

Introduction



Global Network newsletter is written to help reflexologists understand the conception and development of Facial and Neuro foot reflexology therapy's so that trained therapists may have confidence in its application.

The articles will inform students and other readers about the fantastic work done by some students around the world as well as letters from happy patients.

Global Network and the International Institute collects cases from students and patients around the world.

Please help us with more cases.

You can find more than 300 case studies linked to all our web pages:

www.facialreflexologyschool.com
www.temprana.org

Letters I got from patients, parents & students

Karolina from Poland wrote; Great results.... ●

I've experienced something great with the facial reflexology lately... :) A son of an elderly man called me and asked if I could help his father, who wasn't able to swallow. It all began when the patient had a cold (some time ago). During the illness he felt that too much phlegm is going down his gullet and started to expectorate it (in order not to swallow it) - that was, in his family opinion, the probable reason of his inability of swallowing, like his gullet lost the habit of its main function. When he recovered from a cold he still couldn't swallow - nor food, nor fluids. So he was taken to the hospital and then to another one (to the neurology ward) in Krakow, he was examined and fed by a probe. The results of the tests were positive (lungs, cholesterol etc.). The son of the patient asked me to come to the hospital and treat him with facial reflexology. It's been two weeks since it all started. At the interview I was informed that he'd had 2 heart attacks 2 years before and that he was expectorating the saliva about 5 times per 2 minutes. my treatment plan was: - individual stimulation of NP points: yellow (ST/SP), pink (H/SI) and red (B/B) [all related to cranial nerves which take part in the process of swallowing] - craniotherapy: yellow and pink lines and points [related to frontal and parietal lobe] - N points: 26+106 (frontal lobe), 50+365 (parietal lobe) - facial praxis vertebralis: C 2,3/Throat, larynx 1 treatment: During the first treatment the patient was expectorating the saliva from time to time (about 5-6 times), tears were falling from his eyes but he seemed rather relaxed. After the treatment he was very warm (before he reported that his hands were cold, especially the right one). He tried to drink a sip of water but didn't succeed. Next day I did the same treatment. 2 treatment: I've noticed that during the whole treatment he expectorated only 2 times. He was also very warm afterwards. And he announced that he was going to sleep. Then we made a 2 days break. On the 3rd day called the son of the patient and told me that his father had started to eat normally! Wow, that impressed me very much :) I wasn't expecting him to react so quickly :) That was so extraordinary and motivating experience, thanks to your facial reflexology system.

Romina from Poland wrote: ●

I would like to tell you, that I was inviteted to conference in Wrocław which is conect with disabled children.

I have presented Temprana there and I have to say that temprana made doctors and profesors became very interested about it. One of Ms profesor has invited me to Kraków (Cracow .) I was one week in Kraków with her and prof Kropotov and we had been doing medical examination with EEG and QEEG. I had presentation about Temprana and cluster of scientistes were interested so much about this method . I have shown cases of my patientes. It's good that I am physioterapist from 22 years because it made my presentation was more believable.

I am happy that I have learned Temprana from you and now I can share this wisdom with others scientistes.

I am going to collaborate with Academy in Kraków to propagate your fabulous method.

Thank you.

Mai wrote about Fukushima

March 11, 2011. Life changed completely for many people on this day.

Every one of us, not only those living in Japan but also those all over the world, was given an opportunity to seriously ask themselves a question: “What can I do at this very moment?” I believe there were many people who reconsidered their lives.

The Great East Japan Earthquake was not somebody else's problem for me either.

My parents' home is in Fukushima Prefecture. It is where I spent my school years although for a short time, and it is where my precious family and friends live. The people who are closest to me were suffering because of the earthquake and the nuclear accident. Hearing about their severe conditions, I was determined to do whatever I could.

First of all, I went to see my parents to check their safety. Setting back toppled down furniture and taking away debris, the extent of the disaster gradually unfolded. Since right after the disaster, people in the community helped each other by taking care of evacuees.

Looking at the traces of the disaster, I was overwhelmed by a feeling of powerlessness before nature. At the same time, I found out about a local evacuees' shelter. After ensuring my family's safety, my mother, my husband and I decided to go to help the evacuees in the shelter.

The still on-going, various effects of the nuclear accident have been a big problem for Japanese people. People in communities near the Fukushima I Nuclear Power Plant were forced to evacuate, although their houses were not destroyed nor washed away. There were even towns and villages whose whole communities had to be evacuated. The anxiety and distress of these people is indescribable.

