

Membership Network Newsletter

No 52 Winter 2019

Dear VRT Practitioner

Greetings to you all and good wishes for a productive, peaceful and healthy New Year.

In this edition we cover interesting subjects and some main topics such as help to support Sub-fertility issues with the acclaimed Danish reflexologists Dorthe Kroggsaard and Peter Lund Frandsen. page 2.

My French colleague, Lilian Gautheron, and his partner Alice Drevet made a fascinating tour of discovery regarding the origins of reflexology in Egypt and write about it. They also filmed inside the tomb of Ankhmahor at Saqqarah and a video link gives us a rare inspection of the hand and foot hieroglyphics that are well known to reflexologists. page 12.

Some of us come into reflexology later in life having instigated a change of career. I was particularly pleased when a colleague told me that his 10 year old daughter had become very interested in precisely massaging the feet of family and friends and had then discovered reflexology. I was happy to send her my book and she immediately set about learning the reflexes and basic moves. She has a great, natural touch and here she is working on her young sister with the help of my VRT Charts!



Many other topics are covered in the following pages including a link to an in-depth interview I had with Sam Belya, the acclaimed *Foot Whisperer* reflexologist from the States. He has made a series of podcast discussions with various reflexologists and I was delighted when he wanted to hear from me about my VRT discoveries and reflexology journey, page 7.

Anne Crease, of IMPACT Touchline Training, gives an informative and inspiring account of her wellbeing programme that could benefit many therapists. page 5.

I am delighted to announce a new, short free VRT training video for therapists, family and carers to offer to those living with dementia. A longer 11 minute more detailed sequence will be uploaded on the new VRT website when it is launched early in 2020. page 2.

This may seem, on first sight, a sad topic for 2020 but I believe it is an important, positive prompt for reflection as we make New Year resolutions. In the next edition I will comment further on Bronnie Ware's book called "The Top Five Regrets of the Dying." They are:

- ***I wish I'd had the courage to live a life true to myself, not the life others expected of me.***
- ***I wish I hadn't worked so much.***
- ***I wish I'd had the courage to express my feelings.***
- ***I wish I had stayed in touch with my friends.***
- ***I wish that I had let myself be happier.***

Ware's book was published a few years ago and she writes of the phenomenal clarity of vision that people gain at the end of their lives, and how we might learn from their wisdom.

Book Review: Naturopath, Kinesiologist and Nutrition Advisor, Pauline Noakes, has written a useful, informative and inspiring book on fulfilment called *Live Longer, Live Wiser* that gives guidelines obtaining better health and how the body functions. page 9.

Kind regards from Lynne and all the tutors.



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Reflexology Dementia Tips and Guidelines:

Lynne writes: I recently filmed a short YouTube video showing a series of gentle hand reflexology techniques that can be given to a person living with dementia. It can be easily learnt by family, friends and carers and also includes some profound gentle nail-tapping techniques from my VRT Reflexology and Movement repertoire.



I have included advice below as several therapists have asked to share this with clients and others. This calming session can last from a few minutes to 1/2 an hour. Read my accompanying article: [Dementia Tips and guidelines](#) ... and see the Home Page of my website www.boothvrt.com which includes a touching story of a Christmas "gift" from a client which I recalled in the VRT newsletter a couple of years ago.

An older person's skin is usually much thinner, especially the tops of the hands, so lightly press the hands as you give this treatment. I include the above in the following advice and information that always give carers the when I teach them simple hand reflexology to give to a person with dementia:

Advice for Carers when giving gentle hand reflexology



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Reflexology is an ancient, holistic complementary therapy for general well-being and is based on the theory that different points, called reflexes, on the hands, feet, ears and legs correspond to parts of the body. It is suggested that stimulation of these reflexes can help to trigger natural healing in the body. An older person's skin is usually much thinner, especially the tops of the hands, so lightly press the hands as you give this treatment. Always seek medical advice first if you have any concerns.

Link to the YouTube video

I have also filmed a similar but longer training video for reflexologists which I will share on my new website that is coming in the New Year!

Chiropractic awareness

Sitting causes up to twice as much pressure on the spine as standing. Your back is always hard at work, even when you think you are relaxing.



An essential reflex for fertility - for both men and women



By Dorthe Krogsgaard and Peter Lund Frandsen, Touchpoint, Denmark

Infertility is a growing problem, and more and more couples are seeking help for treatment. Many are turning to reflexology. Therefore, many reflexologists have specialized in working with fertility.

Definition of infertility

The World Health Organization declares infertility as a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months. Of women who wish to become pregnant 80% are successful within one year.

