

AMAZING HEALTH, AMAZING LIFE – LEVEL 2

**How to Use Chinese Reflexology to
Heal Your Body and Transform Your Life**



CLASS 5

AMAZING HEALTH, AMAZING LIFE – LEVEL 2

How to Use Chinese Reflexology to Heal Your Body and Transform Your Life

Welcome



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How to Use Chinese Reflexology to Heal Your Body and Transform Your Life

What We'll Cover Today

1. Overview of Reproductive System
2. Chinese Reflexology Points for Reproduction
3. Permission to Create
4. Identifying Your Soul's Calling
5. Q&A
6. What's Next



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How to Use Chinese Reflexology to Heal Your Body and Transform Your Life

Before We Begin...

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



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Before Beginning Chinese Reflexology

- Reflexology is very safe; complementary with other treatments
- Do one hour before or after eating
- Drink lots of water
- No alcohol; eat lighter and healthier
- Always start with excretory system



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Before Beginning Chinese Reflexology

- Don't practice while pregnant, especially first trimester
- During period, go light on reproductive points; avoid if heavy bleeding
- CAUTION for acute heart condition, diabetes or compromised immune system



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Before Beginning Chinese Reflexology

- If you're not sure, ask your doctor whether it is safe for you to practice reflexology



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REPRODUCTIVE SYSTEM



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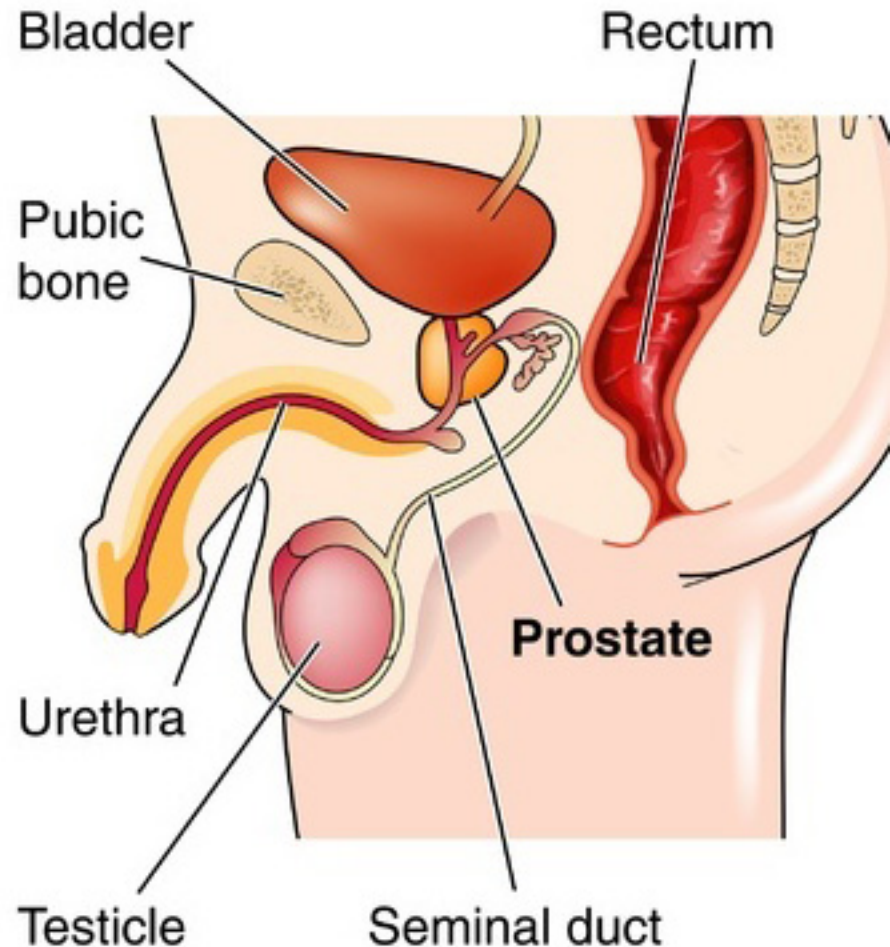
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Male Reproductive System

- Consists of penis, scrotum, testicles, epididymis, vas deferens, ejaculatory ducts, urethra, and accessory glands including the prostate
- Produces, maintains and transports sperm
- Produces male sex hormones



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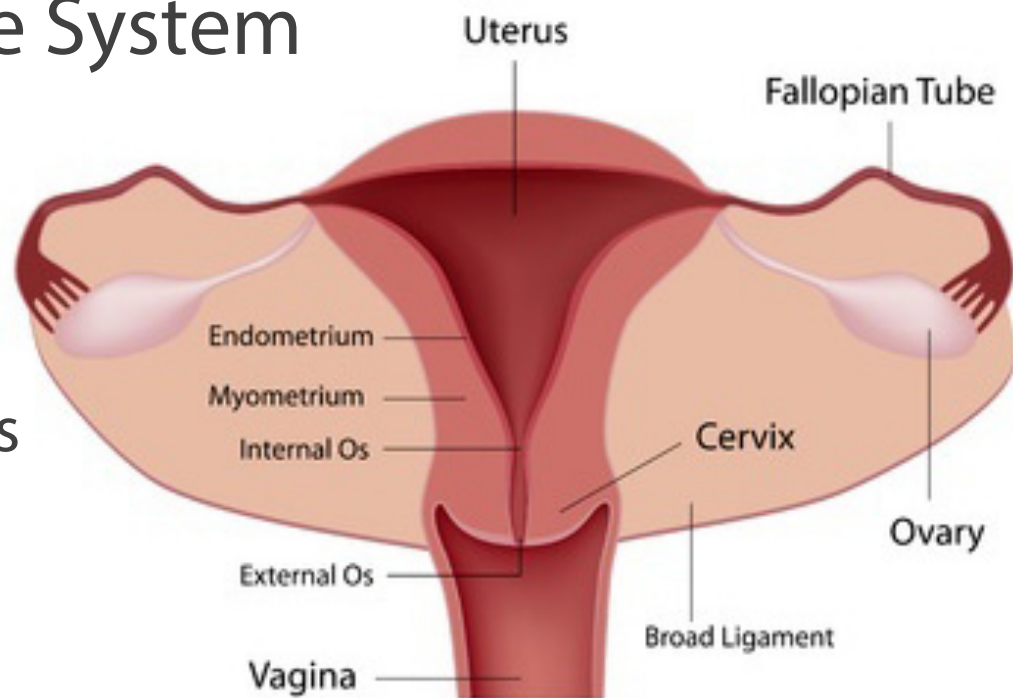


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Female Reproductive System

- Consists of ovaries, fallopian tubes, uterus, vagina and vulva
- Produces and transports eggs
- Pregnancy and childbirth
- Produces female sex hormones



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TCM Perspective on Reproductive System

- Kidney Jing is essential for reproduction, sexual maturation, fertility, menstruation, pregnancy, and growth and development of the fetus.



