



Les Pieds Newsletter -July 2 0 1 4

EAR REFLEXOLOGY

DID YOU KNOW?

Ear reflexology can be traced back to Chinese medical work undertaken 4000 years ago. The Chinese use it as a diagnostic and healing treatment that by stimulating points on the ear that are believed to correspond to different parts of the body. Pioneering work by the Chinese over the last 40 years has led to the World Health Organisation authorising the standardisation of the points on the ear (1990). They defined 91 auricular points.

HOW DOES IT WORK?

“The ear is connected to every part of the body because of the ceaseless circulation of energy and blood through these meridians and vessels.” Dr Helena Huang. 1974. The points for Ear Reflexology are similar to those in auricular therapy (ear acupuncture). A sensitive point is identified with either a finger or a small blunt stick. By attaching a seed, with a plaster, on to a point the client can easily work it when required between treatments.

The Chinese believe that Ear Reflexology works by stimulating the central nervous system, as opposed to traditional reflexology which relaxes the body to allow balancing of the systems.

WHAT CAN IT DO FOR YOU?

Ear Reflexology may benefit you in many ways, but the most notable is for the **relief of pain**. Ear reflexology can be given as a stand alone treatment or to compliment a foot or hand reflexology treatment.

Quote of the month:

“Do what you can, with what you have, where you are” Theodore Roosevelt