Infertility has been reported to be one of the most prevalent chronic health disorders regardless of age. The male partner accounts for infertility 40% of the time, 40% from the female partner and in 20% of the cases both parts have a problem.

There are many reasons for fertility problems, and we cover many of them in our seminar on fertility. In this short article we present a few essential reflexes, which we always include with fertility clients in the Touchpoint Clinic in Copenhagen, Denmark..

Working with the nerves

Independent of the background reasons for fertility issues, the nerve supply for the pelvic organs should always have a high priority.

Sympathetic nerve supply originates in the lower third of the spinal cord lateral horn, which means an area level with T9-L2 vertebrae. The origin of the parasympathetic nerves to the pelvis is in the sacral part of the spinal cord (S2-S4). With both of these reflexes we use classical reflexology techniques.

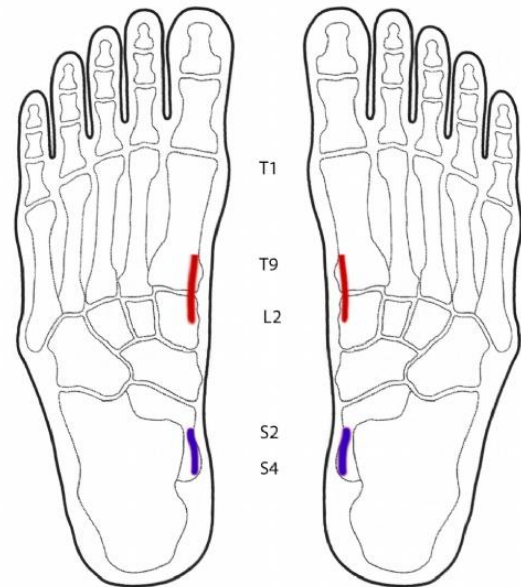
Reflexes for the origin of autonomic nerves for the pelvis

© Touchpoint

The Pudendal Plexus

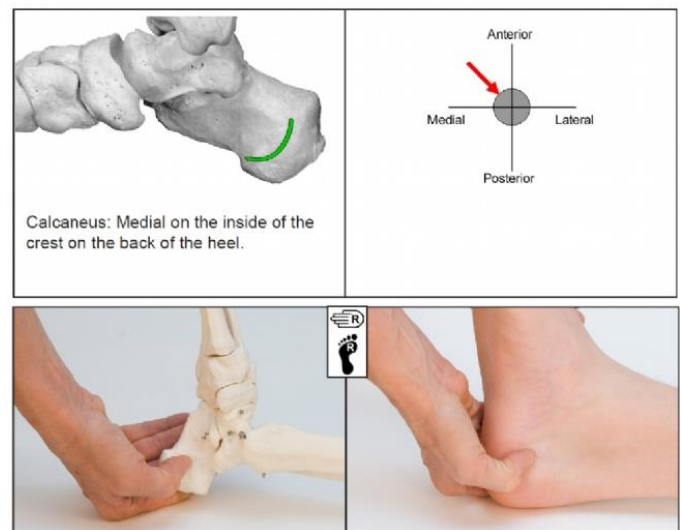
Another important and effective reflex is the Nerve reflex point for the pudendal plexus. The pudendal plexus is a melting pot of nerves from both branches of the autonomic nervous system (Sympathetic and Parasympathetic) plus sensory and motor nerves from the sacral plexus for pelvic muscles, ligaments, etc.

All nerve reflex points are worked with a firm static pressure for a maximum of 15 seconds. In this case, because the area is stretched out like an arc, you can press 3-4 places along the reflex.



Red = Sympathetic

Blue = Parasympathetic



Nerve reflex point and technique for the Pudendal Plexus

© Touchpoint with permission from MNT-NR International

Working the nervous supply of the pelvic organs is easy to integrate as part of your reflexology session. The therapeutic impulses change the firing rate of the nerves, thereby relaxing the organs and helping balance the autonomic nervous system.

Touchpoint , Denmark: Touchpoint provide lectures, seminars and continuing professional postgraduate development for complementary therapists.

Read more about Touchpoint's seminar "Round about: Fertility"

Class: Round about: Infertility By Dorthe Krogsgard and Peter Lund Frandsen

In Denmark reflexology is the mostly used alternative treatment form, with one in four having consulted a reflexologist. In Danish fertility clinics around 70-80% of the patients also have contacts with the complementary field, the majority of whom choose reflexology. Therefore a lot of know-how on treating infertility exists among Danish reflexologists.