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PROSTATE / UTERUS



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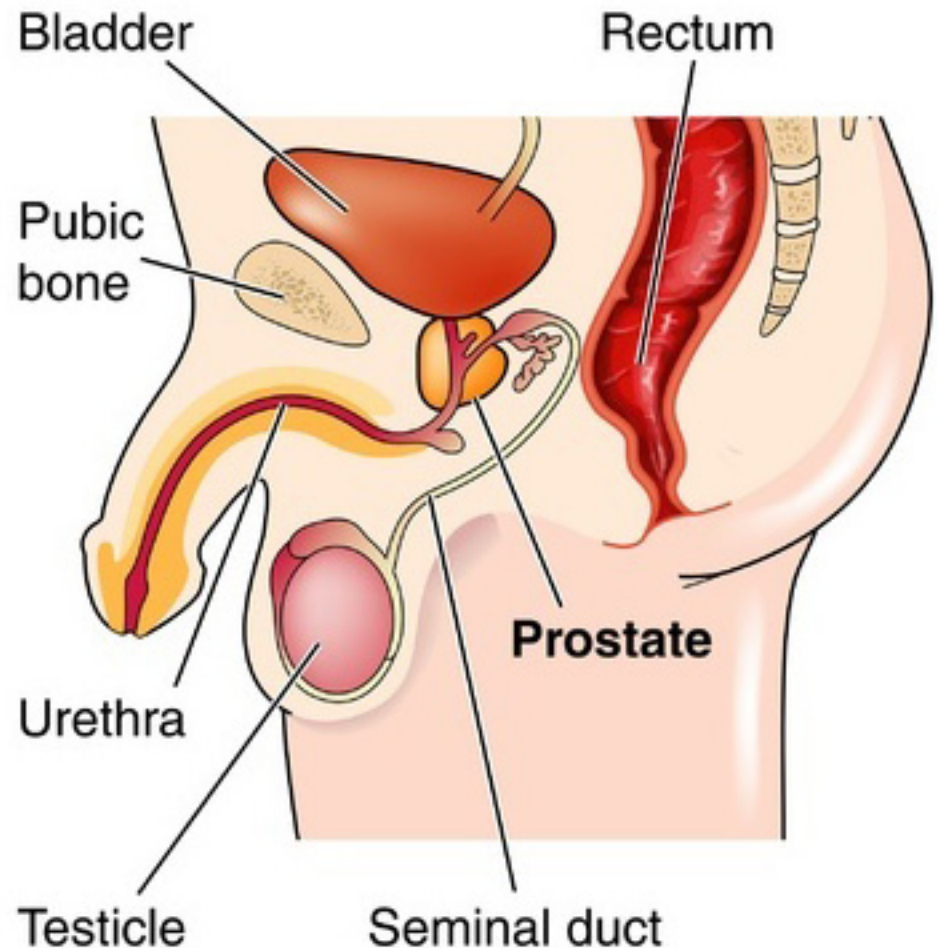
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Prostate – Anatomy & Function

- Walnut-sized endocrine gland located between bladder and penis
- Produces prostatic fluid



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What Affects the Prostate?

- Chronic urinary tract infections can affect prostate
- Hormonal imbalances
- Qi blockages due to negative emotions and/or thoughts regarding masculinity and sexuality



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Prostate – Associated Disorders

- Prostatitis
- Enlarged prostate
- Prostate cancer



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Prostate – Emotions, Louise Hay

- Prostate: Represents the masculine principle.
- Prostate Problems: Mental fears weaken the masculinity. Giving up. Sexual pressure and guilt. Belief in aging.



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What Supports the Prostate?

- Balance the body as a whole
- For qi blockages, clear and release negative thoughts and emotions associated with masculinity and sexuality
- Massage the Chinese Reflexology points for Kidneys and Prostate/Uterus



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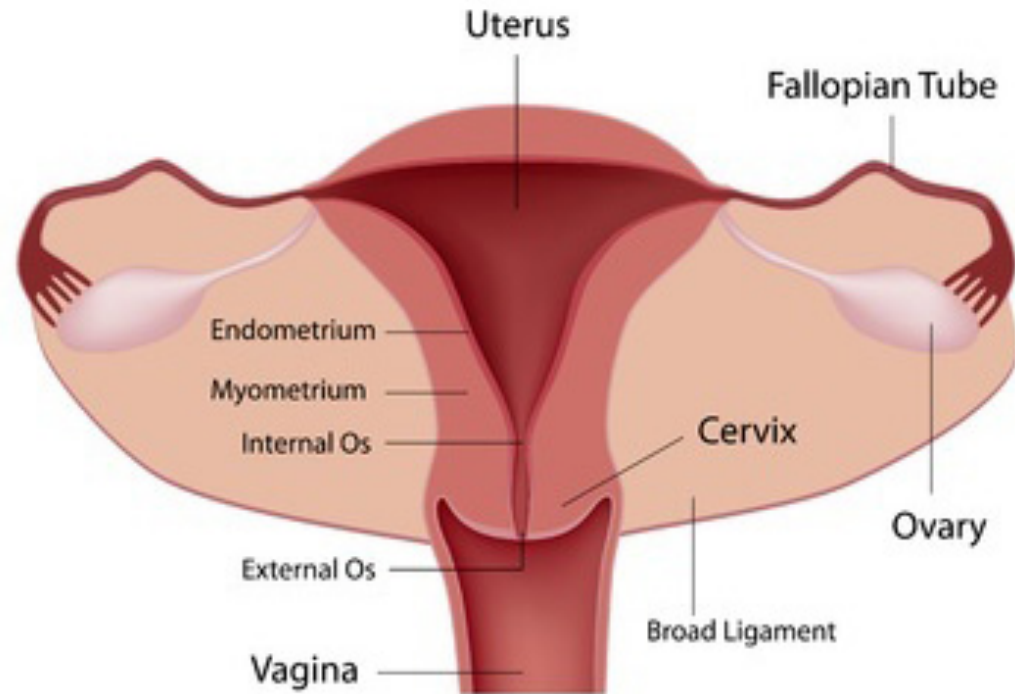
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Uterus – Anatomy & Function

