

# Introduction To Facial Reflex Therapy For Your Family

BY LONE SORENSEN





The education of the Facial Reflex therapy professional course is based on my practical experiences, theories, research, and studies carried out since 1978. It is based on more than one hundred thousand treatments carried out and supervised by myself.

My aim is to make known this treatment that has over the years helped so many people, adults and children alike. I have been fortunate enough to have at my disposal many patients who offered unselfishly and trustingly, their feet, hands and faces so that I could research the points and nerves, with the precise intention of seeing the interconnections between the Oriental, Indian and today's neurological methods.

Facial Reflex therapy is a method in which stimulation of zones and points of the face are utilized to alleviate health conditions in other parts of the body. Originally based upon the ancient Oriental, Tibet, Vietnamese and aboriginal practice. The somatopic correspondence of specific parts of the body to specific parts of the face was first developed in Tibet. It is this integrated system of Oriental and Western practices of facial therapy which will be described in the education of the Facial Reflex therapy professional course.

#### Complimentary Medical Modalities used with Facial Reflexology

Acupuncturists

Chiropractic

Nurses

Reflexology Therapists

Dentists

Naturopathic Doctors

Osteopathic Doctors

Physical Therapists.

Psychotherapists

## Introduction to Facial Reflex therapy

Studies of Egyptian, African and Aboriginal cultures show references of mythology going back 3000 years about the practice of manual therapies in various different forms and the use on different parts of the body- hands, feet, and the face.

The oldest documentation describing the practice of reflexology is in Egypt. A drawing dated around 2500 BC, found in the tomb of a distinguished Egyptian Doctor named Anknahor de Saqqara who practised foot and facial reflexology in his surgery.

In the parts of South America occupied by the Incas, reflexology was practiced through generations as a preventative health treatment.

During hundreds of years the Cherokee Indians in Carolina, North America, recognised the importance of maintaining a physical, mental and spiritual balance and as a means to this end, they practised reflexology.

The Oso clan, descendants of the Cherokees, (who nowadays inhabit the hills of Alleghenies,) practice Zone Therapy on the feet. Infact the most well known therapist of zone therapy working today in America is Jenny Wallace, herself a Cherokee Indian

There are other aboriginal cultures in the Andes, southern Argentina who continue to use facial therapy in its primitive form.

It was not until 1800 that reflexology was introduced in Europe. The first medical practitioner to use to facial reflexology in Europe was a German Doctor, Dr. Alfonso Cornelius. He suffered a serious infection and cured himself by stimulating different points and areas of his face. He went on to practice the treatment in his surgery and had significant results. Infact he was the first person in Europe to publish an article about facial reflex therapy, the article, entitled "Druckpunte", was published in 1902 in a monthly medical magazine.

Some years earlier, in 1872, an American Doctor, Dr. William Fitzgerald educated at the University of Medicine in Vermont was carrying out research into Reflexology in Vienna and London. He had some interesting results especially with regards to ear, nose and throat problems, applying foot and facial reflexology instead of traditional anesthesia.

In the 20<sup>th</sup> Century, two American Doctors, George Goodhart and John F. Thei carried out important research into acupuncture and created a technique known as kinesiology which includes the stimulation of the cranium.

Cranial sacral therapy was also developed in the 20<sup>th</sup> Century, which today occupies an important place amongst complementary medicine.

However to look at the roots of reflex therapy, means going back some five thousand years. It was created, and developed over a period of several hundred years in Oriental villages. Manual reflex therapy was created a long time before acupuncture. Infact it is the oldest form of Traditional Oriental Medicine known. There are even references in Stone Age, how to use of sharp stones, thorns and other instruments to help alleviate pain and disease. There also exists ancient references, illustrating ways of diagnosing patients through observing the ear, tongue, face, and by feeling the pulses on different points of the body.

The modern Facial Reflexology is an amalgamation of the methods used by the South American Indians, Egyptians and the Orientals, together with the latest concepts of neuroanatomy.

The most important Oriental techniques are acupuncture, cranial acupressure, cerebral acupuncture, facial acupuncture and nasal therapy.

