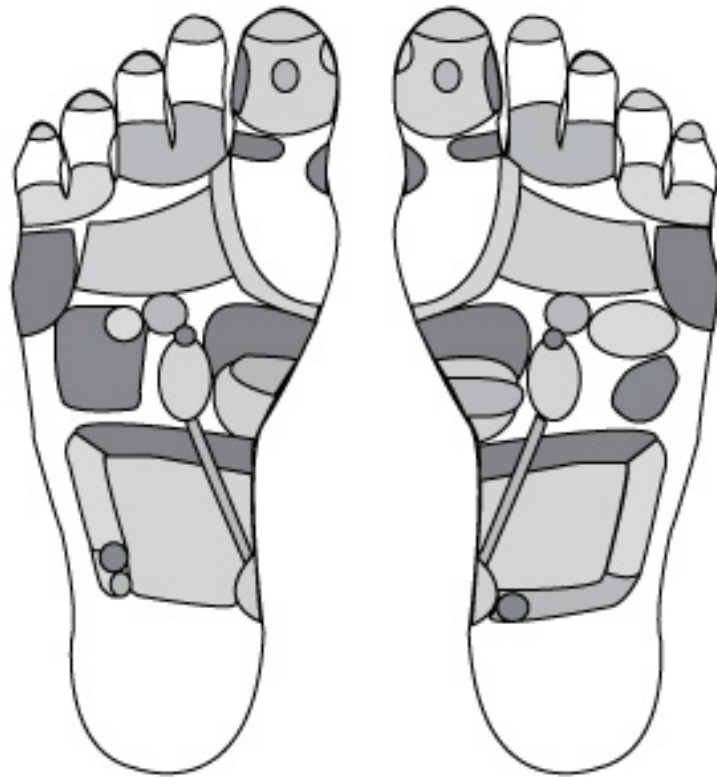


# CHINESE REFLEXOLOGY FOR COLD RECOVERY AND PREVENTION



# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

Hi, I'm Holly!



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Workshop Agenda

1. Chinese Reflexology 101
2. 5 points for 5-minute cold routine + 2 points for runny nose and phlegm
3. Putting it all together
4. How to customize based on symptoms



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Workshop Agenda

5. Reflexology for kids
6. Preventing a cold – delving deeper
7. Ways to Learn More
8. Q&A



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## How This All Came To Be



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### I Caught a Cold When My Son Was a Toddler

- Sore throat, couldn't speak
- Swollen lymph nodes
- Chest tightness
- Headache, achy all over
- Had to get over it FAST!



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### What to do?

- Too sick to go to store
- Complete Chinese Reflexology massage takes 30 minutes to do
- My son wanted my reflexology stick
- Necessity is the MOTHER of invention



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Improvised a Routine

- After 5 minutes of reflexology:
  - Loosening of chest tightness
  - Headache relief
  - Less pain in upper back
  - Cold stabilized
  - I survived the day!



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### The Next Day

- No more sore throat or swollen lymph nodes
- Muscle ache reduced by 80%
- Energy up 70%
- By the following day, cold mostly gone
- Usually lasts 1 to 2 weeks



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Worked So Well, I Had to Share...

- Started a blog: [ChineseFootReflexology.com](http://ChineseFootReflexology.com)
- Readers all over the world from over 100 different countries
- Most gratifying to hear stories from people who have been helped by Chinese Reflexology



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

# CHINESE REFLEXOLOGY 101



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Chinese Reflexology 101

- Ancient healing art of foot massage
- Based on principle of “Qi” (life force)



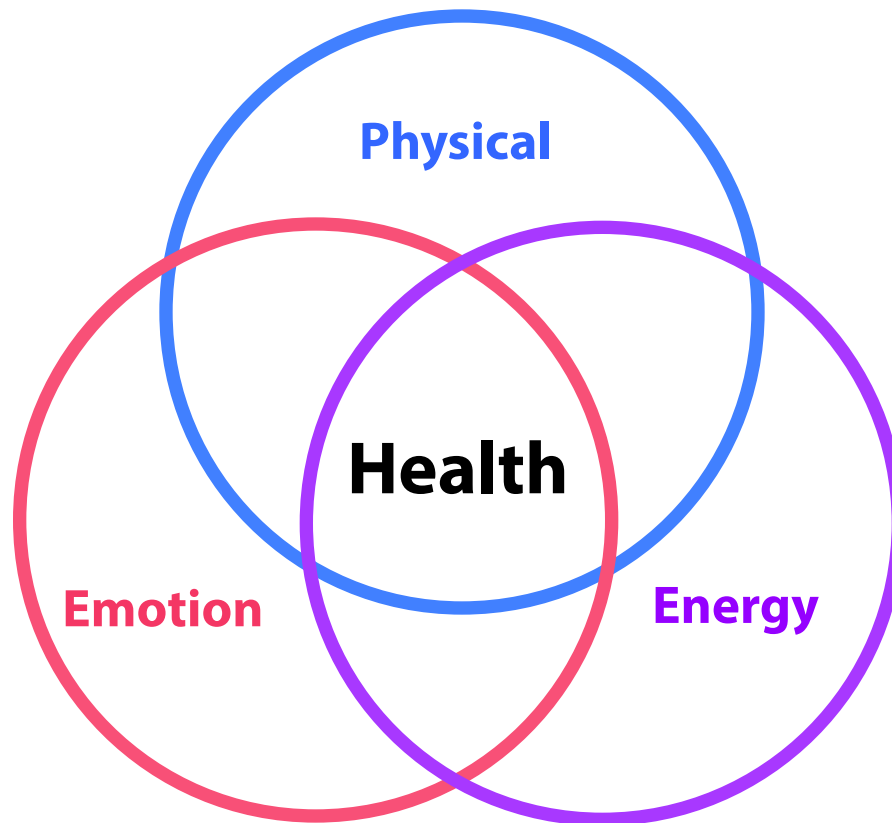
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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Fundamentals of Energy Healing



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Physical

- Environment
- Stress
- Diet/nutrition
- Exercise
- Sleep



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Emotion

- Fear, anger, sadness, stress
- Love, joy, peace
- Emotions influence: diet/nutrition, exercise, sleep, choices of environment



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Energy, Qi, Life Force

- Primordial Qi – what we're born with
- Acquired Qi – Diet/nutrition, breathing
- Qi depletion – Stress, negative emotion, poor diet/nutrition, lack of/too much exercise, lack of sleep
- Qi replenishing – Joy, Love, Connection



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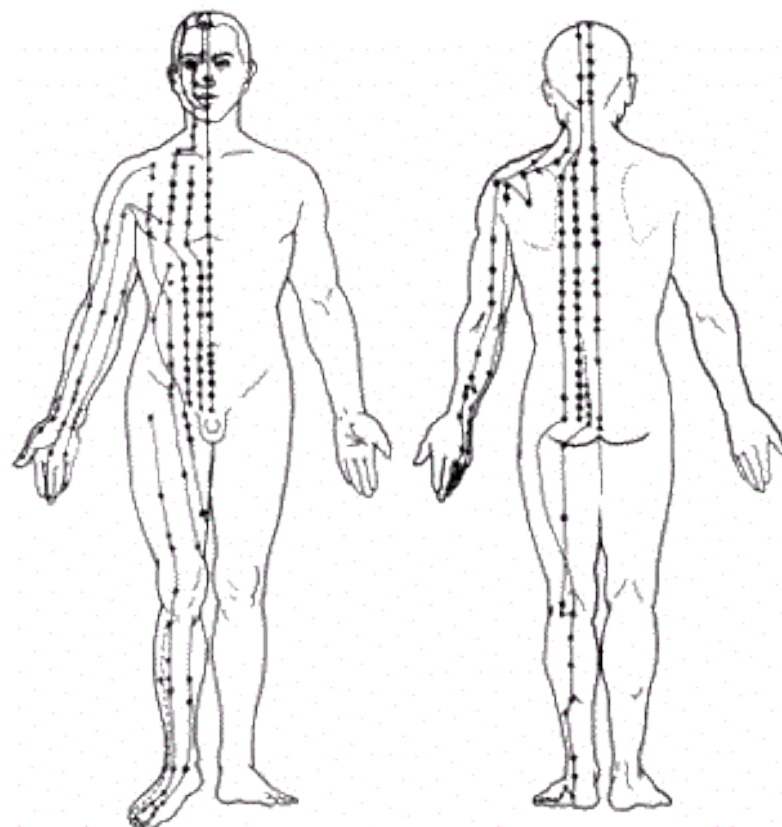


# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Chinese Reflexology 101

- Body is comprised of energy pathways
- Energy flows smoothly = wellness
- Energy disruption can lead to physical symptoms



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Chinese Reflexology 101

- In your feet, are the “Master Control” points for harmonizing the body’s energy flow
- Reflexology points on feet correspond to areas of the body
- Sensitive points show energy imbalances
- Balance energy by massaging reflex point

