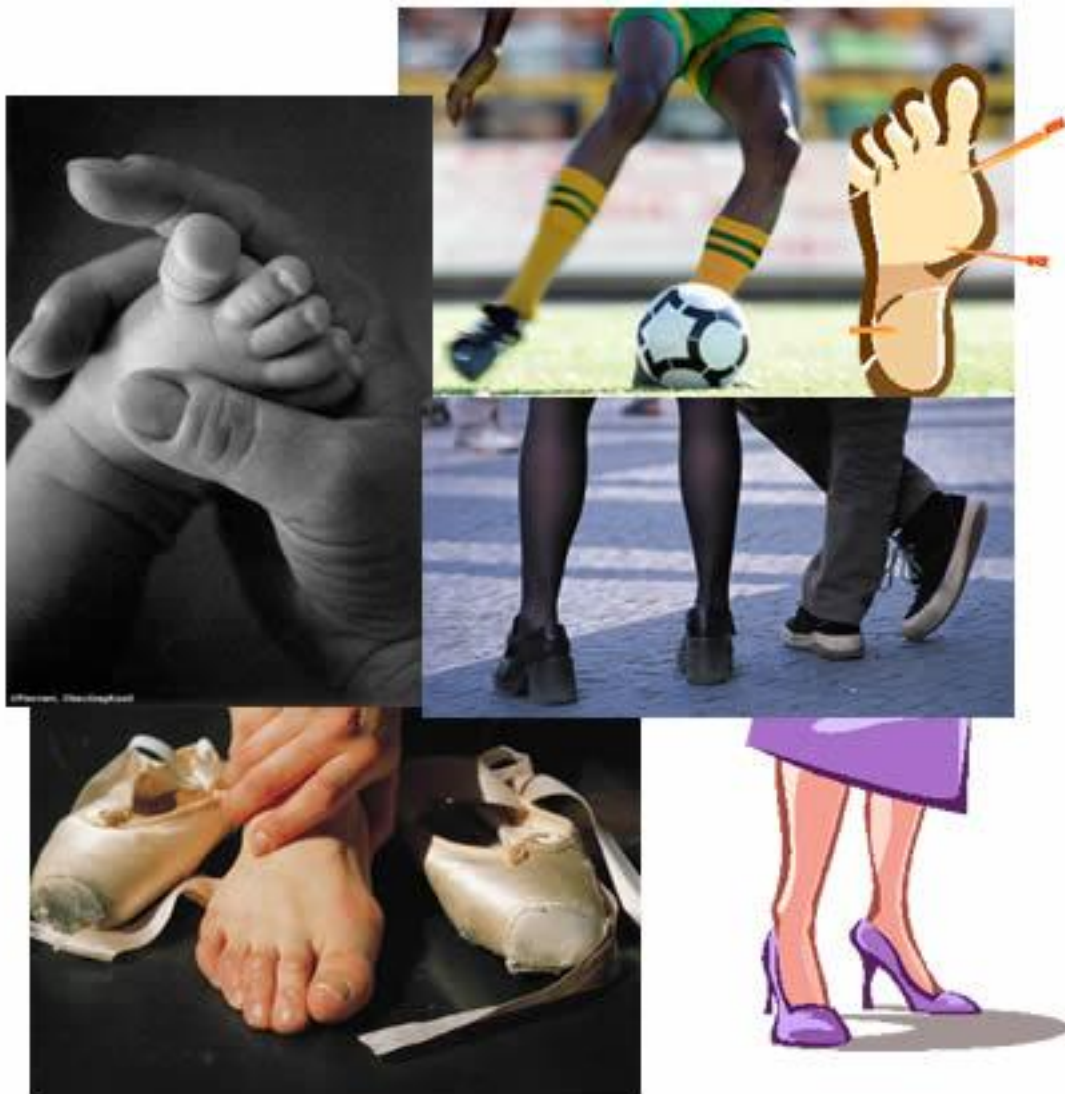


# MORE THAN JUST HEALTHY FEET.... PART 2

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Holistic medicine regardless of its origins views health as a triad of body, mind and spirit. The reasons blockages can occur are due to physical, psychological, chemical or biological reasons. In part 2 of this article we'll take a deeper look at natural healing and examine the philosophies of Chinese medicine.



### **N**atural Healing “As above so below”

In Chinese medicine the basis of health is the free flow of energy, in that, motion, change and adaptation creates balance or homeostasis. Restriction creates stagnancy and disease.

At the root of Indian Ayurvedic Medicine is a philosophy of the Inter-connectivity of all things and that no part of the body, mind or spirit operates in isolation to the rest, and that to find good health is to find balance.



Your feet provide stability and assist the inner ear in giving your body balance; however, they can also help balance the flow of energy through the body. The reflexology treatment points located in the feet, also happen to correspond to particular meridians, hence an explanation of the meridian system may be useful.

## MERIDIANS

Chinese medicine describes pathways in the body that run parallel to the veins and carry what the Chinese call chi, what Indian philosophy calls prana and we in the west call life force, throughout the body. Our existing technology such as x-rays cannot determine the existence of these meridians but they exist nevertheless and are described in many ancient Taoist texts.

When a blockage occurs, your system is pushed out of balance. You gather an excess of yin or yang, which primarily affects first one, then perhaps another major organ, throwing the system out of balance, and unless treated, disease or chronic illness may eventually occur.

Six of the major meridians terminate in the feet, as do the major nerves of the autonomous nervous system, which comprise thousands of nerve endings. Massaging the feet stimulates the organs and glands associated with these meridians and nerves.

| <b>Meridians terminating in the feet</b> |             |
|--|-------------|
| Spleen                                   | Stomach     |
| Kidneys                                  | Gallbladder |
| Liver                                    | Bladder     |

The organs in your body do not function in isolation to the others and in Chinese medicine are classified as belonging to interdependent family groups that nourish, support and protect each other in a healthy flow of energy or steal from other organ groups when energy is not flowing in a balanced way.