## Microsystem Theory of Face Reflex therapy

Not only the face, but every part of the body, can function as an energetic system for diagnosis and therapy. This system called micro-puncture, are different from the traditional Chinese system, it is called a macro-system, were invisible lines; meridians are crossing the body. The meridians, connect acupuncture points distributed throughout the body. The micro-system has in holographic distribution of points and the topology of points reiterates the anatomy of the body. Micro-puncture systems have been identified on the ear, foot, hand, face, nose, abdomen, back, iris, tongue, wrist, teeth, scalp, neck, temporal, lips, and on every long and short bone of the body.

Every micro-system, manifests neurological reflexes that are connected with parts of the body. These reflexes are diagnostic and therapeutic and may be stimulated by finger pressure, needle acupuncture, heat, electrical stimulation, laser stimulation, magnets, or any method utilized by macro-acupuncture. .

The micro-system reflex map of the body replicates the anatomical arrangement of the whole body. "Soma" refers to the body, and "Topography" refers to the mapping of the terrain of an area. Microsystems are connected to the Somatotopic, neurological reflexes in the brain, where a picture of a homunculus, or a map of a little man, can be identified by brain mapping studies.

The micro-systems have bilateral effects, but they usually are more reactive when the micro-acupoint and the area of body pathology are Ipsilateral to each other. The scalp micro-system, which corresponds to the underlying cerebral cortex, is the principal system in which the side of the microsystem reflex is contralateral to the side of body.

All micro-systems function like echo resonators from the skin to the corresponding body organs, comparable to the echo resonance of wave form interference patterns in a hologram.

Health problems in a specific organ or part of the body is indicated by distinct changes in the skin at the corresponding micro-system points, in an Organ cutaneous reflex. These localized skin changes may include increased tenderness on palpitation, altered blood flow, elevated temperature, changes in electrodermal activity, or changes in skin color or texture. Localized skin changes are diagnostically useful for all Micro-systems. This stimulation triggers nervous system connections to the spinal cord and brain, which in turn activates bioenergetic transformations, biochemical releases, and electrical firing of neuronal reflexes. The organic reflex initiates pain relief and healing effects in the same ways that the macro-system functions.

All of the micro-systems are interactive with the macro- system. Treatment by one system will produce changes in the body's energetic patterns as diagnosed by the other systems. Facial Reflexology is on of the Micro-systems.

## Facial Reflex therapy

Facial Reflex therapy is a combination of different techniques which works upon the nervous system, helping to regulate its complete body function. The treatment involves a process of assessment and the creation of a individual treatment specifically designed for the needs of the patient.

The action of the neurological and humoral patterns are very complex. The concept is modulated by a hypothesis of a “working door” which in normal circumstances is open and the impulse travels through the delicate fibres or nerves. When pressure is manually applied, a painless flow of impulses is produced.

Stimulating the release of endorphins, encephalines and di-norphines, with their inhibitory action confirms a chemical humoral action and can be seen later an increase in these substances in the brain.

As Acupuncture the Facial Reflex therapy also encourages the release of serotonin.

It has been discovered recently that other neurotransmitters are necessary in the process of motor function, such as G.A.B.A and glycine in the thalamus.

Nowadays much more details are known about the workings of neurotransmission, neuroconduction, neuromodulation. Same as a group of intersecting of different proteins and the meeting point of the central nervous- endocrine system, that allow the understanding of the mechanism that supresses pain and the correction of the malfunctioning of different organs and systems with the re-establishing of equilibrium and therefore, better health.

Facial Reflex therapy is a combination of basic zonal work, acupuncture points and neurological points. The aim is to investigate and analyse the face in detail looking for- and by touch feeling signs particular to each patient. Working manually on certain basic zones (whilst looking for signs of illness or imbalance) produces a profound sense of relaxation while stimulating the blood flow and the entire nervous system. The acupuncture points on the face are then stimulated, these points are related to the meridian lines which connect the points and the zones of reflexology to the central nervous system.

