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Harmonization

Issue 19

REFLEXOLOGY IN GREECE

**REFLEXOLOGY
& ACUPUNCTURE**

**ALEXANDER
TECHNIQUE**

Interview
HAGAR BASIS

**COLUMN
OF SILON**

Research
**URINARY
SYSTEM**

**ALEXANDRA
KOLOVOU**

Harmonization

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HELLENIC
ASSOCIATION OF
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Contents

- 03. EDITORIAL
- 05. REFLEXOLOGY INTRODUCTION
- 06. EVENTS - ANNOUNCEMENTS
- 07. FOOT BATH
- 08. REFLEXOLOGY OUTSIDE ATHENS
- 09. THE COLUMN OF SILON
- 11. REFLEXOLOGY AND LYMPHATIC
SYSTEM
- 13. REFLEXOLOGY MEETS
ACUPUNCTURE
- 16. RESEARCH: URINARY SYSTEM
- 19. ALEXANDER TECHNIQUE
- 21. INTERVIEW HAGAR BASIS
- 24. FROM YESTERDAY TO TODAY
ALEXANDRA KOLOVOU

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Education

In Greece, the reflexology education lasts for 2 academic years.

Medical courses and practice are also included. The minimum training hours are 460.

Official Schools

- Akadimia of Ancient Greek & Traditional Chinese Medicine (www.akadimia.gr)
- Diodos (www.diodosnet.gr)
- Centre of Reflexology and Research (www.kere.gr)
- Synthesis (www.e-synthesis.gr)
 - Natural Health Science (www.nhs.gr)
- Life Therapy – Thessaloniki (www.lifetherapy.gr)

Following this link you can find a reflexologist – member of the H.A.R. close to your area:

<http://reflexology.gr/ser/index.php/members.html>

After a two-year absence, the re-publication of web-edition of “Harmonization” is stemmed with success; 14.000 readers is an impressive number and honestly unexpected! This is the advantage of an electronic publication: limitless distribution. Sincerely, I feel really grateful to all people which contributed to this effort.

Another important step is the publication of the English version. Now, Greek Reflexology can communicate with peer groups abroad, publicize and share ideas, knowledge and experience. It is a tremendous opportunity for extraverting, while strengthening “Greek Reflexology” position in Europe and all over the world.

In this issue we inaugurate two new columns. The first is called “Reflexology outside Athens” and its purpose is to unite the periphery to the center. Regional reflexologists sometimes feel cut off and face specific difficulties but there are common elements that can bring us closer. It is an effort that tries to cover the deficit created by the hyper - centralization of Athens.

The second column is titled “From Yesterday to Today” and each time it will host one of the pioneers of reflexology in Greece. From this overview we can learn, be inspired and pay our tribute to them.

In our editing group of the magazine I would like to welcome Eugenia Chalkidou. Eugenia will be my main collaborator concerning articles and responsible for the translation of the English issue. Her experience in the magazine is more extended than mine and therefore a valuable assistance.

The magazine’s door is always open for those who wish to help and offer of free time.

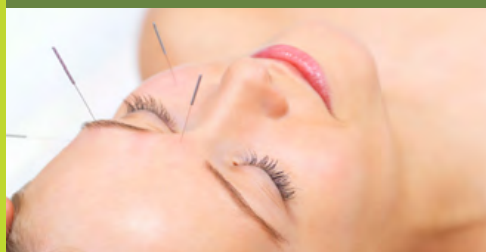
Enjoy your reading!

Editor

Fotis Skourletis

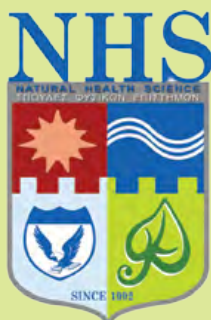


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REFLEXOLOGY

Reflexology is a natural - without drugs - holistic method. It is a reflective treatment as its beginning suggests (reflex-). It has to do with the reflex zones of the body, particularly those reflected in the feet, hands, and ears. The reflexologist applies special massage techniques and exerts pressure on specific reflex points to balance, relax and activate the forces for the body to heal itself.

More specifically, the work of reflexology **improves blood circulation, cell functions and excretes toxins from the affected area.**

Also natural pain-relieving substances in the body are released, such as **endorphins** that reduce muscle tension and **stop the pain.** It is a gentle, safe method without any side effects.

Its origin lies in the depths of centuries. Feet in ancient times, through direct contact with the **earth**, acquired great respect. Some ancient cultures attached great importance to the health and proper care of the feet. Dealing with this and the natural instinct of man began to lead to some observations connecting the soles to maintain the health of the entire body.

Archaeological references to reflexology done on excavations at **Pyramid Ankhamor (2330 B.C.)**, location Saqqara, depicting therapists do massage on soles and palms of patients.

In **Egypt, Arabia, India**, around 3.000 B.C., we have murals on tombs depicting compressions and manipulations on soles that reminiscent the manipulation and the application of modern reflexology. In the **book of the Yellow Emperor** there is a chapter dedicated on

"Methods of examination through the foot" and is the beginning of recorded discussions linkage of vital energy points and areas on foot.

From **ancient Greece** have survived to the present day various ancient texts and archaeological findings reflecting similar treatments, as evidenced by the representation of an Attic red-figure vase depicting the athlete Ippodemonta receiving massage on the feet by the slave Traniona.

During **The Middle Ages** there is a fanatic attempt to dismiss ancient knowledge. **This knowledge is being prosecuted and ultimately lost.**

Over the next centuries, references to reflexology are minimal. Individual physicians in the 19th century, make the first formalities for self healing of the human body through "**zones**" and "**reflex points**". They write some books of acupressure points based on their practice studies.

Modern reflexology essentially is created in the 20th century. It is based on the foundation of Zone Therapy by **Dr. William Fitzgerald**. Then the American physiotherapist **Eunice Ingham** began to develop her theory of "reflexology of the foot". She is considered to be the mother of modern reflexology.

Today, reflexology is a fairly common method. In Europe and in other regions of the world, many people resort to this to address their problems. In Greece, in 1992, the **Hellenic Association of Reflexologists** (H.A.R.) for Greek was established, which is a member of **RiEN** (Reflexology in Europe Network) and **ICR** (International Council of Reflexologists).



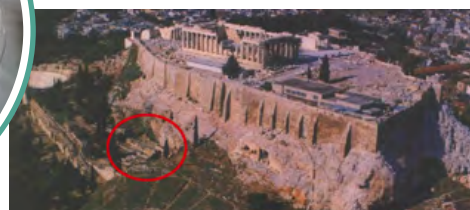
Events

.....happened

On Sunday, February 2, at the office of Hellenic Association of Reflexologists a lecture was given by John Dovros on **"Reflexology and Research"**.

