

Soul Stories



In this issue >>>

A Closer Look at Sinusitis

Create a Harmonious Treatment Space with the Five Elements

Speak Your Client's Language: Voice Tone and Key Words

Toe Tales: The Longer Second Toe

ALSO...

Case Studies

Q & A

Resource Directory

A Closer Look at Sinusitis

What is Sinusitis?

Sinusitis or sinus infection is an inflammation of the sinuses and nasal passages. A sinus infection can cause a headache or pressure in the eyes, nose, cheek area, or on one side of the head. A person with a sinus infection may also have a cough, fatigue, a fever, bad breath, and nasal congestion with thick nasal secretions. There may also be mucus drainage in the back of the throat, called postnasal drip. Sinusitis is categorized as acute (sudden onset) or chronic (long term, the most common type).

The sinuses are air-filled spaces in the skull (behind the forehead, nasal bones, cheeks, and eyes) that are lined with mucus membranes. Healthy sinuses contain no bacteria or other germs. Usually, mucus is able to drain out and air is able to circulate. When the sinus openings become blocked or too much mucus builds up, bacteria and other germs can grow more easily.

Sinusitis can occur from one of these conditions:

- Small hairs (cilia) in the sinuses, which help move mucus out, do not work properly due to some medical conditions.
- A deviated nasal septum, nasal bone spur, or nasal polyps may block the opening of the sinuses.
- Colds and allergies may cause too much mucus to be made or block

the opening of the sinuses.

Acute sinusitis is usually caused by a bacterial infection in the sinuses resulting from an upper respiratory tract infection. Chronic sinusitis refers to long-term swelling and inflammation of the sinuses that may be caused by bacteria or a fungus.

Emotional Symbolism

Sinusitis has been linked with repressed anger; possessiveness; perfectionism; being irritated by someone close to you; and trying to call the shots in someone's life. Robert Ivker, author of *Sinus Survival* says, "In my experience, re-



Puffy peaks on toe pads often appear during sinus infections

pressed anger is the No. 1 contributing factor to chronic sinusitis. Actually, it's the trigger for acute sinusitis — for sinus infections. The archetype is generally a high achiever, very often a first child, unforgiving, perfectionist."

Observing Patterns:

We can use foot reading theories to observe sinusitis through various patterns of the feet.

"Metal" feet – when observing the

(Continued on page 2)

whole foot, you may notice that it is long and thin with long, knobby toes; in many cases the second toe is the longest toe. I associate this type of foot with strong Metal energy (TCM 5 elements) relating to physical imbalances that include chest congestion, sinusitis, constipation, and skin disorders.

Puffy toe pads (see photo) – The peaks of the plantar toe (distal phalanx) tend to become puffy and stand out in people who have chronic sinusitis. This pattern is also exaggerated during acute sinusitis.

Sinus Lines (see photo) – In foot glyphology—the ability to assess health and nutrition cues from the lines and wrinkles on the feet—we may see sinus lines under the base of the toes in many with chronic sinusitis.

Client Questions

Once you've determined your client has sinusitis, here are some important questions to ask to help develop session goals or a long-term treatment plan:

1. **Is it acute or chronic?** Acute sinusitis may be caused by an upper respiratory tract infection, while chronic sinusitis may be influenced by a fungal infection. This information will help you formulate a treatment plan incorporating acupoints and essential oils.
2. **How does your sinus infection manifest?** Don't assume that everyone experiences sinusitis in the same way. Is your client's biggest sinus challenge a headache, a stuffy nose, or post-nasal drip? This question will also help you elicit major areas of pain and congestion.

Key Helper Areas

The toes, particularly the second and third toes, to clear congestion in the sinus passages and around the eyes and nose. Eunice Ingham wrote, "Where the [sinus] congestion is severe and of long standing, it will be interesting to note the tenderness that will be found in, on, and around the toes. This will be observed especially as you press toward the base or root of each toe from the outer and inner side on the ball of all ten toes."

The second and third toes particularly seem to reflect congestion around the eyes and nose. The

dorsal, lateral, distal aspect of the second toe is the location of acupoint Stomach 45 which is indicated for sinusitis. It's also a good idea to work those puffy toe pads as well.

