

INDEPENDENT STUDY
AMERICAN REFLEXOLOGY CERTIFICATION BOARD
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**How Reflexology may assist a client to reduce stress levels and improve
the quality of sleep and achieve greater relaxation and well-being.**

A large percentage of diseases are stress related as it may be the cause of headaches, stomach and digestive issues, high blood pressure, muscle pain, stiff neck, palpitations and heart problems, insomnia, skin disorders, mood swings, lack of concentration, among other effects that may become chronic illnesses disrupting the state of wellbeing in the human being.





The human body is structured to react to stress and alarming situation for a short period of time. The “fight and flight” responses will help the person to handle unexpected situations and in certain cases will save lives, but as soon as the situation is resolved or ends the body folds back into its natural rhythm. Unfortunately, today’s life style is surrounding people with multiple ongoing situations that keep the body under constant stress which places a great deal of tension and pressure on the body systems.

Sleep is the most healing time for the mind and the body. Lack of sleep and insomnia can lead to accidents as impairs attention, concentration, alertness and problem solving. It also may put the person at higher risk of chronic health problems such as high blood pressure, heart disease, and stroke. It may also be a cause for depression or anxiety.

It has been proved that reflexology helps the body to unwind and clients receiving the sessions are able to reach deep levels of relaxation and peace, detaching from the source of stress allowing the body to heal and remember its natural state of wellbeing. One of the benefits that I often hear from clients is enjoying a good night of sleep and feeling restored and rested.

This study addresses how Reflexology assists individuals to improve their sleep and achieve a greater relaxation and wellbeing. My ultimate goal is to learn new information and approaches to support my clients and provide them with Reflexology sessions that will deliver a sense of relaxation, reducing their stress and anxiety levels and increasing the quality of their sleep and rest.

I based this study on the following resources:

-  Book: Vertical Reflexology by Lynne Booth
-  Article in the Positive Health Online Journal: Reflexology to help stress and anxiety by Lynne Booth
-  Article in the Positive Health Online Journal: Reflexology can help sleep issues by Lynne Booth
-  Book: Feet First: A guide to foot Reflexology by Laura Norman

I will explore the reflex points approached by Conventional and Vertical Reflexology to bring together, if possible, a more complex and enriched session for my clients.

Even though Conventional and Vertical reflexology are performed on hands and feet, on this study, I will focus only on the reflexes located on the feet.

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1. - BOOK: VERTICAL REFLEXOLOGY BY LYNNE BOOTH

In her book the author describes the revolutionary Vertical Reflexology Therapy five-minute technique and extends into the full 20 minutes treatment. Vertical Reflexology Therapy (VRT) approaches the reflexes on the plantar side of the foot from the dorsal area, where most of the reflexes are located. There are also reflexes on the calf correspondent to the thoracic part of the body.

The reflexologist sits on the floor or kneels to perform the treatment while the client stands on a mat with bare feet slightly apart and facing the therapist. The relaxation techniques and approach to the reflexes are equal to those used in conventional Reflexology and it is practiced on the feet and the hands as well, for the purpose of this study I will address the reflexes located on the feet. The author encourages practitioners to include the five-minute VRT treatment in a full reflexology session.

To assist clients with stress and sleep issues, Lynne Booth works on the following reflexes:

- The central nervous system
 - The autonomic nervous system
 - Solar plexus
- The endocrine system
 - The pituitary gland
 - The pineal gland
 - The adrenal or suprarenal glands
- Neck and shoulder

Depending on the specific areas on which the stress manifests in the body, Booth works the reflexes in the correspond system bringing the body to its natural balance.

For insomnia Booth works on the following main reflexes: all toes, cervical spine, neck, shoulder, pituitary/pineal gland, solar plexus, and brain.

For stress the author works on the following main reflexes: Diaphragm, solar plexus, adrenals, pituitary, and the areas most affected.

