

Praxis Vertebralis

By Lone Soresen

The fundamentals of the Praxis vertebralis are found in old medicine. This praxis is one of the most antique known medicines.

Nowadays, this therapy has become a state-of-the-art practice in Foot Reflexology. Neuro foot Reflexology can be called and it is defined as a reflex technique, based in the neuro-biochemical action produced when stimulating an area or point in the feet, and has general and/or partial effect all over the body by reflexes corresponding to the spine and the spine nerves.

Investigations and medical studies of neuro-anatomy in the last ten years have favoured the renewal, development and improvement of Foot Reflexology. These investigations have confirmed the effectiveness of the stimulation of reflex areas and points as an auxiliary therapy of the medicine.

Praxis Vertebralis is a very effective method of Foot Reflexology that perfectly combines with other therapies. It is a very effective treatment for all kind of pains.

The origin of Praxis Vertebralis is known since 460-377 b.C., in times of Hippocrates, when he published treatises on therapeutic. In the year 5 of the Christian era, a Tibetan doctor, Yhom Po, formed with five other doctors the first university of natural medicines, where Praxis Vertebralis was taught, applied directly over the spine.

The basis of Praxis Vertebralis is that the medullar vertebral structure participates by reflex in the regency of the body functions.

From the spinal cord and by each vertebra, there are nerves going out that innervate the different parts of the body and organs, therefore, if a vertebra is displaced or in any way affects the nerve, we see the organic relation and we can adjust the disorder that affects the patient. The same thing happens in the back area and its muscle spasms, which compress the blood vessels decreasing blood flow to the area. Structural disorders in the spine and its repercussions by pressure over the nerve roots are considered the physical cause of many diseases.

Neuro-foot reflexology Praxis vertebralis is a method with which the same results can be achieved in spine correction, liberating nerve roots, applying the therapy in the feet, as in old times was performed in the spine, but by the feet, with much less risks.

With the technique and study of Praxis Vertebralis it is possible to understand the factors related to the body dynamic.

The illness can be observed in the spine, and at the same time in the spine area in the feet, where the study and treatment are performed.

When giving back the structural harmony to the spine, diseases and emotional disorders are eradicated.



Map of the spine area in the feet. (1 y 1a)

The most common causes of structural problems in the spine are:

- Muscular tensions
- Bad postures
- Accidents

The 31 nerves of the spine that come out of the spine ramify and pass through the interior of the body ending in the skin, in peripheral nerves that act as receptors to the external world.

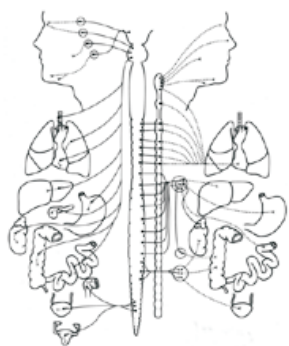
The pressure over a nerve prevents the course of nerve impulses to arrive to the corresponding organs in an optimum way, which causes the dysfunctions in these organs.

The spine nerves ramify to the following organs:

- 1C: Blood circulation in the head, Hypophysis, scalp, cranial bones, brain, internal and external ear.
- 2C: The eye, the optical nerve, the hearing nerve, paranasal and frontal sinuses, the tongue.
- C: The cheekbones, external ear, facial bones, teeth and the trigeminal nerve.
- 4C: The nose, lips, mouth. Eustachian tube.
- 5C: Vocal chords, trachea and maxillary glands.
- 6C: Neck muscles, shoulders and tonsils.
- 7C: The thyroid gland, synovial capsule, arms and hands.
- 1D: Arms, hands, wrists, fingers, trachea, breathing conduct.
- 3D: Lungs, bronchi, pleural cavity, diaphragm, breasts and nipples.
- 4D: Gall bladder and conducts.
- 5D: Liver and solar plexus.
- 6D: Stomach.