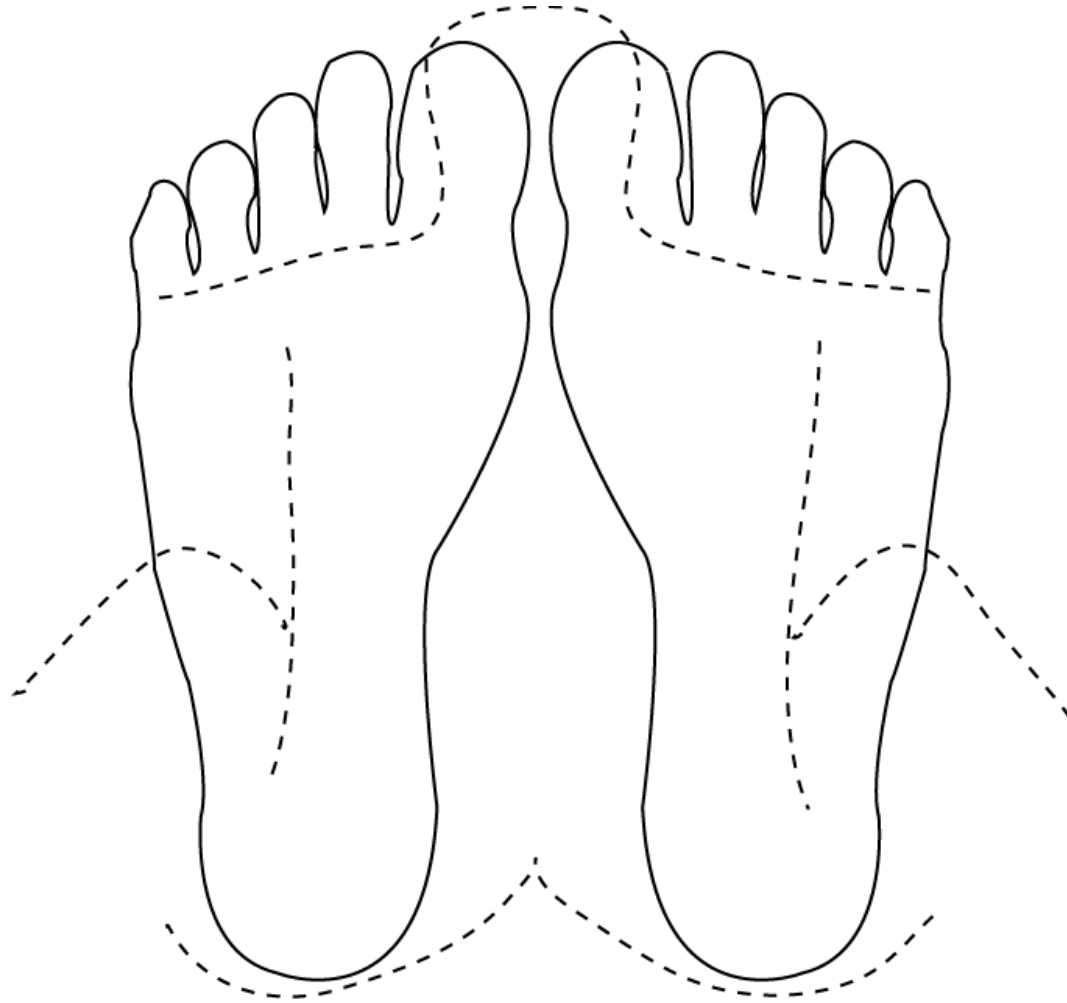


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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Let's Try It!

- Feel your big toe
  - Inner edge
  - Base of pad
  - Top of knuckle
- Notice hard spots and tender areas



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Chinese Reflexology 101

- Reflexology stick is the key to this style of Chinese Reflexology
- Stronger targeted stimulation
- It HURTS, but it works!
- Teaching “gentle” technique for this workshop



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Chinese Reflexology 101

- Reflexology is very safe, especially the “gentle” style
- Complementary with other treatments
- Do one hour before or after eating
- Don't practice if you're pregnant, especially first trimester – acupuncture points on feet that stimulate labour



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Chinese Reflexology 101

- Strong pressure should not be used in case of acute heart condition, diabetes or compromised immune system
- If not sure, ask your doctor whether it is safe for you to practice reflexology



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Chinese Reflexology 101

- The information in this workshop is for educational purposes only and should not be used as a substitute for personal medical advice.
- Use common sense. If you or a loved one is sick, see a doctor.



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

# THE REFLEXOLOGY POINTS



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## The 5 Key Chinese Reflexology Points

1. Lungs

2. Sinuses

3. Throat and Tonsils

4. Throat

5. Lymph Drainage



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# CHINESE REFLEXOLOGY

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# LUNG POINT



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## The Lung Point – TCM Perspective

- Best reflexology point for a cold
- Lung meridian is the first barrier against “external evil”
- Strengthen Qi in lung meridian to strengthen defenses



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### The Lung Point – Energy & Emotions

- In TCM, Lung meridian associated with grief
- Body curls in and constricts flow of Qi in the lungs
- Louise Hay: Depression. Grief. Fear of taking in life. Not feeling worthy of living life fully.



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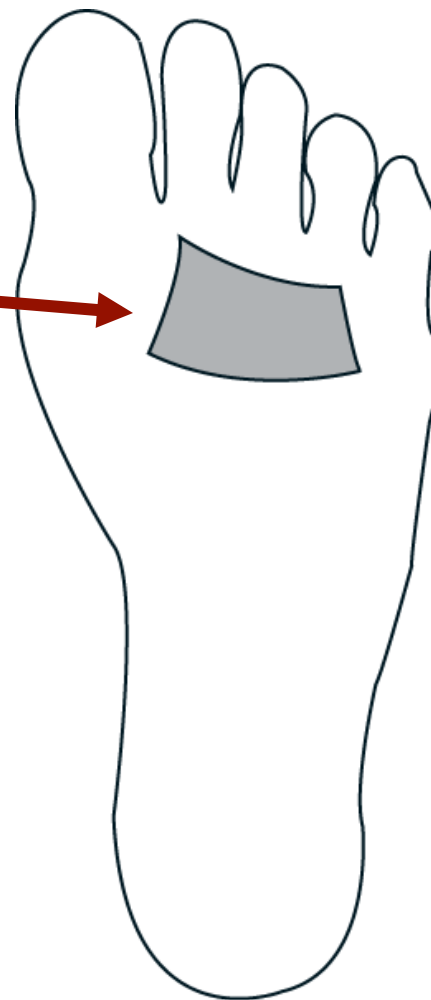


# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### The Lung Point – Location

- Ball of the foot
- Below three middle toes
- Soles of both feet
- Point is sensitive before and during a cold; also if Lung Qi is weak or constricted



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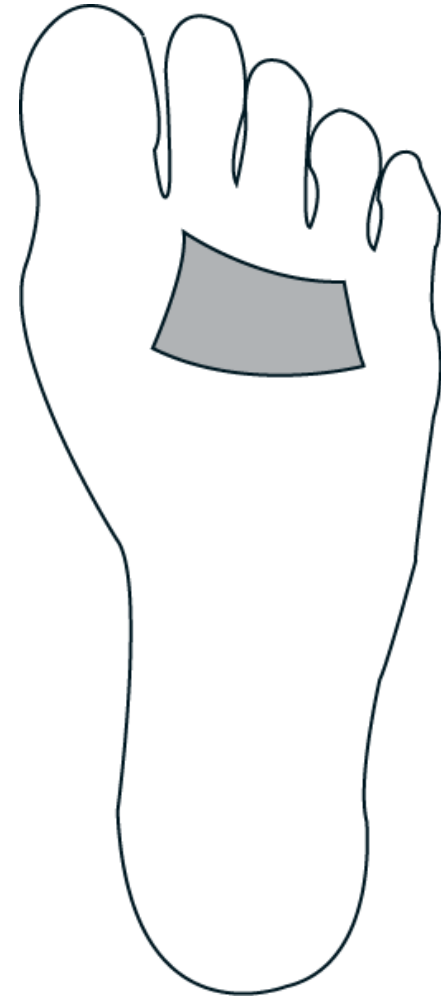
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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### The Lung Point – Video

- Massage technique



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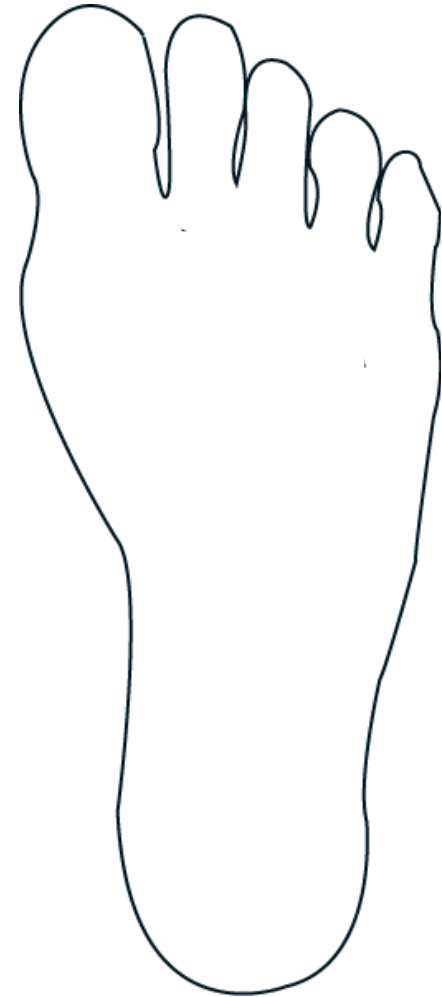


# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Lung Point – Let's Try It

- Locate on sole of your left foot



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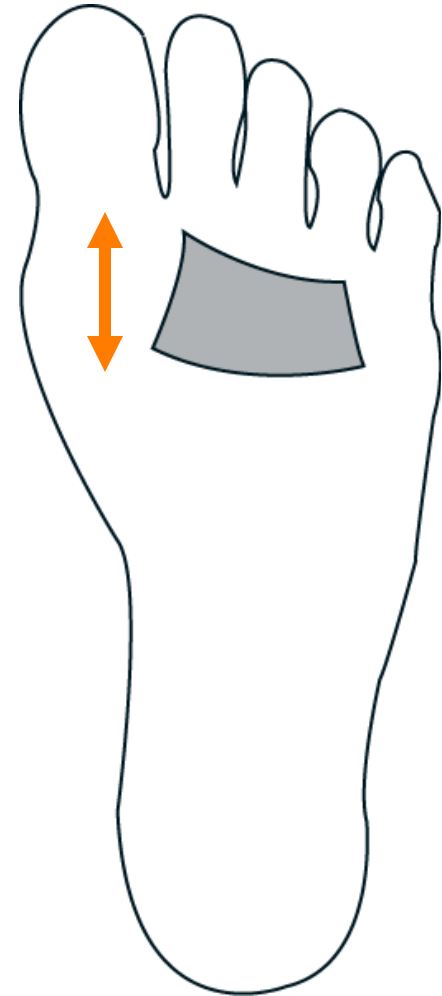


# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Lung Point – Let's Try It

- Use thumb to rub up and down
- Also press and dig in tender areas
- Firm pressure



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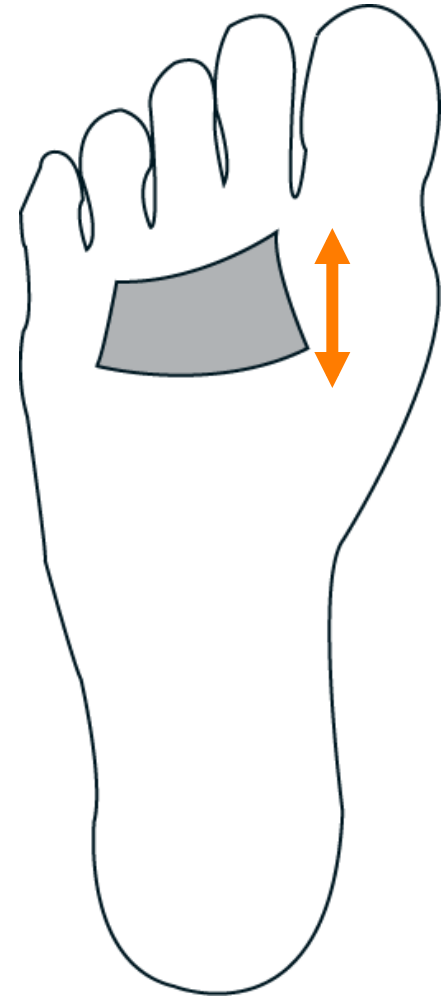
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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Lung Point – Let's Try It