On Sunday, February 2 was held the customary event of **cutting the new year's cake** of the Hellenic Association of Reflexologists, during which the following volunteers were **especially honored**, who are involved in various voluntary programs: Alexandra Maria Breska, Evangelia Kokkinou, Marouso Spanou, George Nikitaidis, Georgia Michalopoulou, Georgia Tsekoura, Eleanna Chostikidi, Vassiliki Kanavou, Sophia Marinaki, Sophia Kapsalaki, Vangelis Poupakis, Fotis Skourletis, Katerina Michalopoulou, Christina Palioudaki, Mirto Chiona.

On 14 February, 31 reflexologists visited the **temple of Asclepius on Acropolis**. We especially appreciate the information about given by the guide - reflexologist Mrs. Rita Alikari without any profit.



.....are happening.....

The Hellenic Association of Reflexologists operates with volunteers in the following programs:

- Hostel of Adolescents & Youth with Autism **"Aggelia"** of the General Hospital of Athens «G. Genimatas»
- Boarding House of Individuals with Autism **"Aghios Nikolaos"**
- **Social Clinic of the City of Ilioupolis**
- Oncologic Hospital **"Marianna V. Vardinogianni"** of the Children's Hospital **"Aghia Sophia"**, in collaboration with the Association of Parents of Children with Neoplastic Diseases **"FAITH"**.
- Clinic of Pain Management and Palliative Care of **"Areteion"**, in cooperation with the Greek Society Pain and Palliative Care **"PARI.SY.A"**.

will happen.....

On April 26/27 2014, the Hellenic Association of Reflexologists, in collaboration with **Hagar Basis**, will organize a two-day seminar on **"Women's Health"**.

This is a two day **HANDS ON ALL PRACTICAL WORKSHOP** to provide Reflexologists with the necessary tools and techniques to apply during the powerful, natural and transforming processes unique in all stages of a woman's life. Menstruation, ovulation, pregnancy, childbirth, peri-menopause, the onset of menopause, including the development of female sexuality, are naturally intense internal physical and psychological experiences unique to women.

The focus of the practical techniques taught will be to support women through the myriad of hormonal changes encountered during each cyclical change; the treatment of dis-ease associated with any imbalances, and includes working both urological and gynecological disorders.

On completion of the 2 days all participants will receive a Reflexology Academy CPD (continuing professional development) Certificate of Attendance.

On May 18 2014, the **annual Meeting of the Hellenic Association of Reflexologists** will take place with important guests and really interesting topics.

On June 28/29 2014, the Hellenic Association of Reflexologists, in collaboration with Alik Vythoulka, will organize a seminar on **"Vertical Reflexology" (VRT)**.

Foot Bath



Foot bath as a treatment method is known since antiquity. Ancient kings accepted with pleasure the warm foot baths prepared by their servants and enjoyed the care they offered. At the same time showed their superiority while the servant remained humble and subservient. Over the centuries there is evidence showing that washing and grooming of feet became **a sign of respect**. He who washes the feet of another shows his selflessness, his allegiance to another - not out of fear but out of love. He leans over the most troubled and labor part of the human body and cares it, **caring for man**.

Nowadays, foot bath is considered to be kinda outdated and takes places in certain occasions. However, since its can easily be implemented, it can be integrated as a part of therapeutic treatment, as long as proper attention is given. Foot bath may be extremely beneficial during cold seasons.

From reflexology two basic things have been known to us:

1. **The whole body is reflected on our feet**, meaning our soles are a microcosm of our body.

2. **Soles are sensitive in external stimuli**. Most hours of the day are enclosed in socks and shoes prevented of making any movements as opposed to hands.

Based on reflexology's knowledge, it can be said that a simple hot-water footbath could result in the following benefits:

Allows heat to enter the body. It operates as an antidote to winter's cold feet and assists in body's internal thermoregulation.

It soothes the nervous system. Especially after a long day helps in the elimination of stress, offering relaxation and tranquility.

Improves blood circulation. Creates a sense of completeness and well-being.

Water's temperature must be warm but not hot. We let our feet in the water until lukewarm,

for 10-20 minutes. In the end, we sweep them well and wear our socks in order to keep them warm. . If somebody wishes to, there is the option of adding salts, **essential oils** or anything else that pleases him and strengthen the foot bath experience. Below you can find some information about essential oils that could help, however they do not replace your therapist's advice. For serious health issues which require special treatment, it would be advised to ask a specialized aromatherapist for assistance. Essential oils have strong and powerful properties there it would be advisable not to exceed more than 5-6 drops. This quantity is enough to help our body.

- **Lavender**: allergies, indigestion, depression, fever, headache, stress, hypertension
- **Melissa**: allergies, insomnia, depression, stress
- **Eucalyptus**: cough, colds, fever, runny nose
- **Rosemary**: migraines, poor blood circulation, colds, hypotension
- **Basil**: cough, headaches, colds, fever

Read full text [here](#)

Fotis Skourletis
Reflexologist
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RAHES FTHIOTIDAS

Although I was born and grew up in Athens, I had realized since my young age that I'd rather live close to nature. Luckily, my dream came true and nowadays I live in Rahes Fthiotidas, the place of my origin.

Watching the nature around me I felt and realized that we are part of it and that possibly within it we can find our cure. I also felt that touch and intention contribute to body and soul's relief. Through my pursuit, I bought a reflexology guide, which I immediately used to help a relative. The results were amazing. That was it! I immediately decided to get educated and work professionally as a reflexologist. I graduated in 2010 and since then this is my occupation. It is for granted that alternative treatments are strongly challenged from community, something that is more obvious in province. Anything new, alternative and innovative is much more difficult to be spread around in a small community. Given the way of thinking and living conditions of people who live in it, questioning and rejection are the first reactions.

Taking into consideration these objective difficulties I realized that I had to make a great effort in order to inform people about reflexology and try to persuade them about its results. However, there was an advantage: I was the only reflexologist in the area.

I started by printing and giving away business cards to pharmacies and other local stores. At the same time I would talk to anyone, whom I thought, could be interested in reflexology. On a later stage I started cooperation with one of the best gyms in Lamia where I would

give the first therapy for free, in order that they can experience it. Following this, a short term cooperation with a hotel-spa in Platistomo (area with hot springs) came along, but didn't last long due to distance. Lately I started working with the local football team reflexing the injured players and so far I am very thankful from the results. Meanwhile, in my immediate plans is to make presentations to the cultural centres of Rahes and Stilida which will, besides the speech, also include slides, brochures and free demonstration of reflexology. These 4,5 years that I practice reflexology, I have at least managed that this word does not sound strange or unknown to many people and that does not mean that I will stop trying to do my best. A small community could be lucky enough to get to know reflexology and in a way to cuddle it.