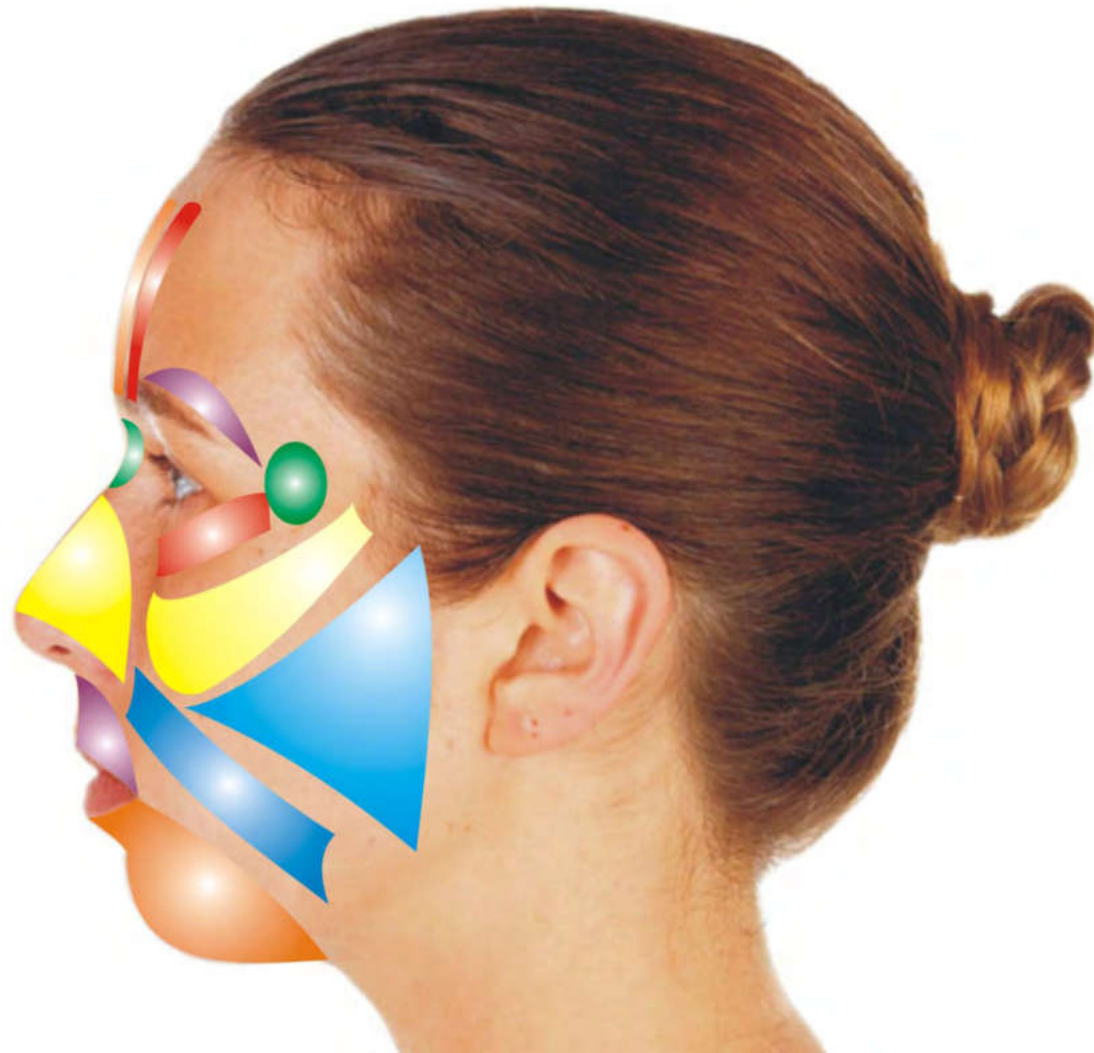
The neurological observations show a basic organisation, when localizing this system's structures. The clue in facial reflex therapy is to get to an area of fusion through out the whole organism by means of the connections between the central nervous system, the hormone system and the meridians, giving free access to the energetic flow.