The evacuees' shelter I visited was near my parents' home. It used to be an event hall in Koriyama City. More than 2,000 people were forced a cramped living here with simple installation and scant food. A large number of hand-written papers were posted on a bulletin board in a hallway, in order to find the missing. There were no partitions between each evacuee's narrow space, and privacy was not existent. On a thin mat with a blanket, many old people were sitting bewildered and staring at the ceiling. An old woman said eagerly, “I want to bring the sour plums I pickled at home so everybody here can eat. They are so delicious.” Another old woman said, “Who will take care of my dog and my cat that I left at home?” She had to get on a bus without taking anything - just herself – to leave her home in an evacuated area. She had believed that she could go home on the next day. She would have never imagined she had to stay in the shelter for over 6 months. And none of the evacuees knew if they could ever go back home.

In such post-disaster chaos, I think the acceptance process of volunteers was not functioning well. However, I was fortunately accepted as a therapist in the shelter's first aid station to assist the health and mental care of evacuees.

The people most fatigued both physically and mentally were town and village officials. The first aid station was full of patients who require immediate medical care, as well as long-term medical and nursing care. The staff members needed to take care of and watch over them 24 hours a day. Viruses would spread easily in the shelter. There were many patients infected by norovirus on the day I visited the shelter. First aid staff stayed all night taking care of the patients. Even doctors, nurses, care workers could not take time to sleep. They too have been evacuated; some of them lost their homes, and some did not even know if their family members were safe. In such condition, they had to take care of other people all day and night. What a harsh reality.

Seeing the agony of the local government workers, who were doing their best to protect the residents, to fight against the harsh reality of a nuclear accident, and to make an appeal to the national government, I had mixed feelings of anger, sorrow and powerlessness. The man-made nuclear power plant for better and convenient life of mankind is causing such agony. On the other hand, I felt that only a human could give a helping hand when another is suffering.

“What do you need the most at this moment?” I asked to a village mayor and local government workers. It was right after the earthquake disaster in the evacuees' shelter. “Home” and “Time to rest” were their answers. All I could do was to go to the shelter as many times as I could and give therapy.

There was no therapy room in the shelter. Everything was completely different from the conditions I normally conducted a treatment. I found an audio room and a small hallway next to it. Behind it was a huge convention hall. I decided to use this space as a cozy corner for therapy. On the landing there was a door to the first aid station where a multitude of patients and old people were taken. The stairs to the audio room, however, was hardly used by anyone. Town government workers, therefore, used it as a sleeping space.

I conducted facial reflexology for about 10 clients a day for people. They would exhale all the way and close their eyes as they lay down on the cold floor only with a mat. I could not make conversation on the first day I conducted facial reflexology. There was something unpleasant about talking, or maybe words were just not necessary. They lay down, exhaled, and closed their eyes. And I put my hands softly on their faces. Thus I conducted facial reflexology. I could only spend 30 minutes with each client. However, each of them seemed to have had a nice sleep during the short therapy session. I sent me rosehip oil for the treatments. People loved the smell of oil too.

Facial reflexology is organized by several steps based on a profound theory. Treatment to each client is programmed according to their physical and emotional symptoms. At the same time, it is a technique to read physical signs of a client through touching his or her face. In another word, a facial reflexologist can make a therapy plan without any verbal explanation of symptoms from the clients. What they need to do is just to lie down without saying anything. A facial reflexologist can conduct the most suitable treatment for them just by touching their faces. I had never experienced so much of the effects of touching until this day.

The clients could have felt anxious about what I was going to do, because I did not give much explanation. However, no one seemed to have any doubt that I would do something good for them. They just lay down without a word. I could hear the cry of their heart and body. They just needed to take enough rest. I felt that what they needed the most was not an explanation, but a comforting, sleep-inducing touch on their face.

Many people gave their opinions after the treatment:

“Thank you, thank you so much for your help.”

“Ohhh, I feel so good.”

“This is the first time I felt so relaxed after the earthquake disaster.”

“It has been a long time after I could feel that 'I smell a good scent'. I felt so good.”

“I had a nice rest time.”

“Oh, the tension in my stomach is gone. My shoulders feel better. I can work again!”

One of them was an executive of a local office. He held my hands after the treatment, and said “thank you” with his eyes full of tears. His act moved me more than words. It may have been the first time I received such a heartfelt “thank you” for giving therapy. It warmed my heart, and I was really touched. I believe I provided what he needed the most. Warmth of a human hand: I believe people in this shelter needed it the most.

