



VERTICAL REFLEXOLOGY:

Referred to as "The Booth Method" of reflexology, Vertical Reflexology Therapy (VRT) was developed by Lynne Booth, of Bristol England. Lynne runs a private reflexology practice, practices reflexology at a nursing home and trains in VRT internationally.

VRT works on the top of the feet while the client is standing and provides amazing benefits:

- Provides deeper access to reflex points so that the treatment is quicker and more effective than conventional reflexology
- Enhances and compliments professional reflexology treatments
- Achieves significant results in just 5 minutes
- Provides access to many new reflex points, including reflexes for stimulating the immune system and calf reflexes to help ease back pain and chest congestion.
- Makes it easier and more effective to do self-treatment.

WHAT MAKES VRT SO DIFFERENT? VRT brings a new dimension to reflexology. When a person is standing for a VRT treatment it is the top (dorsal) side of the foot which is worked and not, as in traditional reflexology, the bottom (plantar) side. Reflexology is traditionally practiced when the body is in a reclining or horizontal position. There are important differences and effects that can occur when the foot is weight-bearing and presenting new and deeper reflexes. In the standing position, the muscles are taut, there is pressure on the bones to support the upright skeleton, and the heart is pumping oxygenated blood to the organs.

VRT can help people with a huge number of common conditions and it is of particular help to the elderly and disabled as well as to children and babies.

HOW REFLEXOLOGY AND VRT EFFECT THE SYSTEMS OF THE BODY....

NEUROLOGICAL SYSTEM:

The neurological system consists of the central nervous system and the autonomic nervous system. Autonomic Nervous System - In general, reflexology and VRT work on the autonomic nervous system in an indirect way by treating the whole body through the feet and triggering a response where needed. Central Nervous System: The spinal nerves supply messages to every part of the body, and if the spinal vertebrae which protect the spinal cord are compressed or damaged, the corresponding organ can be affected. Most referenced to "trapped Nerves" are associated with back pain. It is much more effective to seek chiropractic treatment, massage, or reflexology to help release the nerve than to resort to painkillers, which only mask the problem.

SKELETAL SYSTEM:

The two main functions of the skeletal system are protection and movement. VRT has been particularly successful in loosening up the joints in the body and helping skeletal and mobility problems.

MUSCULAR SYSTEM:

The muscular system is responsible for about 50% of our body weight and is made up of voluntary



and involuntary muscles. Voluntary muscles are used for movement such as running or raising the arms and are under our conscious control. Involuntary muscles are called smooth muscles. They are not under direct conscious control (such as the heart and digestive system). VRT has had remarkable success in freeing up tense muscles instantaneously. Shoulders and necks respond particularly well, as do hip joints. It is reported that many people who have had hip replacements have experienced relief from soreness and irritation of the surrounding muscles after receiving VRT.

CARDIOVASCULAR & CIRCULATORY SYSTEM:

The heart is the central muscle in the cardiovascular and circulatory system and is vital for life. One of the key factors in reflexology is that it enhances circulation, and in doing so, increases the vitality of the body. The circulatory system is the front line for maintaining the body's immunity. New VRT heart reflexes on the ankle help balance the entire cardiovascular system.

DIGESTIVE SYSTEM:

The digestive system converts food into substances the body can absorb and use for energy and heat. The body needs optimum nutrition to function properly. If the digestive system is impaired the rest of the body suffers. Reflexology and VRT work toward normalizing the body functions and the same reflexes are worked whether the bowels are too active or not active enough. Both approaches are extremely successful at treating irritable bowel, but lasting success is achieved when dietary habits are addressed at the same time.

LYMPHATIC SYSTEM:

The lymphatic system is central to the health of the body as its role is to carry waste matter, excess fluid and toxins from the cells and tissues. Reflexology has always achieved impressive results when it comes to lymph drainage and related conditions such as edema in the feet. With VRT, the standing position can accelerate the movement of fluid through the body.