Touchpoint has developed a reflexology seminar on fertility including the following topics:

- Energy - the basis for understanding reflexology
- What is infertility - Common causes
- How is infertility treated in the medical world?
- Male fertility
- A complementary view on fertility
- Trigger points and muscular exercises
- Nutrition, vitamin and mineral supplements
- Demonstration of reflexology treatment using techniques from various Danish, Nordic and European methods
- Definition of infertility

[Full class description here](#)



Infertility definition and terminology as listed by the World Health Organisation

Another WHO Clinical definition

"Infertility is the inability of a sexually active, non-contracepting couple to achieve pregnancy in one year. The male partner can be evaluated for infertility or subfertility using a variety of clinical interventions, and also from a laboratory evaluation of semen." (Semen manual, 5th Edition3).

Letter



I wanted to let you know that have already started to practice the VRT and I found I can obtain some great results: indeed some pains on both knees and psoas have disappeared very quickly, in few days.

It is so efficient that I really like beginning each session with VRT. I was also very happy to learn the Diaphragm Rocking with you.

I would like to discuss with you about one particular case I had last week-end:

A young woman (30 years) had a stroke 18 months ago; she still has some symptoms: tired, difficulty in concentrating and headaches.

I followed her closely after her stroke and I wanted to start a session with VRT, but as soon as I touched her big toe, I immediately could feel that the edge of her toe was not balanced and the person felt dizzy. I helped to lie down and she felt warm within a few minutes but then all the symptoms ceased and I could continue the session as usual.

Would you have some as I do not understand why it happened this way?

Letter from Toulouse, France participant Nov 19.

Lynne Replies:

It is very unusual to have such a reaction to VRT regardless of the condition being treated. The big toe (which you felt was unstable) refers to the head and whole body and it could have been a big release of trauma. BUT it is most important that you do not work with her standing at present - if ever. She may have a lot of shock and trauma still in her body. I suggest lots of gentle Diaphragm Rocking, Pelvic Cradling of the feet and keep Harmonizing to calm the body.

I would suggest the following but whenever I give any suggestions I always have to add a disclaimer that "these are only guidelines as I have not seen your client and it is up to you the therapist to seek further medical advice if necessary", as I am sure you will understand.:

- *Give her your excellent classical reflexology foot treatment as she lies down on the couch.*
- *Make sure you offer Diaphragm Rocking and hold her toe nails very gently nail-on-nail once or twice for a few seconds. Remember to Harmonise several times.*
- *At the end of the session, she can sit up and you could gently work her weight-bearing hands on a tray covered in a soft towel. I would suggest you follow the instruction on the [video](#) on my Home page for general relaxation and stress release*

- There are also 2 pages of instruction that you can [print off](#). Some of the instructions are for self-help so she could be trained to do a little herself but you can also adapt the instructions as you work on her hands.
- Stroke is a tremendous shock to the body. [This article](#) I wrote on Stress for the Positive Health Journal has two useful photos of reflexes and the finger position to calm the central Nervous System via the Feet.

IMPACT Workplace Wellbeing Programme

By Anne Crease



'Don't judge each day by the harvest you reap but by the seeds that you plant.'
Robert Louis Stevenson

As former secondary school teachers and massage therapists, my husband and I recognised that students could benefit from simple interventions to help them improve their wellbeing. We were well aware of the pressures of examinations. So, in 2007, we formed Touchline Training Ltd., a not for profit company dedicated to helping people improve their wellbeing.

We initially developed a programme of quick, simple, adaptable and effective relaxation techniques that could be used in the classroom. We then realised that the programme could be used by adults in almost any situation. This was the start of IMPACT Workplace Wellbeing Programme for young people and adults and a wellbeing tool-kit. The programme is called 'IMPACT' because, if



used regularly, the techniques have a positive impact on wellbeing. And the dandelion logo? Imagine that the dandelion represents wellbeing. Dandelions spread their seeds widely – so the role of instructors is to plant the seeds of wellbeing!

Training is open to all adults with an interest in wellbeing. They work with individuals, groups and with family and friends. IMPACT is aimed at those working in education, health, social care and the corporate workplace as well as the home. Therapists use IMPACT to enhance their clients' wellbeing as well as using it in other areas of their work, so in 2011 we had the instructors' training accredited with therapy organisations* as a CPD short course. It took four years to trial the programme and to develop the instructors' training.

The IMPACT Wellbeing Programme has a mindfulness-based approach with chair-based relaxation techniques. It comprises relaxation breathing techniques, passive relaxation with visualisation, SMART Moves mobility exercises, self-massage for head and shoulders, arms and hands and similar routines for peer massage. We consider the causes and effects of stress and provide top tips for teaching. In addition to the online instructor's manual, we provide a range of downloadable resources that can be adapted to suit the user's situation. These include music, visualisations and videos as well as flyers for promotion and more.