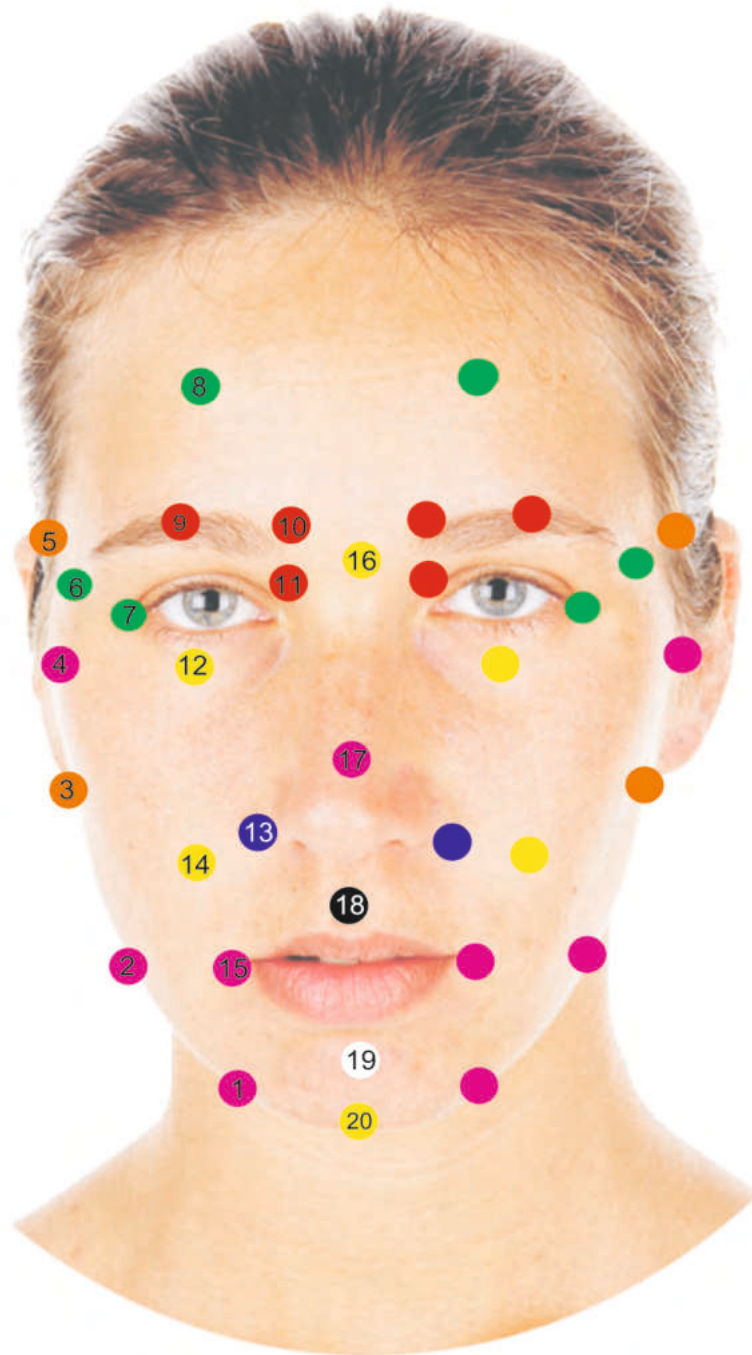
The aim of the intensive research that has been carried out on facial reflexology over a large period of time has been to develop both an effective method of analysis and an effective stimulation technique. Different theories and studies into embryology and neurobiology have been analysed in the development and creation of facial therapy.

The same effects can be obtained with acupuncture and foot reflexology except when it comes to neurological, hormone, and psychological problems where facial reflexology works more quickly and effectively



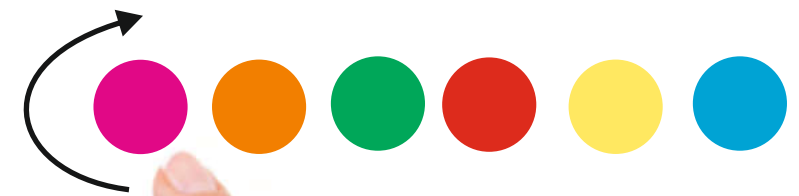
# The 3 basic steps of Facial Reflex therapy





