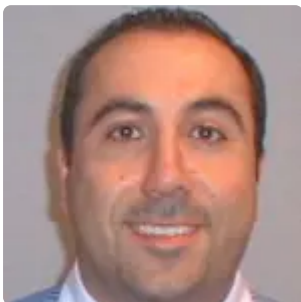


Foot Massage

Foot massage or foot reflexology has a Chinese origin. It dates back to more than 3,000 years ago and is used in the prevention and cure of many health ailments. Some in fact say, foot massage dates back to ancient Egyptian times due to archaeological findings in cave drawings in Egypt. The principle of foot massage rests in the premise that the meridian network connects all tissues, organs and cells in our body. Each organ in the body is connected to a specific reflex point on the foot through the intermediary of 300 nerves. [MICHEL ALKHALIL](#) A trained foot reflexologist can put pressure on different meridians or energy lines on the sole and side of the feet to determine the cause of illness. By using pressure to these the reflex points, the foot massage is good for stimulating the activity internal organs, and to improve blood and lymph circulation. Thus, the top to bottom well being of a person can be made through the foot. The principles of foot massage is not in congruence with western allopathic medicine. Western medicine merely sees the foot as a body part comprising of bones, ligaments and joints. However, foot massage is fast gaining much popularity and acceptance as an alternative health treatment. Fans of foot massage believe it can cure not only colds and minor ailments, but more serious ailments as well. These ailments include liver dysfunction, constipation problems, chronic headaches, skin allergies, etc. Like most Oriental medical techniques, foot reflexology is a holistic treatment. It concentrates on treating the whole person rather than just the symptoms of one particular ailment. While Western medicine promises speedy recovery of all unpleasant symptoms, foot massage therapy can be slow and gradual. A series of visits is necessary to strengthen the body and to bring the body back to balance. A session of foot reflexology in San Francisco, can set you back as much as US\$40-100. Thus, foot massages over a period of time, can add up in terms of costs.



However, for practitioners and believers of foot massage, the cost for good health is well worth it. The alternative would have been money spent in clinics and western hospitals for prescription drugs and perhaps, invasive surgery.