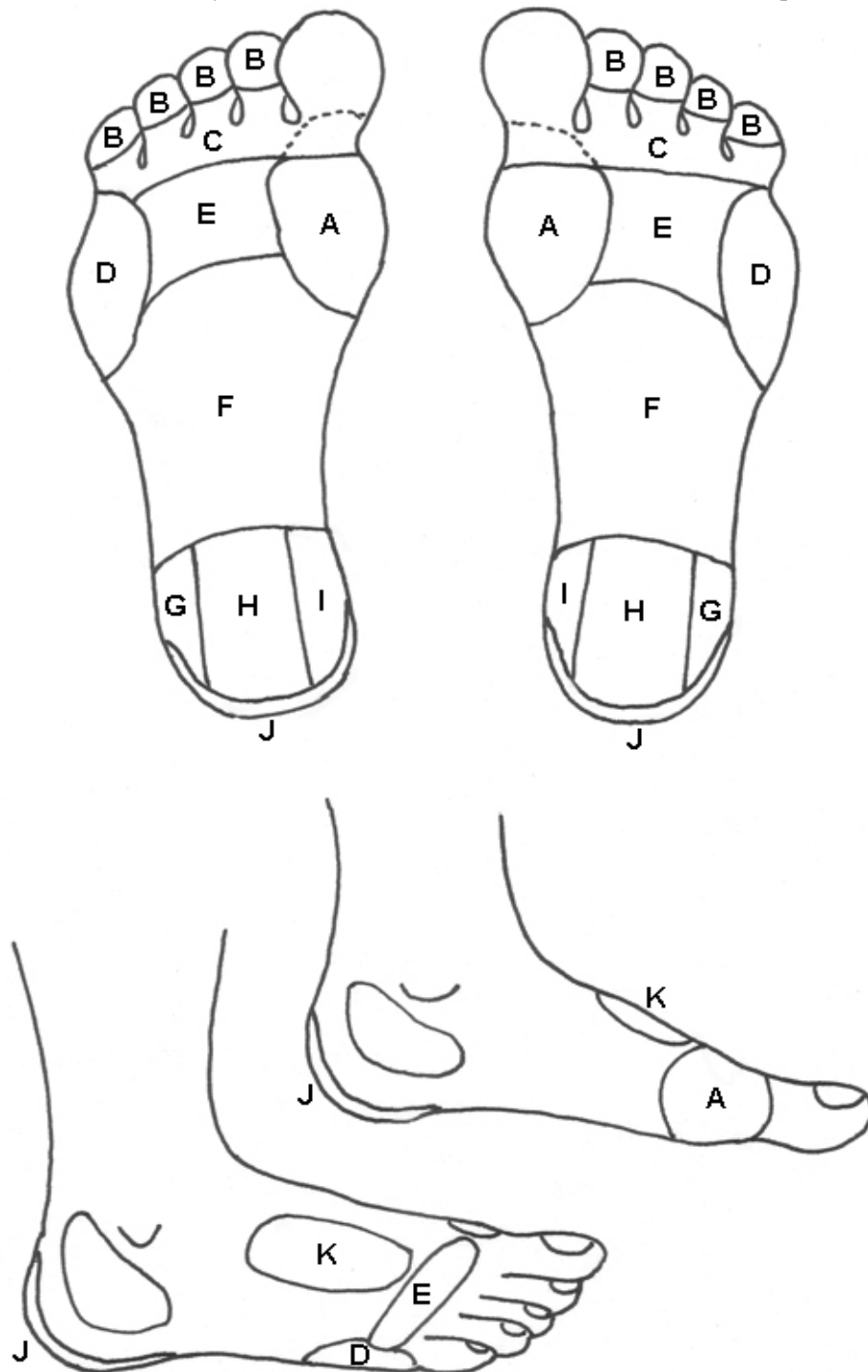


“Is is foot pain or pain in the foot?”

Over the years many clients come in for foot pain, thinking that we, as reflexologists, must be able to massage the pain out of the foot. Well, I always say to them , “ you have come to the right place, but for the wrong reasons.”

Things are more complicated than they seem. Firstly, you need to understand that all foot pain comes from weakness in the kidney energy. Secondly, the pain in the different areas of the foot, represents different problem areas in the body. A closer examination of the chart below will explain what I just said.



Written by Chin Hwa Chu

Each letter below corresponds to the different areas of the body as outlined.

A - Bunion, neck, T1, 2, 3, bronchial area, chest, muscle between shoulder blade, and heart.

B - Sinus, eyes, stomach, colon, small intestines and jaw

C - Shoulder ridge and neck area tight area.

D - Shoulder, armpit, bladder, arm

E - Lung, chest, shoulder blade.

F - Digestive area, liver, kidney, mid-back, lower back, SI Joint, abdominal area

G, H, I – Pelvic region, Liver and Kidney

Armed with this information, you should know how to do the rest. Believe me. Foot pain is easier to treat than you may think.

For more studies, check out our section on heel spurs.