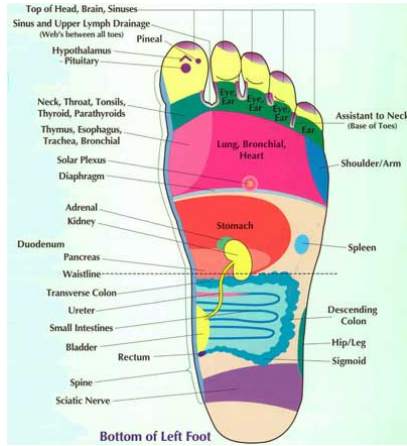
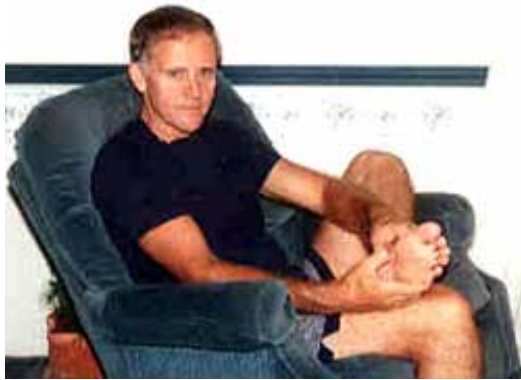


# Modern Institute of Reflexology

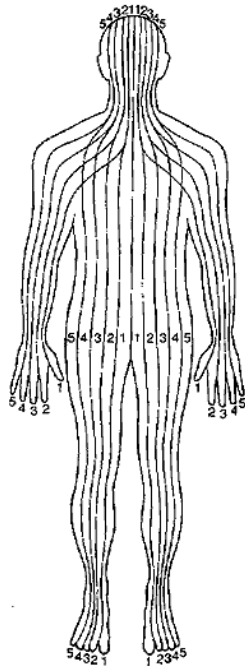


## Mildred Carter's Foot Reflex Chart Copyright 1998 Stirling Enterprises

This reiterative picture of the reflexes is said to be a reflection of the human body upon the plantar and dorsal aspect of the feet, hands and ears. This reflective mirror image of the bones, muscles and organs is the outgrowth of Zone Therapy as originally taught by the USA pioneers ... Drs. William Fitzgerald, Joseph Riley, Eunice Ingham, Clement Wittman and many others dating back to the early 1900's.



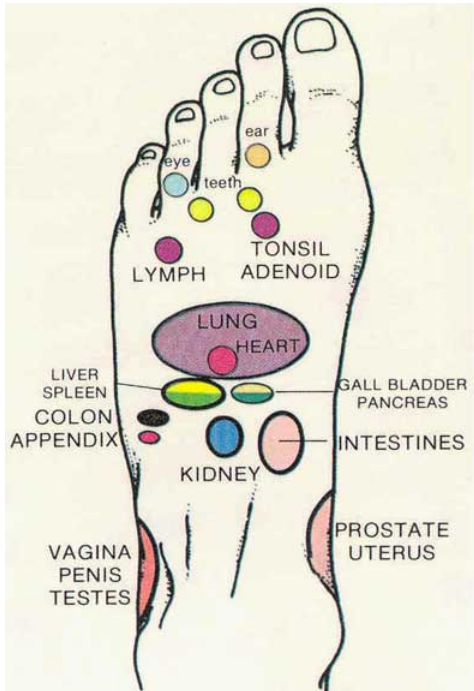
Freelance Reflexologist Doug Cross of Collinsville, Mississippi demonstrates thumb-walk technique that helped restore him back to good health. This was done in conjunction with Ehret's Mucusless Diet Healing System. His nonstop self-help sessions sometimes lasted eight hours or more a day. Here he works on his spine as shown on Bernardin's chart.



Each point on the foot, hand or ear was always associated with the body parts within the Zone of its alignment. Fitzgerald identified ten Zones which followed parallel lines vertically through the body. Hence a reflex in the Zone of a specific finger or toe would affect any organ or tissue group within that Zone from the toe all the way to the brain.

This was the system taught by Eunice Ingham Stopfel across the USA and learned by her student Zachary Brinkerhoff back in 1967.

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"Reflexology meridians connect all the organs and glands in the body and culminate in the feet and hands. By applying pressure with the fingers or a blunt object with approximately 10-15 lbs. of force you may send a surge of energy to the corresponding area. Pressure may be applied for as long or with as much force as is comfortable," stated Dr. Saran.

A good question has been raised by skeptics regarding the vast variation of specific point locations. "If these charts are accurate representation of the body ... then how can there be five divergent points for the heart reflex?"

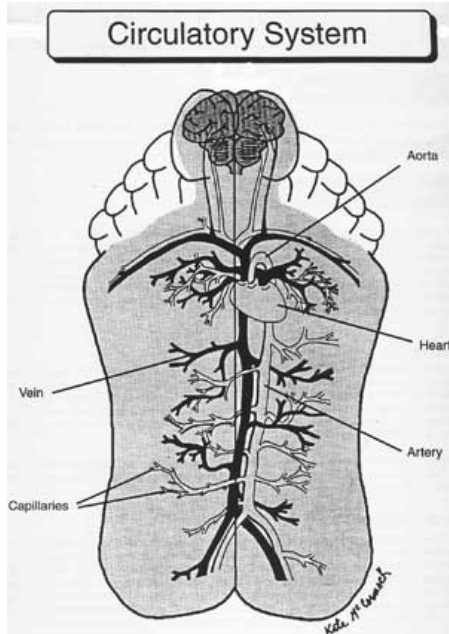
Seventy years ago the medical anatomy charts were likewise very divergent in their organ location. If a surgeon was asked about this contradiction he would point out that any of the charts might be the correct one, depending on the individual patient. Imagine a heart on the right side instead of the left? This deviation has occurred as have other organs within the abdominal cavity.