- Then your right foot



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

# SINUS POINT



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Sinus Points

- Good for energy congestion in the sinus region and stuffy head feeling, especially above and around the nose
- Five sinus points on each foot
- Focus on main reflexology point for sinus



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Sinuses – Energy & Emotions

- Louise Hay: Sinus problems are related to irritation to one person, someone close
- Constant sinus infection?
- Who is annoying you?
- Focus on peace and harmony within



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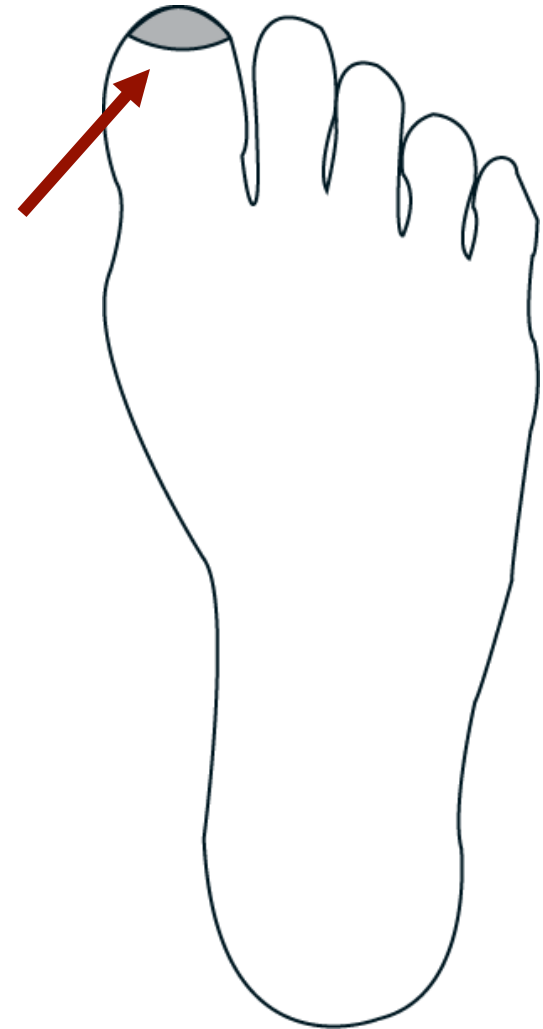


# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Main Sinus Point – Location

- On the bottom of big toe
- Tip of toe
- About 1/4 to 1/3 of toe pad



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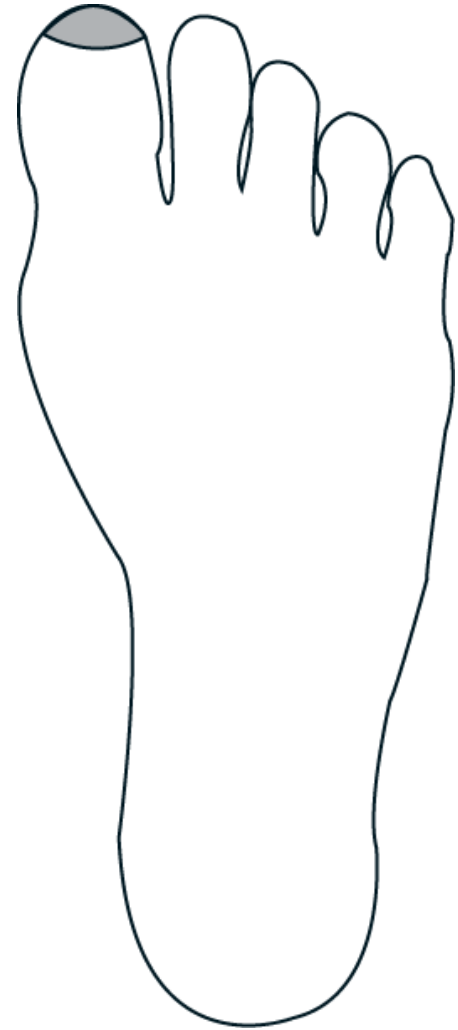
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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### The Sinus Point – Video

- Massage technique



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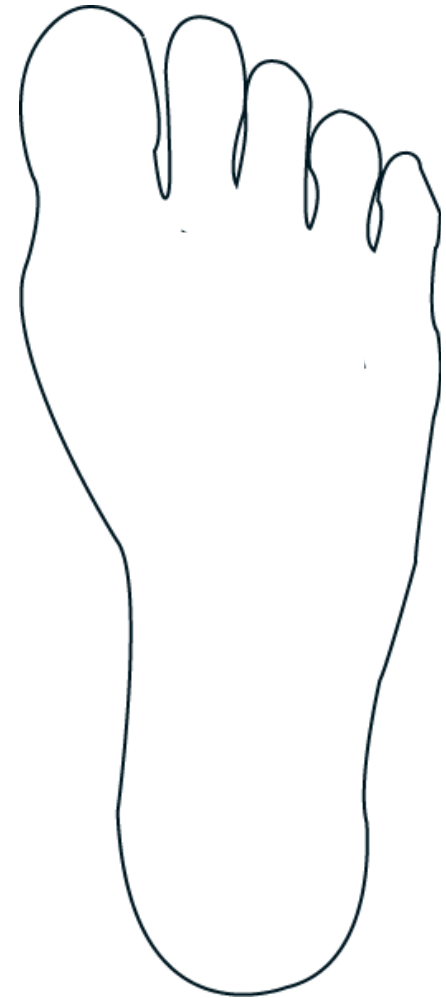


# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Sinus Point – Let's Try It

- Find it on the tip of your big toe on the left foot



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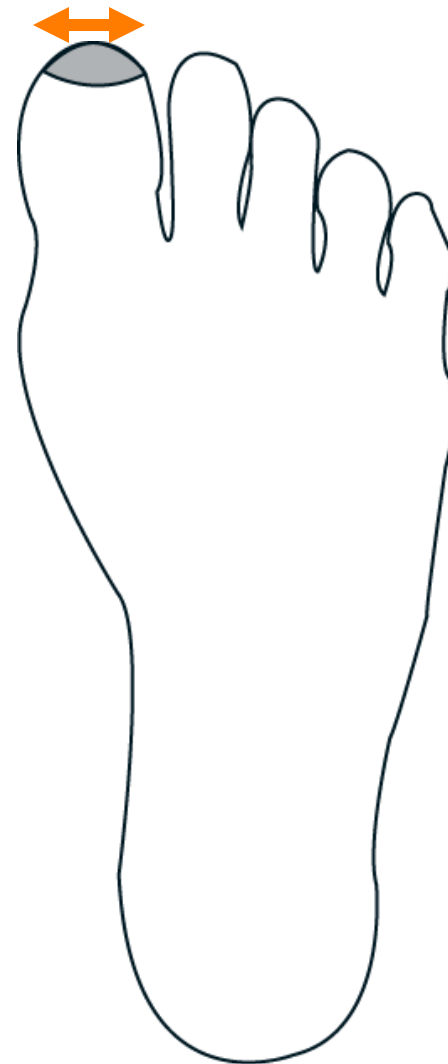


# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Sinus Point – Let's Try It

- Use thumb to rub side to side
- Pressure like trying to crush a peppercorn between thumb and forefinger



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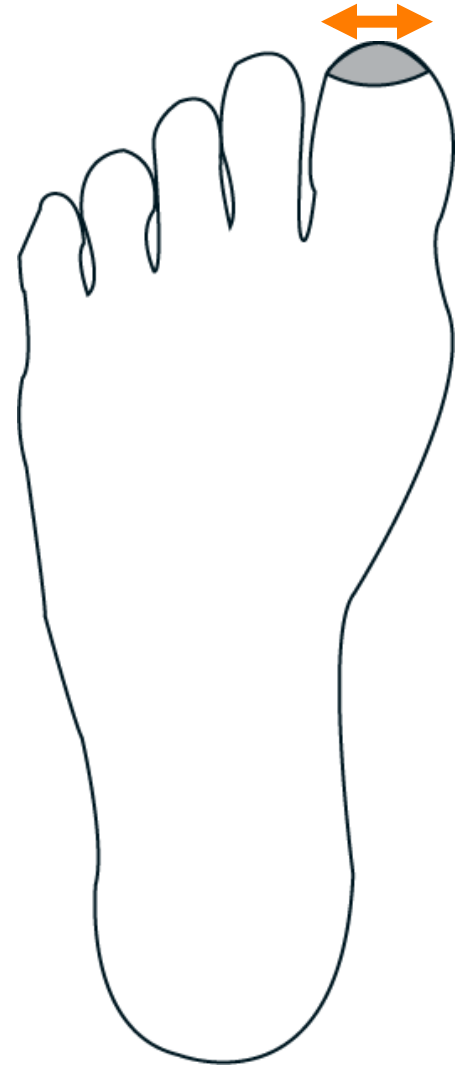
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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Sinus Point – Let's Try It

- Then your right toe



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

# THROAT & TONSIL POINTS



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Throat and Tonsil Points

- Helps move “stuck” energy in neck and throat area
- Excellent for clearing a sore throat and tender lymph nodes in neck
- Reflexology point is usually very sensitive and can be quite painful



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Throat and Tonsils – Energy & Emotions

- Sore throat is caused by excess energy that gets stuck and results in heat
- Heat in head area results in irritability and anger
- Hot-headed



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Holding on to anger is like  
drinking poison and expecting  
the other person to die.

