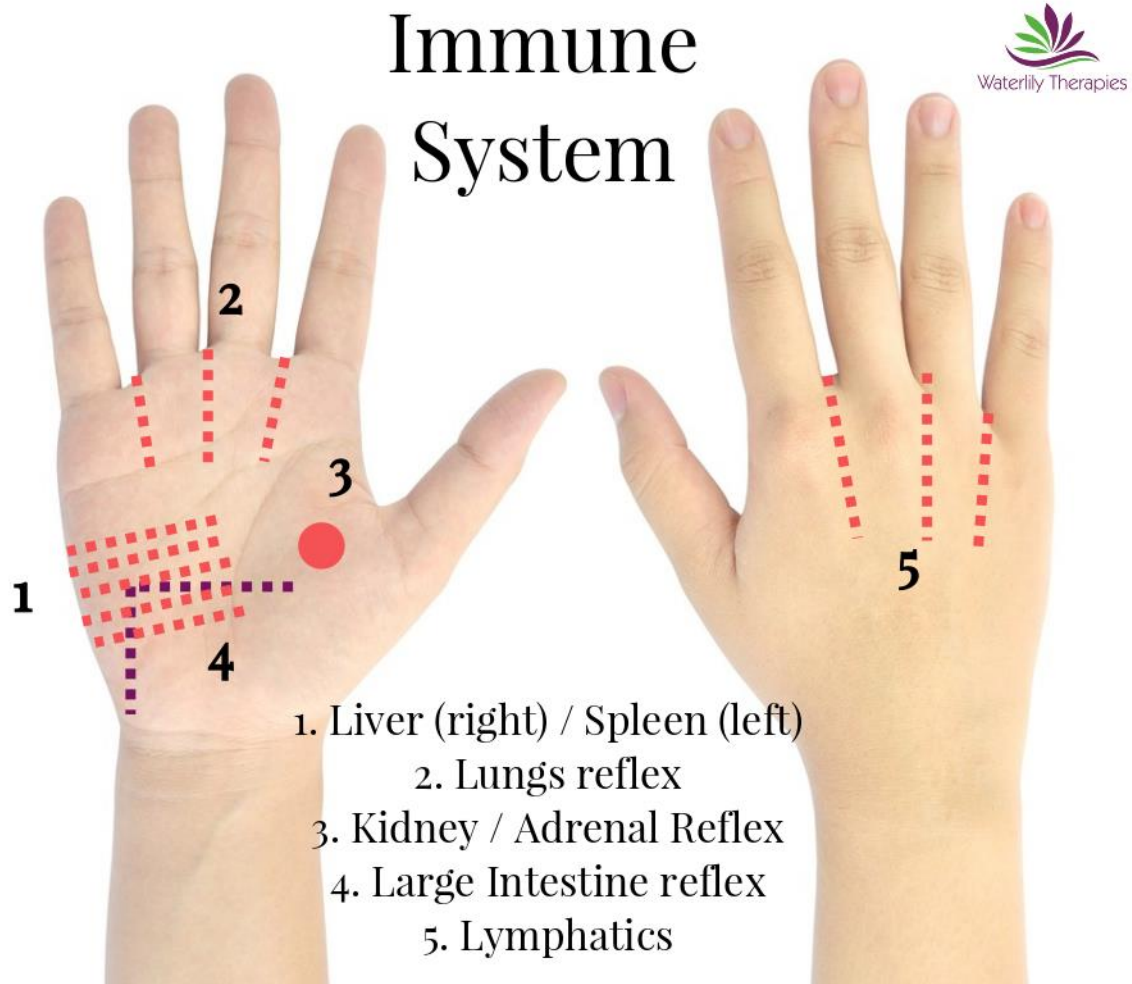




Hand reflexology for the Immune system

Hand reflexology can be used to create a balanced system, allowing the body to return to a state of harmony and wellbeing. This sequence is designed to try on someone else, but you can still work the reflexes on yourself too.

Use a little moisturiser and take your time.
Aim for about 5 minutes for each hand.





1. Liver (right hand) / Spleen (left hand)

60 seconds

The liver plays a major role in creating immune system factors that can fight against infection. The spleen acts as a filter for blood as part of the immune system and also helps fight certain kinds of bacteria.

Place your working thumb on the edge of your partner's hand about one thumbprint down from the base of the little finger. Walk your thumb in a caterpillar motion 3 times into the hand. Continue this movement for 5 lines, finishing just above the wrist.

2. lungs reflex

60 seconds

The lungs contain small hairs which constantly remove unwanted debris to the throat, which is then swallowed and destroyed in the gut or coughed up. The removal of this debris is an integral part of the immune system protecting the respiratory system from infections.

The epithelial linings of the lungs also contain specialised white blood cells which can engulf and destroy foreign particles in the lungs, enhancing the function of the immune system.

Place your working thumb halfway down the palm of your partner's hand between the ring finger and little finger. Apply pressure and caterpillar walk towards the base of the fingers and between the bones. Continue between the middle and ring finger, and then index and middle finger.

3. Kidney / Adrenal glands reflex

60 seconds

Besides clearing metabolic waste products, toxins and drugs from our body, the kidneys also remove circulating cytokines and bacterial toxins contributing to homeostasis of the immune system. When the adrenals are fatigued, decreased adrenal hormone production may contribute to decreased immune function, with consequent increased susceptibility to infectious illness.

Cradle your partners hand in your hands. Place your working thumb in the webbing between the thumb and index finger, just above the thumb muscle halfway down the hand. Use your thumb to apply pressure and hold for up to a minute.



4. Large Intestine

60 seconds

The intestine has several immune defences designed to act quickly to fight infection.

Place your working thumb at the base of the large intestine line, just above the wrist. Walk up the zone until halfway up the hand, push down to stimulate the reflex before turning to walk across the palm, ending up between the webbing.

5. Lymphatics reflex

60 seconds

The lymphatic system is an extensive drainage network that helps keep bodily fluid levels in balance and defends the body against infections.

Place your partners hand face downward. Place your working index finger and thumb between the bases of the index and middle fingers. Apply pressure and take tiny steps towards the wrist—Continue with the reflexes between all the fingers.

Repeat on the other hand.