions and illustrations of:

- Getting results
- How-to-do-it techniques
- How-am-I-doing, assessment techniques
- Where, how much and how often to apply techniques.
- Research
- Stories of success from others

Who Is MyReflexologist™?

MyReflexologist™ is the internationally renowned reflexologist-writing team of Kevin & Barbara Kunz. Thousands have benefitted from their twenty-five years of experience as related through seven books and web pages that receive more than a million hits a year. With the following information, you make an appointment with MyReflexologist™.

How Reflexology Helps You

Think exercise. Think stimulus-response.

Getting results with reflexology is no different than getting results using any kind of exercise. With reflexology, the exercise is applied to pressure sensors of the feet and hands. The stimulus of pressure prompts a response in the body. If applied appropriately and sufficiently the response is one of health.

The feet and hands are important to the whole body. In case of danger, the feet participate in the overall body reaction commonly known as “fight or flight.” In case of danger, the feet prepare to fight or flee. The hands make ready to reach for a weapon. In addition, the body gears its internal structures to provide the fuel for this overall body response. The sudden adrenal surge which enables a person to lift a car is an example of this reaction.

Pressure sensors in the feet are a part of the body's reflexive network that makes possible the "fight or flight" response. The foot's pressure sensors detect the ground under them. Changes underfoot cause changes in tension levels throughout the body. Lying down, sleeping, standing up, walking, sitting, running and playing - each activity calls for its proper internal alternations. The feet help the whole body adjust and change to meet the demands of the day.

By intentionally stimulating the pressure sensors in the feet, the body is influenced to behave in a better, more healthy manner. Reflexology is the application of such a program.

What Can Reflexology Do for You

For some sixty years, reflexologists have theorized about the physical effects resulting from reflexology. The mantra of the practice has been that reflexology relaxes tension, normalizes gland and organ function, and improves circulation. Recent research has shown that reflexology is a safe and effective practice when applied in a conscientious program of pressure techniques.

A survey of reflexology research shows that reflexology work not only achieves results in these areas but also helps in other ways: reduction of pain, improvement in effectiveness of medication, and avoiding side effects of drug therapy while achieving results.

MyReflexologist™ tells you about both research and individuals' stories of success.

What Reflexology Is Not

Reflexology is not intended to be a substitute for medical care. Consult a medical professional for any health problem.

Menstruation (Irregular/Painful) / Pre-menstrual Syndrome

The female reproductive areas include the uterus, the ovaries, and the fallopian tubes which join them. These areas are commonly affected by menstrual problems.

MyReflexologist™ Says ...

When giving sample foot reflexology mini-sessions at a convention, MyReflexologist was approached by a young woman complaining of "bad cramps." The young woman sat down clutching her stomach. Within fifteen minutes we were chatting away and she was sitting upright with "bad cramps" a thing of the past. MyReflexologist™ had used the foot reflexology technique applied to another shown below.

Targeting Your Menstrual Concern

To prompt a healthful response from your body, target your concern: find the relevant reflex areas, test to assess and apply technique.

Step One: Find the Relevant Reflex Areas

Technique is applied to the uterus reflex area to ease stress in the body part under stress.

Step Two: Test

How-am-I-doing assessment allows you to zero in on a relevant reflex area for best results. It also provides you with a means of judging how you are doing in terms of reaching your goal.

Step Three: Apply Technique

Self-help technique provides convenience and frequency of application. Working on another provides human touch and relaxation.

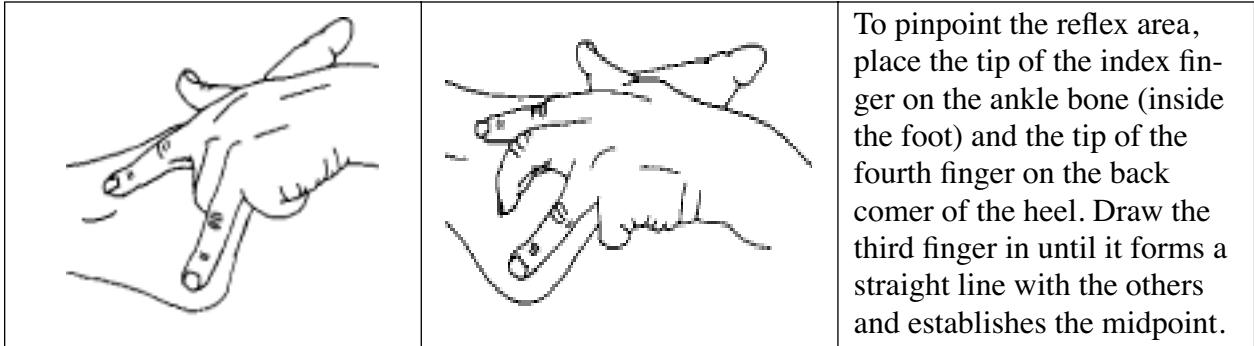
Apply reflexology technique to the relevant reflex area whenever symptoms appear. Continue technique application until symptoms stop or recede to an acceptable level. OR

Apply reflexology technique consistently three times a day, symptoms or no symptoms. The goal is to break up the stress pattern. This is especially important if you are seeking results with PMS.