We provide open and in-house trainings nationwide and have a trainer in Singapore. A range of people attend our one-day trainings and use the programme in different situations. These are some of the comments we have received, and which show the adaptability of IMPACT Workplace Wellbeing Programme.

IMPACT used for student and staff wellbeing.

'Thank you again for the inspiring course. I have already introduced the breathing to a few students with success. The fact that this can be used in any situation was important with one boy who was in great distress and the technique was used in the corridor.'

Year 10 Learning Manager, Derbyshire

'I took four classes of 20 students and was so impressed with how quickly the IMPACT skills were taken on board and valued. Lots of very positive feedback and by the last session in the afternoon - word had obviously got round - and I was delighted to find an impressive number of staff unofficially sitting in too.'

Therapist providing secondary school student workshops

'It allows you to take your mind off a lot of things.' *'Thank you. I found it very relaxing.'*

Year 11 students

IMPACT is used by NHS staff working with clients.

'There was a really positive feel in the room and a little laughter as they practiced the peer massage. When I asked for their verbal feedback this was all positive. They all had enjoyed the workshop and said they had been to other workshops put on by NHS and mental health days but nothing like this one and felt good.' Instructor, Tower Hamlets.

IMPACT is used in carers' workshops *I thoroughly enjoyed delivering the IMPACT programme and it was nice to see all the*

participants enjoying the benefits. Therapist providing Carers' Workshops IMPACT in use at a Life After Stroke Support Group

'This was a completely new activity for the members and volunteers to take part in. Everyone really enjoyed the session. I didn't realise how beneficial it would be for the members.'

West Midland Support Group.



We're delighted that so many people have taken the time to train as instructors and implement aspects of IMPACT Wellbeing in their work and with family and friends. Small interventions make a difference and every interaction helps to plant the seeds of wellbeing.

Anne Crease November 2019

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[Facebook](#)

Another very interesting Conference on Integrated Medicine by the Federation of Holistic Therapists (FHT) in London 29 November 2019



Lynne Booth and Dr Carol Samuel at the FHT Conference

FHT Integrated Health Programme

Dr John Hughes
Patient reported outcome measures (PROMs)
in integrated medicine

Dr Fiona Holland
The therapist's role in enhancing body image
and body esteem in clients

Gwyn Featonby and Sarah
Grant Integrating complementary therapy into
the NHS through training and evidence-
based practice

Dr Laura Marshall-Andrews
Integrated practice, slow medicine and linking
with health professionals

Suzanne Ruggles, MSc, DipHE.
Ground-breaking work of the Full Circle Fund

2019 FHT Excellence Awards presentation
www.fht.org.uk/

Sam Belya interviews Lynne Booth

You may be interested in a [Podcast Interview](#) that Sam Belya, an influential US reflexologist and tutor, conducted with me. We discussed my journey in Reflexology and Discovery of VRT



Tips on how to offer your services to organisations



I am often asked how I got to work with a Championship football club for the past 15 years and many reflexologists and other therapists aspire to work with elite athletes of many disciplines. Others want to know how to

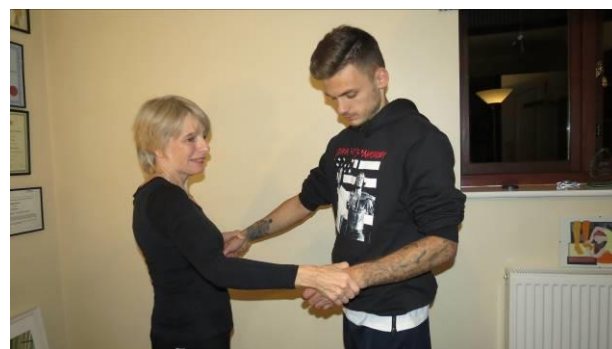
offer their services to nursing homes. My work at the football club and the nursing home both started with treating individuals. I got good results that were noticed by influential members of staff in the organisations.

I treated many individual sports persons and older people as private clients so had gained a lot of experience to offer when I was invited by senior staff to join the football medical team as a reflexologist and also the residential care organisation. The best way to get to work at a high level in sport especially is to work with local clubs, young people, schools etc and offer your services for free sometimes and build up experience and help others at the same time! Make sure you have the highest insurance possible especially when working with elite athletes. My own feeling is that is best to have the highest level of insurance anyway to be on the safe side.