Toe webbing for lymph drainage and to release stuck energy. One of the most under-utilized reflex areas of the foot is the webbing which relates to the

upper lymphatics. The lymphatic system is a toxin cleanser and since sinusitis is caused by bacterial or other infections, emphasizing the lymphatics should be tantamount in your treatment plan.

Another reason the webbing is so powerful is because it is like a pool where chi (energy) can stagnate. When energy gets stuck, pain is bound to follow.

Ileocecal valve reflex to clear excessive mucus.

When the ileocecal valve reflex is congested and tender, it can be a sign that the mucus from the intestinal tract is not being normally eliminated through the intestinal tract, leaving an excessive amount of this to be taken care of through the respiratory organs (Ingham).

Acupoints Gallbladder 40 and Spleen 5 for infection and upper respiratory complaints. Gb40 is an acupoint to antidote poison and is often tender when there is an infection in the body. Sp5 is indicated for upper respiratory disease. Both of these points overlap the inguinal lymphatic reflexes bringing us back to the lymph system.

Frequency

In cases of acute sinusitis, it is ideal to perform reflexology on the client several times a week if they are up to it, until their symptoms diminish. These



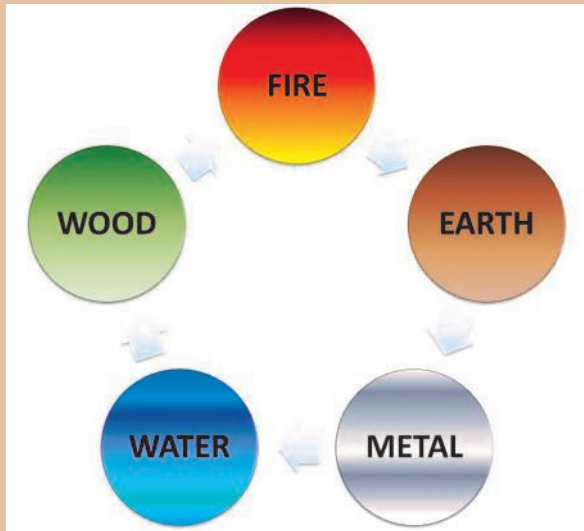
Foot glyphology sinus lines are found at the base of the toes and the upper ball

(Continued on page 6)

Soul Full Spaces

Create a Harmonious Treatment Space With the Five Elements

Based on nature's ever changing cycles, the five elements are a symbolic system fundamental to Traditional Chinese Medicine (TCM). Each element has dozens of correspondences, to seasons, life cycles, climate, smells, sounds, colors and textures.



From a Soul Full Spaces perspective, we're looking at how harmoniously these five elements are integrated into the décor of your space. Wood elements include plants, columns, and the color green. Fire includes candles, animal prints, triangle shapes, and vibrant colors like red and orange. Earth energy is enhanced by square shapes, clay, brick, and tile, and the colors yellow or brown. Metal décor is modern and elegant with metallic and pastel colors, and arched or circular shapes. Water includes fountains, asymmetrical or free-flowing shapes and designs, and dark colors.

Here's a simple fix—miraculously transform your space by including just one aspect of each element: A water fountain (Water), tall green plant (Wood), cozy brown rug or yellow accent pillows (Earth), salt lamp (Fire) and large metallic mirror (Metal).

Try adding these elements to your treatment space and pay attention to your clients' reactions. When these elements are balanced and in harmony (one doesn't outshine another) it creates a restful environment where your clients will feel balanced and comfortable.

See Five Elements décor examples here>>

<http://soulfullspaces.weebly.com/store.html>

CASE STUDY

I just did the Knee/Leg/Foot Balance on one of my regular reflexology clients, who happens to have fibromyalgia and was complaining about a lot of foot and knee pain, which she attributed to the recent hot weather.

She usually talks throughout her reflexology session and did so this time as well, but when I got to the acupoint [balancing] she fell into a deep state of relaxation almost immediately. I could feel a lot going on as I did the balance, and when I finished she told me that she felt her legs get really heavy for a while and then the heaviness lifted.