Find the Reflex Area

Finding the Uterus Reflex Area





To pinpoint the reflex area, place the tip of the index finger on the ankle bone (inside the foot) and the tip of the fourth finger on the back corner of the heel. Draw the third finger in until it forms a straight line with the others and establishes the midpoint.

How-am-I-doing Assessment Test

To consider stress in the uterus gland reflex area, grasp your ankle and place the flat of the thumb on the area as described above. Apply pressure to the reflex area by circling your ankle, drawing a circle in air with your big toe. Consider the sensitivity of the area. If not markedly sensitive, re-position the flat of your thumb and once again circle the ankle.



Self-Help Reflexology

Applying Technique to the Uterus Reflex Area



How-to

Grasp the foot as shown. Position the flat of the thumb half way between the heel and ankle bone. Press with the flat of the thumb. Rotate the foot first in a clockwise direction, then a counter-clockwise direction, drawing circles in the air with the big toe.

Apply technique to both left and right feet.

How long / When to apply technique

Apply until symptoms subside. Or, apply throughout the day whether or not symptoms are present.

Tip

Adjust placement of the thumb to find most effective area.

Foot Reflexology



How-to

This part of the foot can be very sensitive. To limit the amount of discomfort for your subject, use the rotating on a point technique. Begin by cupping the heel as shown, curling the third finger in such a way as to place its tip on the point to be worked. The thumb wraps around the ankle. Now turn the foot with the right hand in a clockwise direction, drawing circles in the air with the big toe. You can vary the amount of pressure you use with the third finger as appropriate. Pause, then turn the foot in a counter-clockwise direction. Apply technique to both left and right feet. To work the left foot reflex area, simply reverse hands and repeat the procedure.

How long / When to apply technique

Apply until symptoms subside. Or, apply in the morning and evening whether or not symptoms are present.

Tip

This is a thinly skinned, sensitive part of the foot. Ask the person your are working with if the pressure is too much. Self-help is ideal so that the individual can determine herself amount of pressure and length of application.

Research

* In a single-blinded study of pre-menstrual syndrome, it was found that 46% of study subjects suffering from pre-menstrual syndrome experienced a relief in symptoms following a series of session where pressure techniques were applied to the foot, hand and ear.

Oleson, T. and Flocco, W., "Randomized Controlled Study of Premenstrual Symptoms Treated with Ear, Hand, and Foot Reflexology," *Obstetrics and Gynecology*, 1993;82(6): 906-11

Among 88 cases of dysmenorrhea, 80 (90.91%) were cured with disappearance of symptoms and no relapse after three periods following foot reflexology treatment, 7 (7.97%) were markedly effective with occasional mild pain during the period three months after therapy, 1 (1.14%) with relapse within three periods.

Da Jian, Xiang, "Exploration of Mechanism of Foot Reflexology in Dysmenorrhea – Experience from 88 Cases," (19)96 *Beijing International Reflexology Conference (Report)*, China Preventive Medical Association and the Chinese Society of Reflexology, Beijing, 1996, p. 30

"Among the 12 cases (treated with foot reflexology), 8 was cured with no symptoms and normal periods, 3 improved with mild remaining symptoms, 1 case improved with reduced pains."

Zhen, Wang; Wa, Gao Xueqin, Han, and "Foot Reflexology in Dysmenorrhea," 1994 *China Reflexology Symposium Report*, China Reflexology Association, Beijing, October 1994, p. 89 (Inner Mongolia)

“...we selected the foot reflex zones to work and achieved analgesic effect very quickly.”
Zhixing, Wu, “Experience in 10 Cases of Dysmenstruation Treated with Foot Reflexology,
1996 China Reflexology Symposium Report, China Reflexology Association, Beijing, 1996, pp.
64-65

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Resources

This information is drawn from Kunz and Kunz published works.
For more extensive information, see:

- *Reflexology Health at your fingertips* by Barbara and Kevin Kunz,
Dorling Kindersley, London, New York, Munich, Melbourne, Delhi 2003.
- *Hand and Foot Reflexology, A Self-Help Guide* by Kevin and Barbara Kunz,
Simon & Schuster, New York, 1984. (Self-help information)
- *The Complete Guide to Foot Reflexology (Revised)* by Kevin and Barbara Kunz,
RRP Press, Albuquerque, NM 1993. (Foot reflexology information)
- *Hand Reflexology Workbook (Revised)* by Kevin and Barbara Kunz,
RRP Press, Albuquerque, NM 1993. (Hand reflexology information)
- *My Reflexologist Says Feet Don't Lie* by Kevin and Barbara Kunz,
RRP Press, Albuquerque, NM 2001. (General reflexology information)

For further Web information, refer to:

- [www.MyReflexologist™.com](http://www.MyReflexologist.com)
- www.reflexology-research.com
- www.foot-reflexologist.com

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