It is not always easy to find an opening at a nursing home and there are many more therapists offering their services than when I started at the St Monica Trust nursing /residential complex nearly 30 years ago! But, I guess, there are many more residential homes now too! Mostly residents (or their family) pay for reflexology themselves and you could offer to give taster sessions to some senior staff members to show them the positive effect. Then offer to give a talk and taster sessions to residents.

There are links to VRT articles on Older People and another article on Sport on the Home Page of the VRT website www.boothvrt.com that can be printed off and sent to interested organisations when putting together your CV.
Lynne Booth

The VRT Spinal Wrist Twist - reminders



The VRT Spinal Wrist Twist is a very effective technique for all ages that helps to release tight back muscles and relax the entire

musculoskeletal system. It was originally developed on older seated clients but may also be used in the standing position. It is especially popular with athletes as it often frees up a range of thoracic muscles and lumbar muscles in a matter of 1-2 minutes. This is also an excellent way to start a reflexology session as it stretches and tones the body, making it more receptive to the techniques that follow.



Method

1. Test the client's range of movement first to see how far they can gently turn from side to side using no strain whatsoever. They can be seated or in some cases standing if fit and a table or chair is placed nearby to support them
2. Simultaneously place your thumbs on the lower lumbar reflexes situated on the bony medial edge of their hands, thumb side, where the palm meets the wrist.
3. At the same time, grip lateral side of their wrist by placing your index finger in the indentation, at the base of their palm, where it meets the wrist.
4. Firmly grip their wrists in the correct position. Your client is facing you with their feet slightly apart. They remain stationary and you stretch/guide them in a slow rotation, from side to side, moving from the waist to find their range of natural mobility with no strain. Avoid twisting the hips themselves too much. After 3-4 passes from left to right, the lower lumbar back muscles appear to relax and glide giving much greater mobility.
5. If a person presents a one-sided restriction in rotation make 3 more stretches, one after the other, to that side only.
6. On completion, while your client is in the same standing position; ask them to independently perform a smooth rotational twist from side to side, with no reflexology intervention. This will demonstrate if a greater range of mobilisation has been achieved.

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma — which is living the results of other people's thinking. Don't let the noise of other people's opinions drown out your own inner voice. And most importantly, have the courage to follow your heart and intuition. They somehow already know what you truly want to become, everything else is secondary

Steve Jobs

The above quote is a favourite of my friend and mentor, Tony Porter, Of Advanced Reflexology Training (ART)

Vertical Reflexology Books in 6 languages but not yet in French or Spanish!
Plus charts and DVD – [buy here](#)



VRT weekend in Roumens near Toulouse, France with 24 reflexologists. Nov 2019



The team from the left: Sophie Heuillet-Bosc, Beatrice Delaetre, Lynne Booth and Anne Brunton.

I spent an excellent weekend teaching VRT to a talented group of 24 great reflexologists who had travelled from all over France to a tranquil rural venue south of Toulouse. Many thanks to my great team of friends and colleagues who organised and supported this event. I have returned with marvellous memories of another great visit to France. - Lynne

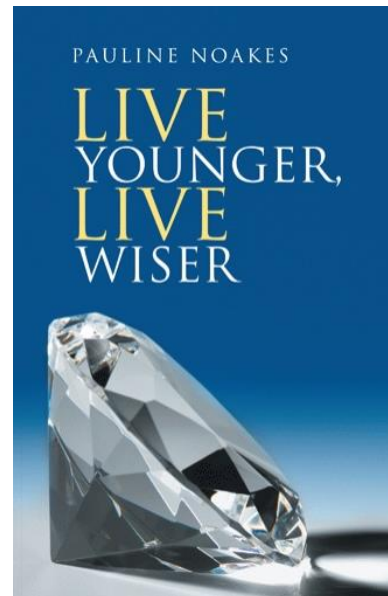
Symptoms of a stroke

The main symptoms of stroke can be remembered with the word **FAST**:

- **Face** – the face may have dropped on 1 side, the person may not be able to smile, or their mouth or eye may have dropped.
- **Arms** – the person with suspected stroke may not be able to lift both arms and keep them there because of weakness or numbness in 1 arm.
- **Speech** – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake; they may also have problems understanding what you're saying to them.
- **Time** – it's time to dial 999 immediately if you see any of these signs or symptoms.