Below are a few charts showing the reflexes introduced by Vertical Reflexology:

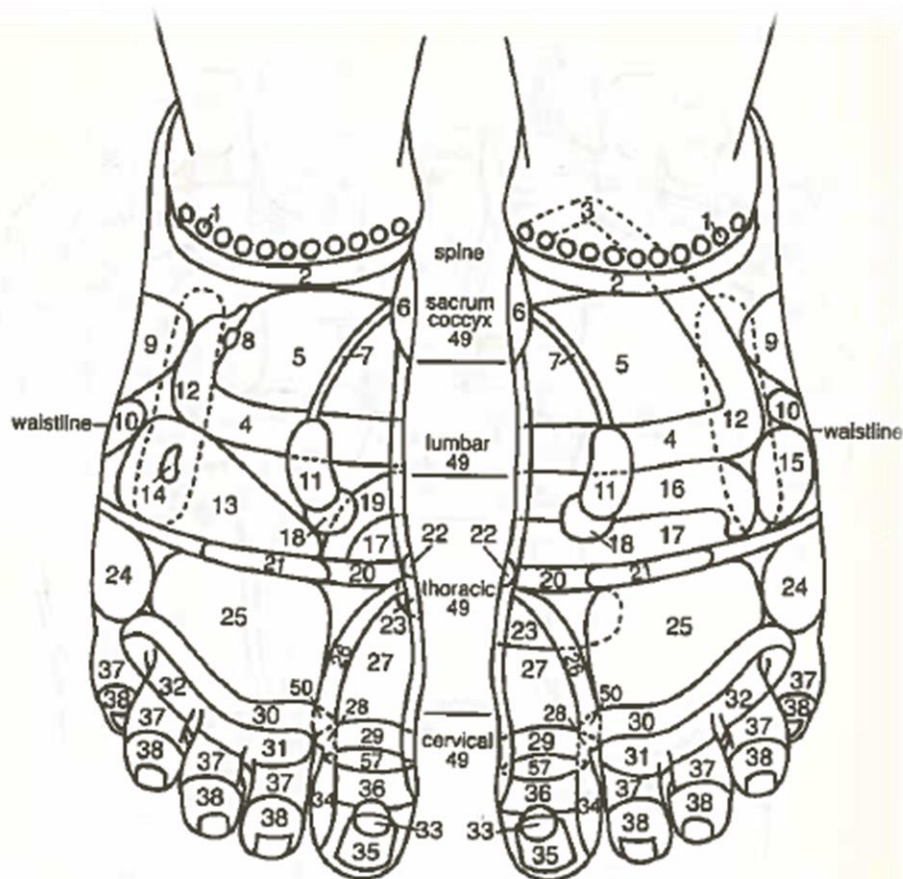
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VRT Dorsal Foot Reflexes



Key Master Chart for all Reflexes

1. Zonal Triggers	20. Diaphragm	40. Helper ovary/testes
2. Fallopian tubes/seminal vesicles/groin/lymphatic/vas deferens/ helper diaphragm/heart	21. Solar Plexus	41. Penis/vagina
3. Sigmoid	22. Thymus	42. Helper lower back/sciatic/rectum/colon/uterus
4. Colon	23. Heart	43. Ovary/testes
5. Small Intestine	24. Shoulder	44. Hip/sacro-ileac joint
6. Bladder	25. Chest/lung/breast	45. Leg
7. Ureter tube	26. Trachea/oesophagus/bronchial tubes	46. Thoracic area/diaphragm
8. Appendix/ileocec valve	27. Helper Thyroid	47. Hip/pelvic area
9. Knee	28. Thyroid/parathyroid	48. Helper lateral spine
10. Elbow	29. Neck	49. Spine
11. Kidney	30. Lymphatics	50. Larynx/vocal cords
12. Helper lateral digestive reflexes	31. Eyes	51. Anus/rectum
13. Liver	32. Ears/Eustachian tube	52. Arm/pt
14. Gall bladder	33. Pituitary/Pineal/Hypothalamus	53. Breastbone
15. Spleen	34. Neck - side	54. Ribs
16. Pancreas	35. Brain/skull	55. Mid/lower back
17. Stomach	36. Face/teeth/ jaws/ tongue/ throat	56. Sciatic nerve
18. Adrenals	37. Helper sinuses/teeth	57. Cerebellum/brain stem/ cranial nerves
19. Duodenum	38. Sinuses/brain/skull	58. Skull
	39. Uterus/Prostate	