Conditions in the disaster area changed minute by minute. Right after the disaster, life support was the most important matter. Relief supplies such as food and clothes, and rescue work were a priority. However, as life in the shelter prolongs, dealing with emotional problems becomes more important. Evacuees suffer from anxiety, irritation, anger, and indignation over the destruction of their lives they used to have. Being touched by a warm human hand may relieve these feelings. Warmth from someone else may relieve anxiety and fear.

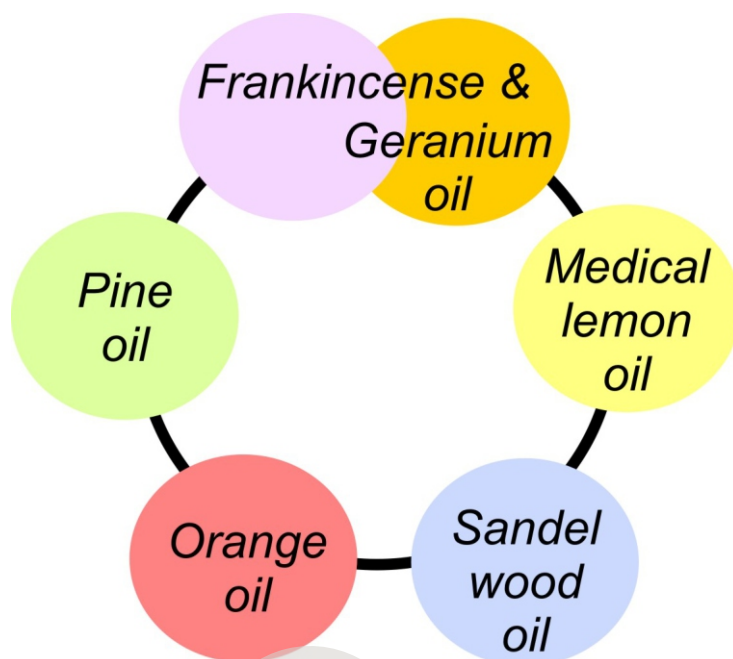
Right now, this unprecedented event has become reality, challenging us face to face. It was an event in which nature has shown her great power over us, making us realize how small each human is. I thought the only thing we can only do before nature is to live our lives to the fullest until our transient life ends. Then, it would be wonderful if we could live our lives with good and happy feelings as much as possible.

The goal for my life, or what I think I should aim at, is to do volunteer work while continuing my real work. To make the most of my specialty for someone or place that needs it the most, without expecting to get anything in return. I know that volunteer work cannot be done unless I have a little “room” in time, money and heart. Even if I have high spirits in doing volunteer work, I won't be able to do it if I am in a desperate condition in which my life is in danger. Therefore, I aim to live a life with “room” (or “spare” or “extra” something, such as in spare time and extra money). I believe this little “room” in each of us will bring happiness to the whole world. If you know some kind way to take care your feelings like facial reflexology, that makes you to live your daily life easier a little.

by Lone Sorensen

Aroma Medicina

Aroma Medicine



AROMA MEDICINE

Essential oils as anti-cancer agents:

Research has shown that many useful essential oils have a devastating effect on cancer cells.





Top Athletes and Facial Reflex Therapy

Noriyoshi Eguchi
Japan

For athletes to achieve greater performance

As a national trainer for top athletes in the past three Winter & Summer Olympic Games, as well as in number of world races, I have had great opportunities to spend time with athletes who aim for the top of the world. The athletes whom I worked with conducted severe training everyday, in order to reach the top. The greater the athletes are, the higher their goals; almost endlessly. Their ability to drive themselves into exceedingly severe conditions in order to be the best is the aspects I saw in most top athletes. They are calm and gentle in normal days but completely change once training starts at the race site. Extremely high concentration and energy devotion to each single game; these are the common aspects I surprisingly found in the top athletes. Their high goals corner themselves to the limit and provide power to bear severe training. They believe firmly that their goals are waiting ahead.