RESPIRATORY SYSTEM:

The respiratory system's organs are related to breathing in oxygen (inhalation) and exhaling carbon dioxide (exhalation). As we breathe we oxygenate the blood, upon which every one of our living cells depends. VRT and reflexology can help increase lung capacity by stimulating the diaphragm to contract and relax fully. Asthma and bronchitis respond well for VRT

URINARY SYSTEM:

The urinary system comprises the two kidneys, the ureters which transport the urine to the bladder, and the urethra which passes the urine out of the body. In reflexology and VRT, all the reflexes of the urinary system are worked to help it function efficiently. VRT has been reported to be very effective in helping cystitis, bladder infections and pelvic floors weakened by childbirth and resulting in stress incontinence.

ENDOCRINE SYSTEM:

The hormonal system of the body, the endocrine system is comprised of the pituitary gland, the hypothalamus, the pineal gland, the thymus gland, the thyroid and parathyroid glands, the adrenal glands, the pancreas, and the ovaries and testes. This system regulates many metabolic processes and is essential for regulating the body's chemical functions. VRT, and reflexology in general, balance the body by triggering the organs and glands to work to their optimum ability.

SENSE ORGANS:

The sense organs are the eyes, the skin (dermis and epidermis), the tongue, the ears (external,



middle and inner or labyrinth), and the nose. Both reflexology and VRT are extremely effective in pinpointing and treating the sense organs. The skin will sometimes become a little blemished when beginning a series of reflexology treatments. The body will be stimulated to throw off toxins and one of the main vehicles of elimination is the skin.

REPRODUCTIVE SYSTEM:

The reproductive system includes the breasts, the ovaries & uterus in women, the testes, prostate and penis in men. VRT and reflexology play a positive role in supporting healthy reproductive systems.

THREE VRT TREATMENT OPTIONS:

- 1.) A stand-alone brief 5 minute VRT treatment.
- 2.) VRT incorporated into the start and finish of a conventional reflexology session
- 3.) Complete VRT session

A Complete VRT session is a comprehensive but shorter reflexology session that takes about 20 minutes. The reflexes on the soles of the feet are worked for about ten minutes, with a few minutes of VRT, including some specialized techniques

FAQ's:

CAN VRT BE USED AS A PREVENTATIVE TREATMENT?

Yes, because the body is stimulated to heal itself and maintain its health. This applies regardless of age, or activity level (an athlete or a sedentary office worker).

CONTRAINDICATIONS - WHO SHOULD AVOID VRT?

VRT is to be avoided for anyone with deep vein thrombosis (DVT), epilepsy, heart problems, infectious skin diseases, and varicose veins.

HOW MANY VRT TREATMENTS DO YOU NEED BEFORE YOU SEE RESULTS?

Everyone is different in their response. VRT often works quickly so you may see results immediately after your first five-minute session. Just as important...do not give up! If after regular weekly or twice weekly treatments for three or four weeks you see no effect you may need a different therapy altogether. It normally takes the body some time to become ill, so it often takes a while for the person to recover.

DO PEOPLE EVER GET NEGATIVE RESULTS AFTER VRT?

Very rarely. If they do, what they feel are "negative" results are often side-effects or a healing crisis as the body discharges toxins and makes adjustment. If they persevere they may well see the wished-for improvements.

WHAT DOES 'OVERWORKING' THE REFLEXES MEAN?

Overworking the reflexes means too much stimulation has been placed on a reflex during a treatment. The body may respond with a headache, feelings of nausea or increased pain. In extreme cases it can bring about a "healing crisis, meaning the body over-reacts before it gets better and tries to throw off all the accumulated toxins too quickly.



SHOULD REFLEXOLOGY OR VRT HURT?

Both therapies are basically relaxing and pleasant experiences. A tender reflex, however, will often cause a momentary feeling of discomfort or pain. At this point it is important to communicate with the practitioner and they will adjust to your level of tolerance. There should never be any lasting hurt or pain.

WHAT IS THE DIFFERENCE BETWEEN A HEALING CRISIS AND SIDE-EFFECTS?

A healing crisis is stronger than side effects, which are also short-lived. As the body is stimulated to dispose of toxins, side-effects can include: thirst, mild skin outbreaks or slightly increased output of urine or feces. VRT can sometimes cause an increase in pain for a few hours...especially with mobility problems, before recovery manifests. Drinking plenty of water helps minimize any side-effects. In a healing crisis you may have to evacuate your bowels several times a day, or you may pass volumes of cloudy urine, and you may feel considerable pain. While not pleasant, both side-effects and a healing crisis will quickly pass and should be welcomed as a sign that the body is healing itself.