Panagiota Michou

Reflexologist

panagiotamichou@yahoo.com



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The Column of Silon



Relief of Silon

In 1905, behind the First Military Hospital (south of the theatre of Dionysus) a marble column of Silon (4th century BC) was found. It is a narrow column, which depicts a serpent riser leading to a sandal. The figure of a man is impressed inside the sandal (presumably Silon himself) while below the inscription we read "**SILON ANETHIKE.**"

It is about an offer of Silon. But offer to whom?

According to Doctor P. Aravandinos (1852 - 1923), who has photographed the column in order to use it as a cover of his book entitled "Asclepius and Asclepieia" (1907), the column belonged to Asclepieio (the temple of Asclepius) of Athens and **was an offer to the god Asclepius.**

Doctor Aravandinos, unable to interpret the mapping of a human being in the sandal, gave special attention to the interpretation of the symbol of the snake that always

accompanies the statues of both Health and Asclepius. The serpent, therefore, which gets rid of the old skin and gives the way to a new one, symbolizes **the self-revival and the self-rejuvenation of the human body.**

This reference alludes the "automatic ions" of Hippocrates, which we find in his book "Aphorisms (D)" and indicates **the naturally discarded in order to clear the body.** This process may be associated with the "principle of homeostasis," coordinated by the central lobe (Island of Reil) and activated by specific manipulations of reflexology in order to restore the required harmony and balance in the body.

It is important to emphasize that Silon devoted the column after the successful treatment he got and that is what is symbolized by the upright posture of the human imprinted. The foot as a symbol is directly related to the health and ability of man to stand up and walk. Hippocrates says that the word nouson (which in greek the word **nosos** means disease) - **nosos means I do not move my legs!** By examining the column through the prism of reflexology and maintaining the important observations about the serpent, we conclude that as a whole it expresses the self-revival and self-renewal of the entire human body through the foot limbs.

We also notice that the sandal that Silon had devoted is the right one and the man depicted **reveals the right side.** This item is in agreement with the theory of the ten vertical zones of Dr.Fitzgerald (1872 - 1942). It comes to an agreement with the separation of the left - right organs and functions in the left and right foot respectively, in addition to the recognition of that feet are the best area for exercising specific pressures according to Eunice Ingham (1889 - 1974).

So the theory that the body reflects on the feet is identified on the column. You will notice, however, that the reflection of the feet is in **the opposite direction** according to the existing reflexology maps. The head is illustrated at the heel while the feet are on the phalanges.



New
Acropolis
Museum
(4th century BC)

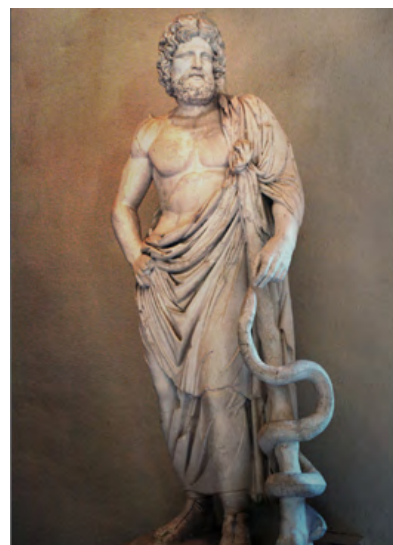
The Column of Silon

Finally, we notice that Cornelius Celsus (1st century AD) is aware of the Greek medical science and the teachings of Hippocrates, so in his book "About Medicine" (Book II) he points out that the excrements from the head and the thorax are removed by rubbing hands and feet and that in some occasions **another part of the body than the one that hurts**, must be rubbed! It is what, we, as reflexologists do today, we treat the whole body by pressing reflex points in both hands and feet and using the technique of rows -correspondences to reduce the pain of the part of the body that is aching.

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Grigoris Drakopoulos
Reflexologist



Asclepius

(Archaeological Museum of Epidaurus)



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REFLEXOLOGY AND LYMPHATIC SYSTEM

As we know, human cells are surrounded by a fluid rich in protein and other **nutrients called tissue fluid or interstitial fluid**. The exchange of substances that occurs between the blood vessels, capillaries and interstitial fluid makes the fluid maintain its recommendation. Essentially, there is a dynamic balance concerning both: the content of the above fluids (blood plasma - interstitial fluid) at micro molar substances and ions and the amount of the plasma and interstitial fluid.

Some, however, high molecular compounds (mainly large protein molecules, toxins and drugs or other chemical by-products) and micro organisms, which do not pass through the capillaries of the blood system easily, accompanied by a portion of the interstitial fluid, enters the lymph vessels. **Therefore, lymph is the fluid of tissues which is not removed by the blood vessels but by those of the lymphatic system.**

Lymph is a colourless and transparent watery fluid containing electrolytes and proteins which is derived from blood and bathes the body's tissues. It has completed its function, namely the nourishment of tissues as interstitial fluid and as lymphatic fluid circulates in only one direction from the tissues to the venous circulation. When it is released into the lymphatic vessels, lymph consists 92-95 % of water and 5-8 % of solutes. Of these substances, 3-4 % is scrapbooks and amino acids (breakdown products of food), the 0.5-1 % is fat and 0.4-0.8 % minerals and various other substances.



The lymph:

- A. Helps **nutrition** transporting fat from the small intestine to the liver for processing.
- B. Attacks and destroys foreign micro-organisms, thereby maintaining the body's health. This is known as an **immune response**.
- C. **Removes useless cells** from the intercellular space and large protein molecules that are often responsible for creating swelling and water retention.
- D. **Preserves the dynamic equilibrium** that exists between plasma and interstitial fluid as it contributes to the maintenance of osmotic stability of the interstitial fluid.

As conclusion, the lymph performs important functions in the body. **Reflexology has as its main purpose to help the lymph and the lymphatic system in general.** It increases the pulse rate of lymphatic vessels and facilitates the return path of this fluid to the blood circulation and accelerates heart's function.

All these functions of lymph and lymph nodes are supported and intensified with the reflexology intervention. Reflexology supports not only the lymphatic system but the whole body through the reflexes. It may well be combined with traditional medicine or any other natural complementary method for better results.