There are five paired groups of organs with their own meridian network and are said to contain both physiological and psychological aspects, exhibiting intellectual and emotional characteristics specific to that group.

*“The principle of the interaction of the four seasons and of yin and yang is the foundation of everything in creation”*

*Inner Classic, Healing With Whole Foods, Revised Edition*

## Y IN YANG



Very basically, yin and yang (represented by the Taiji symbol on the left) describe the notion of opposites, but also the universality and the interdependence of nature. That nothing exists in isolation and that there is nothing that is solely one thing or another.

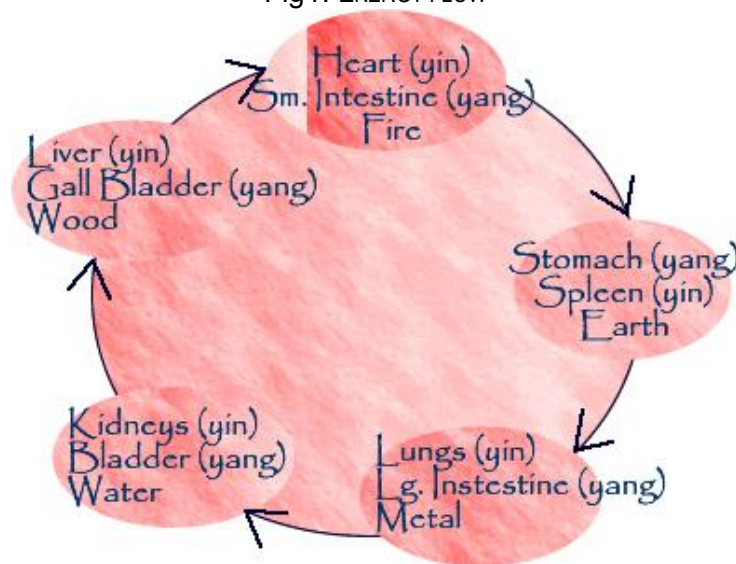
They also represent the movement of energy and describe how the environment is both internal and external, a balance of opposite forces, which although different, contain aspects of the other, and rely on each other for survival. They are different but complementary. When one force reaches fullness and begins to wane, the other begins to mature until it reaches its peak. It is said that all of nature is made up of yin and yang, just as we are. Each organ in your body is said to be either mainly yin or mainly yang. Yang organs are hollow and transmit chi, they are dynamic and therefore more changeable than yin organs, they are responsible for digestion and elimination. Yin organs are solid, they regulate the metabolism, temperature, pressure and distribution, they hold chi and provide stability. Yang is creative, yin receptive, yin meridians channel energy upwards, and yang meridians channel energy downwards. When these forces are out of balance ill health or disease occurs.

| Yang      | Yin         |
|-----------|-------------|
| Day       | Night       |
| Solid     | Hollow      |
| Hot       | Cold        |
| Exterior  | Interior    |
| Active    | Passive     |
| Male      | Female      |
| Expansion | Contraction |
| Heaven    | Earth       |
| Mind      | Body        |

## ENERGY FLOW

In normal functioning there is a smooth flow of energy in an organised way but when the system is out of balance, energy stealing between the organs take place. When one organ is lacking in energy, it borrows energy from another to support its functions.

Fig1: ENERGY FLOW



## T HE CYCLE OF NATURE

Gaining knowledge about the natural world provides clues to help the keen explorer in the quest for health and longevity. Just as nature herself has a cycle of seasons, the meridian system and the energy flow within it has a cyclical nature. There are times of peaks and troughs, times when the energy is high and other times when it is low. This applies as much to the energy feeding each network of organs as it does to your feelings of vigour or listlessness, to your feelings of joy or sadness and to the best times of days to eat.

| Organ Energy Flow  | Peak Hours | Low Hours  |
|--|------------|--|
| Stomach  | 7am – 9 am | The hours of low energy are 12 hours later than the peak times indicated.<br><br>For example between 7 am to 9am the energy supporting the stomach is strong and it is a good time to eat, conversely 12 hours later between 7 pm to 9 pm the energy meridian is weak and it is not the best time to eat a heavy meal as your digestive juices will not be at their optimal point. |
| Spleen   | 9 – 11 am  |  |
| Heart  | 11 – 1 am  |  |
| Small Intestine  | 1 – 3 pm   |  |
| Bladder  | 3- 5 pm    |  |
| Kidney   | 5 – 7 pm   |  |
| Pericardium  | 7 – 9 pm   |  |
| Triple warmer  | 9 – 11 pm  |  |
| Gallbladder  | 11 – 1 am  |  |
| Liver  | 1 – 3 am   |  |
| Lung   | 3 – 5 am   |  |
| Large Intestine  | 5 – 7 am   |  |
| This chart is based on the Traditional Chinese medicine theory of 5 Elements. It does not represent the entire system. This merely gives a quick overview. |            |  |

We've looked at the feet as more than a pedestrian vehicle and seen that they offer a key to how well you function physically. Through reflexology they mirror the state of your inner world and provide a means of determination and treatment for the entire body. We've discovered that the body has an innate power to heal itself and that your feet do not just provide balance and support, they are also a portal to esoteric mysteries of your body, mind and spirit. Your feet are one of the primary means by which a healer can assist your body to push your system back into a state of balance and thereby return to health. Treat them well!

*Gwyneth*

# MORE THAN JUST HEALTHY FEET . . . . PART 2

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