Reference: Guidelines from NHS website **Live Younger, Live Wiser** By Pauline Noakes

Review by Lynne Booth



I highly recommend this interesting and informative book written by therapist Pauline Noakes. Pauline brings a wealth of experience to her writing and during her successful career has helped thousands of people with her work as a sought-after complementary therapist and tutor. Practitioners and the general public can learn much from her readable and informed style. She gives an excellent overview of the workings of the body and looks at ways of supporting a person in a variety of ways for optimum health and longevity. It is an inspiring book that will empower many readers towards attaining or maintaining good health.

About the Book

The human body is a complex system that is designed to repair and renew itself. But it needs to be given the opportunity! This world in which we live is increasingly a difficult environment for such a system to thrive. The body experiences a daily onslaught of challenges on physical, mental and emotional levels, all of which contribute to ageing and reducing our quality of life. How do they do that? Is it possible to reverse ageing into healing? This book sheds light on the road to disease and the path to recovery. If you want to understand why you have health problems, and how you can help your healing, then this is the book for you!

About the Author

The author, Pauline Noakes, is a naturopath, kinesiologist and nutrition adviser. Born into a family with chronic health issues, she has been on a lifelong search to understand the meaning of disease in our lives and the learning that it brings through opening us to the wisdom innate in all of us.

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[Purchase on Amazon](#): £8.95 paperback,

Kindle £4.99 Hardback £20.95

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VRT Classes announced for 2020 in Bristol and London

Why not re-take a previous VRT class as a Refresher for only £65 per day? You can take the Basic and Advanced Fast-Track class even if you have only taken the Basic class in the past. [Book here](#)

Learn the renowned Reflexology and Movement techniques and enhance your practice, if you have not done so already.

I attended this amazing Reflexology and Movement class with Lynne Booth and I now have an added dimension to my treatments. She taught us techniques to prevent recurrent muscular niggles and to accelerate recovery from musculo-skeletal issues. Easy to use for self-help. Brilliant! Claire Fisher



Membership Renewal Notice

Members can now use the VRT logo on their leaflets and website. The membership fee is £25 per annum for UK and international or £20 if you pay by Standing Order from a UK bank.

For those members whose annual subscriptions were renewable on 1st November you will receive an email request to renew online or send a cheque. If you pay by Standing Order you will have already received your new certificate automatically provided your standing order was paid. To renew online or pay by cheque please visit the [website](#)

Members are first to hear of new courses and priority booking, their names are the only ones on our website and there are often special offers, reduced prices for courses and lots of hints and information in the newsletters.

Why not re-take a previous VRT class as a Refresher for only £65 per day?

For current courses see [online](#):

Contact us on:

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Reflexology and Egypt

Lilian Gautheron & Alice Drevet, reflexologists from Toulouse, France describe their recent fascinating trip to Egypt in search of the origins of reflexology. For many years Lilian was the VRT tutor for France and Switzerland. There is also a video link at the end of this article showing film of the inside the tomb of Ankhmahor at Saqqarah which is well known to reflexologists.

Like everyone, Egypt has always made us dream. As a thousand-year-old civilization with well-kept secrets, we were eager to make this trip. Reflexology is our job and our passion and this destination was chosen so we could trace the supposed roots of our beautiful discipline of Reflexology.

We spent 15 days criss-crossing this great country, which offered us beautiful encounters and amazing surprises. The contact with the population and local specialists of ancient Egypt, the time spent at the library of the IFAO (French Institute for Oriental Archaeology) in Cairo and, of course, the visit of the museums and various archaeological sites allowed us to write this article with humility and passion.

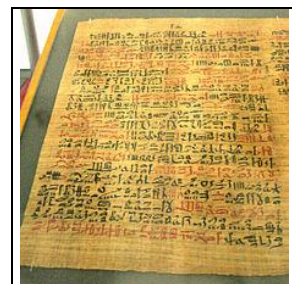


Modern Western medicine has its origins ancient Greece with the latter coming largely from the medicine of the Egyptian civilization. Civilizations are constructed and destroyed due to their relationship with one another and they become immersed and enriched each time in a remarkable continuity.

The physician in ancient Egypt is often associated with the priest and/or the scribe. They all study in a "house of life" attached to a temple. At those ancient times there were general medics, of course, but also many medical specialists such as we have to day that specialized in the eyes, heart and especially the digestive system, for example. Physicians who were surgeons also officiated and they were renowned and appreciated throughout the Middle East for centuries.