Dimitris Karamanis
Physiotherapist – Reflexologist
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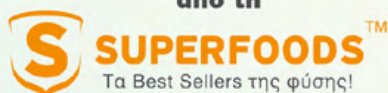
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Reflexology meets Acupuncture

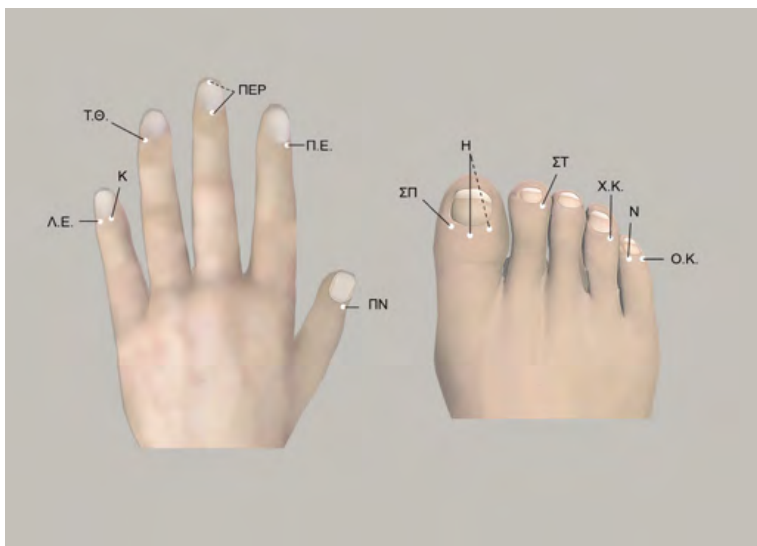
Meridians are channels that run through the body along its entire length, width and depth. Often are referred to as “rivers” of the body. They are invisible rivers, through which the energy Qi circulates within the body.

Meridians are original six. These six channels have a yin and a yang side. The yin side of a meridian refers on its movement of the lower extremities and the yang side motion on the upper extremities. Thus resulting 12 meridians, called primary and associated with the 12 internal organs. The 12 meridians are considered ethereal extensions of the 12 vital organs.

These energy channels pass through the body from the deepest levels of the internal organs up to the outer layer of the body (skin). Meridians are found on the skin, muscles, tendons, sensory organs, vital organs, bones, head, trunk and extremities, uniting all tissues, not only anatomically but also functionally in a seamless whole. The primary meridians are located at a depth between the subcutaneous tissue and the superficial muscle groups and are the only channels (with two exceptions of deeper channels, the Ren-mai and Du-mai) that have accessible collection points of energy in the body: **the acupuncture points.**

POINTS OF TERMINATION (JING)

Each primary meridian starts or ends at a point on the limbs on the distal phalanges of fingers. These termination points are called “jing” which means “spurt”. **They are considered in acupuncture as points - gates because through them cosmic energy enters and exits through the body.** They are points and areas through which the body exchanges energy with the external environment. They are used for example at resuscitation as gateways of energy entering the body and in a state of extreme tension, as exits of energy. These points are also very effective in dealing with problems that occur along the path of each meridian to which they belong, such as pain, numbness, muscle spasm etc.



Performing reflexology with a pointed tool or even the nail and applying steady or minimum pressure on these points can cause a very beneficial therapeutic response. Apart from their very strong energy action, points jing, when activated, “open” the flow of energy within the entire channel, offering a very pleasant feeling of freedom of movement and flow to the extremities.

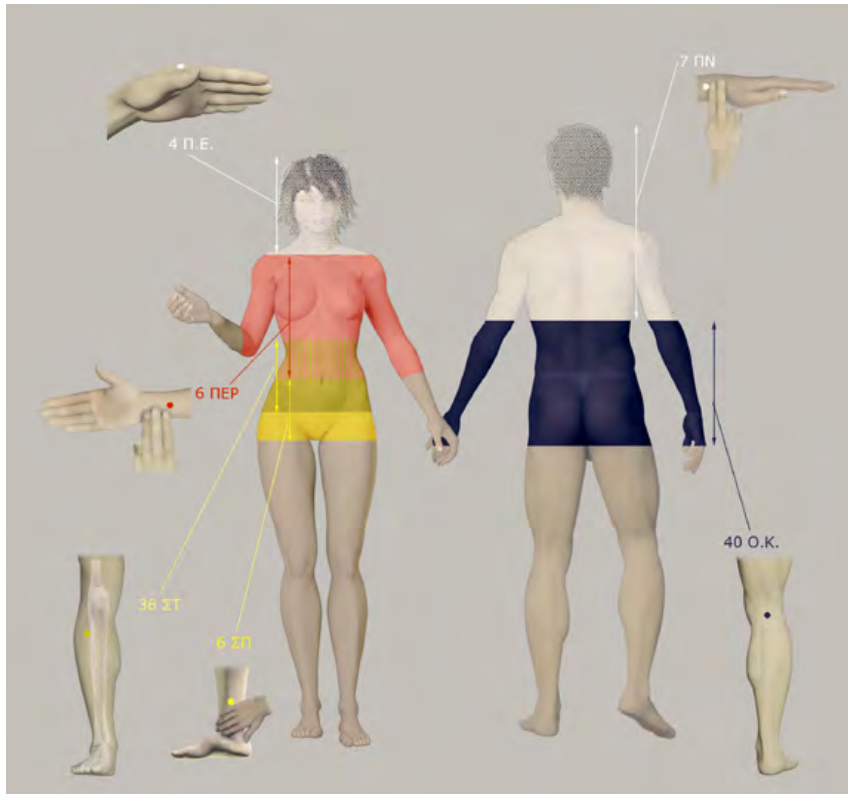
SIX MAJOR ACUPOINTS

Each acupuncture point, when activated, acts in a particular and strong manner in the movement of energy of the body. Most of them have a multi-dimensional effect. Each point beyond this dynamic, acts beneficially in a multitude of symptoms and diseases. **This derives from the energy balance that brings in the body.** Their activation restores the flow of energy and has as a result the relief and cure for a wide range of disorders. The result of this management action is to restore the normal rhythm of the body and thus relieve pain or other distressing symptoms and reverse the negative development of a disease.

There are more than 397 mapped meridian points. Some, such as those presented here, have very strong

.....
 analgesic activity in large areas of the body. Trying to cover the head and torso, I chose the following points, so through their activation, there is an immediate relieve of symptoms, and especially that of pain, to the respective areas of tissues and vital organs these contain.

As a reflexologist one can activate these points using a hand or a tool, applying reflexology techniques to relieve pressure to the affected area. Usually this is achieved within a few minutes!



- **The 4 Large Intestine (Hegu)**

is located between the thumb and the index, on the dorsal surface of the palm near the middle of the second metacarpal bone. It affects the area from the top of the head up to the clavicle. More specifically, in the front of the head, face, eyes, nose, mouth, teeth, ears, the neck and the collarbone.

- **The 6 pericardium (Neiguan)**

is located on the inner surface of the hand, at a distance of three fingers towards the elbow from the crease of the wrist, between the two tendons running through the middle of the forearm. It affects the anterior region of the body from the clavicle up to the level of the umbilicus. More specifically, around the chest and sternum, diaphragm and upper abdomen.