- Hollow organ shaped like an upside down pear
- Fundus is at top and cervix is at bottom, connects to vagina
- Uterus holds and nourishes embryo



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Uterus – TCM Perspective

- Cold near uterus causes contractions, cramps
- Liver affects the uterus:
 - Stores blood and nourishes uterus
 - Stagnant Liver Qi can cause painful periods
- Blood stasis can cause painful periods, scanty or irregular periods, fibroids



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What Affects the Uterus?

- Hormonal imbalances
- TCM condition of blood deficiency
- Qi blockages due to negative emotions and/or thoughts regarding femininity, sexuality, and giving birth to new ideas



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Uterus – Associated Disorders

- Abnormal uterine bleeding
- Menstrual cramps
- Uterine fibroids, benign tumours
- Cancer
- Endometriosis



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Uterus – Energy & Emotions

- Uterus is about giving birth to new ideas
- Energy block represents blocking self from exploration, blocking creativity, refusing to allow yourself to be who you are meant to be



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Uterus – Emotions, Louise Hay

- Uterus: Represents the home of creativity.
- PMS: Allowing confusion to reign. Giving power to outside influences. Rejection of the feminine processes.
- Painful Periods: Anger at the self. Hatred of the body or of woman.



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Uterus – Emotions, Louise Hay

- Menstrual problems: rejection of one's femininity. Guilt, fear. Belief that the genitals are sinful or dirty.
- Endometriosis: insecurity, disappointment, and frustration. Replacing self-love with sugar. Blamers.



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Uterus – Emotions, Louise Hay

- Menopause problems: fear of no longer being wanted. Fear of aging. Self-rejection. not feeling good enough.
- Vaginitis: Anger at a mate. Sexual guild. Punishing yourself.



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What Supports the Uterus?

- Balance the body as a whole
- For qi blockages, clear and release negative thoughts and emotions associated with femininity and sexuality
- Address blood deficiency
- Allowing creative energy to flow
- Massage the Chinese Reflexology points for Kidneys, Liver and Prostate/Uterus



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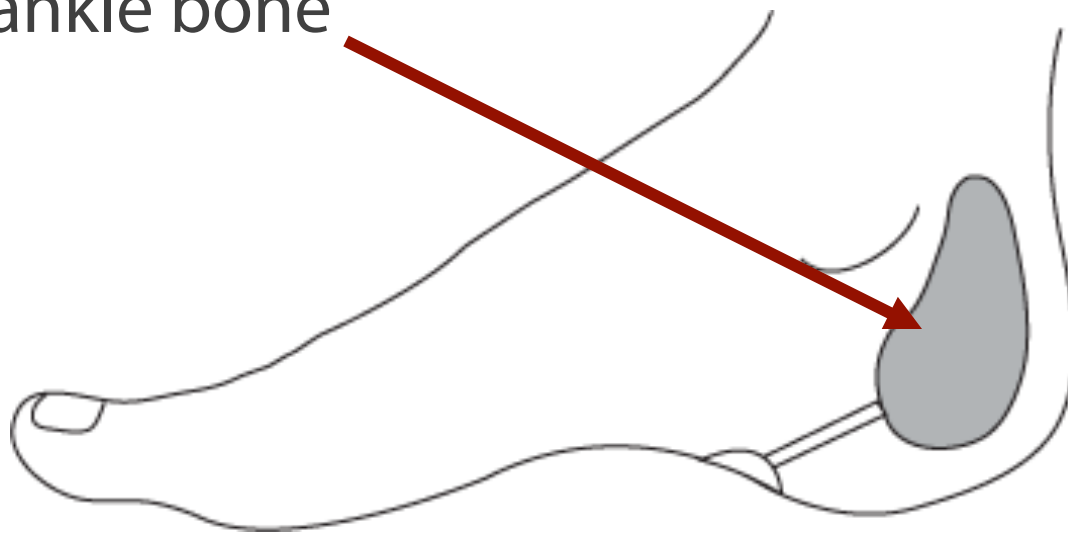
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Prostate/Uterus – Location

- Inside edge of both feet
- Pear-shaped area just below and behind the ankle bone



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Prostate/Uterus – Video

- Massage technique



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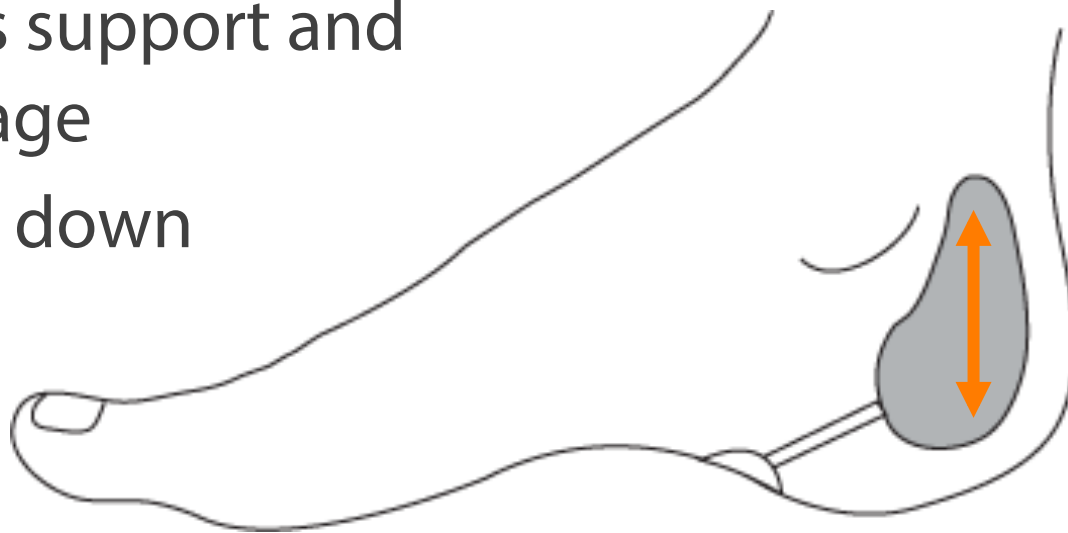