The Feet of Vishnu reflect images that show the influence of reflex stimulus covering every phase of life: political, religious, familial, social and personal. (Courtesy of the Reflexology Association of Australia.)

Eventually the medical people got together in an effort to coordinate the human anatomy charts for the sake of their credibility. The result? Individual anatomy will still differ from the standardized charts and this observation is just an accepted reality among medical professionals. Likewise, if reflexology schools got together and made one standardized chart, there would always be exceptions to the rule of formal reflex point location.

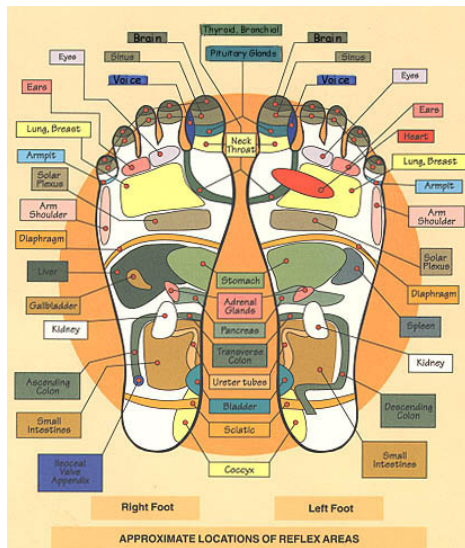
# Modern Institute of Reflexology



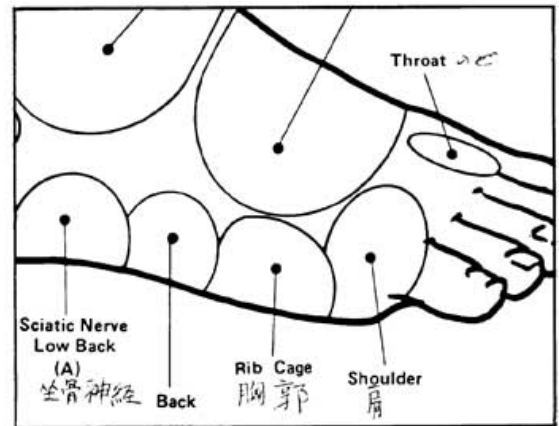
Heart Chart created by Kate McCormick.

Therefore the INSTITUTE advises on the importance of openness in the mind of the reflexology practitioner towards all the possible points for any given organ or body part. Why? If someone comes into your clinic with a serious heart fibrillation and your favorite reflex point isn't doing any good ... you better be open to try another point ... or else put your emergency defibrillator machine hanging on the wall into action.

How much better for a reflexologist to use the tools of his trade to defibrillate the heart. An experienced reflexologist will reach for the foot, hand or ear first ... not the medical defibrillator.



Australian Foot Chart

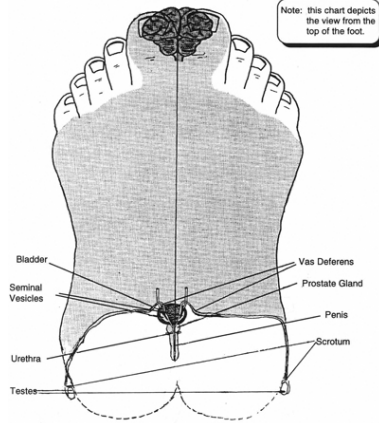


Dr. Wittman's Chart of dorsum. "

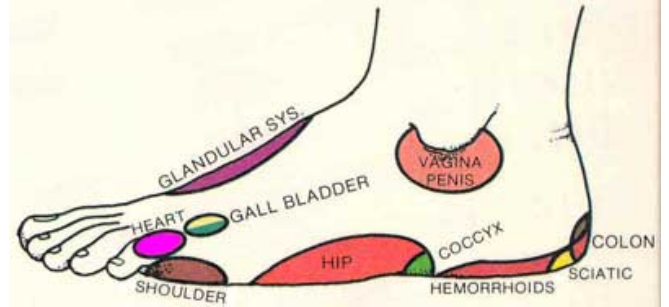
This is the best chart of reflex points we have ever seen," stated the two Japanese men as they translate from English.

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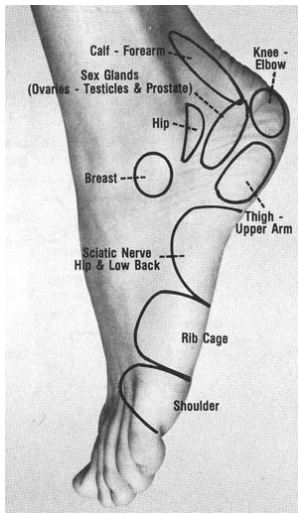
## Male Reproductive System



Heart Chart created by Kate McCormick.

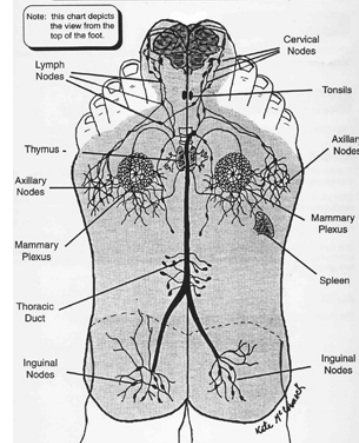


Lateral view of dorsum reflexes by Steve Saran, DR.



Note Dr. Wittman's divergent breast reflex point.

## Lymphatic System



This mirror image foot reflexology chart was created by Kate McCormick for the Victorian School of Reflexology, Melbourne, Australia.

This by



Chart was contributed Reflexologist Jay Kaufman whose ancestry is Russian. Compare this chart and learn some Russian words.