

TELLTALE FEET

Injuries to body and soul, our illnesses, and indeed every event in our lives leave their mark on us. Our bodies react to these in countless ways: enlivening or slowing down our circulation, and changing our muscle tone and body posture. “That which is Above corresponds to that which is Below,” said Hermes Trismegistos. In other words things appear on many levels at the same time, in many micro-systems. Such systems are eyes, ears, hands and face and last but not least feet.

Our internal disposition, our approach to the world, greatly influences the position and condition of our spine, and this is connected with **the way the feet point when standing and walking**. And vice versa. People who *walk straight* do not seek to avoid conflicts but tackle them directly. Those with *feet that point outwards*, with a waddling gait, avoid conflict and have a hurt personality, while *feet that point inwards* suggest inhibition, people who live in constant uncertainty, always protecting themselves from imminent attack.

Likewise the **position of the feet** when you **lie on your back** in a relaxed pose tells a great deal.

1. **Straight** – indicates tension in the pelvis. You never really unwind and always keep yourself under tight control.
2. **Left foot straight, right foot slightly outwards** – the masculine side of your personality is stable, but you are emotionally hurt and reserved.
3. **Left foot slightly outwards, right foot straight** – the feminine side is stronger; emotionally you are inclined to be open and decide based on your feelings.
4. **Both feet slightly outwards** – both the masculine and feminine sides are stable, and you have a flexible, harmonious, relaxed personality.

Examining the **impression of the sole** clearly reveals personal traits. The most common deformations are as follows.

1. **Hardening and drying of the skin on part of the inner side of the sole** – typical of dislocation of the hip, knee and spine complaints, and genital disorders. Obstinacy, toughness and financial attitude typify such people, whose spiritual and physical restraint can appear in overweight or constipation.
2. **Thickening of the outer edge of the sole** – you enjoy earthly pleasures and find it hard to part from tangible reality; you like military discipline and tasks requiring manual skills.
3. **Thickening of the back outer edge of the heel** – an imbalanced personality. You chase unattainable dreams, try to catch up with things undone, and act first and think second.
4. **No or only a small heel impression** – you have a bad relationship with the world and material affairs, and even if you are talented, you can't profit by it.
5. **Broad, full impression with a large heel** – you enjoy life, have found your place in the world and view challenges positively.

Relationship between the toes – the big toe represents yourself and has a special connection with the second toe, symbolising the partner, or for children the parent.

Toes 3 to 5 are other people including your children.

1. **Big toe leaning towards toe 2** – indicates a dependent, weak character seeking support from others.
2. **Bulge on the inner side of the big toe towards the sole** – a sign of talent: the bigger it is, the greater the talent.

3. **Hardening of the skin on the outside of the big toe** – you haven't found your place in the world. Together with the sign of talent it indicates that you are active in the wrong area. You need to change jobs or your private life dependent on whether the hardening is on the right or left foot.
4. **Toe 2 is longer than the big toe** – you fear rejection, don't dare to ask and achieve your desires in a roundabout way.
5. **Toe 2 sits on the big toe** – you feel oppressed by and subordinate to your partner or parent.
6. **Toes 2-3 are straight pointing up, not touching the ground** – suggests refined vision, a visual approach.
7. **Toes 4-5 are pointing up, not touching the ground** – a sign of sensitive hearing; you listen to others but cannot tolerate criticism.
8. **Toe 5 is tucked under toe 4** – the sign of impatience, deafness of the soul; you don't wish to hear unpleasant things about you.

Reading the signs of the foot can be easily learnt. However, one sign is not a sign, so don't draw far-reaching consequences from a single factor as this must be supported by the other signs of the foot.

Eta Hegedűs
reflexology,
spiritual healing,
colour therapy courses:
06 20 929 - 2666

Prevention and therapy

STAND or FALL?

Have you ever thought that the phrase stand or fall by something has a literal meaning when talking about our feet, or rather soles, as well as a figurative meaning? We all stand or fall by them depending on whether we give them the right care.

Let's make a time balance! Take a sheet of paper and put on one side the amount of time you spend on your head, be it beauty care or studying, and on the other side the time you spend caring for your feet. On the basis of time alone is the balance equal?

The foot is like the **mechanism of a precision watch** with 28 bones, 114 tendons, and 20 muscles. If just one of the cogs becomes twisted, not only the function of that cog is affected but the whole watch does not work correctly. The bones, tendons and muscles together form a curved structure, the longitudinal arch and the perpendicular transversal arch.

20-30% of people have flat feet, dropped longitudinal arches, while the transversal arch of 99.9% of people is deformed.

This is no surprise as we all wear shoes and the area beneath our toes cannot move during walking; it is like preserved fruit in a jar. If you put your hands in tubes, would you be able to make all the movements you are capable of doing? **The foot is as dexterous a part of the body as the hand** – just think of people who paint with their feet. The feet make up 1% of body weight and carry 99% of it as we put the whole of our body weight on them. According to the measurements of a study made on long jumping, the greatest load on the point of the sole where the jumper pushes off and lands is **fifty tonnes**. Amazing, isn't it? The force of the weight and movement add up. When we only walk, this force is certainly less, perhaps about two and a half tonnes. During the course of our lives, we walk around the world three times. Now calculate how many tonnes your feet will carry over a lifetime...

Reflexologists believe that the foot is a **microcosm** of the body. Every organ and part of the body is interconnected with a so-called reflex point on the foot. When we stand, our weight causes a biophysical stimulation of the reflex zones on the sole, which reaches the organ corresponding to the specific zone, and this process produces chemical and biochemical reactions. **The static disorders of the foot have an effect on the organs via the reflex zones, and complaints in the body appear on the zones of the sole.** The impact mechanism works in both directions. It is known that there are one-, two- and five-minute zones – the maximum recommended time for stimulation. However, it is certain that there are no zones that ten hours of stimulation would do any good to. Nevertheless, when we are on our feet all day in fashionable shoes, unequal weight exerts continuous pressure on certain areas. **Calluses on the sole indicate incorrect distribution of weight.** Thus a callus caused by a bad shoe is not only a problem of the sole but also that of the organ connected to the given area.

Orthopressure is a new orthopaedic and reflexological assessment and therapy method which is suitable for the analysis and treatment of reflex zones on the sole. In paediatrics mainly early screening and detecting divergences in development in time is the goal. **Optical podography displays the distribution of pressure on the sole** on the screen in the form of an impressive colour image, from which the different pressure on the reflex zones of the

organs of each of the feet, and potential locomotor disorders or other bodily complaints can be established. Dependent on the assessment of condition, the structure of the foot and exaggerated or reduced pressure on certain zones can be restored to a natural healthy state by advice on lifestyle, special foot exercises, individual orthotic insoles and foot massage. **The effect of all this becomes clear literally STEP BY STEP.**

Dr József Máté

Tel./Fax: 06-82/311-953