She told me that she should have me do this at night before she goes to bed. She left feeling calm and peaceful and hopefully pain free. She says she has had acupuncture in the past for her fibromyalgia joint pain and saw no improvement, and she stopped after a session that caused her a lot of pain.

My own spiritual perspective, for what it's worth, is that acupoint [balancing] may sometimes be more effective than acupuncture because God can more easily work through a person than through needles.—Ann Marie O'Lone

Q & A

Q: *My daughter has been trying to get pregnant* for the last few months, and over the last three weeks I have given her several weekly acupoint balances. Last Saturday, I did the Reproductive Balance, and she is pretty sure she ovulated this week. I will be working on her again this weekend, and I'm not sure whether to repeat the Hormone Balance or do the Reproductive Balance again.

A: If you're working with a woman who wants to increase fertility, it's really important to work with her menstrual phases. I would NOT advise doing the **Acupoint Reflexology™** reproductive acupoint protocol AFTER ovulation if she's trying to get pregnant because it contains two acupoints (Bl60 and Sp6) that are contraindicated for pregnancy. You can do the hormonal protocol after ovulation however.

Q: I'm having a problem "picking up" my clients' energy during sessions. Any ways to prevent this?

A: Make sure you're grounded before you begin and set an intention not to pick up any unwanted energies. Sometimes we are so eager to help that we unwittingly take on our clients' stuff.

Sometimes you may still "pick up" stuff. So, at the end of the session, I've found it helpful to rinse my hands (up to the wrist and upper arm) with cold water. Another trick is to spray an aromatherapy hydrosol (either lavender or rose) on the hands and arms. One will boost your own energy (use before session) while the other drains off excess or unwanted energy (use after session). Experiment to find out which one does what for you.

I also take Emergen-C or soak in Epsom salts after sessions to restore electrolytes.

Toe reading...It's only for the brave, the honest, the courageous!!! Kristen really knows her craft...I now know more about myself and my life direction because of this technique! I am in charge like never before!!! Thanks Kristen for sharing such a special gift with me! I'm looking forward to my annual checkup!!

Testimonial from toe reading client at the Transformation to Oneness Women's Retreat at Sawan Kirpal Meditation Center, Bowling Green, VA

CASE STUDY

A client of about 7 years is 49 yrs old and has had many hurdles in her life to overcome. She struggles with guilt from the past - is a recovering alcoholic and a daily struggle with nicotine addiction. All of these complications have put a real strain on her body, both physically and emotionally.

However, since the last workshop [Acupoint Reflexology™ Level II], there has been a BIG change. I first worked on Lung Balance (Lu9, SI1, TH2) where she immediately noticed a change. After the treatment, she emailed me and bragged about her "burst of energy." The next treatment (1 week later), she complained about being "overwhelmed and disorganized."

I continued with the Lung Balance (Lu9, SI1, TH2) followed by foot reflexology and ended with Breathe Deeply Release (Lu9 + Lv3). She was so excited about the way she felt and how she was able to tackle daily chores so positively - and with lots of energy!! In her words "Peacefully I am accomplishing many things that I wasn't able to do before." - Barbara Kraska

Speak Your Client's Language: Voice Tone and Key Words

Understanding your client through the five elements of Traditional Chinese Medicine can help you build rapport and connection. Each of us embodies all elements; however, most people will express one or two elements predominately. Listen for your clients' elemental voice tones and key words to make the best first impression.

WOOD

Wood energy is confident, impatient, and in control. Wood often appears serious, rarely smiling, speaks in short, staccato sentences, and asks questions that sound like commands.

The Wood client knows what they want and always strives to get to the bottom line. Explain your service in clear, direct terms. Paint a picture but skip any new-agey terminology.

Listen for and use Wood's key words: busy, pressure, risk, conflict, competition. Inquire about their typical imbalances: neck and shoulder pain and stiffness, migraines, and addictive behaviors.

FIRE

You'll recognize Fire folks by their sparkly eyes, excitable nature, and fast and constant talking.

Fire relates to the tongue and speech – the Fire client will usually have some gossip to share so allow extra time to catch up. Speak in calming tones to help them settle into their ses-

sion.

Listen for and use Fire's key words: fun, friendship, performing, vulnerable, anxious. Inquire about their typical imbalances: panic attacks, insomnia, and cardiovascular issues.

