



## **This Month: Vivienne Bailey, Certified Reflexologist**

You have heard of the age-old cliché "listen to your soul," but what about paying attention to the "sole" of your feet? That's right, your feet has a lot to say about the overall health of your body. That's the whole idea behind Reflexology. This month, the Dorough Lupus Foundation's Support Group welcomed Vivienne Bailey as our guest speaker - a fully certified reflexologist who has been utilizing the Original Ingham Method of Reflexology for over the last seven years in the Orlando, Florida area. Bailey discovered the ancient art of Reflexology as a means to assist with the recovery of her daughter's open-heart surgery (to date, Bailey's daughter is vibrant and healthy).

### **Roots of Reflexology: What is it?**

Reflexology is the method of "using pressure on reflex points located in the hands and feet; and by so doing, the body's central nervous system, and blood supply, enables relaxation, thereby allowing the body to release stress and create balance (homeostasis) in its own way and time.\* (\*Reflexologists do not prescribe, diagnose, or treat for any specific conditions or diseases).

Reflexology had its beginning in ancient Egypt some 5,000 years ago, and was brought to the United States by Eunice Ingham in the 1930s. Yet, it is still practical today in bettering the health of many

individuals who have organ damage as the effect of a disease or the medication used in treating the disease.

### **Vivienne Bailey's Vitality for those with Lupus**

At the meeting, Bailey deeply explained the benefits of Reflexology towards individuals with Lupus. In a demonstration, Bailey displayed how she actually works . . . And does she work!

Bailey works on the premise that the entire body is connected. So, when Bailey sat down with the audience volunteer, making them comfortable in her Reflexology chair, she began talking with them - just seeing what's on their mind. Simultaneously, Bailey began rubbing the feet of the volunteer focusing on the tense spots, and many different uncomfortable signs that are noticeable at the particular places of the foot. Remember, the entire body is connected from the foot to the head, so if a certain part of the foot is showing the Reflexologist that something is wrong with the heart, for example, she is going to work towards aiding that organ in healing itself through reflexion/stimulation.

In a person with Lupus, the intestines, the whole spine, liver, and/or all the glands are effected (or damaged),

Bailey works on the part of your foot/hand that is connected to these organs opening up the nerve endings of the organs (reflexion) leading to the problem, stimulating the organ enabling it to heal itself. Is that good or what?

In addition, Bailey uses essential oils (oils from plants) to better manipulate the foot/hand - to deeply get to the damaged spot. Bailey made it clear that humans and plants both need each other. Plants give off oxygen, what we need to live; and, we give off carbon dioxide, essential to plants living. What better way to aid in the health of humans. Plant oils, or in other words, Essential oils

[www.zealhealthstudios.com](http://www.zealhealthstudios.com)  
I with just 30 drops aid with inflammation. On an individual with Lupus, Bailey will use essential oils that are pertinent to the organs of a Lupus patient, such as Cypress and Lemon Grass to name a few.

What's more, Bailey explained how Reflexology is different from Chiropractic Therapy or a massage, because the Reflexologist is able to aid the patient's entire body, inside and out, by just focusing on just the feet/hands.

**Continued on page 2**

## **Upcoming Meetings**

**May 22, 2007**

**June 26, 2007**

**July 24, 2007**

**August 24, 2007**

**September 25, 2007**

**October 23, 2007**

Meetings are held the  
fourth  
Tuesday of every month at  
**Arnold Palmer Hospital**  
Classrooms 1& 2  
92 W. Miller St.  
Orlando, FL 32806



**For more  
information visit**

[www.worldlupusday.org](http://www.worldlupusday.org)



**Continued from page 1**

Reflexologists are not all over your body causing more pain than benefit. Plus, by being non-invasive, there is no inserting of needles, etc. just relaxation. Bailey offers 30-60 minute sessions. \$60.00 an hour - \$15.00 off the second session (60 minutes).

**Lupus, the Liver,  
Reflexology**

Again, working on the premise that the entire body is connected, Bailey gave an example about Reflexology aiding someone with Lupus by stating that if you had organ damaged by stress, the environment, etc. and you have Lupus - or - you have Lupus to begin with, and your liver has been damaged from medication, etc., when you go to a Reflexologist (according to Bailey) that Reflexologist will open up the nerve ending to your liver by manipulating the particular part of your foot (or hand) that connects to the liver. By doing this technique of stimulation/reflexion (Reflexology) the nerve ending to the damage liver will be opened; thus, the damaged liver can begin healing itself.

In connection to the example above, Bailey handed out an interesting article entitled

Lupus and the Liver by Daniel J. Wallace, M.D. (Associate Clinical Professor of Medicine, UCLA School of Medicine). Briefly, the article was speaking on the facts of how the liver can become damaged in so many ways from the medication that individuals with Lupus have to take daily. Enlargement of the liver, Jaundice, Hepatic Vasculitis (inflammation of the small and medium sized arteries in the liver), as well as Abnormal Liver functions (seen in routine blood tests), were just a few of the medication/liver damage harsh realities mentioned in the article. But there is light at the end of the tunnel.

According to Bailey, in seeing this harsh reality, using Reflexology to heal the liver, or any other organ, the patient can eventually begin to take less medicine. Therefore the sad cycle of pain, medicine, and organ damage can be stopped. How? Because at each Reflexology session, that damaged organ's nerve ending will be opened by reflexion stimulation. Therefore, the organ is enabled to begin healing itself. And if the organ can begin healing itself, helping the body to balance itself out, the immune system can become stronger. And this in turn, can aid in the individual's whole well being.

**Life After the First  
Reflexology Session**

Bailey stated that in order for Reflexology therapy to really work in benefiting your Lupus, you should additionally:

- Exercise
- Get a good night's sleep (at least 8 hours) --
- Practice good nutrition --
- Believe in a Higher Power -
- Drink plenty of Good water (not tap water - [www.drcolbert.com](http://www.drcolbert.com))

Truly, Vivienne Bailey is an expert in her field of Reflexology; and, Reflexology is a gift to the sole!

For more information, contact Vivienne Bailey at [footlady50@yahoo.com](mailto:footlady50@yahoo.com).

**Recommended reading:**

**Adrenal Stress the 21st Century Disease.**

**--read how Reflexology helped a woman in the UK who has Lupus**



**Upcoming Meetings**

**May 22, 2007**

**June 26, 2007**

**July 24, 2007**

**August 24, 2007**

**September 25, 2007**

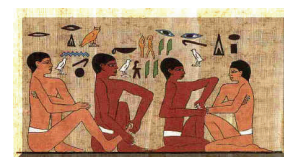
**October 23, 2007**

Meetings are held the fourth Tuesday of every month at

**Arnold Palmer Hospital**

Classrooms 1& 2

92 W. Miller St.  
Orlando, FL 32806



**2330 B.C. wall painting in tomb of Ankhmahor, known as the Physicians tomb at Saqqara.**

**Translation:  
"Don't Hurt Me"  
Reflexology practitioner replies,  
"I shall act so you praise me."**