Papyrus of Ebers

The "Ebers papyrus" is one of the most important documents in the field of Egyptian medicine since it reveals many aspects of this profession. We find in this writing a close and coherent relationship between medical knowledge (anatomy, surgery and herbalism) and the world of spirituality. Indeed, doctors had anatomy, therapeutic and "energetic" knowledge taught with a strong relationship to the sacred to understand, protect and cure diseases. The use of 46 channels called 'Metous' is mentioned in this papyrus and we can compare them to Meridians or even Nadis by their physical structure (veins, arteries, nerves etc) and energy. These 'meridians' or vessels communicate constantly with the heart-organ that sends blood into the body, of course, but also the vibration of life. This concept was conveyed in the passage describing the breath of life and death.



Papyrus de Ebers

Excerpt from Ebers papyrus: "Four Metous go to both ears, two to the right and two to the left. The breath of life enters through the right ear and the breath of death through the left ear."

Kom Ombo

The doctors of this time used various tools including suction cup that are found in the temple of Kom Ombo north of Luxor (2 centuries BC). On these wall are represented various medical instruments such as pipette, pliers, knife, scale, compress, probe and suction cups. Suction cups are still used today for their local cutaneous and subcutaneous action and for their action at a distance.

Following our visit of this temple, here are some questions we asked ourselves: were the 46 Metous (channels) worked with digito-press or with suckers? Do they pass by hands or feet? Do they have specific points?

From a neurophysiological point of view, we all consider work on "energy currents" (metous, nadis or meridians) as so-called "reflex work". In the sense that they all work in and under the skin (fascia) as well as away from the functions or organs concerned. We therefore assumed that there was a knowledge at that time for the remote working techniques that we today call "reflexes" where the attention is given to the physical body, of course, but also to its energy.



Kom Ombo
(ventouses)

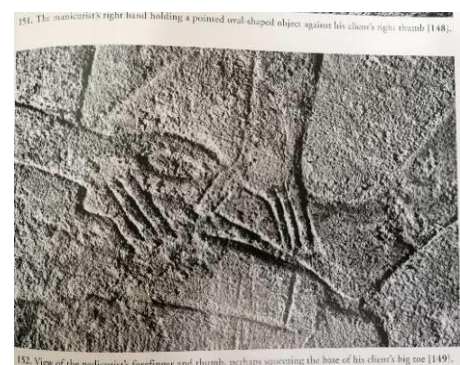
Saqqarah

Let's go back a little longer until the 6th dynasty, or 2364/2334BCE in Saqqara. We find on this site, 3 tombs with representations of manipulation of hands or feet.

In the first two graves (Ikhekhi and Niankhnum and Khnumhotep), the scenes are contextualized in a marketplace in everyday life. We notice the use of tools for the care of the feet and the hands as well as actions of massages, shaves or body care.



Tomb of Niankhnum and Khnumhotep

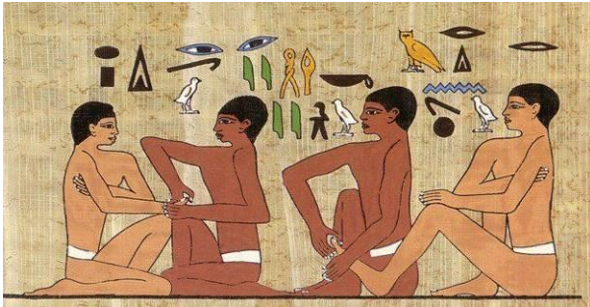


Detail of circled area



Tomb of Ikhéghi

The third and last grave is the best known among reflexologists.



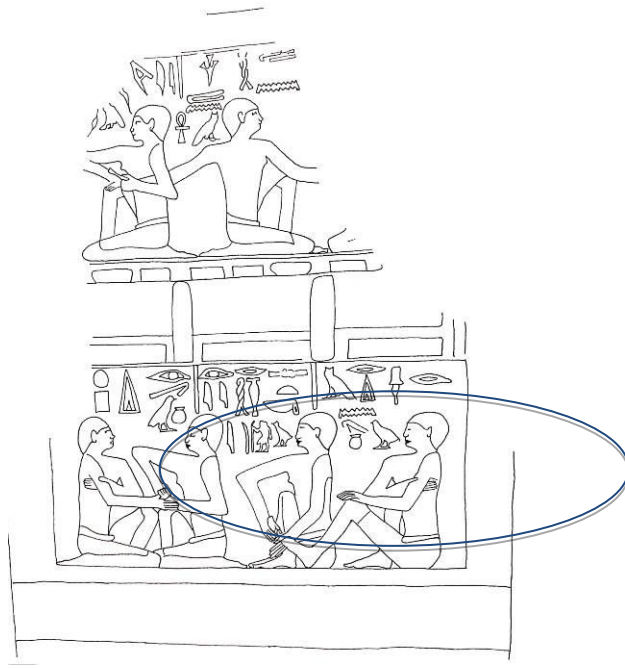
Usual representation on the supposed origins of reflexology

It is in the tomb of Ankhmahor, vizier (minister) of Pharaoh Teti I. According to Egyptologists, this tomb called "of the doctor", includes representations of "medicinal preparations", scene of "circumcision" and "surgery of the feet and hands".