EARTH

Earth is a nurturer-caretaker who is coming to you because "my children/spouse/BFF said I should come." Earth often speaks in "shoulds" but not wants.

Earth speaks in a singing voice that sounds happy when in balance and whiny when stressed. To appeal to the Earth client, make the argument that they should take care of themselves first before they can take care of their loved ones.

Listen for and use Earth's key words: food, comfort, harmony, worry. Inquire about their typical imbalances: diabetes, poor lymph drainage, and digestive issues.

METAL

Sharp and shiny are adjectives I use to describe Metal, who appear polished and with a sharp wit (which turns cynical under stress). They sigh frequently when they need to get something off their chest.

Eager to learn, the Metal client

asks frequent questions so explain your service by describing the steps. Respect is an important issue – don't talk down to them but discuss every detail.

Listen for and use Metal's key words: appreciated, value, perfect, clean. Inquire about their typical imbalances: allergies/

sinusitis, respiratory issues, skin problems and digestive concerns.

WATER

Water is slow, free flowing, and speaks in a low-pitched, often monotonous tone, with dry quips sprinkled in. Water may be talkative but never personally

revealing.

The Water client wants to feel safe and reassured so build trust and credibility immediately. They don't like to be pinned down so don't pressure to schedule the next appointment. Allow them to contact you when ready.

Listen for and use Water's key words: safety, freedom, motivation, self-sufficiency. Inquire about their typical imbalances: low back pain/sciatica, knee problems, ear problems, and reproductive issues.



NEXT ISSUE: Create the ideal treatment environment for every client

may be shorter (perhaps 20 minutes), more focused sessions. For chronic sufferers, a session once a week or a few times per month may be enough to keep symptoms at bay and help relieve congestion. In general, clients often find that regular sessions help them manage the effects of sinusitis.

Essential Oils

Suggested essential oils and their usage. Please use essential oils with caution and under the guidance of a trained aromatherapist.

Use lavender, peppermint and pine essential oils to help alleviate the pain and pressure of sinusitis. Inhale the essential oils through a diffuser or make a lotion or massage oil blend to rub on the feet. It is not advisable to use essential oils around sensitive areas of the face.

Add these fungal fighting oils to a castor oil base and rub on the feet: cinnamon leaf, clary sage, clove bud, patchouli, and tea tree. Massage this blend into the lymphatic reflexes of the feet and acupoints Sp5 and Gb40.

Use black pepper and cinnamon leaf essential oil to address underlying emotions. Create a vibrational spray with black pepper and cinnamon leaf EO. Mist-ing vibrational sprays increases negative ions and raises the energetic vibration of a person or space.

Black pepper dissolves anger and frustration; encourages healthy boundaries; and releases energy caused by a denial of emotions. Cinnamon leaf releases abuse, anger, rage and frustration programmed into cellular memory.

Remember St45? It's not only indicated for sinusitis but psycho-spiritually for accepting imperfection and creating appropriate boundaries. Make an anointing oil using black pepper and/or cinnamon leaf EO and massage it into St45 to help release some psycho-spiritual baggage.

Examples

Client with complaint of nasal congestion: "I haven't breathed out of the right side of my nose for three weeks."

I performed three reflexology sessions, each approximately four days apart. These were all focused sessions emphasizing the ileocecal reflex and the toes

which were very sensitive, particularly the medial and lateral aspects of the 2nd and 3rd toes. After the second session, the client mentioned she could breathe a little better through her right nostril. After the third session the client reported a large, hard nodule of phlegm released from the right nostril when she blew her nose.

A second client came to me with initial complaints of daily headaches and head congestion which she thought were sinus-related. Her feet showed sinus lines (see photo page 2), and swollen ankles. She also had a fungal nail infection on the left hallux—possible correlation to daily headaches and head congestion.

I performed six weekly sessions emphasizing the lymphatic reflexes and the toes. Using castor oil, I worked at length on the inguinal reflexes around the ankle.

