

5 HEALTH TIPS YOUR FEET REVEAL



By Dr. Constance Santego



MANY OF YOU HAVE GONE FOR A PEDICURE

But... Can the practitioner tell you
the story your feet tell about your
health?

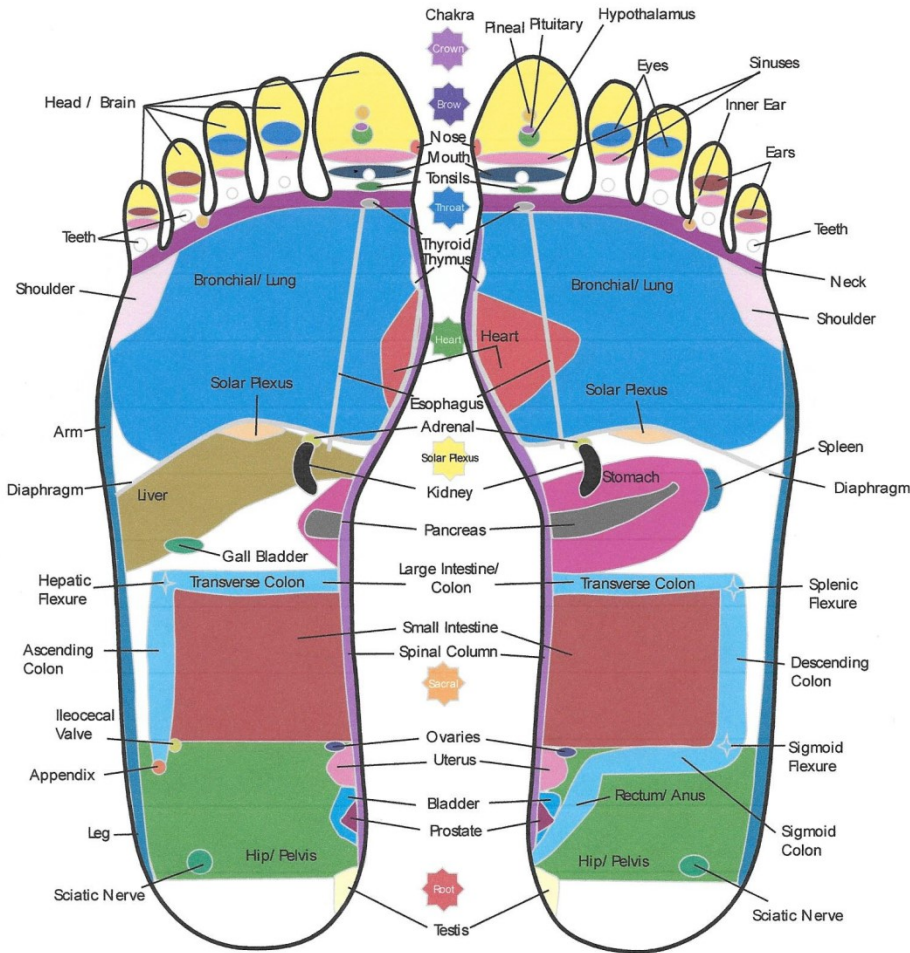
HEALTH TIP #1



Reflexology has been practiced for many years in many different countries. The practice of foot care is ancient.

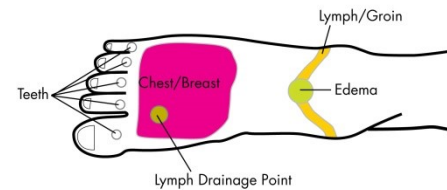
Secrets Of A Healer - Magic Of Reflexology

Bottom of The Feet Plantar View

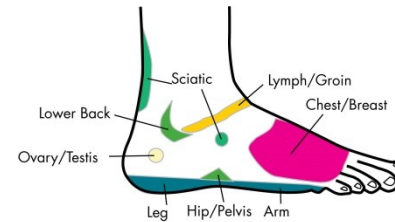


Foot Reflexology The Map of Your Body on Your Feet

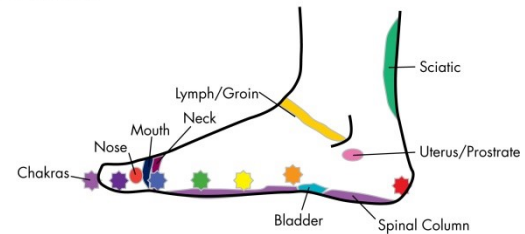
Dorsal / Back View



Lateral / Outside View



Medial / Inside View



HEALTH TIP #2

Most Commonly Detected Signs:

Check body area referenced on the foot chart

- Red marks means issue right now
- Puffy means swollen
- Hollow usually means removal
- Feels like little bumps like goose pimples or shivers that don't disappear, usually means skin condition - example of answers have been; cancer, shingles and dermatitis
- Tight muscles (check on chart what area), muscle are hypertonic (tight), where they hold their stress, over worked muscle - *Body Massage will help the client*
- Boney area= area on chart, they have had a broken bone, a bone is out, shape of spine, joint issue. -*Chiropractor will help the client*



HEALTH TIP #3

Referred Area Of Body System Issue(s)

Check body area referenced on the foot chart

You are feeling for:

- Anything that is not suppose to be there
- Bruises
- Bumps
- Callous
- Corns
- Cuts
- Dry skin
- Warts

Reflexology can only tell where in the body the issue is or has been.

Not what the issues is or when it happened...Over twenty years of practice I have a pretty good guess though.



Marks On Toes

Dorsal side of toes

Callus or bumps usually mean teeth issues, they have had some major work done: root canal, pulled tooth (when most toes show the mark = braces). *Doesn't usually show cavities*

Below Nail

Glowing white at edge of under toe nail could mean concussion, or if most of the top of toe area seems to glow white, could mean brain tumor

Callus on toes

Callus always means protection; look on chart and depending on the area, that area has had some trauma going on

Hammer toe

Can be caused from Morton's toe, or joint problem in neck

Morton's toe -second toe is longer than 1st toe (big toe)

25% of the population has it, interestingly enough; approximately 85%+ of my reflexology and massage clients have it. Because of fitting into shoes, a lot of people do not have enough room in the shoe and the 2nd toe bends (different degree for different people), thus causing the muscles, tendons to have a reaction and your walking shifts causing issues all the way up the body to the jaw. Only answer is to make sure there is lots of room in the shoes!

Puffy toe pads

Sinuses are stuffed, sinus issues. Which way the toes lay flat, curved, usually means neck is also out of place

Shoulder Ridge

Tight shows how they hold their stress

Lungs

Plantar view -

Callous, Bumps, puffiness usually means some lung issues, examples like asthma, and bronchitis

Vertical - callus between 1st and 2nd toe usually means acid reflex

Under little toe (5th toe)

Callus usually means is or was a smoker or has/had asthma and/or bronchitis issues

Heart

If there is an indented line under the big toe pad usually means something with the heart, *the deeper the worse the issue. Could have been as a child and the lining of the heart did not grow proper to triple by-pass*

Hollow

Means most time removal of organ, can tell in areas like uterus and gall bladder

Waist

How tall they are in waist area

Intestine bump usually means food digestive area issue

On a pregnant lady will change as the pregnancy proceeds and reduces once the baby is born

Hips

Bony area joint issue,

Organs

Check if swollen or hollow (puffy uterus usually means menstruating)

Dorsal side

Breast area - bumps can be fibroids, or removal, or swollen

Lymph areas

Puffy is usually plugged system

Heel area

Callus usually means constipation or loose stool, IBS

Sciatic

Puffy by ankle, you can tell that they have pain in low back or down legs



**Foot Health Care Is
More Important Than
You May Think!**

HEALTH TIP #4

What Rubbing Your Feet Can Do For You

What I know for sure... Reflexology helps with... Any circulation issues, lymph issues, gout, diabetes, headaches, stress, and of course relaxation.

- Even a pedicure can help a bit with Reflexology! Lots with healthy toe nails though!!!



HEALTH TIP #5

How to do a Quick Reflexology Self-help Treatment



Reflexology Foot Routine

Provide a foot bath, if available. Fill the foot bath tub halfway with warm water; add a small spoonful of antibacterial soap. Mix with your fingers and place on a towel on the floor in front of the client's chair. Leave feet to soak for 3-5 minutes. Remove feet and dry with a clean towel.

