

## **Reflexology for Allergy Relief**

Reflexology is the systematic pressing of acupressure points connecting to the meridians affecting the whole body. By massaging these pressure points, one can improve balance. Reflexology stimulates a sluggish system and sedates an overactive system all at the same time. The primary technique for applying reflexology is by “thumb walking” along the needed areas.

When it comes to relieving allergies with reflexology, the two most important body systems are the respiratory system and endocrine system. The respiratory system becomes sluggish because it is overwhelmed with congestion. This involves the lungs, sinus passages, ears, nose, throat, and eyes. The reflexes for the lungs are all along the ball of the feet on the bottom underneath the knuckles. The sinus reflexes are up and down the “necks” and pads of the toes. The ears are just below the pinky toe along the outside border, eyes correspond to just below the ring and middle toe, and nose and throat are along the second and big toe. It is easy to work on your own hands and feet or those of a loved one. The most important thing to make an effort. Your intention to help is the most important skill you own.

The endocrine system is also known as the hormonal system. When our sinuses are inflamed, the adrenal glands kick in producing cortisol. The adrenal glands become over stimulated and keep the lymphatic fluid pumping to go out and attack the allergens. The adrenal reflexes are just below the ball of the foot in line with the big toe.

The secondary body systems to work are the digestive and urinary systems. All mucous is eliminated through the large intestine as solid waste. and dissolved in the kidneys and passed through the bladder. The large intestine points are all around the arch of the foot and the kidney bladder points stretch along the inner arch from the upper heel to just below the ball of the foot. Other lung and large intestine meridian points can be pressed on the face as well as the top of the shoulder at the sides of the neck.

A few other measures are to drink lots of lemon water. Lemon is an astringent and shrinks the swollen mucous cavities. Eucalyptus and peppermint are great essential oils for allergies. Drop a couple of drops of each into a bowl of boiling water. Place a towel over your head and breathe the steam. An ice pack on your face can give added relief. The herb for sinusitis is goldenseal root. The recommended dosage is two 500mg capsules four times per day. Continue three days after congestion has cleared away. Always remember to check with your doctor before taking vitamins or herbs if you are on any medication.

I hope the transition of the seasons flows smoothly for you and your family. If you would like to schedule a reflexology appointment, feel free to give me a call.

Be well,

Rebekah Wright, LMT