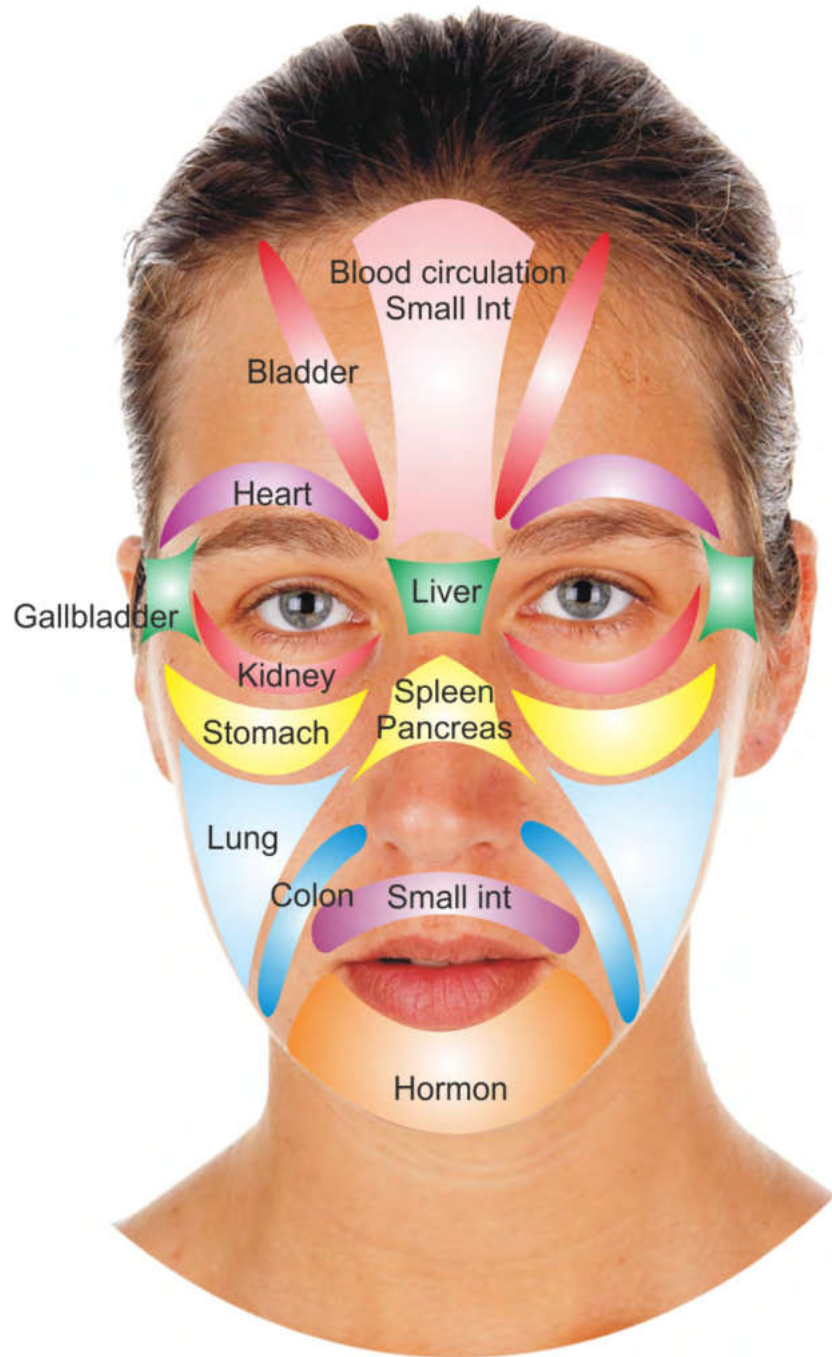
## STEP 1

Circulate with forward movement on each of the colored points 10 times.  
Stimulation is performed on the points in both sides of the face simultaneously.  
Mid-points one by one clockwise and anti-clockwise