- **The 36 stomach (Zusanli)** is in pitting below the lower limit of the patella and externally of the tibia, towards the fibula. It affects the anterior region of the body from the edge of the stomach up to the pubic symphysis. More specifically, in the upper and lower abdomen.
- **The 6 spleen (Sanyinjiao)** is located on the inner surface of the tibia, at the posterior edge of this bone, four fingers above the medial malleolus. It affects the area from the navel to the area of the external genitalia. More specifically, across the lower abdomen, pelvis and genitals.
- **The 7 lung (Lieque)** is located on the radial side of the forearm, onto the spar outgrowth or just two fingers off the wrist, on the joint of the navicular bone of the thumb and the radius. It acts on the rear of the body, from the top of the head up to the lower thoracic vertebrae. More specifically, on the head, neck, shoulders, ribs and all the surrounding area of the thoracic vertebrae.
- **The bladder 40 (Weizhong)** is located behind the knee, in the middle line of the popliteal fossa. It affects the posterior surface of the body, from the end of the thoracic vertebrae up to the crease of the hips. More specifically, in all the lumbar vertebrae and the surrounding area, sacrum, coccyx and buttocks.

.....

The knowledge and study of meridians is valuable in therapy. Meridians act as shields for the internal vital organs. A meridian suffering is an indication that the relative organ has a shift of energy. If this continues over time, the body will become ill to its anatomical structure - yin, but also to its function -yang. Of course tissues and sensory organs associated with each vital organ are directly affected.

Most of these information comes from my book "*The Reflexology meets the five elements and the meridians (first part)*" which was released in 2013 by the publications "Academy".



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REFLEXOLOGY & URINARY SYSTEM

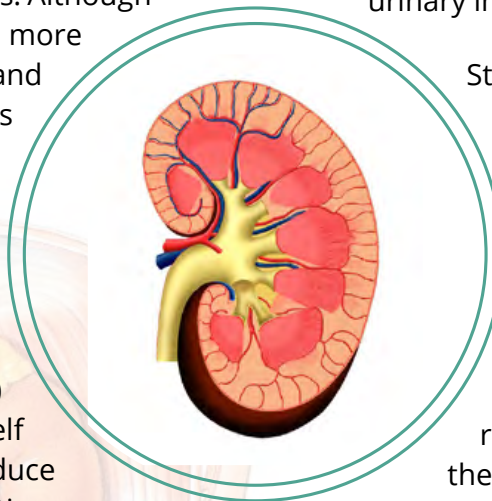
The effects of reflexology in reducing symptoms of urinary tract dysfunction: research findings.

The effects of reflexology in treating symptoms associated with dysfunction of the urinary system are the subject of wide research interest. Aggregated research that examines the overall benefits of reflexology in all diseases, highlight the improvement in symptoms of urinary system as classical effect of applying reflexology (**Avis, 2008; Wang et al, 2008**).

Bardsley (2003) identifies that urinary tract infection (UTI - Urinary Tract Infection) is the most common infection in women and affects up to 50% of them, at some point in their lives. Although not usually common in men, is more common among the elderly and can lead to serious complications if not treated in time, which highlights the importance of both the prevention and prompt treatment of associated symptoms.

The study of **Kang et al (2004)** aimed to identify the effects of self - reflexology on the feet to reduce the symptoms of urinary incontinence, vaginal shrinkage and daily suffering of middle-aged women. Using the quasi- experimental design, a sample of 39 middle-aged women with urinary incontinence was concentrated. The sample was separated in the experimental group (18 subjects) and the control group (21 people). In the experimental group, self- applied reflexology on the soles was performed, for 30 minutes, at a frequency of three times a week for 4 weeks. The data obtained were analyzed using the SPSS. The analysis showed that the symptom of urinary incontinence statistically was significantly decreased in the experimental group compared to that of the control group. Also, the

maximum pressure and the average pressure of the atrial contraction improved significantly in the experimental group compared to the control group. Finally, the daily discomfort decreased in the case of the experimental group, while that of the control group was increased. These findings suggest that self- reflexology is an effective method to reduce symptoms of the urinary tract, such as incontinence, increased pressure of atrial contraction and the resulting daily hassle for the middle-aged women. Therefore, it can be regarded as an independent therapeutic intervention for urinary incontinence.



Staying in the population of women the object of study of **Mak et al (2007)** was to examine whether reflexology has beneficial effects in patients with idiopathic detrusor overactivity. One hundred and nine women with symptomatic idiopathic detrusor overactivity joined after randomization into two groups: the experimental group, for which was applied reflexology and the control group, which had only simple foot massage. The primary effect was the change in daily frequency of urination for the experimental group. There was a statistically significant change in the frequency of urination during the day in the experimental group compared to the control group, which were carried out just massage.

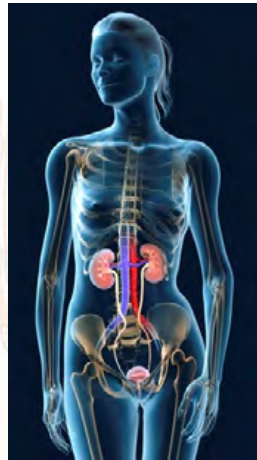
There was also a reduction in the frequency of urination around the clock in both groups but the change was not statistically significant. Something worth noting is the fact that participants in the experimental group believed they were receiving actual reflexology at a rate 88.9 % while the

...continue reading

corresponding figure for the control group was 67.4 %. This variation indicates a deficit of twin blind experiments over double blind experiments, which perhaps should be preferred (**Ling, 2008**).

But the difficulties of the urinary tract do not concern only the middle age people but also childhood. Nocturnal enuresis is a common childhood symptom attributed to psychosomatic factors. The purpose of the study of **Sietam and Eriksen (1998)** was to determine whether reflexology is a suitable technique to cope with nocturnal enuresis in children aged 7-11 years and at the same time to test the suitability of experimental design in reflexology investigations.

So the non - blind experiment was used



in comparing an experimental group, for which reflexology was applied for 14 sessions over a period of four months, with a control group, for which reflexology was not applied. Of course the members of



both groups had similar symptoms and recording groups were formed so as to be comparable (e.g. same volume of urine produced at night time urination). By the end of the study, there was no statistically significant reduction in the volume of urine at night in any of the groups. Two children in the experimental group and one child in the control group showed no symptom of nocturnal enuresis during the study. The average urine output in the experimental group showed a slight downward trend (with increased urinating in the morning) while the control group showed a slight increase in nocturia. However, the application of reflexology did not result in statistically significant decline of nocturnal enuresis in children. As the total diuresis remained constant, this could be interpreted as the result of other factors, such as an increased bladder capacity but in both cases the changes were far from significant.