At the end of the first session, she remarked, "My headache is gone." After the second session, she developed ear pain so during the following session, I emphasized the 4th and 5th toes, which were very sensitive. She said, "My ears feel like they're about to pop." They did eventually *pop* later in the day. In the first three sessions, many reflexes were mildly to moderately sensitive. The ear pain persisted for two more weeks and she went to a specialist to clean them out. She reported large, hard balls of earwax came out of both ears.

It was interesting to note that after the release of earwax the overall sensitivity in the reflexes decreased dramatically. By the final session, she was not getting daily headaches and her head congestion had greatly improved.

Bibliography

WebMD: <http://www.webmd.com/allergies/sinus-infection>

PubMed Health: <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001670/>

Discovery Health: <http://health.howstuffworks.com/diseases-conditions/headache/heal-your-sinuses-heal-your-life.htm>

NEXT ISSUE: A closer look at Migraines/Headaches

Toe Tales



The Longer Second Toe

Much has been written about the longer second toe (2nd toe longer than big toe) and much of it I don't agree with. So here

are my insights.

The Chinese often label those with this trait as having a big appetite. This is because the stomach meridian is on the second toe. I have found that there seems to be some degree of truth to this. People with these toes are often big eaters although they tend to be on the slim side. They sometimes have an Earth imbalance (Traditional Chinese Medicine) and may be addicted to sweets and stimulants like coffee.

If we use "big appetite" as an analogy, the longer second toe also reveals someone who is always seeking to fill themselves emotionally but never quite gets full. This could show up as chang-

ing careers or relationships frequently or simply a desire to learn new things or reach higher spiritual planes. The second toe relates to expression, seeking, creativity and exploration. Visually we can see this toe is sticking its neck out, trying to explore beyond its natural confines. The longer this toe is, the more creativity abounds coupled with a strong desire to find an expressive outlet.

The longer second toe is also connected to leadership, however, I've found that people with this trait are often in second-in-command or partnership positions. Although they have all the skills to make a fabulous leader (good organization, follow through, efficiency) they usually don't have the desire for the responsibility of full leadership. You will usually find them helping others stay organized and efficient.

I believe the longer second toe signifies a combination of the elements of Earth and Metal which reveals some key life conflicts: holding on vs. letting go; empathy vs. emotional boundaries; and contentment vs. seeking.

NEXT ISSUE: Why Women Get Bunions

Puzzler

Identify this quick read written by Kevin Kunz

CUENEI GNHAIM

6 22 23 9 1

NOEZ TEHYO

8 20 16 12 19 2

EOHASSSTIMO

7 4 15 18 14 10 11

TASTAMRALE

17 21 3 13 5

 F **X**

1 2 3 4 5 6 7 8 9 10 11 12 13 14 2 15 **F** **D** '

5 22 23

Unscramble each of the clue words.
Copy the letters in the numbered cells to other cells with the same number.

UPCOMING COURSES

October 29, 2011 ~ **Simple Aromatherapy**, University of Tennessee, Chattanooga, TN

November 12 & 19, 2011 ~ **Reflexology for Family & Friends**, University of Tennessee, Chattanooga, TN

March 31—April 1, 2012 ~ **Acupoint Reflexology™ Level I**, Cayce/Reilly School of Massotherapy, Virginia Beach, VA

May 5—6, 2012 ~ **Sole Stories: Health & Personality Cues Revealed by the Feet**, Cayce/Reilly School of Massotherapy, Virginia Beach, VA

May 19—20, 2012 ~ **Acupoint Reflexology™ Level III**, Timonium, Maryland

June 16—17, 2012 ~ **Acupoint Reflexology™ Level I**, Cayce/Reilly School of Massotherapy, Virginia Beach, VA

Kristen Radden, MA, NBCR, RCR, CMT, is a Nationally Board Certified Reflexologist, Foot Glyphologist, Registered Toe Reader, and graduate of the Baltimore School of Reflexology. Kristen is an approved provider of continuing education for the American Reflexology Certification Board (ARCB)(P00139) and the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) (451362-10). She has been a teaching assistant at the Baltimore School of Reflexology (Baltimore division), adjunct faculty for the Community College of Baltimore County, and served as Interim President of the Maryland Reflexology Association. Kristen has completed training in Clinical Acupressure, Medicinal Aromatherapy, Face, Tongue and Nail Analysis, and Therapeutic Massage.



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