-Buddha

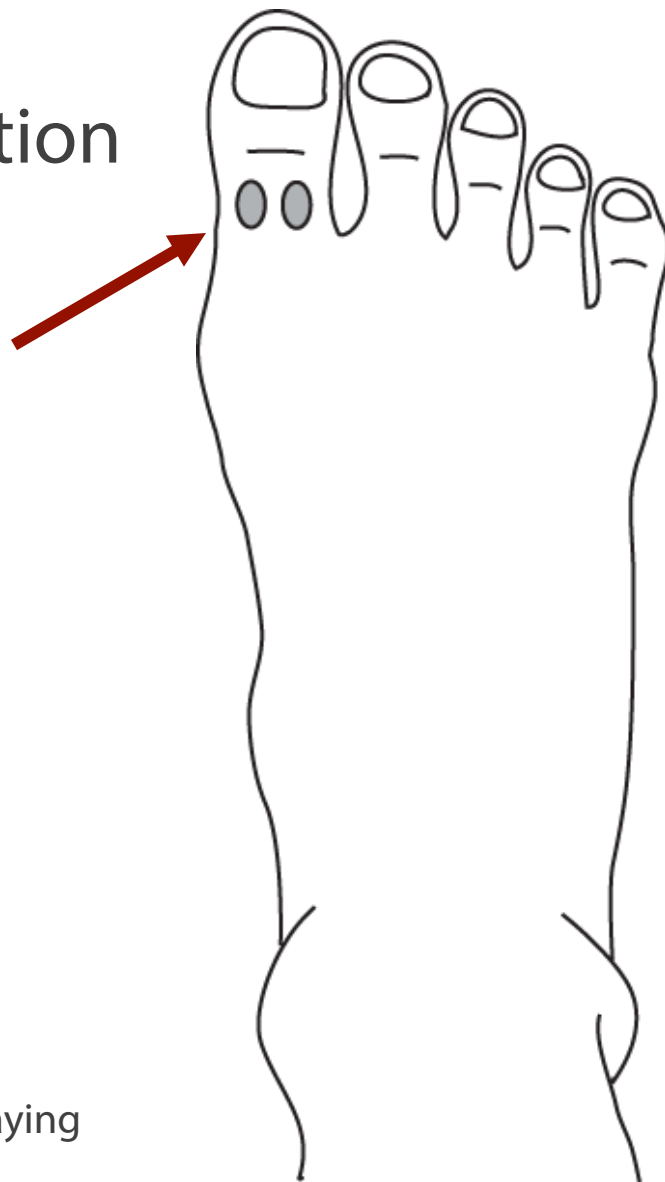


# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Throat/Tonsil Point – Location

- Consists of two small points on top of big toe
- Just below toe knuckle
- Either side of crest of bone



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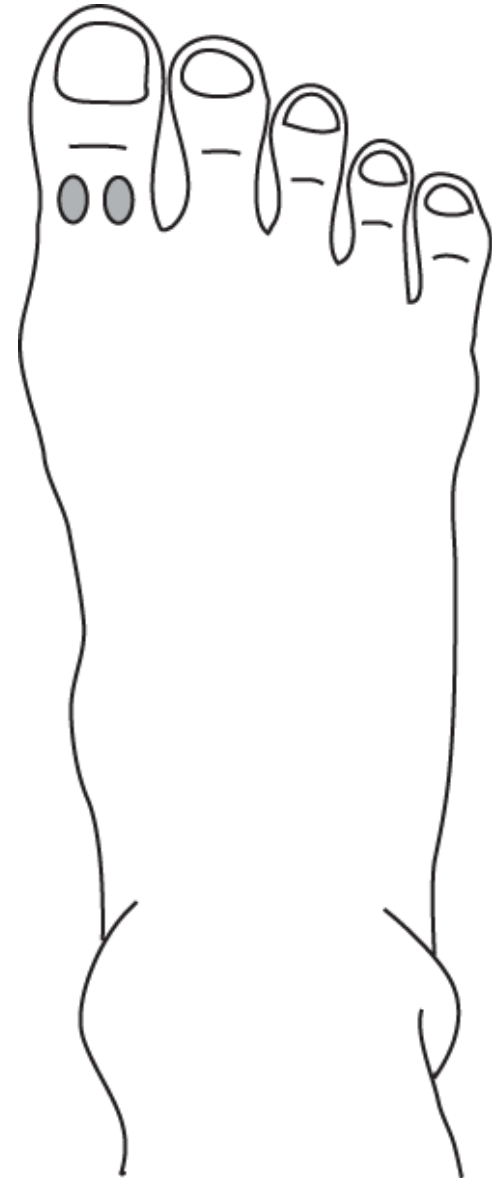


# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Throat/Tonsil Point – Video

- Massage technique



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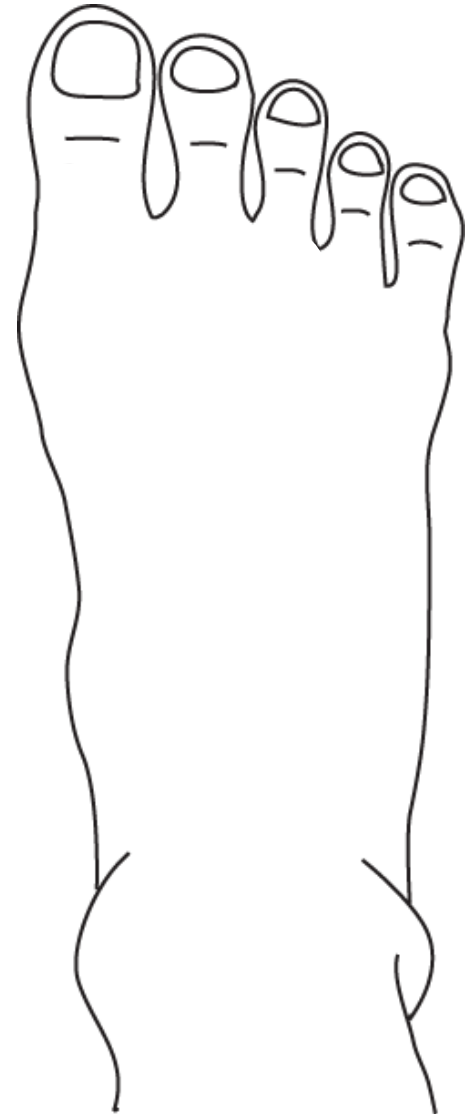
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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Throat/Tonsil Point – Let's Try It

- Find it on the top of your big toe on the right foot



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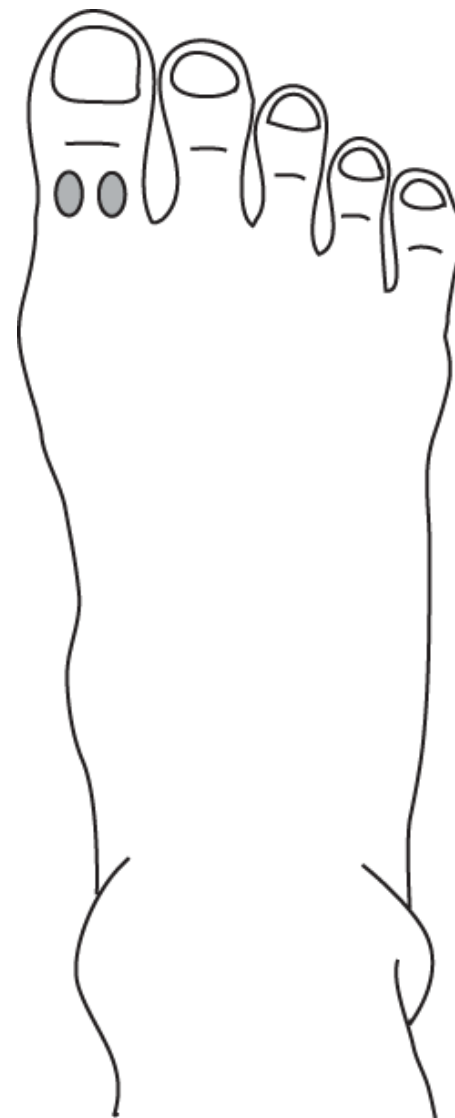


# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Throat/Tonsil Point – Let's Try It

- Use first two knuckles of RIGHT hand to press and twist
- Press hard enough to feel it, but not so hard to bruise (top of foot is delicate)



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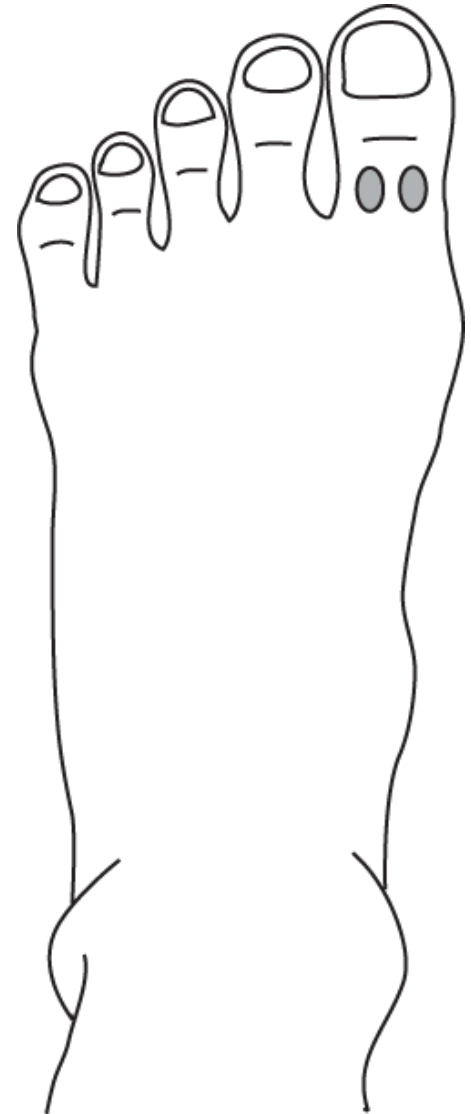


# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Throat/Tonsil Point – Let's Try It

- Then your left foot



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

# THROAT POINT



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Throat Point

- Additional point for the throat
- Combine with throat & tonsil point to amplify effectiveness of both points
- Helps clear blocked energy in throat and neck region



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Throat Point – Energy & Emotions

- Throat chakra represents communication and self-expression
- Holding back on expressing emotions or creativity
- Louise Hay on neck: stubbornness, refusal to change