No significant effect of reflexology was also made in patients with overactive bladder syndrome, which were already administered medication (**Hartmann, 2009**).

Ioannis Dovros

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Reflexology Rapporteur
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Μάρτιος - Μάιος 2014

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Θεραπευτική Μάλαξη με Έλαια,
από την **Τρίτη 4 Μαρτίου 2014,**
17:00 - 21:30, Θησείο.

**Σεμινάρια παρασκευής
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κηραλοιφών και κρεμών προσώπου
& δημιουργίας σπιτικού φαρμακείου
με βότανα και αιθέρια έλαια,**
από την **Τετάρτη 5 Μαρτίου 2014,** Κηφισιά.

Rejuvance,
από την **Τετάρτη 5 Μαρτίου 2014,** Κηφισιά

Ολιστική Βοτανοθεραπεία,
από την **Πέμπτη 6 Μαρτίου 2014,**
17:00 – 21:00, Κηφισιά.

**Αισθητική Δερματολογία σύμφωνα
με την Αγιουρβέδα,**
από το **Σαββατοκύριακο 8 & 9 Μαρτίου 2014,**
10:00 – 15:00, Θησείο.

Ενεργειακή Αρωματοθεραπεία,
από το **Σαββατοκύριακο 22 & 23 Μαρτίου 2014,**
10:00 – 17:00, Κηφισιά.

Φυσική Ολιστική Αισθητική Προσώπου,
από το **Σαββατοκύριακο 5 & 6 Απριλίου 2014,**
10:00 – 16:00, Θησείο.
Συνάντηση ενημέρωσης για το μάθημα της
Φυσικής Ολιστικής Αισθητικής Προσώπου,
με **ελεύθερη συμμετοχή,**
την **Παρασκευή 28 Μαρτίου,** ώρα 19:00, στο Θησείο.

**Αισθητική Δερματολογία σύμφωνα
με την Παραδοσιακή Κινέζικη Ιατρική,**
από το **Σαββατοκύριακο 26 & 27 Απριλίου 2014,**
16:00 – 21:00, Θησείο.

Ανθόνερα (Hydrosols),
το **Σαββατοκύριακο 17 & 18 Μαΐου 2014,**
10:00 – 17:00, Κηφισιά.

Σεμινάριο για Βεντούζες, Μοχα και Gua Sha,
το **Σαββατοκύριακο 24 & 25 Μαΐου 2014,**
10:00 - 19:00, Θησείο.

Τον **Μάιο του 2014** πρόκειται να μας επισκεφθεί ο **καθηγητής Παραδοσιακής Κινέζικης Ιατρικής του πανεπιστημίου του Tianjin της Κίνας, Pr. Chong Qiangwei.** Ο Pr. Chong Qianwei θα αναλύσει τα εξής θέματα: Αίτια ασθενειών με βάση τον Κίτρινο Αυτοκράτορα, Οι Παράδοξοι Μεσημβρινοί (YINQIAOMAI, YANGQIAOMAI, YINWEIMAI, YANGWEIMAI), Βότανα και Βελονισμός για την αντιμετώπιση του καρκίνου, Διαχείριση του πόνου με τον Βελονισμό, Βελονισμός για την απώλεια βάρους.

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•ALEXANDER TECHNIQUE•

The balance of the body - ie how the body meets the earth every moment - is a dynamic process ingested, digested, designed and triggered by the nervous system. The muscular system, following the instructions of the nervous system, is activated and exerts its action on the spine.

The central nervous system (CNS) uses data from the proprioceptive and the optical system. The proprioception - the perception of our body as an autonomous body and in relation to the environment - derives from a fine mechanism that gathers information from muscles, tendons, joints, skin and inner ear . It includes all areas of muscle activity: spatial orientation, inter-relationship of body parts, sensing the spine and limb movements, measuring effort and intensity, pain perception, feeling of heaviness. It constantly carries information in the CNS for processing and response, through which balance and coordination of movement are organized. The sense of movement we have (kinesthesia) is accounted to derive from proprioception.

The kinesthesia is thwarted / malfunctions when:

- routes which trigger movements are automated
- the sensory perception becomes selective
- unnecessary tension impedes the functioning of proprioceptive mechanism
- past experience / habit determine the intensity we put in our movements. Then, unnecessary tension is established and familiar is perceived as natural.

The faulty sensory awareness becomes a fundamental idea of Alexander Technique (A.T.). Teachers of A.T., via a trained touch prevent unnecessary tension reactions, restoring the free head balance. Moreover, they lengthen the spine, leading the student to a new experience of self-management. Through this procedure, kinesthesia is accentuated and acquires solvency.

This dynamic relationship between the head and spine (primary control) promotes coordination of movement and initially, ensures the best position and function of internal organs, the optimum weight transfer through the bone structure to the ground as well as saving energy.



These are some of the conclusions reached by the FM Alexander (1869-1955), Australian actor of Shakespearean theater. He suffered from respiratory dysfunction and hoarseness which resulted in the loss of his voice during performances. He suspected that he created the problem himself and wanted to explore through self-observation. He systematized his research findings wishing to answer to a fundamental question:

What do I do that harms myself?

His research resulted in the expansion and development of awareness, on a body - mental and psychological level. Alexander found that the reactions of unnecessary muscular tension were distracting the support mechanism of the body. Thus concluded that the way we treat ourselves (Use of the self) affects the operation of as a whole. **The term "Use of the self" meant not only the relationship of body parts to each other and the mental state, but also to a psychic - body pattern response to stimuli.**

From this perspective, the Alexander Technique (A.T.) is a procedure that lightens our reactions



towards each stimulus and creates the possibility of transformation and metamorphosis. Illuminates the body processes - how we balance and move on the earth. Illuminates the mental and cognitive processes - how thinking and emotions affect the functioning of our body.

Therefore, by retraining our reactions we acquire a higher degree of self-consciousness.

Any attempt to put some individual body parts in the "right place" or to train specific muscle groups, reflects the perception that:

- The issue of non-functional support caused by weak muscles that need to become stronger
- The body is a set of independent parts
- The role of proprioception and neuromuscular automated reaction is insignificant
- Psychosomatic unity is not decisive

Hence the cause is not treated properly. The body, in each lack of balance and support, reacts by creating unnecessary tension, and is further burdened by the deliberate exercise for muscle strengthening. The already burdened proprioceptive mechanism becomes more thwarted because of the increased stress and many injuries are caused due to repetitive exercises on stiff muscles.