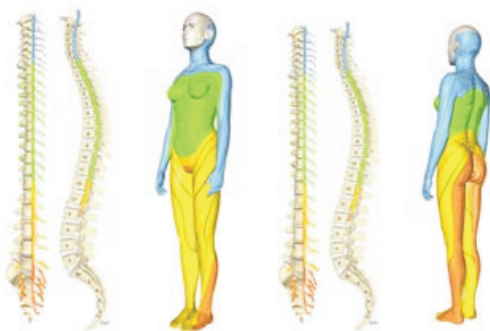
Continued on page 12

- 7D: Pancreas, duodenum.
- 8D: Soleen and diaphragm.
- 9D: Suprarenal.
- 10D: Kidney.
- 11D: Kidney and ureters.
- 12D: Small intestine, ovaries and lymphatic system.
- 1L: Large intestine (colon)
- 2L: Internal sexual organs. Upper part of the leg.
- 3L: External sexual organs, uterus, urinary bladder and knees.
- 4L: Urethra, lumbar muscles and sciatic nerve.
- 5L: Leg (inferior part), and feet.
- S1 to 5: the hips, gluteus maximus, rectum, sphincter control and urine.



Map of the spine / relation of organs. (2)

The reflex incidence skin-Central Nervous system implicates a deep stimulus that reaches muscles, skeleton, joints, bones, organs, hormonal system and viscus, by the Peripheral Nervous system and the Neuro-Vegetative system. This way, a particular pressure in specific points and areas of the feet can affect the Neuro-Motor and Neuro-Vegetative system in a very special way.



Map of the skin areas related to the spine nerves. (3-4)

The hormonal system has a predominant importance in neuro-reflexology, as its production of chemical substances may alter or diminish the chemical performance in case of gland dysfunction, causing multiple illnesses and diseases.

The hormonal glands stimulate and control the following functions:

- Hypophysis: It stimulates the thyroids, the suprarenal crust, milk secretion, cellular metabolism, ovarian follicle, testicles and the corpus luteum.
- Hypothalamus: is responsible of growth, regulates the body temperature and in fertilization matters, its function is as important in women as in men.
- Thyroids: Stimulates the breathing.
- Parathyroid: Control of the calcium metabolism.
- Pancreas: Conversion of glucose in glycogen, and glycogen in glucose.
- Suprarenal: Control of the water metabolism, ions, saccharides.
- Sexual glands: Masculine: Regulation of the masculine gonads development. Feminine: Preparation of the uterus for pregnancy and improvement of the implantation of the zygote.

The theory behind the neuro-foot reflexology also considers that there are external causes that affect the hormonal system causing disorders that affect the emotional state. With the neuro-foot reflexology praxis vertebralis is possible to treat and balance the hormonal dysfunctions by manipulation. It is possible then, to liberate compressed nerves and influence directly over the function of each gland, and then also over the emotional state; depression, anxiety, fear, anguish, sadness, etc., so the treatment has a great importance at an emotional and mental level.

We place over the spine everything that happens to us. The spine is the central axis of our life, is what uphold our universe. The physical posture reflects our attitude to life. Therefore, as we keep on going through difficult or conflictive situations, these turn heavy and our spine carries them.

In certain areas of the back, there are more usual pathologies: Lumbagos: these have relation with the conflict of auto-exigency and not feeling self-confident to face life issues, especially material and work matters.

Sciatic: not comfortable with the path of our life, feeling inferior, fear or problems to progress.

Middle back: it takes the load of life (people, couple or family situations, feelings, love issues, and give and receiving).

Cervical: the neck connects the head (thoughts) with the rest of the body and life, the tensions in this area indicate the dis

Continued on page 13

connection mind/body, the mental wheels of thoughts that keep on rolling and weigh, the stiff neck that won't let us see to one side or the other.

Scoliosis: we are adopting or going through twisted paths.

Rigid spine: rigidity in the way of living.

Slipped disc: not feeling support in life, and its loss turns to rigidity.

This is just a brief resume of the effects of the emotional states and their meanings, which we can adjust depending on the affected vertebra.

In cases of external emotional causes the treatment is combined with the technique of facial reflexology, very easy exercises and correct posture learning.