## STEP 2

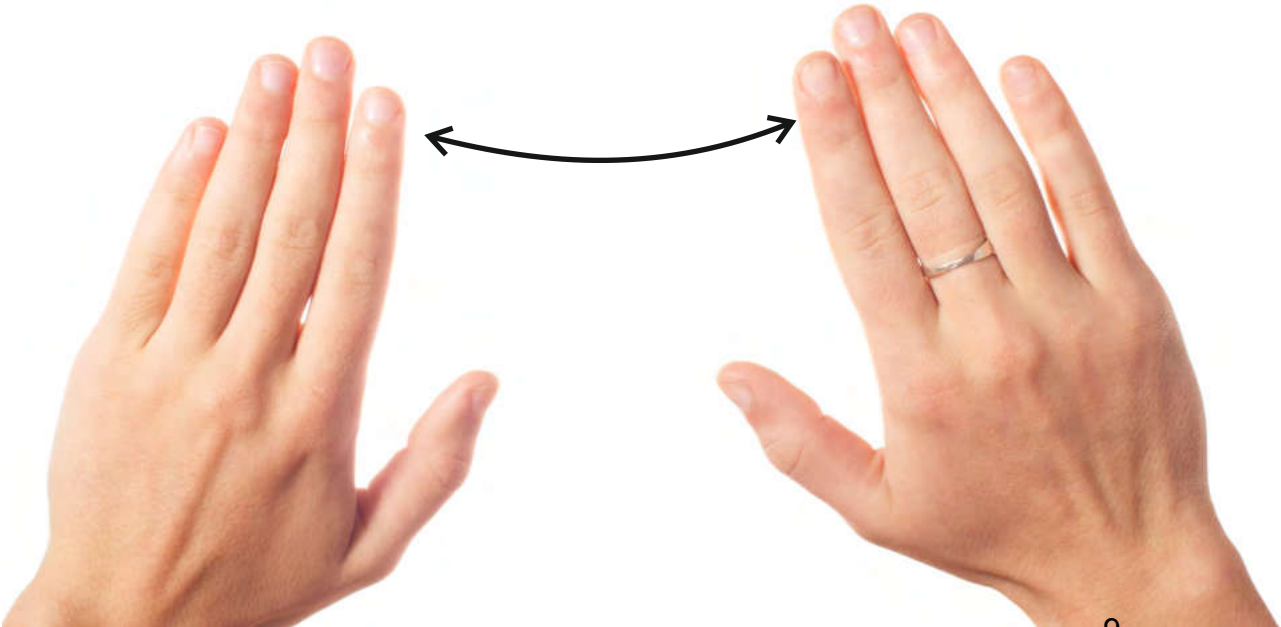
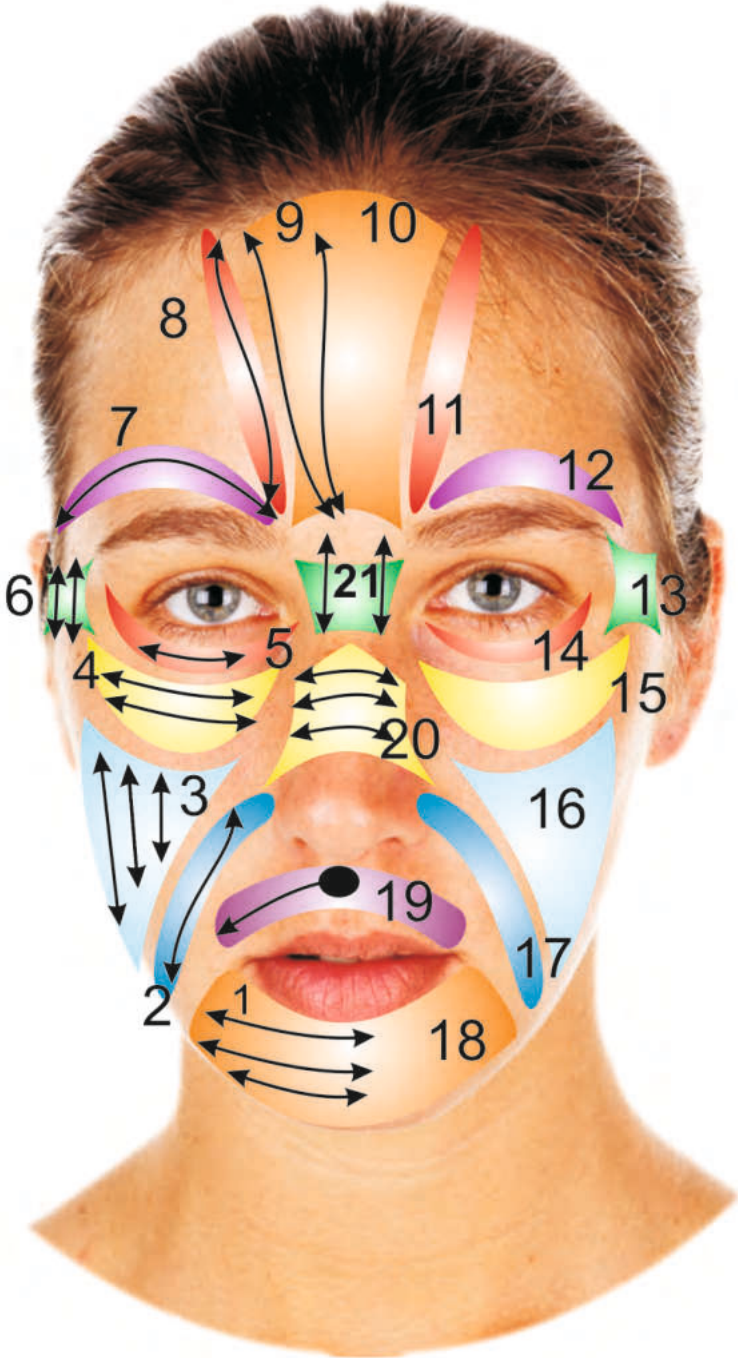
Areas of organ related zones of the face.





