

ORIGIN OF REFLEXOLOGY

Reflexology originated at about the same time that Acupuncture was enjoying a period of prosperity in China. As in the case of Acupuncture, Reflexology is a plant that has sprung up from the breeding ground of **Taoism and Buddhism**. (Read the article on Acupuncture). It is thus not surprising to find the elements of these Eastern Religions evident in Reflexology.

Reflexology was totally foreign to the West until an American ear, nose, and throat specialist, a Dr. William H. Fritgerald, introduced this 3000-year-old practice to the West at the beginning of this century. He put this philosophy to the test and discovered that by applying pressure on one part of the body a corresponding part would be numbed or anesthetized. Following the example of the Easterners. He took the first step towards dividing the body into ten reflex zones. After him, others like Dr. Edwin Bowers and J.S. Riley expanded on this principle.

It was however a masseur Eunice Ingham who since 1930 refined the "zone therapy" to what today is known as Reflexology (also known as the Ingham technique). She chartered the sole of the feet to indicate in detail, which part of the sole corresponded to which part of the body. Each of the ten toes is the terminal (end) of one of ten different zones which are situated lengthwise down the body. The application of pressure on any part of a zone influences that whole zone. Famous names such as Prince Charles, Princess Diana, and Margaret Thatcher are coupled to this form of holistic treatment.

ORIGIN OF SICKNESS

In order to understand Reflexology a brief explanation of Taoism is necessary as it is the source from which Reflexology has originated. Taoism is a pantheistic religion; this means a non-belief in the person of God. The way, Tao

radiates cosmic (universal) vibrations which filter onto everything and everyone and which infiltrate and preserve everything. Tao radiates a spirit known as "chi" or "ki" (energy vibrations). They say 'God' is not confined to heaven but is in everything and this 'god' Tao and his spirit, the chi energy, permeate everything, as well as the human body.

The chi energy moves in 12 meridians much like rivers on a world map. Six meridians run down the left side of the body and six on the right, just beneath the surface of the skin. Six meridians are YIN (passive, female, dark) and six are YANG (energy, male, light). Each of the YIN meridians is coupled to the YANG channel in the hand or the foot. Fitzgerald mentioned earlier, changed the number of Meridians to ten to coincide with the ten toes of the foot.

Sickness is caused by a disturbance or blockage in these channels. This results in an organ receiving too little YIN or YANG. Tao's preserving strength, his spirit, namely chi energy, cannot

reach a particular organ because of the blockage. Remove this blockage and the balance between the YIN and YANG is restored.

Reflexology is based on this Taoist theory, that there are energy currents or meridians (known as chi\ ki) running down the length of the body. As a result of stress, ill-fitting shoes, lack of exercise and other reasons, the circulation in your feet slows down and this may lead to crystals forming and blocking the energy terminals in the feet.

According to some Reflexologists there are 3200 nerve endings in each foot. (Who counted them no one knows). These nerve endings are all connected to some or other part of the body. This connection (link) between the foot and a specific part of the body is called a reflex. As a result of these blockages in the terminal ends of the energy channels, sickness results. Reflexology treatment has the same effect as Acupuncture needles - it removes blockages which form when organs are under stress. (Huisgenoot 18/10/1990)

DIAGNOSIS OF SICKNESS

An experienced Reflexologist can "read" the feet in the same way as the blind can read braille. The feet, according to Reflexology, don't only reflect or expose the condition of the body but represent the body on a smaller scale. "Your whole body is represented in your feet", states a Reflexologist.

The spot where the problem is located is usually sensitive. In order to establish where the affected area lies, the fingers with or without the aid of an instrument, are used to place pressure on the foot. The sensitive spot will reflect which part of the body is in poor health.

THERAPY OR TREATMENT OF ILLNESSES

"The assumption is that everyone is naturally healthy and that the body can heal itself if given the chance." After a diagnosis is made through the feet, therapy commences by massaging specific points on the foot. Pressure is applied to the trouble spot and in so doing the blockage is relieved. When the energy channels start opening after 10 - 30 minutes of massage, the body's own healing power is activated. Wherever the pain or sensitivity is felt, indicates where the blockage is located. A Reflexologist commented as follows on the massaging process: "It detoxifies and stimulates the removal of toxic waste, helps correct imbalances and malfunctions, revitalizes and rejuvenates, and improves circulation.