Alexander managed to transform (inhibition) automated reactions unnecessary tension that were deeply rooted in the nervous system, not by imposing muscular effort, **but through a process of expanded consciousness and awareness in the here and now.**

Inhibition - basic phenomenon of our nervous system physiology - follow the directions (directions: conscious message / instruction views through the nervous system) to prevent automation and organize the body in a new way that leverages gravity and activates the natural

support mechanism. This creates a sense of self centering, light mood and optimism, and especially a sense of physical and mental unity.

Each stimulus, internal and external, every thought, every feeling, a sound we hear, has resulted in a series of muscular reactions in our bodies. The A.T. enables us to be alert and conscious towards these interactions and have the freedom to engage in dialogue without becoming prisoners of our habits.

Recognizing that habit prevents us to act on present time, we learn to transform it. **In this exact moment can A.T. support any form of therapy, including reflexology: in expanding the awareness and consciousness of the body within ourselves.**

Vicky Panagiotaki

Alexander Technique Teacher
www.alexander-technique.gr

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Hagar Basis_

Hagar Basis

is Reflexology Academy's
director
and tutor of ART method.

Tell us some things about you and reflexology.

My story with reflexology dates back to 1988 after having just finished studying Fine Art Painting, in London. I became inspired to join a reflexology course after reading a book by Kevin Kunz and practicing the techniques shown in the book on family and friends. I have always had a keen interest and fascination for CAM therapies, from the esoteric to naturopathic cure. A good friend of mine at the time was also keen to learn reflexology and knew of a reflexologist named Tony Porter.

Tony was the then director and tutor for the International

Institute of Reflexology (IIR) in London, one of the very few schools at the time offering reflexology training in the UK. I enrolled on the course and completed the training in 1989; this was the significant turning point in my life, from which I have not looked back. In 1996 I was offered the position of course director and tutor for the IIR (UK), subsequently running their diploma courses for 16 years teaching the Original Ingham Method. In 2012 I founded Reflexology Academy, a school offering professional practitioner training as well as continuous professional development courses for qualified reflexologists.

How did you get in touch with Tony Porter, the creator of ART (Advanced Reflexology Techniques)?

My first introduction to Tony Porter was as his student, albeit I was one of 60 in the class! However the following development formed my personal introduction to Tony, which established a strong working relationship.

My father suffered from chronic back pain for many

years and through my own recommendation became a reflexology patient of Tony's. The treatments were very successful and helped to reduce his pain significantly. Just after I graduated from the IIR, he brought me along to one of his reflexology sessions. He wanted me to work Tony's feet as a test to determine if I was good enough to treat him. The idea being that if I passed, I would take over the reflexology treatments that were helping him so much. This episode turned out to be my lucky break. Not only did I sufficiently "pass the test", but Tony offered me the chance to come and assist him at his reflexology seminars. Tony's influence and guidance has helped me forge my own path in reflexology, and over the last 26 years we have become good friends.

What is the history of ART?

Back in 1972 as a massage therapist Tony Porter became interested in the trigger points of the feet, there was not then the references available that there are nowadays, so he adapted his own instinctive approach on working these points with his clients achieving excellent results. During the



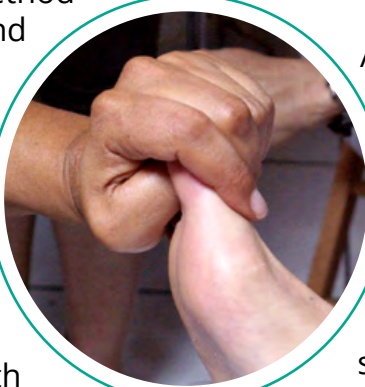
same time, through a chance meeting, he was introduced to Eunice Ingham's classic work "Stories the feet can tell" which changed his life! The book ultimately led to Tony meeting Dwight Byers, Eunice's nephew and Director of the International Institute of Reflexology. He learned the Ingham Method of Reflexology and subsequently travelled "on the road" across USA and later on many other parts of the world, teaching reflexology with Dwight. The original techniques resulting from his experimentation with the "trigger points" were refined. ART evolved through Tony working on 1000's of pairs of feet, meeting and swapping techniques with many reflexologists from across the globe.

What are the main differences between ART and the other reflexology techniques?

ART is the evolvement of the original concept, the original concept being the general thumb and finger walking techniques that most reflexology schools teach. ART teaches effective clinical reflexology, the techniques of which form an advanced complementary approach

that can be easily integrated.

There is a huge difference between the generally accepted image of reflexology as a gentle, relaxing, beauty type of therapy, than with that of proper, authoritative, professional, therapeutically effective reflexology that ART teaches.



ART students are taught to continually work from one foot to the other, not working the feet separately but by working sequentially and in systems. There are many types of contacts learnt in ART using thumbs, fingers and the medial surface of knuckles. The type of pressure used is determined on the client and the condition of the reflex, which in turn influences the technique used. ART teaches how to detect, interpret and treat 'disturbed' reflexes in the feet.

There are many types of applications taught, the beauty

of ART is that it is continuously evolving. No technique can be "owned", each person takes away what they need from ART and it grows with them within their practice.

What are the advantages or disadvantages of ART for the reflexologists, if you find any?

ART requires less time for clinical reflexology treatments, which is an advantage, as well as having a beneficial outcome for the client. The ART practitioner is not static; a chair on wheels is required to work from the side and also with the capacity to move the seat up or down when needed. Correct posture is of paramount importance, especially the way a reflexologist sits while treating for his/her wellbeing as well as the clients. The techniques are taught in such a way that the thumbs fingers and knuckles have the correct support, saving the practitioner hands for a long and productive career.





Tell me some things about reflexology in United Kingdom nowadays.

Reflexology has grown in popularity, though I would say it is still generally perceived as a “spa” relaxation therapy than an important advancement in the health field. However Reflexology is positively growing within the voluntary services of the medical environment such as in the National Health Service (NHS) hospitals and hospices. Some NHS Trusts will fund reflexology for certain conditions, although currently NHS access to this therapy is limited and most patients pay privately for treatments.



What about the studies and the requirements in U.K.?

Reflexology is not regulated in the UK. It is possible to

train for 16 hours or 150 hours (depending on qualification and/or school) become insured and start to practice legally! It is an uneven playing field and subsequently there are many reflexologists practicing within varying levels of skills and competency. Level 5 is the highest standard of reflexology training in the UK with a minimum of 150 hours spread over 12 months duration. A minimum of 100 treatments for case studies are required. Level 5 is the only course in the UK fully compliant with the Reflexology Core Curriculum.

On April 26/27 you are going to visit Greece for a two-day course on “Women’s Health”.

It is a practical workshop teaching techniques to support the powerful, natural and transforming processes unique in all stages of a woman’s life. The focus of the course will include menstruation, fertility, the onset of menopause and female sexuality. The treatment of

disease associated with any imbalances will constitute working the urological as well as for gynecological disorders. The techniques taught will show my own evolvments in practice; integrating both the traditional and advanced approaches in reflexology.