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Prostate/Uterus – Let's Rate It

- Use picket sign grip
- Stick at 45 degree angle
- Opposite fingers support and thumb for leverage
- Massage up and down



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Prostate/Uterus – Let's Try It

- Then your left foot



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TESTICLES / OVARIES



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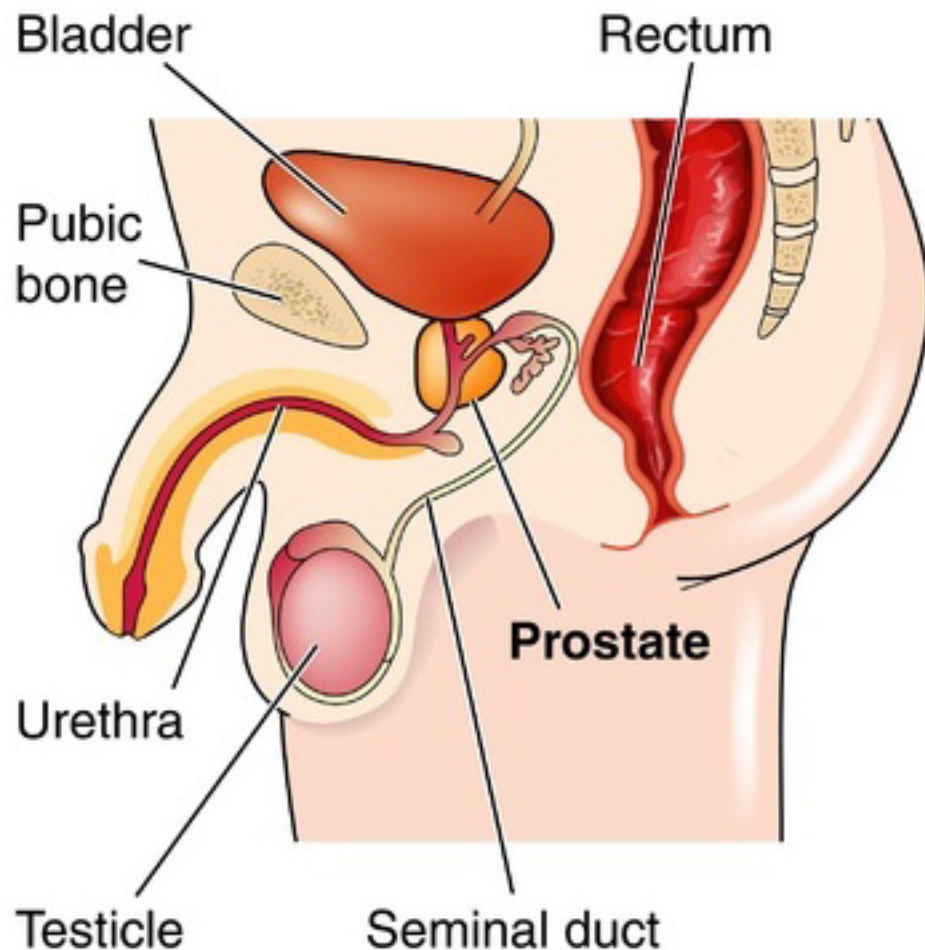
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Testicles – Anatomy & Function

- Located in scrotum
- Produce sperm cells and testosterone



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What Affects the Testicles?

- Sexually transmitted disease
- Injury
- Pituitary disorders and other hormonal imbalances



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Testicles – Associated Disorders

- Testicular trauma
- Testicular cancer
- Testicular torsion
- Epididymitis
- Hypogonadism



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Testicles – Energy & Emotions

- Blocking self from making your mark on the world, leaving your legacy, creating what your heart wants to create
- Louise Hay: Testicles represent masculine principles. Masculinity.



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What Supports the Testicles?

- Wearing protection
- Balance the body as a whole
- Massage Chinese Reflexology points for Kidneys and Testicles/Ovaries



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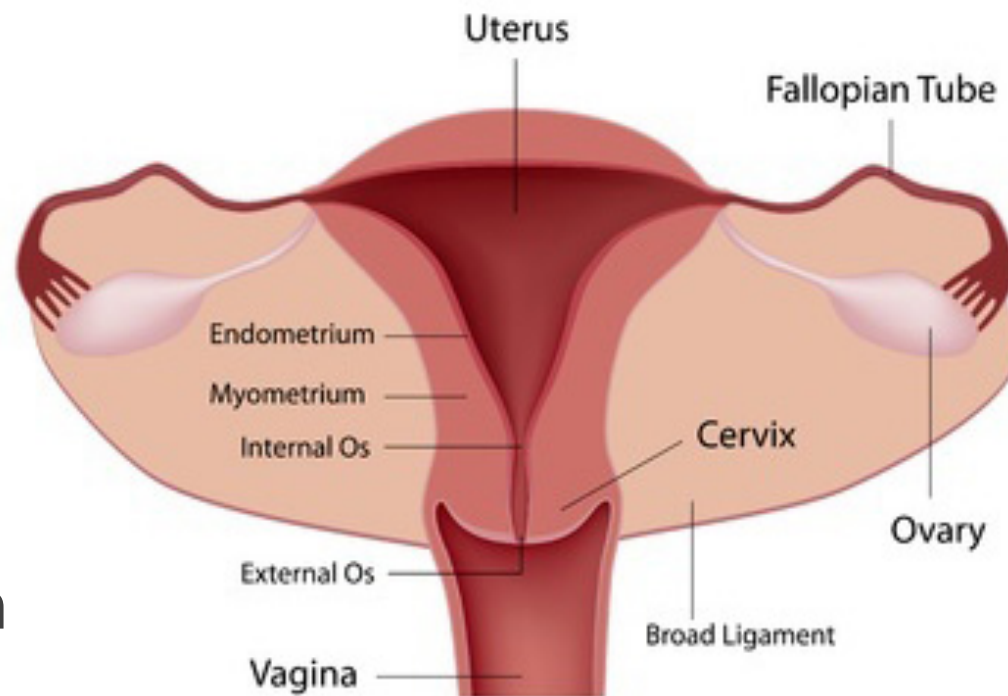
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Ovaries – Anatomy & Function

- Located on either side of uterus
- Produce and store eggs
- Produce estrogen and progesterone to regulate menstruation and pregnancy



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What Affects the Ovaries?