Facial Paralysis

by Lone Sorensen

Facial Reflexology works effectively in different pathologies, in physical, psychological and functional zones, generally combining different areas. We will present here the case of a patient with Facial Paralysis, including the treatment and results obtained with Facial Reflexology.

The patient is 41 years old and got a surgical operation in the head to get out the acoustic neuroma (a benevolent tumor in the head between the cerebellum, pons and brain stem). After the operation in February 2007 she got a facial paralysis. The neurologist says that there was no damage done, but the nerve was numb and had to wake up again. She also got deaf on the right ear because of the 8th cranial nerve was totally removed. Treatments of physiotherapy and facial muscular rehabilitation performed along eight weeks did not have any effect. The total recovery was a very slow process.

In the midst of June the patient went to Hannek Van Baal's clinic in Holland, instructor of Lone Sorensen in Netherlands, for a treatment. She had at that moment four months symptoms of a facial paralysis: her right eye did not blink and could not close. Because of that, her cornea dried out, and she had to protect her eye with a plaster constantly. Her mouth pulled to one side and, especially when she was tired, she had difficulty to talk. She had not returned to her job as a nurse yet.

Recovery within a half year

Supervised by Lone Sorensen, from Barcelona, the therapist started treating the patient with a treatment based in Facial Reflexology. All the zones in her face were deeply analyzed in order to diagnose the biggest deposits. The biggest deposit is the eldest blockade and thus the cause. When treating the deposit it has an effect on all the problems. The patient's biggest deposit was in the hormonal system; the balance between the glands, the tissue, the muscles and emotions was disturbed. The therapist gave special attention to this zone so as to balance it with the other areas, and to the acupoints that regulate and stimulate the energy flow to the face and body. She also treated the zone of all cranial nerves. Furthermore, she treated specific nerve points for the mouth and the eye, according to the method of Cybertherapy, a methodology studied in Vietnam for treating nerve points in the face. Aside from this, the massage of all the facial muscles is very important. Here she used a map of Dr. Castillo Morales, an Argentinean doctor who did a tremendous job working with the connection of the tension in the face muscles and the brain function. Using this map helps to relax the muscles. All these influences converted Lone Sorensen's model of Facial Reflexology into a holistic treatment. Lone Sorensen's methodology combines up to fourteen different methodologies in Facial Reflexology, used depending on the pathology. In this case, a combination of acupoints was included to specifically treat the paralysis.

The treatment gives a relaxing effect to the patient and simultaneously the hope that a progress is possible. This has a great influence on her/his well being. Already during the first treat-

ment she had the feeling that there was a change in her face. And indeed there was a movement in the muscle on the nose bridge. She was very tired after the treatment, but very enthusiastic. After the two next treatments she was able to move an eyebrow muscle and she could lift her nose a little bit. After the fourth treatment, she could see more clearly and she felt more energetic. A deeper muscle was working again. After the fifth meeting, she got more energy and a muscle just beneath the eye was working. She tried to work a few hours per day, experiencing her limits. She visited her therapist of facial muscular rehabilitation, who saw a big difference both physically and mentally. After the sixth treatment she was able to divide her energy better. And again after the next treatment she felt very relaxed, and she could almost close her eye. She looked more relaxed and was able to move her face muscles all the time. The following weeks she began to work more and she felt more energy. After every treatment she could feel the effects; pricks and butterfly feelings in the right side of her face in the area around her eye and ear. She could produce tears again.

Until December 2007 she came every week for a treatment and there were changes every time: she was able to frown and her cheek and under part of her face were more solid. She could also feel some muscles on her forehead; an area that was not moving at all before. She got better dividing her energy and got a normal life again. It was December, after nineteen treatments.

In 2008 she worked more and more, just like her colleagues. Her treatments went on but just once every two weeks. Changes were still taking place, but not so quickly. In March she visited her neurologist and he is very surprised to see her progress almost a year after the operation.



Treatments 1, 2, 4 & 6

Treatments 19

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