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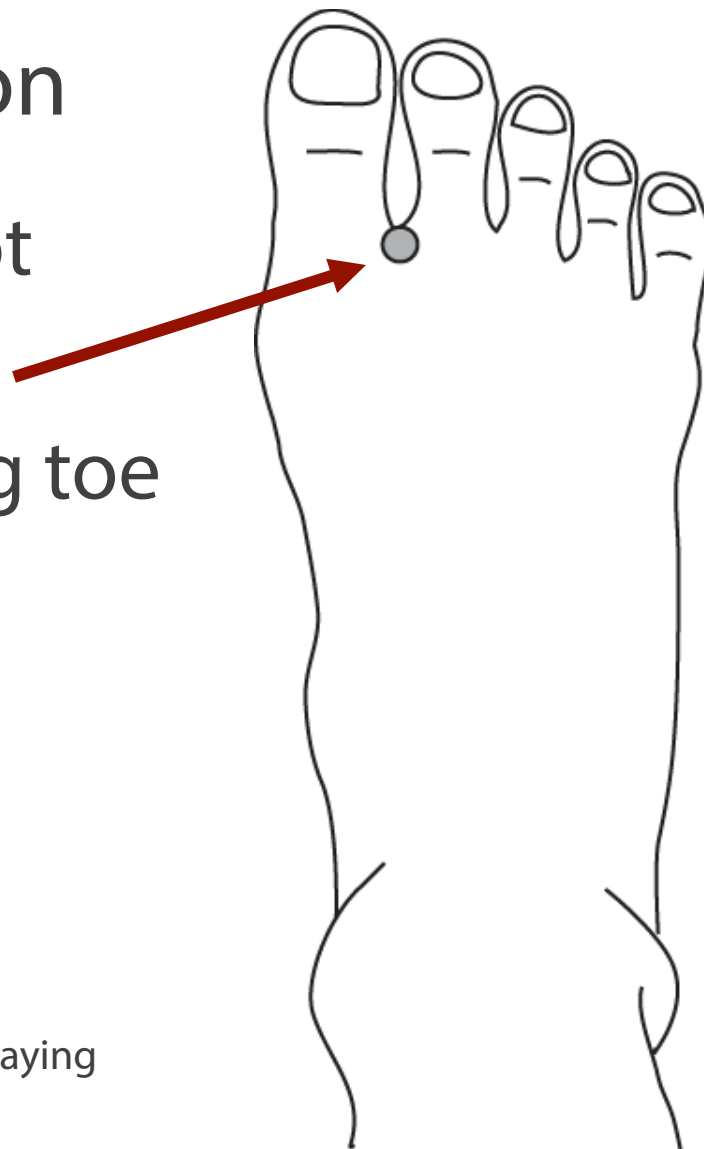


# CHINESE REFLEXOLOGY

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## Throat Point – Location

- Located on top of foot
- Small point at tip of webbing between big toe and second toe



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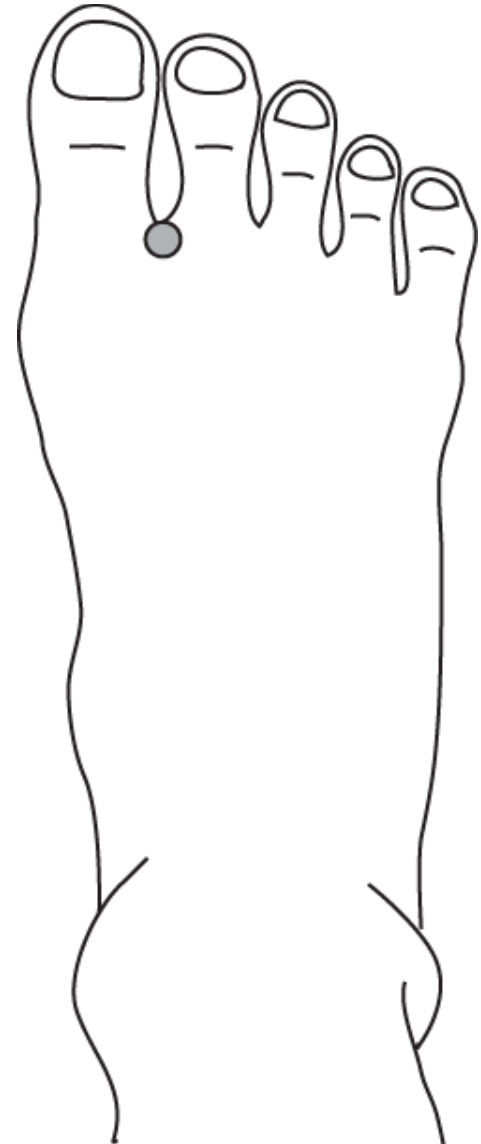


# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Throat Point – Video

- Massage technique

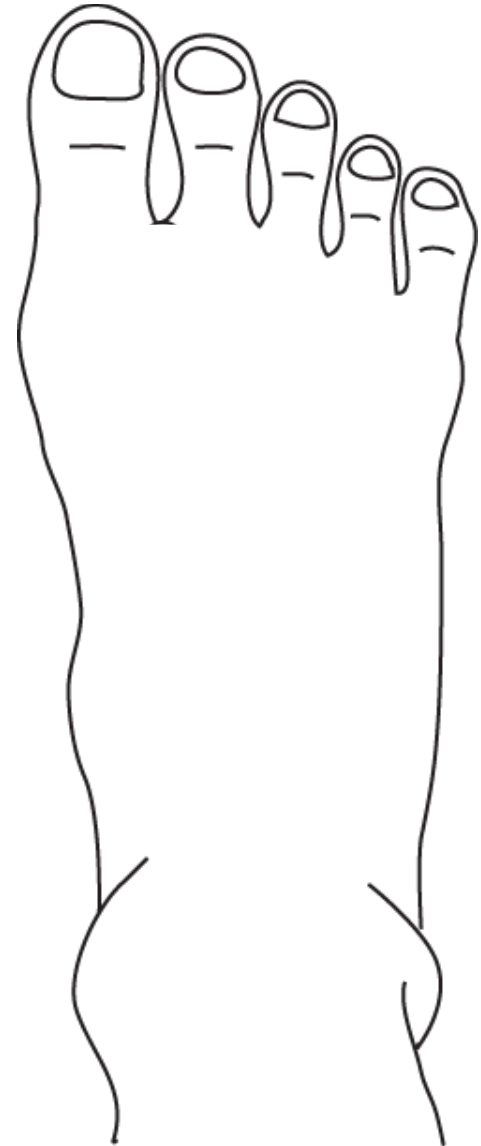


# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Throat Point – Let's Try It

- Locate on top of your right foot



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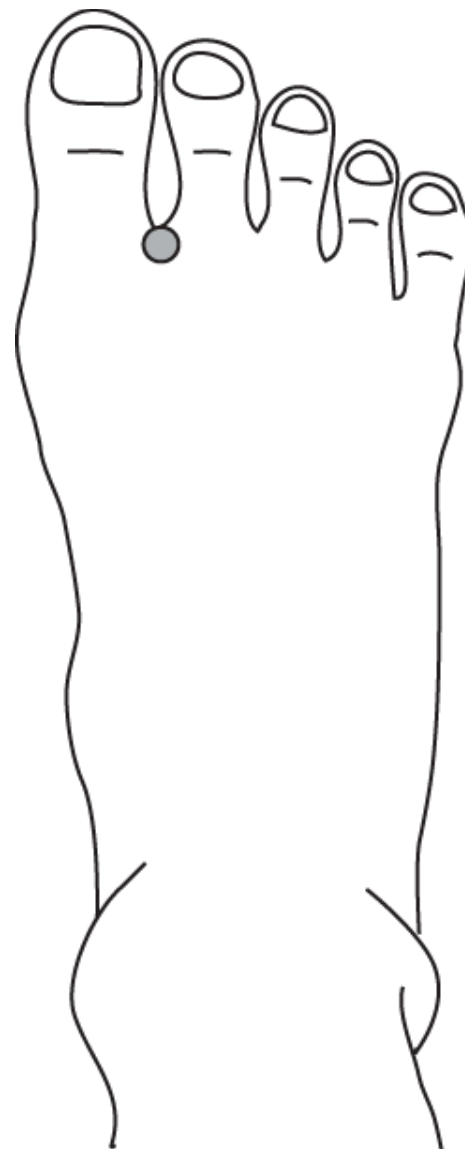
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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Throat Point – Let's Try It

- Use knuckle of RIGHT index finger to press and twist
- Press hard enough to feel it, but not so hard to bruise (top of foot is delicate)



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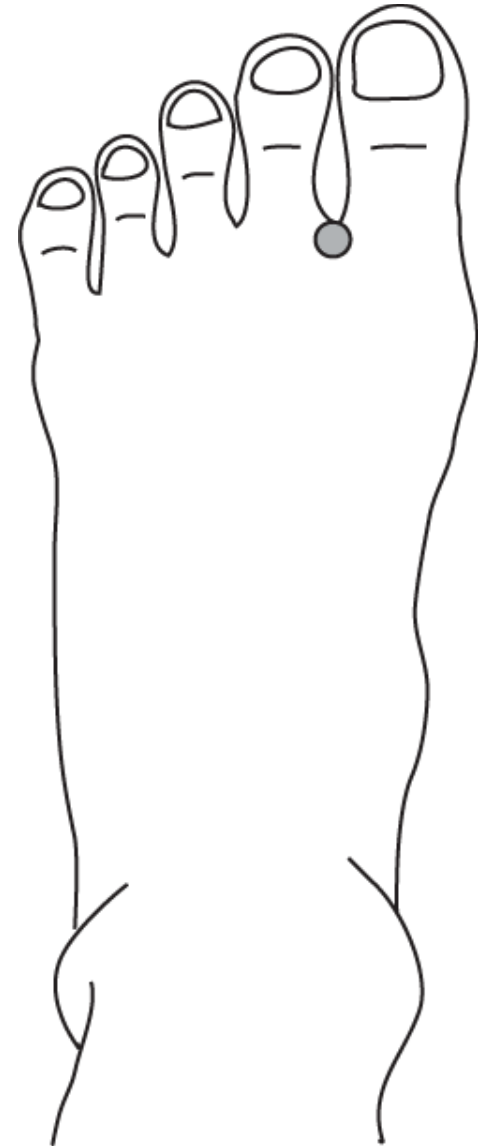
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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Throat Point – Let's Try It

- Now, try your left foot



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

# LYMPH DRAINAGE POINT



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Lymph Drainage Point

- Lymph drainage for armpit area
- Lymphatic system plays important role in immune system
- Need movement to move lymph fluid
- Reflexology point is often very painful
- Improves energy flow and clears toxins

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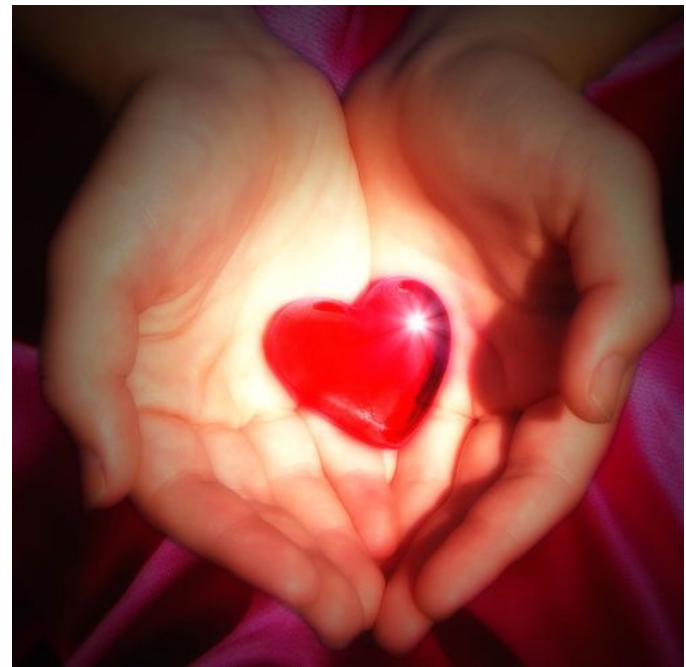


# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Lymph – Energy & Emotions

- Louise Hay: Lymph problems are a warning that the mind needs to be recentered on the essentials of life
- Love and joy



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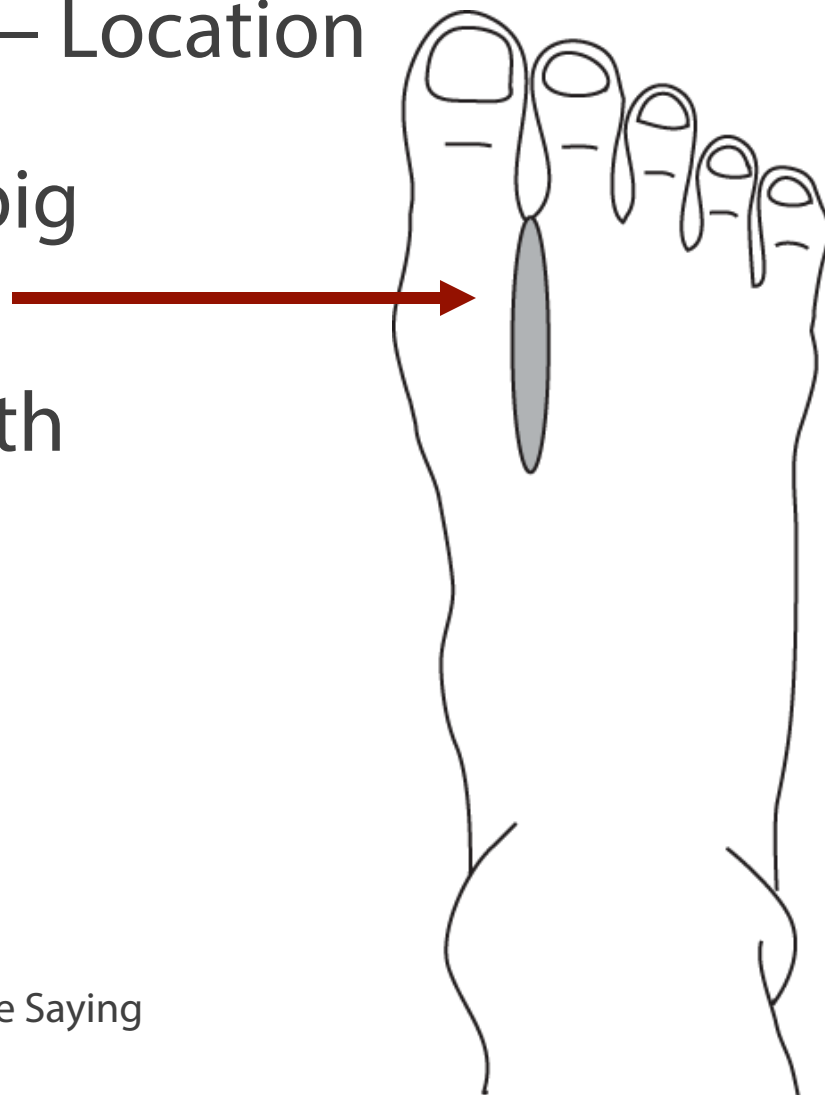


# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Lymph Drainage Point – Location

- Webbing between big toe and second toe
- Feel for bones of both toes
- Find the “V”



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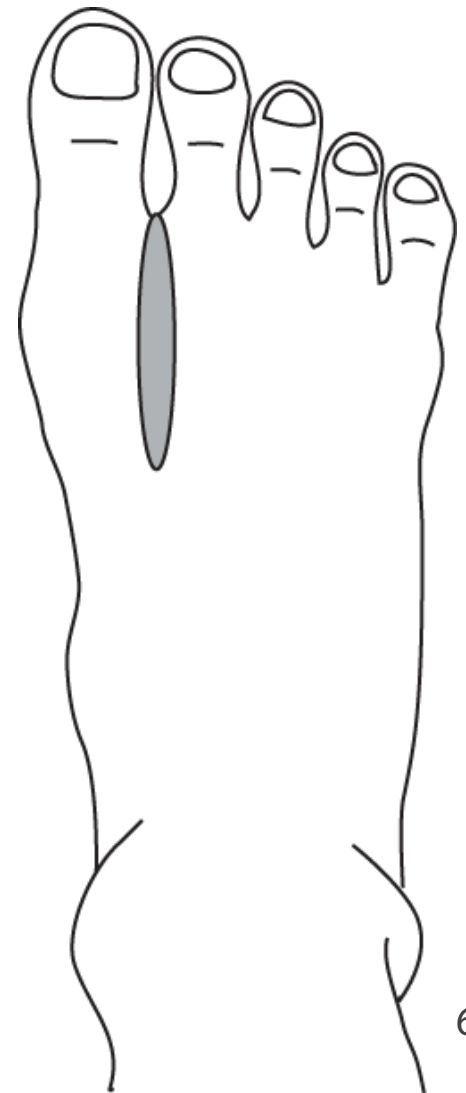


# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Lymph Drainage Point – Video

- Massage technique



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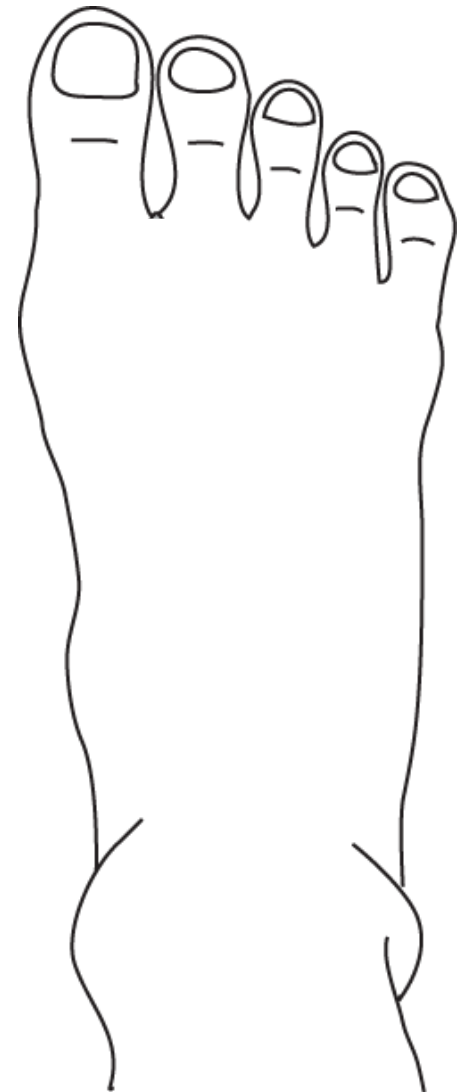


# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Lymph Drainage Point Let's Try It

- Find it on the top of your right foot



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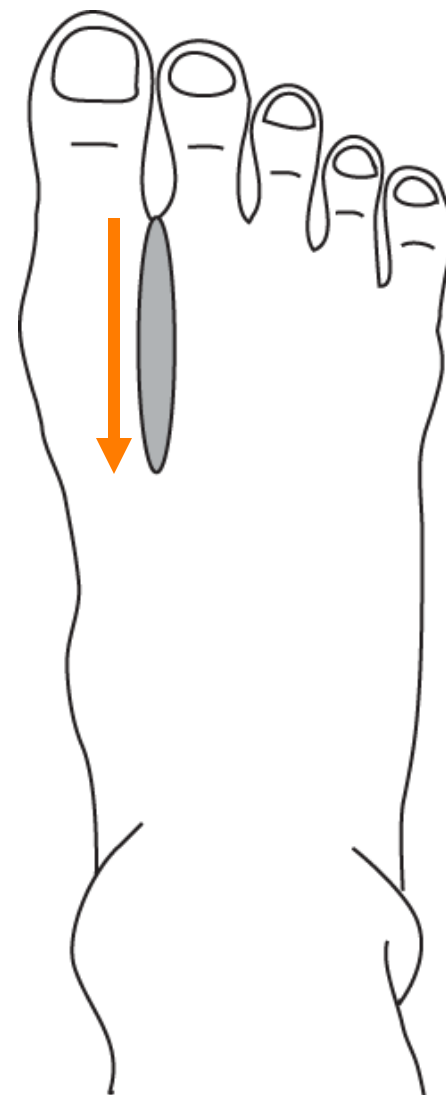
# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Lymph Drainage Point

### Let's Try It

- Use knuckle of RIGHT index finger to press and stroke TOWARDS you
- Lift and repeat
- Press hard enough to feel it, but not so hard to bruise (top of foot is delicate)



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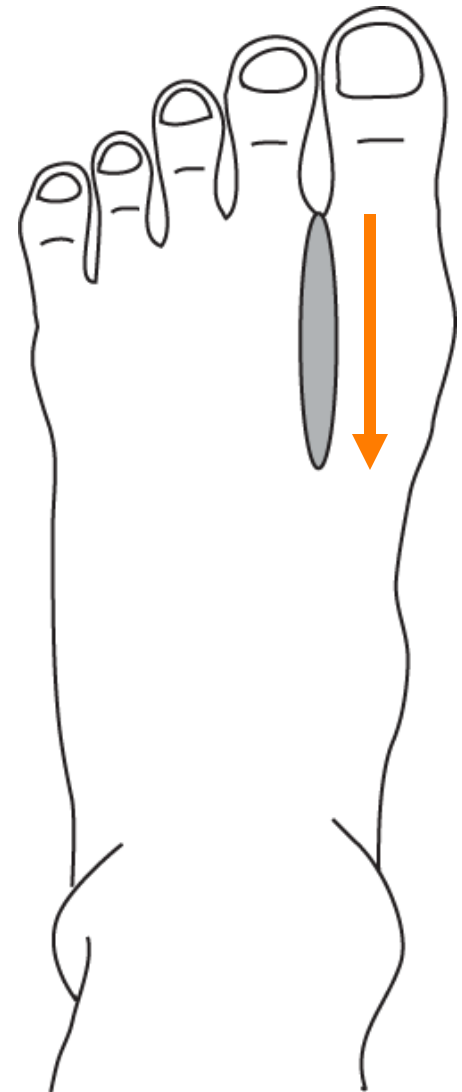
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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Lymph Drainage Point Let's Try It

- Now try your left foot



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

# SPLEEN POINT



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### The Spleen Point – TCM Perspective

- Spleen meridian is responsible for digestion and the "transformation of fluids"
- Assists with metabolism of water
- Strengthening the spleen channel helps body to clear excess fluid in the body, aka mucous and phlegm