BRIEF SUMMARY

1. Reflexology is an off shoot of Acupuncture as it has the same philosophical religious source. "Reflexology is a unique method of acupressure on the reflex points of the feet, relieving stress....." says one Reflexologist.

Acupuncture uses needles and Aromatherapy oils, which are massaged into the acupuncture points. Reflexology differs from these as it only uses the acupressure points of the foot soles. All these quasi-healing techniques lie on the same plain and deserve the same judgment:

(a) Both in the application of Acupuncture and Reflexology it depends on keeping the YIN - YANG balance. The first technique is using needles and the second is massage. Practically all New-Age therapies such as Homeopathy, Yoga, Acupuncture, Hypnotherapy, Acupressure, Chiropractic, Therapeutic Touch, and Macrobiotics (an Eastern diet that teaches that the correct energy-laden food must be eaten to maintain a balance) are based on the idea that sickness is caused by an imbalance, a blockage of energy.

(b) The traditional twelve meridians are adapted to ten ZONES to correspond with the number of toes. This

modification of an age-old Chinese healing art was introduced by Dr. Fitzgerald.

(c) The macro-micro cosmos principle namely that the eyes (iridology), hands, feet, and ears are a tiny screen or monitor of what is happening in the body as a whole, is a TAOISTIC - BUDDHISTIC philosophy and a fortunetellers technique which dates back to I CHING the Chinese / Buddhist bible.

(d) In order to make these heathen, demonic healing practices acceptable to Christians and Westerners, the CHI or KI powers are described as magnetic rays or cosmic energy These innocent-sounding terms describe the wolf parading in sheep's clothing. The 'spirit' involved in Reflexology, although given attractive sounding names e.g. "Energy emanations from the earth", "magnetic rays", "energy", is a demonic spirit. Reflexology is white magic and those who consult Reflexologists allow these Taoist demons to influence their lives. The Bible opposes this in Ephesians 4:27:

"Do not give the Devil a foothold"

(e) As in the case of Acupuncture, anesthesia (numbing) can also be obtained by massaging the foot to make it possible to carry out an operation on a specific part of the body.

2. There is no scientific proof for the existence of energy channels and the crystals which supposedly cause the blockages. "We in Scientific medicine are unaware of any nervous connections between the soles of the feet and all the areas said to be linked in this way by Reflexologist", says Andrew Stanway in his book: "Alternative Medicine (1979)". Roy Livesey in his book: "Understanding Alternative Medicine" and others confirm the above statement.

According to Dr W.J Ouweneel the ancient Chinese had knowledge of drugs but none of nerve channels. The

existence of meridians or channels has never been proved physiologically. The Reflexologists Kevin and Barbara Kuns confess in the book; "Any Reflexologist will tell you that it is not clear why or how it works, it just works." It cannot be denied that people may be helped by the application of Reflexology, but the question is what god and what spirit are involved? It is not the God of the Bible.

3. MASSAGE BOARDS, HEALTH SHOES

These items are marketed country wide. The fiberglass boards and shoes are covered with knobs. As prescribed, a patient is to spend 10-15 minutes per day walking on boards - the effect being the same as when walking barefoot on pebbles as they do in some parts of the world. The shoes work on the same principle. The expectation is the alleviation of tension, pain, and it promises weight loss, calmness, an improvement in sexual performance, removal of kidney stones, relief from constipation and so forth. The board is supposed to be scientifically designed to massage 650 pressure points under the feet. Superstition has it that walking on these boards stimulates and massages the whole body.

(a) Medical service has become expensive. It is far cheaper to purchase a board that supposedly heals all your ailments. You simply massage your feet to clear up your headache.

(b) Many people have become disillusioned by the negative results and side-effects of conventional medicine.

(c) The Eastern superstitions are sold under the pretense that they are a scientific and very natural solution to illness.

(d) As people are desperate to become well they will turn to anything that promises healing.

4. Can the rapid growth of interest in Reflexology not be attributed to the above reasons? A few years ago, it was known too very few. In 1966 the American Medical Association (AMA) still referred to it yet another 'unscientific cult'. Today it receives recognition as a very popular healing practice.

Inge Dougans. director of the International School of Reflexology and Meridian Therapy, reports in an article in the

Huisgenoot issue of 18 October 1990, that approximately 1000 South Africans have qualified as Reflexologists over

the past seven years. What is the reason?

(a) The training involved in Reflexology is of shorter duration, cheaper and more accessible than medical training.