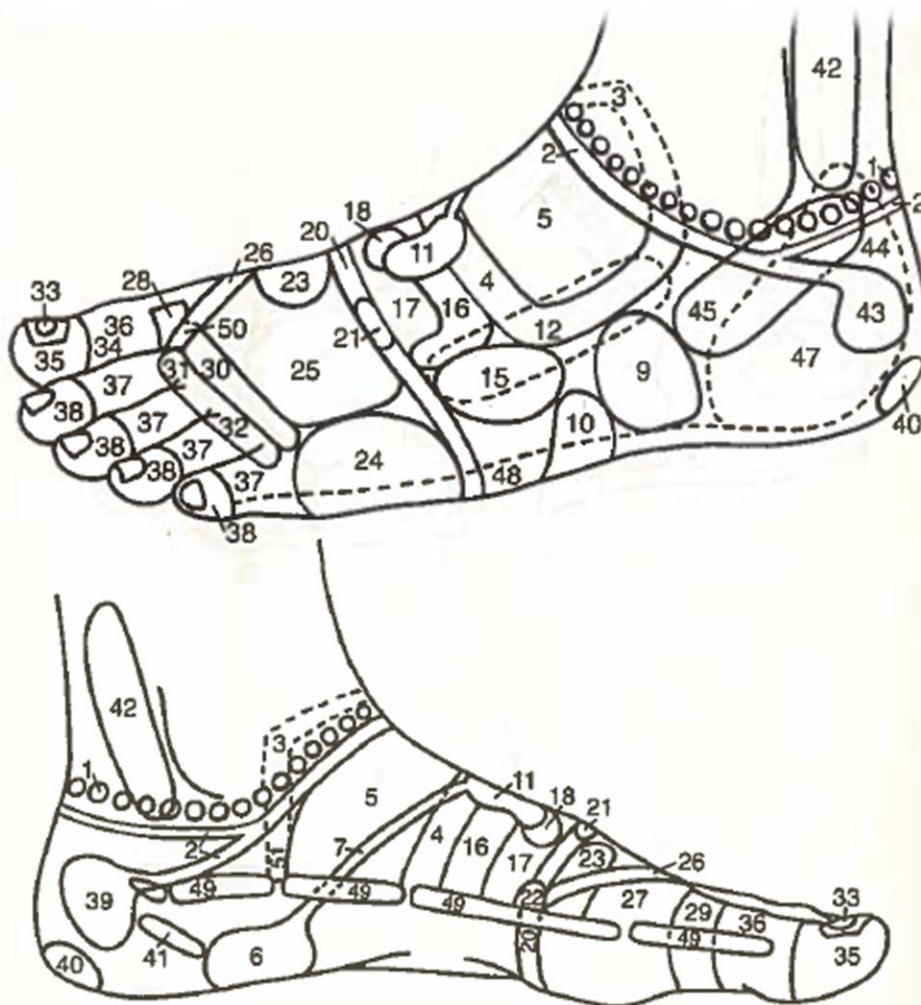
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VRT Left Dorsal Foot Reflexes



1. Zonal Triggers
2. Fallopian tubes/ seminal vesicles/vas deferens/ groin/lymphatic/helper diaphragm/heart
3. Sigmoid
4. Colon
5. Small intestine
6. Bladder
7. Ureter tube
9. Knee
10. Elbow
11. Kidney
12. Helper lateral digestive reflexes
15. Spleen
16. Pancreas
17. Stomach

18. Adrenals
20. Diaphragm
21. Solar plexus
22. Thymus
23. Heart
24. Shoulder
25. Chest/lung/breast
26. Trachea/oesophagus/ bronchial tubes
27. Helper thyroid
28. Thyroid/parathyroid
29. Neck
30. Lymphatics
31. Eyes
32. Ears/Eustachian tube
33. Pituitary/pineal/ hypothalamus
34. Neck – side

35. Brain/skull
36. Face/teeth/ jaws/ tongue/ throat
37. Helper sinuses/teeth
38. Sinuses/brain/skull
39. Uterus/prostate
40. Helper ovary/testes
41. Penis/vagina
42. Helper lower back/sciatic/ rectum/colon/uterus
43. Ovary/testes
44. Hip/sacro-ileac joint
45. Leg
47. Hip/pelvic area
48. Helper lateral spine
49. Spine
50. Larynx/vocal cords
51. Rectum/anus