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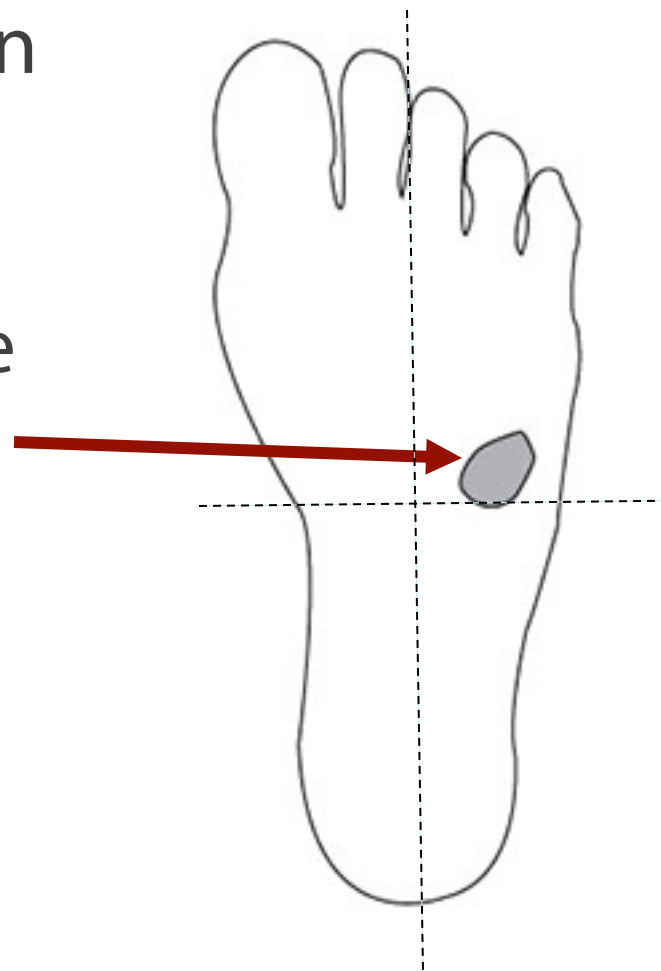
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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### The Spleen Point – Location

- Sole of LEFT foot only
- Above vertical halfway line (tip of big toe and base of heel)
- On the outer side of foot
- Feel for a sensitive spot



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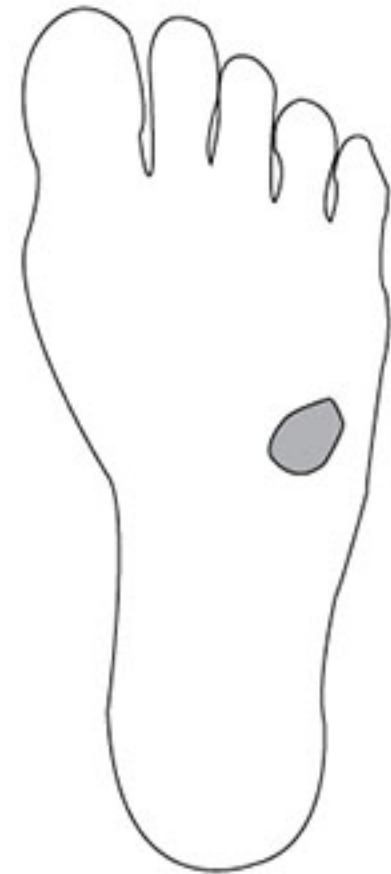
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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## The Spleen Point – Video

- Massage technique



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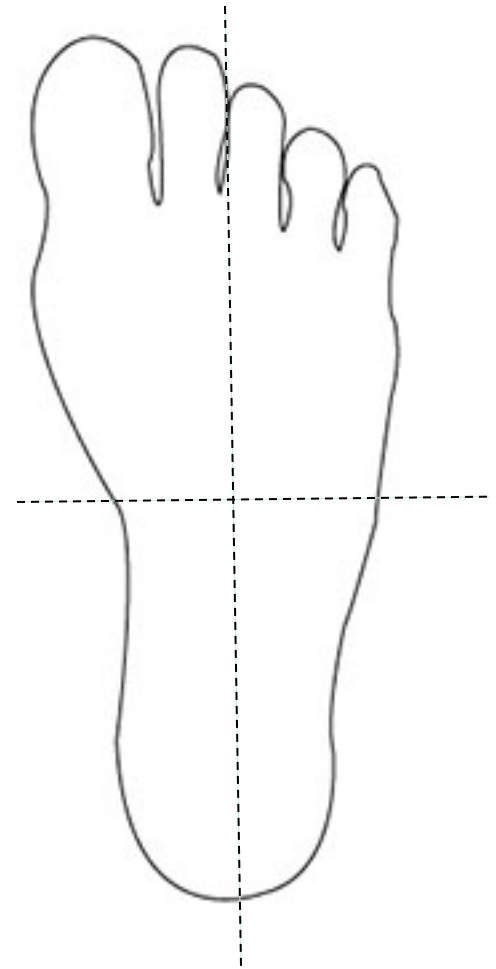


# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Spleen Point – Let's Try It

- Locate on sole of your left foot



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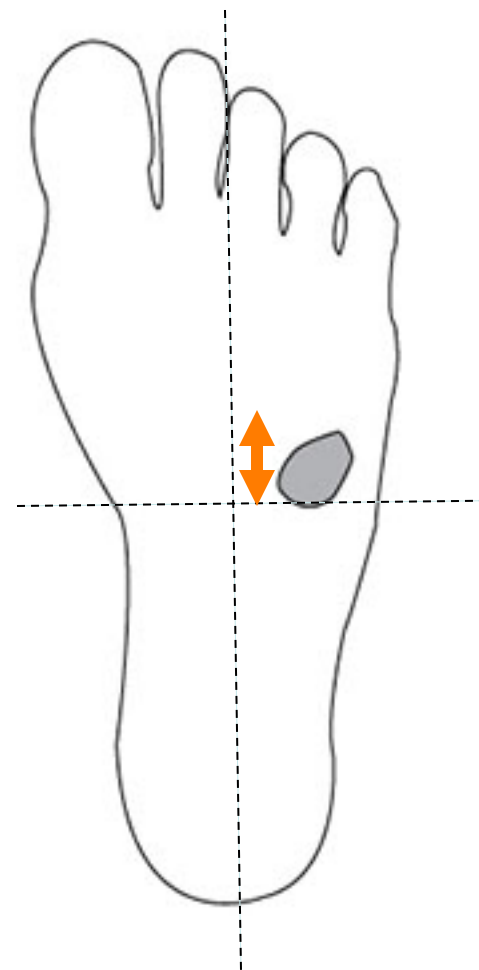
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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Spleen Point – Let's Try It

- Use thumb to rub up and down
- Also press and dig in tender areas
- Press firmly



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

# NOSE POINT



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### The Nose Point

- Good for runny nose
- Energy imbalance in nose from excess mucous and too much nose-blowing



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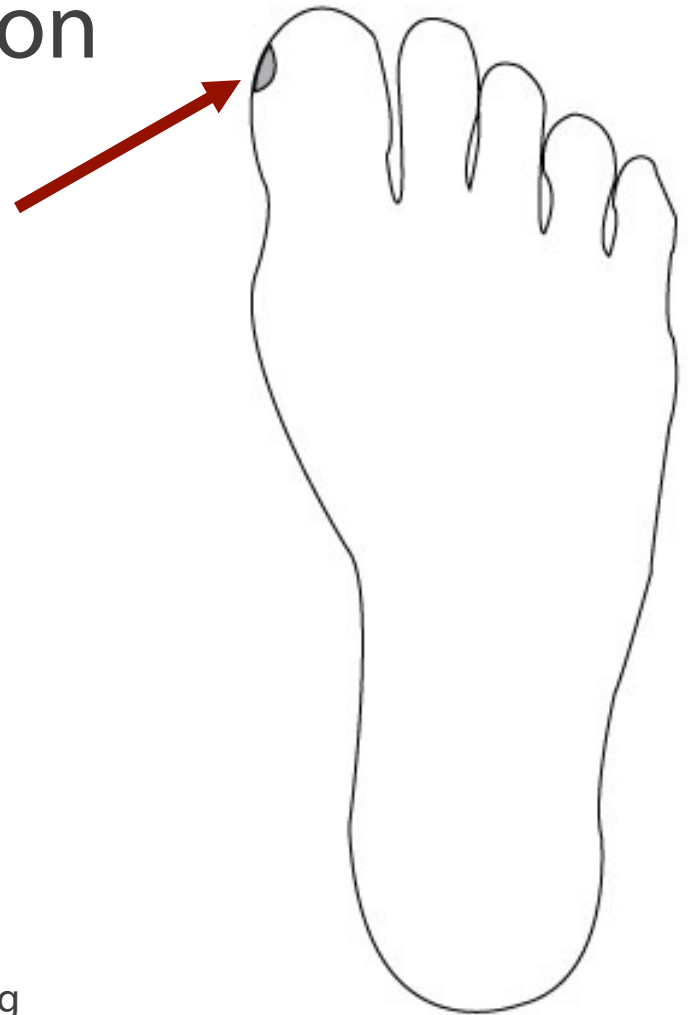
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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### The Nose Point – Location

- Side of big toe where skin meets sole
- On both feet



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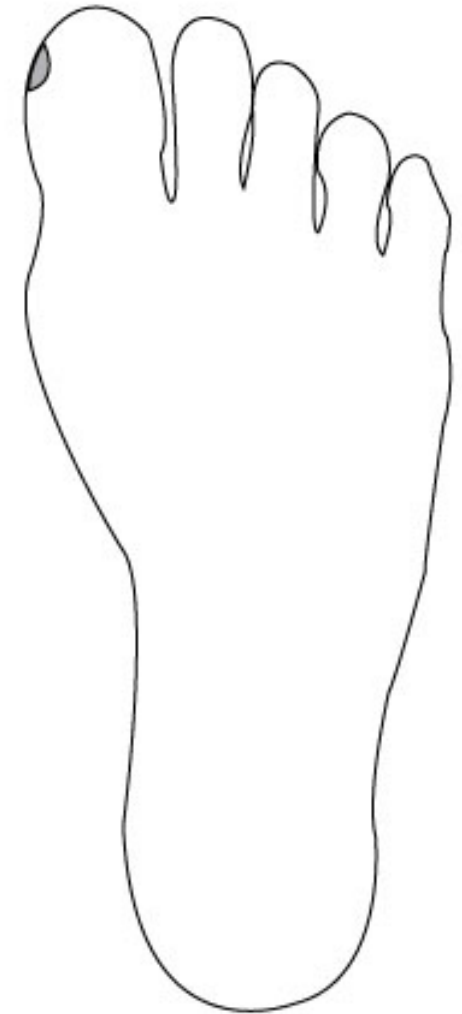
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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### The Nose Point – Video

