



Opinion

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Reflexology: Basic Guide



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Opinion

Written by Rahim Ariff Don, reflexology now has a special attention. The effectiveness of the disease restores many people to describe it as a miracle. Many are also interested in knowing more and practicing it. For that the author hopes this book can meet those needs. In addition, the author also hopes that this book will be a reference to homeland reflexology. The development of today's homologous dimension reveals the symptoms that escaped the basis of reflexology. The term reflexology comes from the English word, reflexion or reflection which means shadow, reflection or reflection. Logical suffix also shows it as a science-based study. Hence more precisely the word reflexology is used. As a result of these mistakes, the physiological treatment method is now considered as a traditional treatment. No less people mix up with other traditional treatments. Some include dietary medicine, whether it be a root of wood or herbs or pills. No less that adds to the body massaging, which is to massage the affected part. It should be emphasized here that reflexologists never take over the duties of doctors, and reflexology treatments do not even touch the sick parts of the body.

Usually a lot of misunderstanding is the use of tools especially wood to replace the thumb. As a result, the treatment should not be painful to be an experience that causes the patient to think twice before getting further treatment. In this book the author emphasizes the use of the hands alone. Nowadays there are many diagrams that show the position of the organ reflexes on the soles. Many people know it. But it is important to know the body, to recognize the position of the organs and to understand its function, as well as to know the seminude of the disease will increase the effectiveness of the treatment. This book introduces body system briefly, followed by systematic massaging. Also included are lists and brief descriptions of diseases and reflexes to be sorted. As a science-based study, it is hoped that research on reflexology will continue. Medical centers such as hospitals

should introduce them as a branch of physiotherapy. For new readers who are familiar with the field of reflexology, it is recommended to practice treatment methods that do not result in side effects and can be practiced at any time, on their own, for example by foot massage itself. The author will have the effectiveness of assuring readers to practice it in their families, relatives and friends. From the angle of reflexology, William H. Fitzgerald, Swiss medical doctor of Swiss descent, introduced the reflex zone theory through his book entitled *Therapy Zone*. The book was published in 1917. The treatment method was concentrated in hand and used certain equipment. Fitzgerald received a press release on April 29, 1934 for healing the sound of a famous concert singer.

When the throat specialist failed to find the cause of the disease and healed it, he succeeded. According to him, losing the singer's voice is due to the callus found on the right thumb. After taking care of the thumb of the right hand, the singer's voice was better than before. But reflexology today is grateful for Mrs. Eunice Ingham's contribution. He is a therapist who gets encouragement from Dr. Joe Shelby Riley, friend of William Fitzgerald. Mrs. Eunice Ingham charted the body organ reflexes on the feet. He introduced foot reflexology through his book entitled *Stories the Feet Can Tell* published in 1938. If observed, it is arguable that all races or civilizations have a bit of awareness of the health of their feet. The Malays, for example, believe that the disease goes through the foot. Meditating or closing feet, it becomes commonplace when a person is unwell. Those with sore joints soak their feet in warm water. Children who are newly circumcised, dreaded by the chicken dung. The mother in the abstinence advised do not stumbles the thumb. The author is not intended to deal with such beliefs or beliefs. What is interesting is that we have an awareness of the role of foot in ensuring the health of the body.



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