(b) A common complaint is that the patient-doctor relationship is often business-like as opposed to that of the practitioners of alternate medicine such as Homeopaths and Reflexologists. They have a more intimate, physical, relaxed relationship with their patients. They often spend more time with the patient and appear to be less stressed and pressurized. Psychologically the patient receives more satisfaction from personal contact (massage) and attention than from the more formal attitude of the medical doctor.

5. Dr Samuel Pfeifer gives his opinion of Christians who see no harm in the philosophical background of Reflexology and therefore see no wrong in the appreciation of this therapy:

"There are certainly reflex zone therapists who want to have nothing to do with its philosophical background. or the frequently involved occult practices. Among them are sincere Christians who even try to provide counseling during their therapy if the opportunity arises."

"Nonetheless they cannot be spared the reproach of indirectly promoting a philosophy that has its origin in

Eastern mysticism and has already led many away from the Gospel. Moreover, the medical value of Reflexologists is very limited. even when the therapist is a Christian."

6. Reflexology is a part of the New Age movement. This is the reason for the New Age magazine LINK-UP, advertising the services of several Reflexologists along with other New Age therapies such as Acupuncture, Aromatherapy, Hypnotherapy, Homeopathy, Buddhism, Chiropractic, Therapeutic Massage, Bin- Energetics, etc.

7. Old superstitions regarding the spilling of salt, walking under a ladder, the number 13, and others, are now seldom if ever, accepted by those in civilized Western Society. Instead, they have been replaced by superstitions from the East, such as Aromatherapy, Reflexology, Homoeopathy, power generated by crystals, hypnotherapy, pyramidology, etc. Reflexology is however more than just an Eastern superstition it is a therapy based on occultism.

8. The traditional black witch doctor uses a bag of bones to forecast an illness. Others use iridology (eyes) or palm reading, and Reflexologists use feet to diagnose an illness. All these diagnostic methods are variations of witchcraft and come under the judgment of GOD (Deuteronomy 18:9-12). According to Dr. Kurt Koch and Dr. W.J Ouweneel, Reflexologists use an extra-sensory power of touch, which is a variation of the occultic power to see (clairvoyance). A person's health no longer depends on God but on how you treat your feet as someone once said: "my badly treated feet influence my daily well-being". Man is incredibly naive to believe this superstition and hogwash.

9. Sin may play a role in sickness the Bible tells us but Reflexologists however make no allowance for this Biblical principle.

10. For the Christian the Bible is the yardstick for healing and tells you what to do when sick (James 5:14-16). If only people would examine their hearts for sin (rather than their feet) they would receive more than physical healing. But the devil's strategy is to keep man's eyes off the real cause of illness.

Reflexology cannot be reconciled with Science or the Bible and is a demonically inspired prescription for healing, based on health principles of Taoism. Whoever uses Reflexology rejects the God of the Bible and turns to an idol for healing.

11. Establish beforehand that the physiotherapist or masseur who treats you does not make use of Acupuncture points on the body or the principles of Reflexology. Ask him/her to be very clear about this. Don't let the fact that he/she may confess to be a Christian, deceive you.

12. Dr Samuel Pfeifer warns in his book: "Healing at any price?", many Reflexologists seem to use powers in their therapy that do not originate in God. The experience of counsellors has shown repeatedly that physical contact can be a bridge for demonic powers to enter another person. Spiritistic books recommend holding hands during a seance for every participant to experience the energy of the spirit. The dangers of undiscerning submission to the laying on of hands should not be underestimated, even if it happens in a religious gathering.

In the Huisgenoot issue of 19 May 1983, a Reflexologist is quoted as saying: "Personal touch is important. In this way, it was possible to transfer my healthy energy to the patient." This confirms what Koch and Pfeifer said - that demons are transmitted to the patient by consulting these healers. The DEVIL is behind the 'success' of Reflexology.

Dr. Samuel Pfeifer relates the testimony of a certain Mrs. Black in his book: "When he rubbed the headache zone on my big toe, I suddenly saw this absent-minded expression on his face, as if he were in a trance. I asked him, 'What are you doing?' He replied: 'I am concentrating in order to channel vital energy into your body.' The next day when I tried to have my quiet time as usual, I felt no more joy in Bible reading and prayer. I realized what I had dabbled in, and asked Jesus Christ to forgive me."

See to it that no one makes a prey of you by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the universe, and not according to Christ. Col 2:8.