# STEP 2

Place two fingertips together and then pull them apart with sweeping movements and firm pressure, 6 times in the same place. Move your fingers and "fill" the entire area illustrated in this manner.

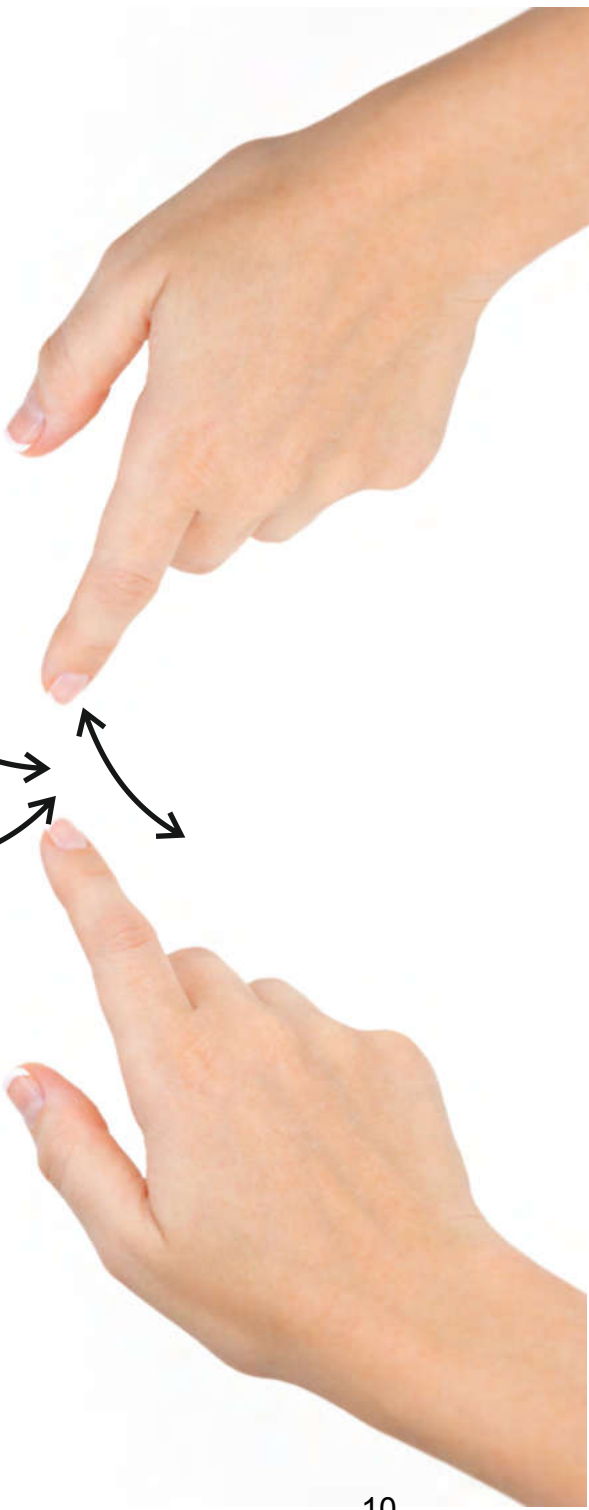




## STEP 3

Meridian related areas.

Place two fingertips together and then pull them apart with small short sweeping movements and deep pressure, 6 times in the same place. Move your fingers and "fill" the entire area illustrated in this manner.





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20 hours exam case

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