- Hormonal imbalances
- Qi stagnation, blocked energy



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Ovaries – Associated Disorders

- Ovarian cysts
- Ovarian cancer
- Polycystic ovary syndrome (PCOS)
- Hypogonadism



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Ovaries – Energy & Emotions

- Blocking self from allowing ideas to flow, blocking creativity, stopping yourself from creating what your heart wants to create
- Louise Hay: Ovaries represent point of creation. Creativity.



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What Supports the Ovaries?

- Balance the body as a whole
- Allowing creative energy to flow
- Massage Chinese Reflexology points for Kidneys and Testicles/Ovaries



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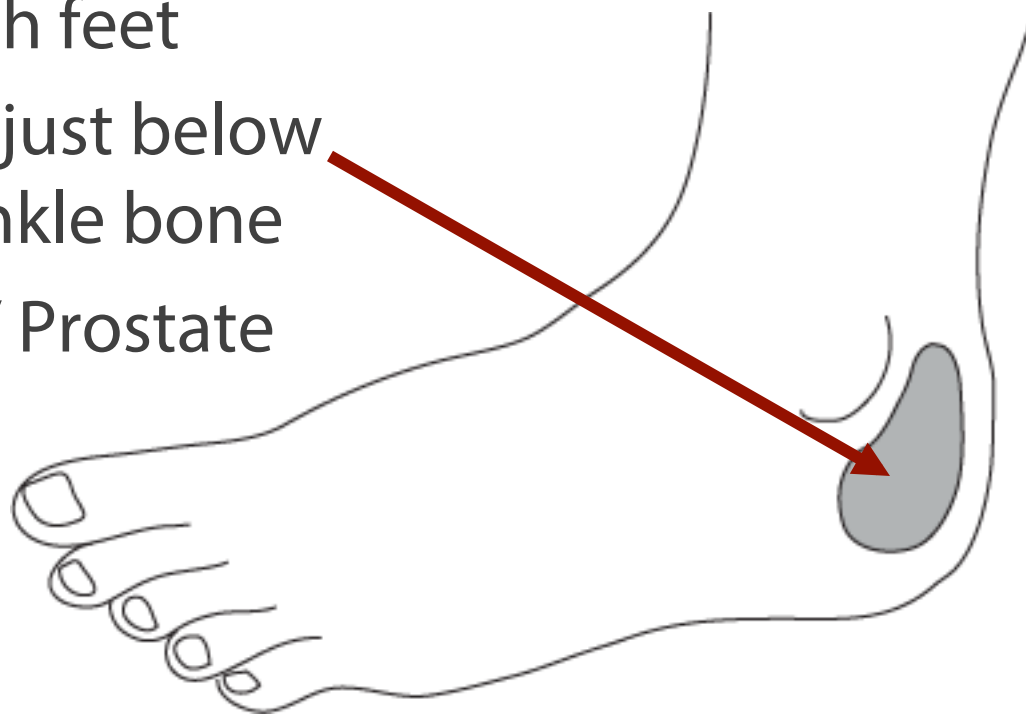
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Testicles/Ovaries – Location

- Outer edge of both feet
- Pear-shaped area just below and behind the ankle bone
- Similar to Uterus / Prostate



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Testicles/Ovaries – Video

- Massage technique



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Testicles/Ovaries – Let's Rate It

- Use picket sign grip
- Stick at 45 degree angle
- Opposite fingers support and thumb for leverage
- Massage up and down



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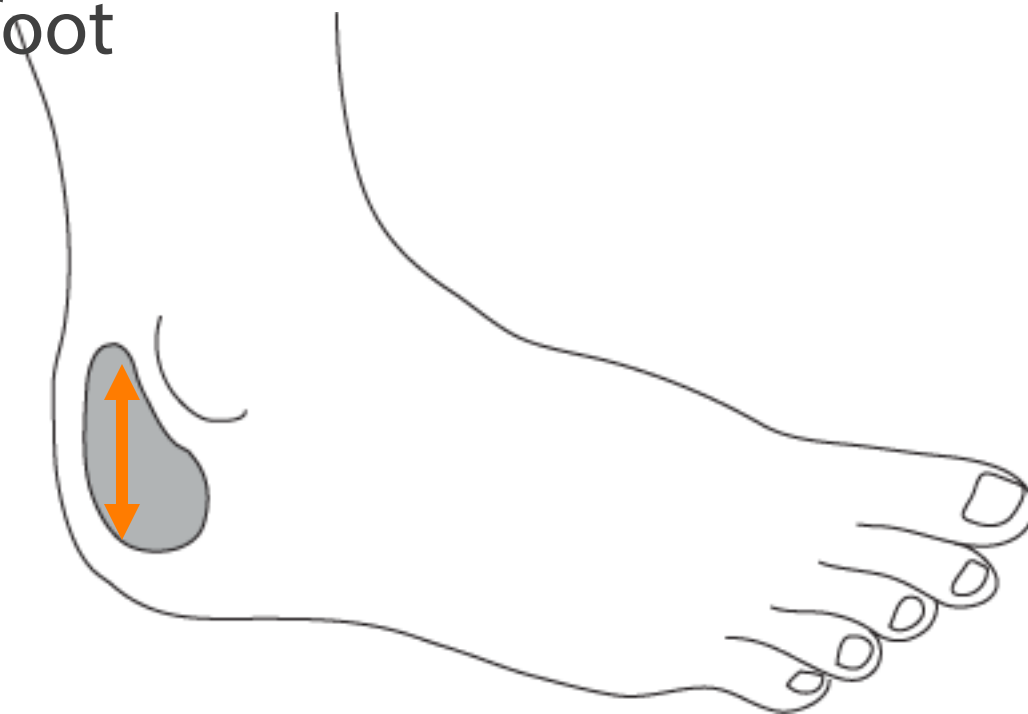


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Testicles/Ovaries – Let's Try It

- Then your right foot



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BREASTS / CHEST



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Breasts – Anatomy & Function

- Made up of fat and glandular tissue
- Also contains lymph nodes
- In women, the breasts produce milk



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What Affects the Breasts?