These last two representations are in the frame of a door located between two rooms. We see it as a kind of symbolic passage between two worlds indicating the before life and the afterlife.



Framing of the door



Left wall of the door

Diagrammatic representation

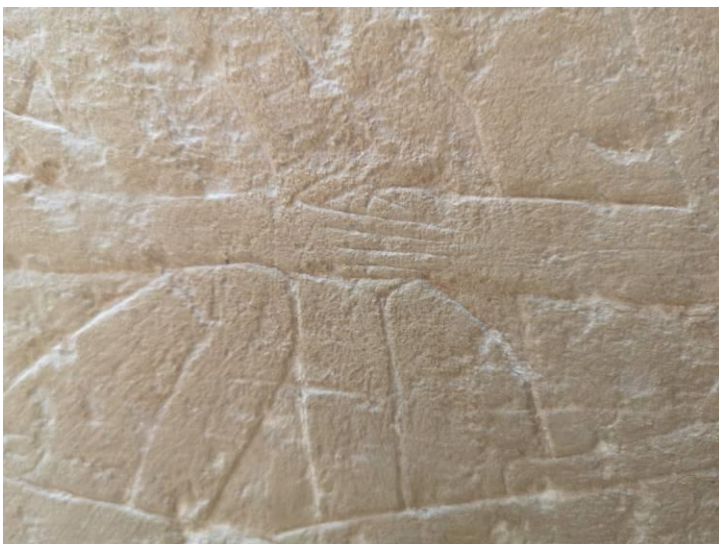
Attempted translation by J. Delaunois. (not completed)

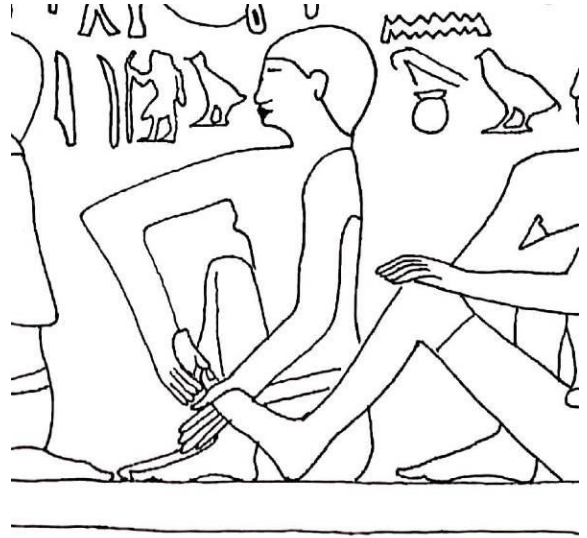
"May the care (or the manicure) be effective!"

"I will do this so that you are the favorite, (my) sovereign."

"Do not make me suffer (by?) Weakness!"

Details of carvings with diagrammatic interpretation :





We observe manipulations at the level of the feet and the hands. We can think of a treatment brought to the hands and feet as a type manicure and pedicure but perhaps we suggest that there was also a reflexology aspects as well !

The inscribed text tells us about a treatment made to the Vizier so that he is in the best possible dispositions to govern. It should be remembered that, at that time, the knowledge and treatment of a person was multiple so then it is then quite possible that people taking care of the body also knew how to appease or heal them with a particular touch. Was it Metous channels? Did they practice digito-pressure on reflex points?

Of course, we cannot discuss reflexology as an Egyptian concept, especially not in its current form. But rather as a body care or massage in order to improve and restore the condition of the recipient. Therapeutic touch, whatever it is, requires knowledge, feeling and humility. We do not doubt their skills in these areas at that particular time.

The classical representation that we find on the internet of this bas-relief for reflexologists has many inaccuracies. That is why we wanted to work on another version; both closer to reality and to what we felt was closer to the truth in those ancient times

A huge *thank you* to Yannick Delaunois, amateur and passionate translator of hieroglyphic graphics of ancient Egypt who accompanied us and guided us in our research on this trip!

[Watch](#) a Guided Tour of the interior of the tomb of Ankhmahor at Saqqarah that Lillian and Alice filmed. The commentary is in French and the visuals are fascinating.

Reference Lilian Gautheron' [website link](#)