- Massage technique

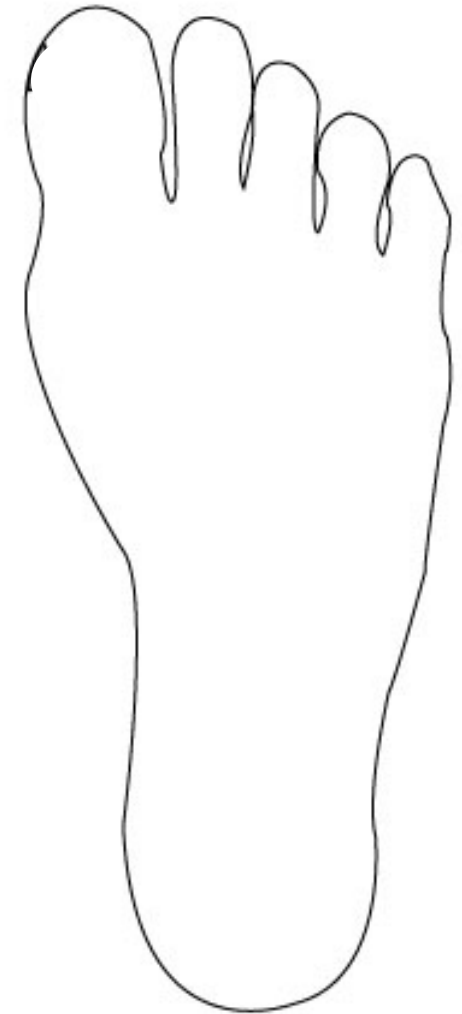


# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Nose Point – Let's Try It

- Locate on side of left big toe



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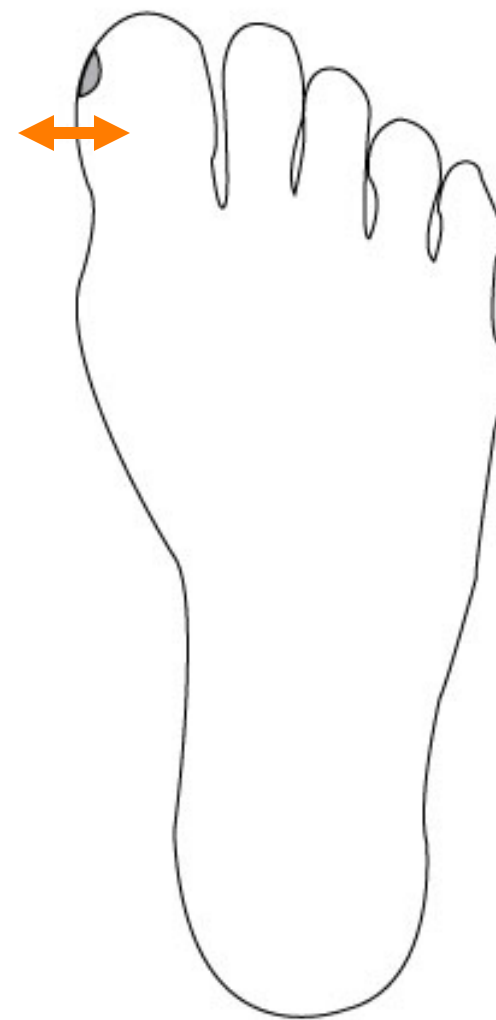
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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Nose Point – Let's Try It

- Use thumb of RIGHT hand and rub side to side
- Pressure similar to crushing dried oregano between thumb and forefinger



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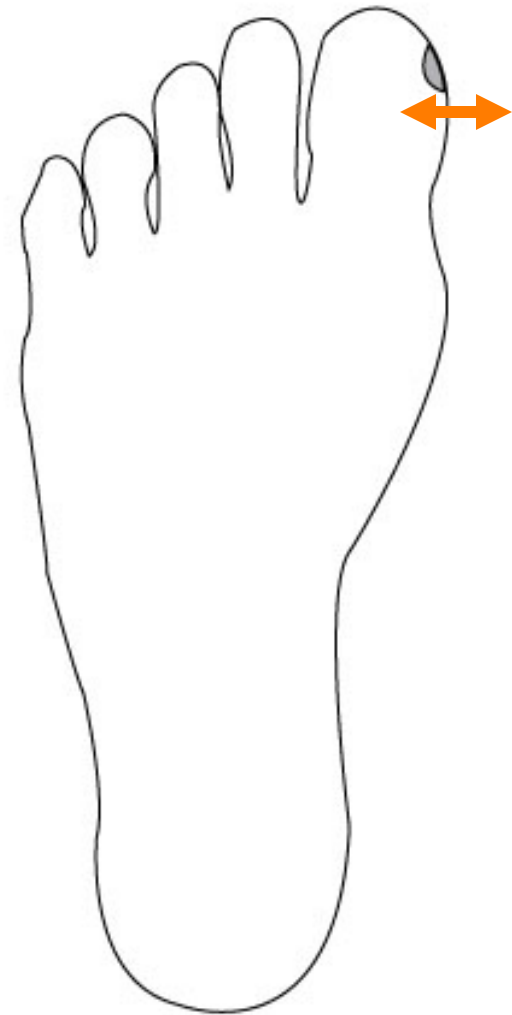


# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Nose Point – Let's Try It

- Now try the right toe



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## PUTTING IT ALL TOGETHER



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### The 5-Minute Reflexology Routine

- Remove socks
- Start with left foot, then do right foot
  - Lung: 60 seconds
  - Sinus: 60 seconds
  - Throat/Tonsil: 60 twists
  - Throat: 60 twists
  - Lymph Drainage: 30 strokes towards you



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Putting It All Together

- Total routine should take about 5 minutes
- Rub your feet 4 times a day for at least 2 to 3 days in a row
  1. First thing in morning
  2. 1 hour before or after lunch
  3. End of day (e.g. 5pm)
  4. Bedtime

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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Putting It All Together

- Your cold will still run its course, but strengthening Qi helps body to heal faster
- Need to look after yourself too
- As you feel better, do routine twice a day
  - Morning and bedtime
- Even if you feel fantastic, continue for at least 2 more days or...



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## CUSTOMIZING THE ROUTINE



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### How to Customize the Routine

- Where is the energy low or congested in your body?
- Give extra attention to corresponding points
- Add 30 to 60 seconds
- Massage more frequently (on top of 4x/day; up to 5 minutes total per point per day)



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Coughing

- Focus on sensitive points on Lung reflex area
- Dry cough: Upper part (closer to toes) corresponds to bronchial tubes
- Deep cough: Lower part corresponds to air sacs.
- Phlegmy cough: Add Spleen point for 60 seconds
- Post-nasal drip: Extra massage for sinus points



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Nasal Congestion

- Lots of mucous: Add Spleen point for 60 seconds AND Nose point for 30 to 60 seconds
- Sinus congestion: Extra massage for sinus points

### Chest Congestion

- Focus on sensitive points on Lung reflex area



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Body Aches

- TCM: The Spleen is in charge of the muscles
- Add Spleen point for 60 seconds

### Headache

- Extra massage for sinus points
- Additional points to be covered in a future workshop on headaches



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Sore Throat

- Rub Throat and Tonsil/Throat points for 30 to 60 seconds every hour for 4 to 6 hours until you start to feel relief, then stop

### Sick as a Dog

- Lots of yellow phlegm, high fever, wheezing, unusual headache
- See your doctor, use reflexology as support



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# REFLEXOLOGY FOR KIDS



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Reflexology for Kids

- Symptoms change quickly in children
- Can be fine, then spike a fever in just hours
- Reflexology is not a substitute for medical care, use in tandem
- Children (and pets) tend to respond very well to energy healing

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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Reflexology for Kids – 5 Golden Rules

1. Practice on yourself first
2. Explain what you are doing
3. Ask permission
4. Get them accustomed to foot rubs **BEFORE** you need to rub their feet
5. Listen to feedback. Less is more!



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Reflexology for Kids – Pressure

- Start off slowly and gently
- If it tickles, press more firmly and move more slowly
- Infant – pressure to slide a dime on a table
- 3-yr old – pressure to rub out permanent marker from hands



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Reflexology for Kids – The Points

- Follow basic routine:
  - Lung point: 60 seconds
  - Throat, throat/tonsil: only 30 seconds each
  - Lymphatic drainage point is optional
  - Always do Spleen point: 60 seconds



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

# COLD PREVENTION



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

Pay attention to early warning signals:

- Dryness in throat
- Feeling tired, rundown or achy for no reason
- Press Lung point and it's sensitive



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Watch out for lifestyle cues:

- Not eating properly
- Staying up too late, not enough sleep
- Physical overexertion
- Type A personality behaviours



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

Pay attention to external triggers:

- Changing seasons, yo-yo temperatures
- Exposure to wind, including fans
- Looming deadline
- Period of change or transition



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

If you feel a cold coming on...

- Rub your feet 4 times a day for at least 2 to 3 days in a row
  1. First thing in morning
  2. 1 hour before or after lunch
  3. End of day (e.g. 5pm)
  4. Bedtime



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### Thoughts and Emotions

- Emotions and thoughts also influence the flow of Qi
- Physical changes when feeling angry or sad
- Physical changes when feeling love
- Every physical ailment has an emotional, mental or spiritual root

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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## The Real Reason People Catch Colds

Before almost every cold, a choice was made to try to get one more thing done.



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### The Real Reason People Catch Colds

- Cold is body's way of telling you to rest and nurture yourself
- We push ourselves because of fear of not getting it all done.
- Lack of trust in sufficiency of the Universe and ourselves



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# CHINESE REFLEXOLOGY

## For Cold Recovery and Prevention

### 4 Approaches for Cold Prevention

- **Mind:** Present a logical argument. If you get sick, productivity goes out the window.
- **Body:** Listen to signals and act before you get sick.
- **Heart:** Focus on joy. Your heart knows what needs to get done will be done.
- **Spirit:** Release control and trust that everything will be alright.



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## Ways to Learn More

- Amazing Feet Newsletter
- Self-Study Guide – PDF and video for computer; ebook for mobile devices
- Upcoming Workshops:
  - Asthma and Allergy
  - Turn Back the Clock
  - Natural Headache Relief



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

## What's Next?

- Practice routine once in the next 24 hours
- Email: [holly@ChineseFootReflexology.com](mailto:holly@ChineseFootReflexology.com)



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# CHINESE REFLEXOLOGY

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## Questions?



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# CHINESE REFLEXOLOGY

For Cold Recovery and Prevention

# THANK YOU



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