- Hormonal imbalances
- Qi blockages due to emotions held in the chest area
- Negative thoughts regarding femininity, body image, and sexuality



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Breasts – Associated Disorders

- Breast cancer
- Breast lumps and cysts
- Mastitis, inflammation
- Gynecomastia



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Breasts – Emotions, Louise Hay

- Breast: Represents mothering and nurturing and nourishment.
- Breast Problems: A refusal to nourish the self. Putting everyone else first. Over mothering.
- Breast Cysts, Lumps, Soreness: Overprotection. Overbearing attitudes.



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What Supports the Breasts?

- Balance body as a whole
- Release negative thoughts and emotions associated with breasts
- Massage Chinese Reflexology points for lymphatic drainage and for breasts



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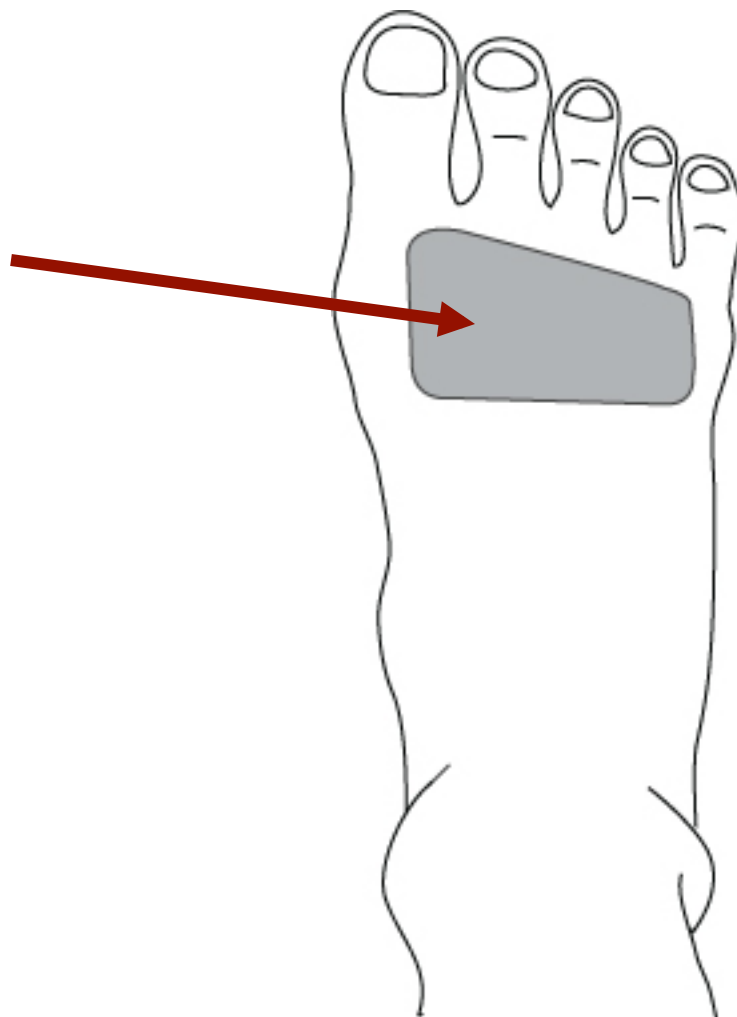
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Breasts – Location

- Rectangular area on top of both feet
- Under toes and extends past the big toe joint



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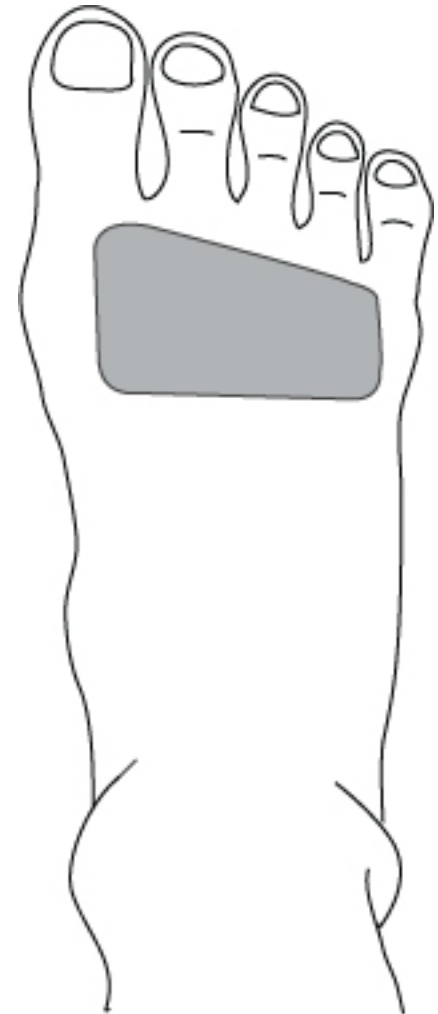


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Breasts – Video

- Massage technique



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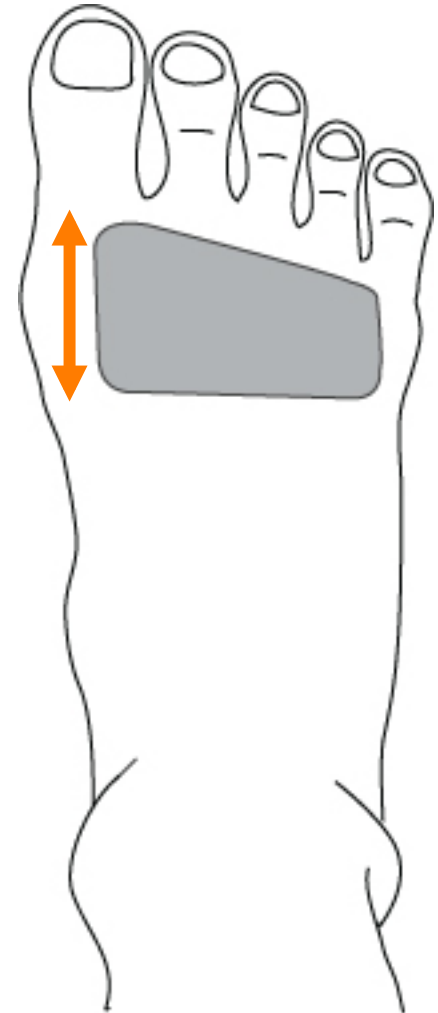