If a foot bath is not, used clean both feet with witch hazel. As witch hazel contains 15% alcohol, it should not be used on people who are allergic to alcohol. An alternative that disinfects and deodorizes the feet can be used.

For warmth, wrap a towel around the foot on which you are not working.

Quick Version Of A Reflexology Session Procedure

Work the whole foot

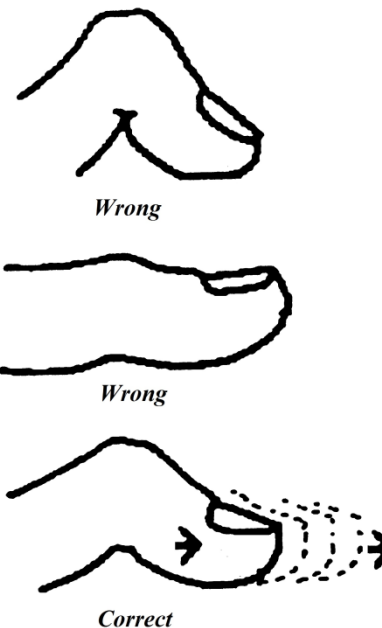
Thumb Technique

The basic thumb technique consists of the particular part of the thumb used in the movements made by the thumb. The part of the thumb used should be the medial side or the side closest to the body.

If you lay your hands down naturally on a flat surface the thumb will take a natural rolled position. The side closest to the flat surface is what you use.

The movement is often called “walking like an inchworm”. Place your thumb on the table with the thumb in a natural position. With a steady, even pressure, walk the thumb by slightly bending the first joint. Do not straighten the thumb all the way as it will lose sensitivity. Each movement forward should be very small, 1/16 of an inch.

The pressure should be constant and the movement always in the forward direction.



Finger Technique

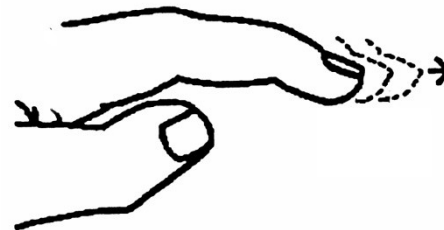
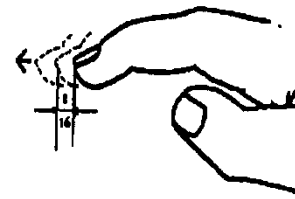
This technique uses the inside edge of the finger and moves the same as did the thumb. Only one finger, usually the index finger, does the walking. The pressure should be the same as with the thumb as should the direction of the movements.

Be sure you avoid in the thumb and finger technique, scratching or digging your nails into the skin.

Be sure that you do not bend your finger too much.

Excessive bend in either the thumb or finger will result in:

- a. excessive mechanical stress on the joint.
- b. digging the nails into the client.
- c. loss of sensitivity.



1) First apply any type of cream you like to one foot, add as needed. Complete first foot, then repeat on second foot.

2) Start With Any Relaxation and Stretching Moves

Sweep

Knuckle Roll

Circumduction (circles)

Butterfly Stretch

Side Friction

Dorsal and Plantar Stretch

Snow Plow

Thumb Rubs

*****If ticklish feet... Hold foot firmly
and count to 5 before doing any movement**

3) Zoning

This works all reflexes in a general sense before concentrating on specifics. It also works the circulation and nerve reflexes, which are found throughout the toe. Start on the plantar aspect or bottom of the foot. Work from the base of the toe to the tip of the toe, using your thumb. On the Dorsal Aspect, use two or three fingers, walking from the bottom of the toe nail to the neck reflex. Ensure you support the toe.

4) Any Relaxation and Stretching Moves



I have been doing
Reflexology since 1997 and
teaching since 2003

GO TO MY YOUTUBE CHANNEL: CONSTANCE SANTEGO

I demo a quick version of a reflexology session you can do on yourself or loved one (*Sitting on the couch with a pillow underneath our knees; my husband and I put one foot up each and do the quick version on each other*).