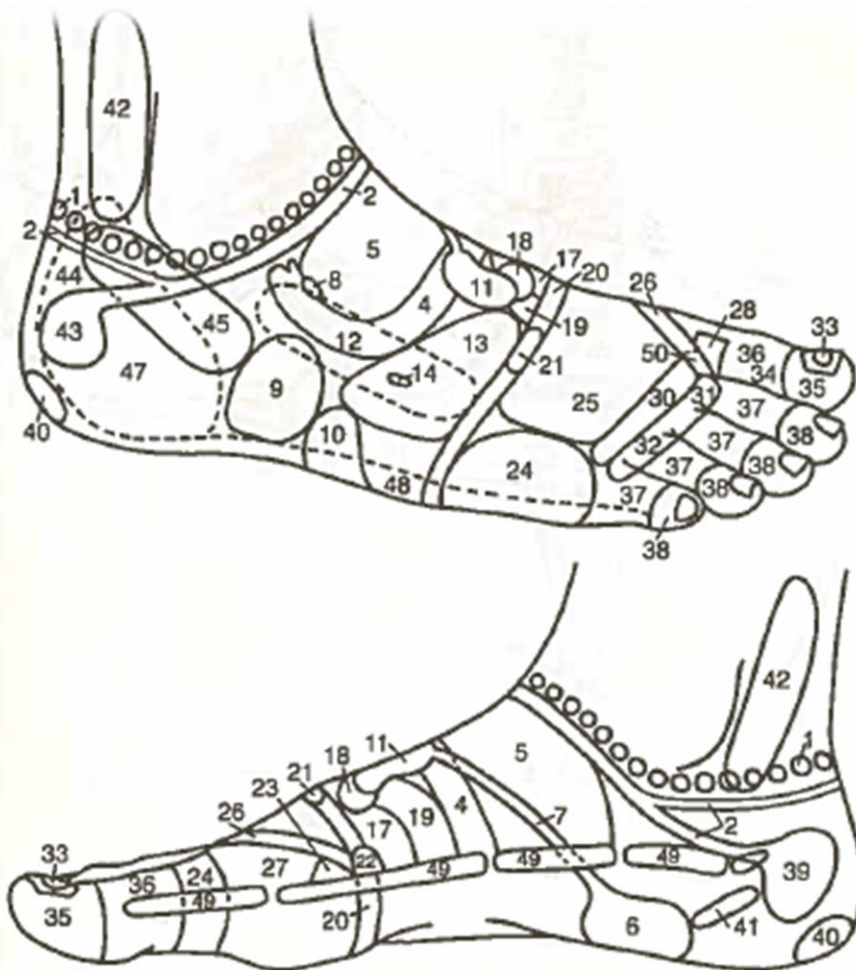
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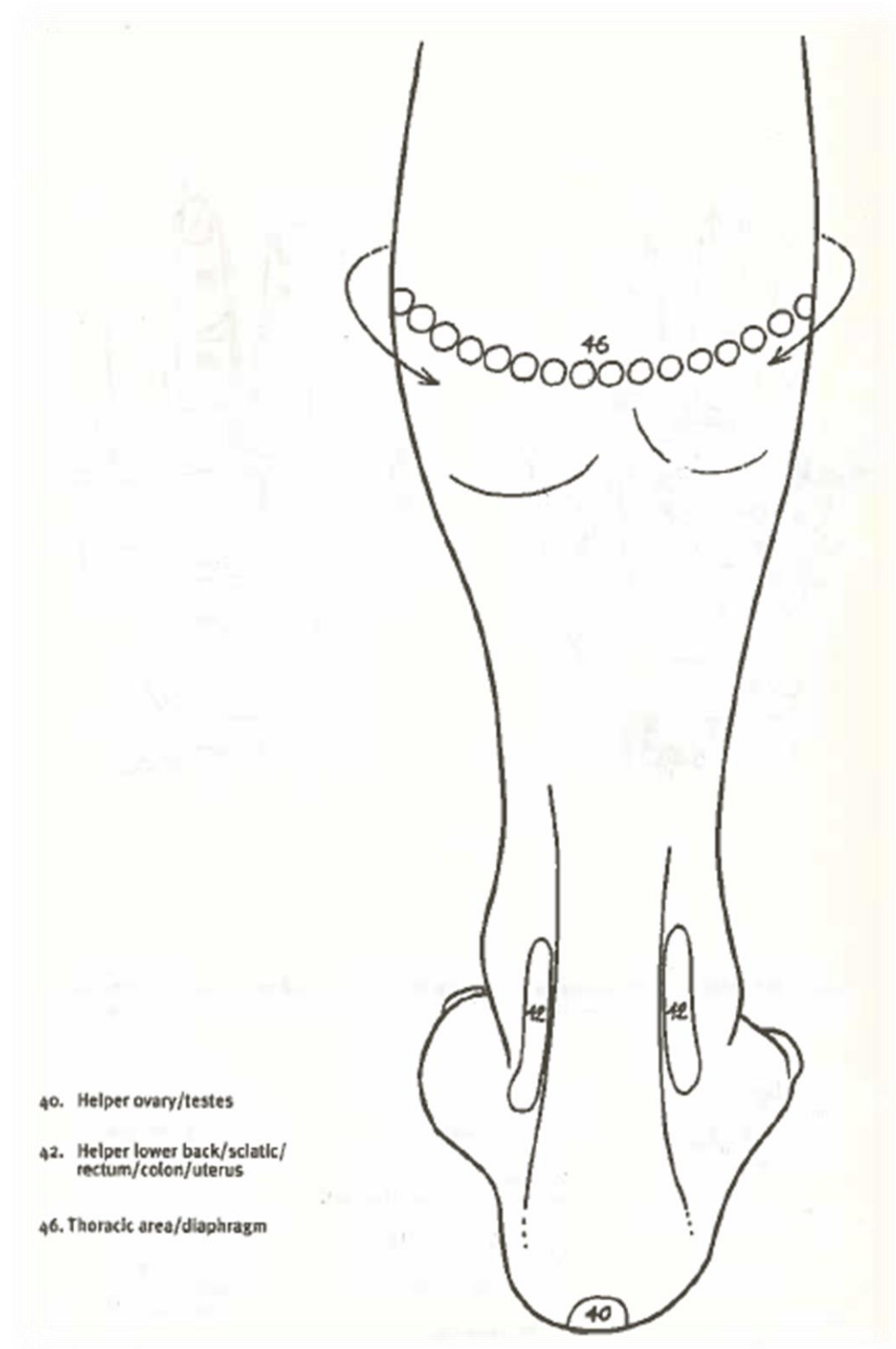
VRT Right Dorsal Foot Reflexes