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Breasts – Let's Rate It

- Make a fist and use knuckles to rub up and down
- Support foot
- Press hard enough to feel it, but not so hard to bruise (top of foot is delicate)
- Don't just skim surface, feel along bones



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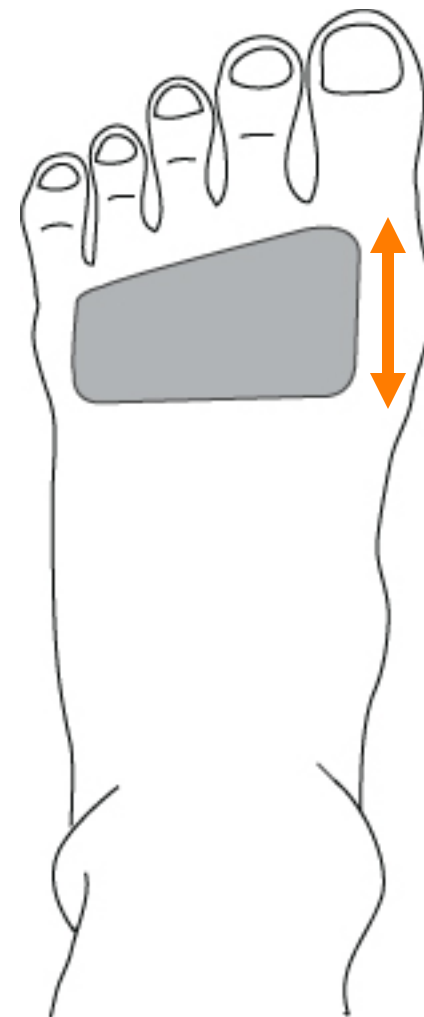


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Breasts – Let's Rate It

- Then your left foot



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PERMISSION TO CREATE



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Blocks to Following Your Passion

You don't know:

1. What it is
2. How to make it happen
3. Whether you can make money doing it
4. If others will accept you for following your passion



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The Truth Is...

Almost everyone knows what they want to do, but they don't give themselves permission to do it.



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1. What is It?

- People with one passion, one cause, singular interest, focus and mastery
- “Shiny pebble people” are challenged to devote themselves to one passion
 - Multiple diverse interests
 - Good at many things, master at none
 - Interest is passing



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1. What is It?

- Rather than viewing this as a weakness, see it as a strength
- Your “passion” does not exist because you are going to create it
- Every interest, skill and experience can be drawn upon to create something new, of your own creation



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2. How to Make It Happen?

- No blueprint exists
- Take same approach to creating it as you live your life – pick and choose what you like and apply it
- Only need a general direction
- You will create your path as you go along, often without even realizing it



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3. Can You Make Money Doing It?

- There are people who are paid well and others who are not
- Jugglers, artists, singers, mommy bloggers, cat lovers, magicians, writers
- It's not about the passion, it's about the person's container for wealth and their beliefs about abundance
- Overnight success is years in the making

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4. Will People Accept You?

- Not everyone will
- Important to grow support system for self as “haters gonna hate”
- Those who don’t will fade from your life
- Those who do will enter your life



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Give Yourself Permission to Fly

- Move in a general direction
- Start with small steps
- Follow the energy



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YOUR SOUL'S CALLING



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Your Soul's Calling...

Your soul's calling is to raise consciousness and uplift others



You will enjoy good health. - Fortune Cookie Saying

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AMAZING HEALTH, AMAZING LIFE – LEVEL 2

How to Use Chinese Reflexology to Heal Your Body and Transform Your Life

The How

- Doesn't matter
- Anything can be a conduit for raising consciousness and uplifting others
- Take what you enjoy doing and use that as your vehicle



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What Do I Love to Do?

- Head to Heart exercise to identify where to begin
- Use the “List Technique”



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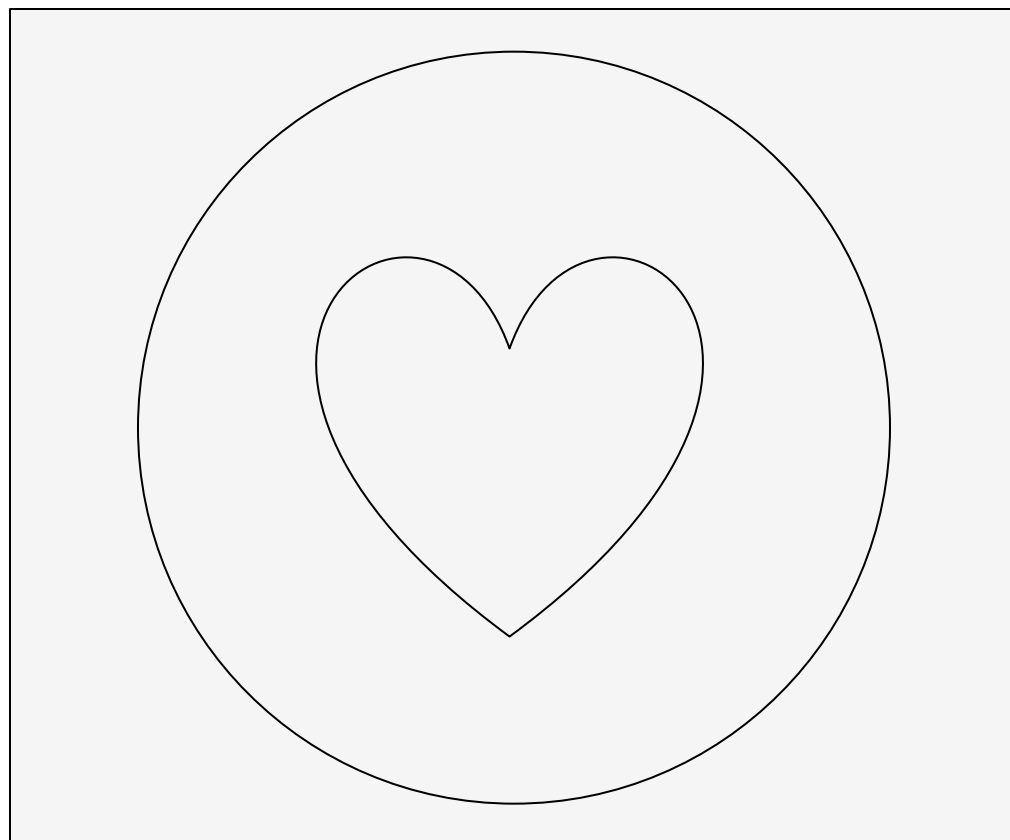
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Exercise: Head to Heart

