



Hand Reflexology

Hands are of the utmost importance in touching and sensing. They are a wonderful form of making contact and communicating with each other. Healing touch has been used for centuries.

Sensory nerve messages originating in the hands and feet are received in a relatively large area in the brain's sensory cortex compared with those from other locations, showing the innumerable nerve endings that we have in these areas.

Hand reflexology has a powerful effect on the emotions. The hands are connected to the heart chakra.

Hands are our creative centre and you must be very aware of how sensitive it is to work on the hands.

Most people enjoy this treatment and find it pleasant and relaxing. It is convenient, quick and powerful.

The value of being able to work the reflexes on the hands is the same as on the feet. However, it may be more convenient in some cases to work the hands where there has been injury to the feet, to show your clients how to work on their own hands between treatments, time consideration and convenience, reinforce treatments of feet.

Observation of the hands

Just as with the foot, we can analyse the hand. By observing the hands closely we get some indication of the patient's imbalances

Many ancient people far back into history have practised hand analysis, the most important examples being the Chinese and the Indians.

The modern day finger analysis techniques are known as dermatoglyphics; these are used by doctors, anthropologists and often used in criminology.

In Chinese hand analysis, the length and size of the fingers are looked at as these often indicate the person's characteristic traits, such as how they express themselves, their creativity, how they communicate with others, whether they can accept responsibility or not; as these were not totally conclusive this practice was discontinued, and in later years this analysis became more associated with early palmistry.

Look at the shape of the hand, feel and sense the texture. What emotions do you feel? Anger, hurt, love, relaxation, irritation? Use your full sense of touch. It is emotional for both therapist and client. You are in the client's personal space, their etheric field.

The hand should have a healthy colour to it. If the skin appears dry and flaky it may mean that there is a lack of body fluids. Excess sweating of the palms can mean a deficiency of the energy in the lungs, whilst excess sweating after working on the endocrine system is common when there is an imbalance of the endocrine system (menopause, stress).

If the hands feel cold to the touch it may indicate a stomach imbalance. A blotchy appearance or erythema in the palm can indicate the possibility of liver overload. Check to see whether the client suffers from constipation, do they have red eyes; do they need to drink a lot of cold water? These symptoms are indicative of interior heat, due to the lack of movement and undue retention of faeces.

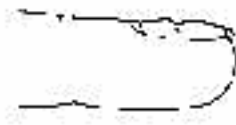
Use *commonsense* - cold palms often suggest sluggish circulation, warm hands show good circulation.

Check case history details to gain as much information as you can.

Rings on fingers if too tight can block energies. Any distortions in the shape or position of the hand or digits should be noted. They can be noticeable in chronic disorders such as arthritis.

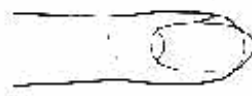
Think about your feelings are when you shake someone's hand. How you react to a firm handshake, a limp handshake. The texture of the hands, whether they are fine, smooth, sensitive, delicate. Are they outside hands or water hands?

Observing the nails



Eggshell nails - thinning of the nail plate can result from defective circulation - cardiovascular problems, can come ageing, anaemia. Also evident in those suffering from lung problems

Beau's lines - may follow after a trauma/serious illness. Due to temporary interference with nail growth. Many horizontal ridges may indicate acidity or respiratory disorder.



Longitudinal ridges - indicate mal-absorption or deficiency in minerals. When ridges are beaded - rheumatoid arthritis.

Recessed grooves - malnutrition/weak intestinal function or intestinal parasites.



Pitting of the nail plate is a clue to nutritional deficiencies or chronic infection. Deep pits are associated with psoriasis, shallow pits with alopecia areata, and coarser wider pits with dermatitis.



Koilonychia - spoon shaped/ concave - associated with iron deficiency anaemia. Hairdressers may suffer due to chemicals in perm lotions. Can indicate liver imbalance / arthritis or spinal cord disease.

There are other nail imperfections which are related to our health:

Hippocratic nails (fingernails and toe nails take on an exaggerated curvature is often evident in people who have respiratory disorder or a thyroid imbalance.

When nails are arched and narrow this could indicate a lumbar problem.

Malformed nails often indicate a homeostatic imbalance in the pituitary function.

White spots may indicate a mineral deficiency, a nutritional imbalance.

Ideally the colour of the fingernails should be even and of a lighter hue than the prevailing skin tone on the back of the hand. In the European hand, the nail bed shows a pinkish colour through the keratinous layer, while that of the African hand appears a creamy-beige. Yellow, brown or blue discolouration gives diagnostic clues about the health of the individual.

Very white nails indicate a systemic disorder. Blue or purple nails often indicate poor circulation.

The Moons

Production of the nail takes place below the surface of the finger, behind the cuticle. The semi-circular lunula, or moon, at the base of the nail is part of the dense growing root and shows through the layers as milky white. The pale colour is due to the relative looseness of the nail plate over an area of very dense fibrous tissue. The cells in the lunula are only partially keratinised. Even in hands where few moons are visible, they are more than likely to be found on the thumbs. Overlarge moons suggest a predisposition to an overactive thyroid gland, while no moons at all may suggest an under active one. In general, a weaker

constitution is associated with moonless nails. Poorly formed moons may point to a predisposition to heart disease, and moons that are tinged with blue denote respiratory disorders and possible cardiovascular problems.



- Square - indicative of an easy going nature and even temperament. The larger the nail the more well -balanced the individual.
- Broad - rectangular nails that are broader than they are long are mostly found only on the thumb. These reveal a strong character with a volcanic temper that quickly blows itself out.
- Fan shaped - also referred to as shell shaped, this nail is associated with a nervous disposition. Nails may occasionally adopt this shape when the owner has been under long-term stress.
- Almond - owners of the almond shaped nail are gentle, kindly people. Often creative, they possess a dreamy disposition. They may lack physical and psychological robustness.
- Narrow - most nails are narrow on the little finger, but a whole set of narrow, talon-like nails denotes a cold nature. The individual has a tendency to be selfish and self-centred.