- | | | |
|--|---|--|
| 1. Zonal Triggers | 18. Adrenals | 34. Neck – side |
| 2. Fallopian tubes/ seminal vesicles/ vas deferens/ groin/lymphatic/helper diaphragm/heart | 19. Duodenum | 35. Brain/skull |
| | 20. Diaphragm | 36. Face/teeth/ jaws/ tongue/ throat |
| | 21. Solar plexus | 37. Helper sinuses/teeth |
| | 22. Thymus | 38. Sinuses/brain/skull |
| | 23. Heart | 39. Uterus/prostate |
| 4. Colon | 24. Shoulder | 40. Helper ovary/testes |
| 5. Small intestine | 25. Chest/lung/breast | 41. Penis/vagina |
| 6. Bladder | 26. Trachea/ oesophagus/bronchial tubes | 42. Helper lower back/sciatic/ rectum/colon/uterus |
| 7. Ureter tube | 27. Helper thyroid | 43. Ovary/testes |
| 8. Appendix/ileocec valve | 28. Thyroid/parathyroid | 44. Hip/sacro-ileac joint |
| 9. Knee | 29. Neck | 45. Leg |
| 10. Elbow | 30. Lymphatics | |
| 11. Kidney | 31. Eyes | 47. Hip/pelvic area |
| 12. Helper lateral digestive reflexes | 32. Ears/Eustachian tube | 48. Helper lateral spine |
| 13. Liver | 33. Pituitary/pineal/ hypothalamus | 49. Spine |
| 14. Gall bladder | | 50. Larynx/vocal cords |
| 17. Stomach | | |

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VRT Thoracic Calf Reflexes



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2. - POSITIVE HEALTH ONLINE ARTICLE: REFLEXOLOGY TO HELP STRESS AND ANXIETY BY LYNNE BOOTH

On this article the author explains how Reflexology can work specifically to help the body heal itself and how deeply relaxing it can be to the whole being which results in better sleep, peace of mind, and less anxiety.

Stress is a normal physical response to events on which the person feels intimidated, upset or their equilibrium has been threatened. The body releases adrenaline and cortisol and the defense system engages in a fast automatic process known as the fight-or-flight reaction, or the stress response. As a consequence the blood pressure rises, the heart beats faster, senses are sharper and, briefly, stamina and strength can increase. If these symptoms persist for long time the individuals may suffer a physical, chemical, and psychological toll that impinges on every aspect of their lives.