What is your opinion about the level of Greek reflexologists and what would you advise them in order to improve themselves and carry forward reflexology in Greece?

I have always found Greek Reflexologists and students of reflexology passionate about their subject. Greek reflexologists continue to impress me with their level of knowledge and natural academic prowess. There is a palpable hunger and willingness to learn more, an attribute which inspires. Any advice I could possibly conceive to give others is the advice I try to adhere to myself. Be the best you can be, following this in truth opens the door to the choices we are meant to live.

Interview
Fotis Skourletis

In this magazine issue we inaugurate a new column and hope to maintain it in the next ones. We will attempt to bridge the past and present of reflexology in Greece. In every issue we will present one of the pioneer Greek reflexologists, attempting, through their narrations to take a trip to the past and learn from their valuable experiences. We will also learn, from first hand, how the foundations came, so that today we can walk in a path

already carved and enjoy the benefits of this route.

This column is inaugurated by Mrs. Alexandra Kolovou who is considered to be the first Greek reflexologist and has published the first greek reflexology book. The following text consists of extracts from the interview she gave to Fotis Skourletis, therefore it is written in first person.

Alexandra Kolovou



"I was born in 1934 in Bombay, India by Greek parents. My father was from Zakynthos, my mother from Kefalonia. I spent my first years in Greece but when the war started we went back in Bombay. My father worked there as a foreman in the plantations. I attended a Scottish school. The first language was English and the second Hindu. In our cottage, which was near the sea, we shared the same yard with Mahatma Gandhi. I remember him every morning coming out in the yard with his goat. He would eat only fruits and drink milk. All the children were gathered to listen to his stories, which always had some symbolism, a lesson, such as Aesop's Fables.

In 1948 we moved to England. I was found from the liberty of India to the strict English system. I enjoyed painting since I was little,

but at that period, painting was not included in the school educational program so I was rather unhappy. I would not eat properly, I had gained a lot of weight and the doctor diagnosed that olive oil was something that was missing from my diet. At that period, you could find olive oil in the pharmacy, sold as a medicine. I started putting it all over my food so it helped me gain back my health.

At 16, before I finish school I entered the School of Fine Arts. The director of the school, who had fought in the Battle of Crete and adored Greece, helped me. I was also trained in senior secretarial tasks, so when I came back to Greece this helped me find a job easily. I was married twice and had three children. My second husband died seven years after our marriage and I suddenly lost the earth beneath my feet. I was a widow with three children. I was forced to continuously work. I did three jobs in order to cope with.

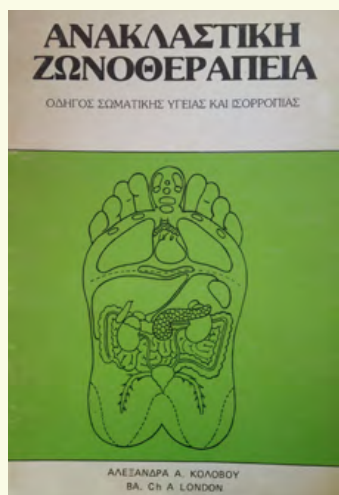


My second child Tatiana, had a serious accident at her 12 years of age. During the gymnastics and following a fall, she was injured in her 5th lumbar vertebrae, which started pressing the sciatic nerves, causing unbearable pain and paralysis of the legs; she could not walk.

Greek doctors could not help us, so in 1976 we went to London. There, she had a serious operation which lasted 8 hours. The rehabilitation was not easy at all. At that time, a Belgian friend of mine would pay us a visit. One day, I noticed that he was rubbing his feet and particularly his toes. When I asked him the reason he was doing it, he replied to me that it would relief his headache. He explained that there are zones that end up in soles and affect the whole body.

I kept this on mind and started working on the soles of my daughter without having a clue. All I did was to insist where it hurt. During the following visits the doctor began to see dramatic improvement. I decided to go to a school, but then there was only a private one (now owned by Nicolas Hall). The training lasted two months and seemed much more like foot massage rather than the "pressure of the caterpillar".

We came back to Greece in 1978, I wrote something like a book - reflexology guide but in reality were only notes, constructed two wooden tools (foot roller and a stick for pressure), put them all in a little box and started visiting pharmacies, homeopaths and healthy food stores which at that time they had just opened. I was giving away a box with a reflexology map I had made and offered a small demonstration. Some would take their shoes off on the spot. This was taking place behind a curtain or in



the next room. At that time I had three jobs and in my free time I was doing sessions at home.

In 1983, after a long research, I published my book, the first greek reflexology book. It is a reflexology guide addressed to all people who want to treat themselves at home. The sketches are mine.



That same year Efrosini Stravelaki, having read the book, gave me a call. We met in a cafe in Mavilli square and decided to look for more reflexologists in order to get organized. The next meeting took place at Omikron gallery, in Sintagma square. We were six (among them Anthi Vretta and Maria Mantzivi) and decided to get organized and create an association. That was the core! There were enough people interested and subsequent meetings were held in various houses where we would inform them about reflexology (there was not a school in Greece yet) and just exchanged knowledge. In 1992 the Hellenic Association of Reflexologists (H.A.R.) was founded. I was the second president, after E. Stravelaki.

Things changed for me and reflexology, at that time, was already known. I gave several speeches and seminars in Greece and abroad (India, U.S.A., United Kingdom). People came to me from all over Greece. I reached the point of having 200 clients. In the end, I got exhausted. My kidneys had no more energy to give and my body emptied. In 1996 after a hip operation I stopped practicing reflexology. I continued doing sessions only to people close to me, who really needed it. In 2008 I made the first reflexology maps for the visually impaired and began an effort with other reflexologists to establish a corresponding school."

Some friendly advices

"Do not be afraid to talk about reflexology! Back then when we started people did not know and were suspicious, but the years have passed and now they know."

"Ask a man before lying down for a session to take his shoes off and walk barefoot. There you will observe his walking. The points that must be in contact with the earth and are not, are those who have the problem."

"When I start a session before working on the feet, I touch the knees. Knees support the body and in this way it helps me to tune. Just touch his/her knees and he/she will immediately loosen."

"Before ending the session hold the feet for a while in order to keep them warm."

"If I had to pick a point, the most important, that would be the solar plexus."

"Each person is different and should not be worked all the same way. The receiver should feel pleasant and not painful. We have the advantage of our work to reach all parts of the body."

"There are people I cannot work with. We do not match with everyone."

"When someone wants to talk to you during the session, let him do it. It's wrong to prohibit it. He expects something from you. A miracle!"

