



Landing on your feet

By Eu Hooi Khaw

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FOOT reflexology as a health treatment goes back to 2,500 years ago in China, as early as the Sung and Tang dynasties. It was recorded in one of the earliest books, the *Huang Ti Nei Cheng* during the Chin Dynasty, and was mainly practised by the common folk.

As the Chinese Government then did not have a system of registering practitioners, it declined in the face of Western medicine, which had come to the East by then, and also the foot-binding practice.

Now foot reflexology has seen a rise in popularity in its country of origin, with government hospitals having a section offering this treatment.

Foot reflexology is to promote the smooth flow of chi and blood circulation. "It works not only by way of the nervous system but also by way of invisible qi," says Geraldine Tay, a foot reflexologist of 20 years' standing. Tay, who runs the Rwo Shur Health Institute in Tannan Desa, Kuala Lumpur, first discovered foot reflexology in the US, when she went for a cosmetology course.

She then honed her skills in Taiwan, where she came under the tutelage of Taiwanese

reflexologist experts and a German Swiss priest. Father Josef Kruger, after which the reflexology method 'Rwo Shur Health Method' is named (Rwo Shur is Josef in Mandarin).

Father Josef discovered the healing benefits of foot reflexology when he was suffering from painful arthritis in his knees, and had his feet massaged by a fellow priest who made the pain go away, and gave him back his health.

Reflexology is now increasingly being approached in a scientific way, encompassing the Holoblastic Theory, the Yin-Yang Balance Method, Nourishment and Conflict of the Five Elements Method and the Qi and Blood Circulation Method.

There are reflex zones on the feet connected to various parts and organs of the body. More than 80 reflex zones have been discovered on our feet and legs. When our organs are not functioning properly, our feet immediately transmit the message to the reflex zones. When a certain zone is massaged, it sends a stimulus or an energy current to the part affected, and sets it on a healing path.

The Rwo Shur Health method emphasises the discharging of toxins from the body through the excretory system. When the excretory organs, for instance, are not in order, many ailments will develop, such as high blood pressure, rheumatism, arthritis, skin

problems, and eye ailments.

Based on the Rwo Shur Health Method, the goal is to get rid of toxins through the kidneys, ureter and bladder, to maintain good circulation and normalise the functions of the affected organs.

When you go to Tay for treatment, she first feels your feet expertly with her hands, and tells you exactly what's wrong with you, even ailments which you are not aware of, but could develop into something serious.

A friend, who goes for treatment to her centre at the Far East Plaza in Singapore, says she has spent much money on doctors, but only Tay could tell her with accuracy what was wrong with her. She has since been appearing regularly for a foot massage.

On my part I have been going regularly for foot reflexology, and it has helped me with a strong immune system, good skin and done away with a constipation problem I used to have.

Tay has had success with serious cases like lupus SLE, an auto-immune disease, asthma, sinusitis, inability to conceive, menopausal problems, epilepsy and stroke rehabilitation.

She was once approached by an English woman in Kuala Lumpur whose son had been knocked down by a car in England, and was in a coma. "I showed the mother how to massage her son, and he came out of the coma.

"Through her a lot of people in the UK got to know about me, and recently a group of them came to attend my reflexology training course in Singapore," says Tay.

She also conducts such courses regularly at her centre in Kuala Lumpur, and hundreds of foot reflexologists have been trained by her, and are also in the business. Yet others learn so that they have a health skill to practise at home, whether in easing a pain, helping to heal a chronic ailment or maintaining good health through better blood and qi circulation.

"Kuala Lumpur is a good place to learn foot reflexology as we speak English," says Tay who has written a few books on the subject. They are: *The Rwo Shur Health Method, a Self Study Book on Foot Reflexology, Longevity, Tao of Foot* and *Father Josef's Foot Reflexology*.

Along with the skill comes tools and aids (available at her centres), such as the foot reflexology machine, foot massage boards and implements to do it yourself at home.



MASSAGING FOR GOOD HEALTH: Tay working on the feet of a patient at her centre.