The psychological side of stress is managed by the autonomic nervous system which comprises the sympathetic and the parasympathetic systems. It is vital that these two components of the nervous system are well balanced.

VTR has many techniques available for stress release including applying pressure on the pituitary, diaphragm, and the adrenal reflexes.

VRT Working on the Sympathetic Reflexes



VRT Working on the Parasympathetic Reflexes



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3. - POSITIVE HEALTH ONLINE ARTICLE: REFLEXOLOGY CAN HELP SLEEP ISSUES BY LYNNE BOOTH

On this article the author explains how Reflexology has been always regarded as a relaxing therapy and how many reflexologists specialize in techniques to prompt a deep relaxing night of sleep or to help counteract insomnia issues.

There are documented cases on which lack of sleep had a devastating effect on decision-making resulting in accidents and unwelcomed consequences.

VTR has many techniques available for stress release including applying pressure on the adrenal, spine, neck, and shoulders reflexes applying the rocking technique on the diaphragm for relaxation.

VRT Working on the Neck Reflexes



VRT Working on the Spinal Reflexes



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4. - BOOK: FEET FIRST: A GUIDE TO FOOT REFLEXOLOGY BY LAURA NORMAN

In her book the author mentions how Reflexology is more than a remedy for unexpected ailments and emergencies. It is a preventing alternative to maintain a well-balanced body able to ward off illness and fatigue by achieving optimal health and well-being and at the peak of their energies and creativity.

Norman addresses the nature of stress describing as “the internal response we make to external changes and difficulties, whether real or imagined”.

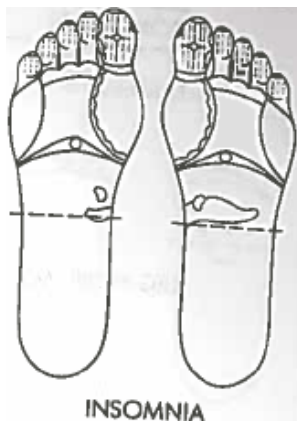
She mentions that when the body prepares for a fight or flight response is with a short-term goal in mind and a short burst of heightened activity. However, in our modern lives these reactions are more often and continues, exposing the body to depletion and exhaustion. The antidote to this ongoing state of alert generated by the stress is relaxation and Reflexology is a wonderful modality to reach a relaxed state of mind and being in which the body can heal itself.

To assist clients with stress and sleep issues, Laura Norman works on the following reflexes:

- The central nervous system
 - Brain
 - Cerebellum
 - The autonomic nervous system
 - Solar plexus
- The endocrine system
 - The pituitary gland
 - The pineal gland
 - The adrenal or suprarenal glands

For insomnia Norman works on the following main reflexes: solar plexus, diaphragm, chest/lungs, shoulder, neck, thyroid and helper to thyroid, all toes with emphasis on brain and cerebellum (which regulates sleep), pineal, pituitary, pancreas, and adrenal.

Working on Insomnia:



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5. - FINDINGS AND CONSIDERATIONS

The books and articles were very informative, the concept of Vertical Reflexology was completely new to me and I found that it could be an interesting complement to a traditional Reflexology session.

Lynne Booth offers an enthusiastic and serious presentation of her innovative approach to Reflexology, documenting her writings with stories about her cases. The author introduces the location of the reflex points on the feet and hands and explains, in detail, how to perform a VTR session. On her book and articles Booth addresses in particular stress and sleep issues listing the symptoms and health consequences of these conditions, providing specific approaches to improve the quality of sleep and reduce stress and insomnia.

On her book “Feet First: A Guide to Foot Reflexology” Laura Norman presents a refreshing, detailed, and well written book on Reflexology. The author guides us through the basic Reflexology concepts, the body systems, their related reflex points, and correspondent sessions. Norman refers to stress as an internal response of the body to external causes without providing a specific approach to stress only as it can be addressed within a full session as the systems affected by stress are treated. However, the author addresses in her book Insomnia offering a unique approach to assist clients to improve the quality of sleep and reduce the effects caused by Insomnia.

Since the beginning of my practice, assisting my clients to reduce stress and anxiety levels has been a priority. I consider vital to be able to enjoy a good night sleep allowing the body and mind to rest and heal to be at their optimal performing conditions during the day. The information gathered with this study has provided me with new information and techniques to improve my sessions and increase the support and assistance to my clients.

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