- On sheet of paper
- Draw big circle
- Draw big heart in middle



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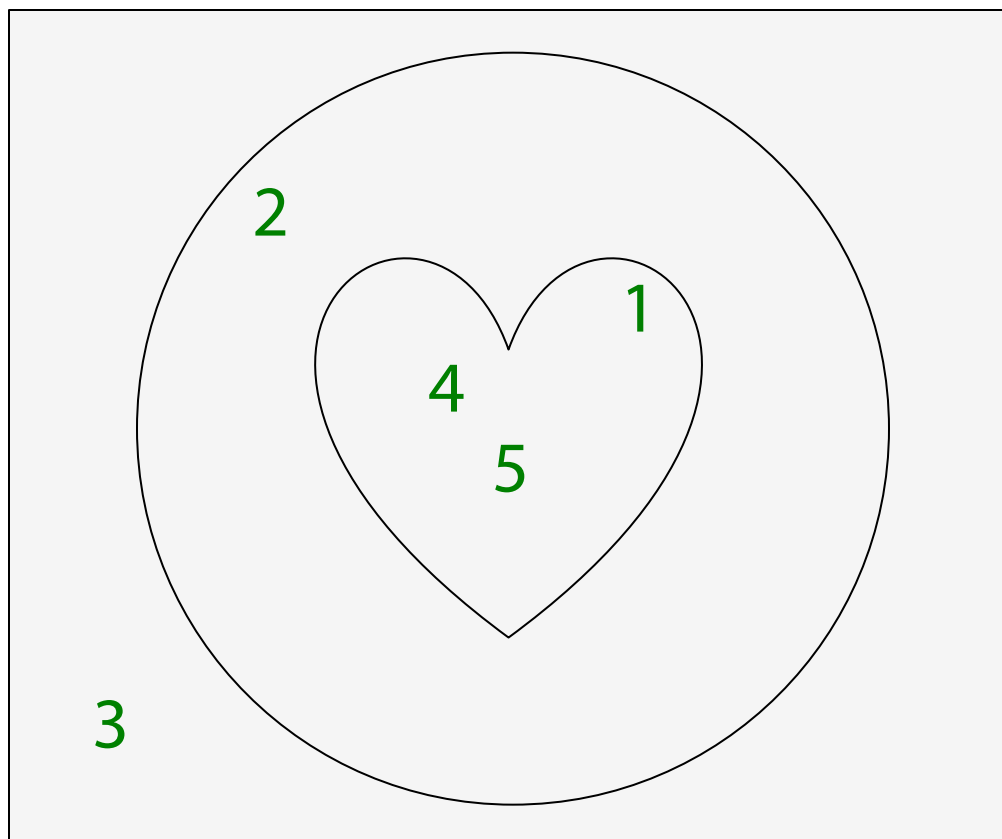
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What Do I Love to Do?



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What Do I Love to Do?

- Choose what is closest to the center of the heart
- When you get your answer, follow through



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PUTTING IT ALL TOGETHER



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Recommended Routine - LEFT

- Kidney, Adrenal, Ureter, Bladder, Urethra
- Brain, Pituitary, Temporal
- Nose, Spine, Inner Hip, **Prostate/Uterus**
- Sinus, Eye, Ear
- Shoulder, Elbow, Knee, Outer Hip, **Testicle/Ovary**
- Parathyroid, Thyroid
- Lung
- Solar Plexus, Stomach, Pancreas, Duodenum
- Heart, Spleen
- Large & Small Intestines
- Teeth, Throat, Inner Ear
- Lymphatic Drainage, **Breast**
- Neck
- Sciatic Nerve

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How to Use Chinese Reflexology to Heal Your Body and Transform Your Life

Recommended Routine - RIGHT

- Kidney, Adrenal, Ureter, Bladder, Urethra
- Brain, Pituitary, Temporal
- Nose, Spine, Inner Hip, **Prostate/Uterus**
- Sinus, Eye, Ear
- Shoulder, Elbow, Knee, Outer Hip, **Testicle/Ovary**
- Parathyroid, Thyroid
- Lung
- Solar Plexus, Stomach, Pancreas, Duodenum
- Liver, Gallbladder
- Appendix, Ileocecal Valve
- Large & Small Intestines
- Teeth, Throat, Inner Ear
- Lymphatic Drainage, **Breast**
- Neck
- Sciatic Nerve



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QUESTIONS AND ANSWERS



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Questions?

- Online: Type in chat box
 - Mood button to raise hand
 - Mic button to unmute
- On phone, press *6 to unmute
- 4 Months of unlimited email support
- Send your questions to:
holly@chinesefootreflexology.com

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WHAT'S NEXT?



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What's Next?

- Include additional points to your twice a week practice of Chinese Reflexology
- Any points not sure about? Take picture and send to me
- Plant and nurture seeds of creation by taking action, small steps to follow your passions



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What's Next?

Recording:

- Posted on Monday, April 13

Next Class:

- Date: Thurs, April 16, **9:30am** PST
- Topic: Lymphatic System and Moving into Joy



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**"CREATE THE HIGHEST,
GRANDEST VISION
POSSIBLE FOR YOUR LIFE,
BECAUSE YOU BECOME
WHAT YOU BELIEVE."**

OPRAH WINFREY

HAPPYTOINSPIRE