



Hellenic Association of Reflexologists
AGM meeting . Athens , may 12 2013

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Reflexology, a help to rebalance psychic and physical disharmonies in the couple's sexuality

It is not easy for a reflexologist to make his customers/interlocutors understand the dynamics and action that reflexology has on some unbalances, how a simple “massage or stimulation” on the foot plant can enhance the well-being. What is perfectly clear and comprehensible to the reflexologist has to be conveyed to the person who is treated in a way that he feels reliable and involving.

Speaking about sexuality, which is the lead theme of this conference, but it is true for many other problems as well, a person who suffers from some dysfunction is generally oriented to turn to a sex therapist or a psychologist rather than a reflexologist, and there might be some reason there. There are many experts in the field of sexuality who have studied the subject in detail and deal with it every day. Their advice is important because it gives the expert's point of view. The reflexologist does not deal with sexuality problems directly, but his work can be integrated with those professionals' medical practice.

Sexuality differs from one person to another. Each individual's point of view on the matter is certainly influenced by familiar education, social context, and personal experiences. Several causes might arise a sexual dysfunction. It might either be a primary cause, if it is directly linked to the individual's relation to sexuality, or secondary, in case the dysfunction arises from a pre-existing problem, not even directly linked to sex, a pathology or an accident that restricts sexuality's full expression.

Everyone's life is based from the start on two very important principles: Relation and Decision. We spend our whole life relating to ourselves and the world around us and deciding how to behave in a certain situation. The way we turn these two constantly present principles into action tells us who we are and how we live. Sexuality, by the way, is part of the life of us all, especially of those who live a relationship. It might not be the main element in a couple relationship, but is certainly very important,



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being the highest and most intimate physical expression of love, that just needs a touch and no words. The way we live it depends on how much Relation and Decision we put into it and into the connection to our partner.

This is a brief introduction to how reflexology can ease problems in the couple's sexuality.

First of all, being an important component in the couple relationship, whenever something about sexuality is not right it might give way to worries, anxieties, fears, restrains and consequential physical diseases.

Reflexology can join the practice of the sex therapist or psychologist by inducing relax, which is the release of psychological and physical tensions. No one would set sail on a rough sea, preferring to wait for good weather. The same thing happens when we are tensed or anxious and lose concentration on our actions or reasoning; relaxing helps both situation-focusing and problem-solving. Reflexology can be very effective as the treatment can be carried out on anyone and in any unbalances.

At this early stage of my speech, someone might wonder what's the point in taking on a three-years professional training on several subjects, when a relaxing treatment can help anyone. I agree. But reflexology is much more than that. It is simple, as it just takes the operator's hands for the practice, but very complex at the same time, as everyone's personality is complex. Every treatment must be specifically fine-tuned on the individual to be effective, so it takes knowledge and experience to understand how a certain kind of unbalance shows off in the person as a whole. Besides, humbleness and will to learn are also necessary for a reflexologist, who should never feel content with what he knows, because he will not progress if he is stuck to his own point of view. And in my opinion this is professionalism.'

I acknowledge my own scarce experience in dealing with couple sexuality problems. With the help of some photos and sketches, I will try to contribute through my observations and the results I obtained, which I summarized below:



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- 1) The physiognomic appearance of the foot in the presence of a sexual unbalance, fingers position, foot shape: is there any relation amongst them?



Example: in foot fingers physiognomy, the 5th finger of the left foot corresponds to sexuality, so it might indicate something. In the same way, in foot physiognomy the heel corresponds to sexuality, fertility and information about the sexual apparatus. Can its shape tell us something about that?

- 2) Some foot zones that indicate stress
- 3) Some foot zones and points can be important in the treatment of impotence, premature ejaculation, varicocele, excessive sexual drive, performance anxieties etc. We will examine some.



Example: The kidney and adrenal gland point can be treated to ease fears, impotence and edginess.



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- 4) The two great rebalancing systems: Nervous System and Endocrine Apparatus
- 5) A global view of sexuality according to TCM (Traditional Chinese Medicine) applied to foot. Some physical exercise to perform as an integration to treatment.
- 6) Recap of most relaxing and important points

In the end, reflexology it can be an help in couple sexuality problems, better again if the individual(s) have already identified psychological and behavior interaction with the help of specialized professionals. This synergy can be really effective and lead us to very positive results.

For info on the Italian Reflexologist Federation pls visit : www.firp.it



For info on the speaker pls visit : www.orlandovolpe.com