However, even these top athletes are human being. Their strong will could sometimes lower their performance. Severely cornering oneself can be a stressor and cause severe stress on one's body. Heavily stressed body triggers stress reaction in nervous system (autonomic nerve), internal secretion system (hormone), and immunity system, as a result of trying to get back to a normal condition. Various symptoms are developed through these processes: most noticeable symptoms are physical ones such as stiffness of the neck, shoulders and upper back muscles, and also chronic fatigue. One of the symptoms frequently seen after race is muscle stiffness in spite of low exercise intensity. Heaviness or sluggishness of body often turns into pain; the pain causes discomfort and gives mental stress. Digestive system may also develop trouble such as stomachache and diarrhea. Decrease in appetite can disturb recovery from fatigue and cause loss in weight. Moreover, a failure in mental health develops symptoms such as sleeplessness (insomnia) and anxiety occur. If an athlete has chronic stress, excessively high tension, or fatigue, he/she may not sleep well, even though he/she has enough time to sleep. Then, he/she may feel sluggish already when he/she wakes up in the morning. Naturally he/she cannot have eagerness for training. Down in motivation can be fatal for athletes: great performance cannot be expected nor have they even energy to compete. Thus, athletes are known to have extraordinarily strong mentality: "I want to win! I want to be strong! I will do anything to achieve my goal no matter how hard training may be." However, stress can affect even their mental conditions. These, so-called "over training syndromes" are one of the problems top athletes may face.

So far, various trials have been made in order to bring up the best performance of each athlete. These trials include: strengthening of body through physical training, recovery by running and aero-bicycle riding, body toning through stretch and massage, and mental training. These trials aimed for body recovery are very effective in recovering physiological functions. However, in a condition where the central function of brain has an imbalance due to overstress, recovery of this central function is most important. In my opinion, eliminating stress is final and crucial point for athletes in getting a good race result. As a trainer, I have been in charge of athletes' physical, technical, mental, and nutritious conditioning. I believe that the most basic and important part of conditioning is to set body and mind in a balanced condition.

Introduction to Facial Reflex Therapy and its importance

I was introduced to Facial Reflex Therapy during these difficult years. It is a great therapy of tuning the brain in a good balance by seeking weakly functioning cerebral areas through reflex areas in one's face. Stimulation to the brain can affect the nervous system, the internal secretion system, and the immunity system. The reflexology I had known before was a therapy that uses reflex areas in the foot. Stimulation to the foot is transmitted from the cerebellum to the cerebrum through the spinal nerves. However, facial reflexologists say that stimulation to the facial skin is transmitted directly to the cerebrum through the nerve endings in the facial skin. This is understandable because the skin originates in the ectoderm where the central nervous system (in its very early stage) also originates. The ectoderm develops into an area related to sensation of the inner body such as the internal organs, and an area related to sensation on the body surface such as the skin and the periosteum. Stimulus transmission routes in the skin differ by body parts. Stimulation to the hand, the foot, and the skin in the body trunk is transmitted to the brain through the spine (the spinal nerves). Stimulation to the face is transmitted directly to the cerebrum through the cerebral nerves (the trigeminal nerve). In Chinese medicine, facial rejuvenation has been conducted since ancient times because the face is known to have numerous acupuncture points. So far, main treatment for athletes was to directly touch stiffened muscles of affected areas such as the neck and shoulders, but I found out that sending direct stimulation to the central nervous system is more effective for physical symptoms including stiffness of muscles because malfunction of the nervous system due to stress is the cause of the physical problems.

Athletes' body, which was overstressed in various physical parts, amazingly relaxed after taking a reflexological treatment. More than that, many athletes said they had a deep sleep after a long time. This shows that the parasympathetic nervous system started working instead of the sympathetic nervous system which had been over working. Upsetting stomach got well, as well as functions of the digestive system. Of course, total body massage is also an effective method to activate the parasympathetic nervous system, but what astounded me the most was that stimulation to the face could do so much to the whole body. Stress-free body did not only increase training eagerness, but also improved judgment and motivation, recovered self confidence, and led to a better race result.

It is often the case that athletes in sports whose exercise intensity is rather low need more concentration and judgment than physical strength. They tend to complain mental fatigue rather than physical fatigue. Some athletes get stressed out by not being able to reset their mind and race scenes keep reminded over and over. Eliminating mental and physical stress and resetting one's mind through facial reflex treatment after each race may lead to an early recovery from fatigue; I use this therapy as an advance preparation during consecutive races.

Some athletes do not like their bodies being touched especially during races. Reflexological treatment to the face can be very useful in this case. Its use with other types of treatment will be more effective.

Over-loaded exercise and chronic fatigue cause muscles to be hypertonic, because the sympathetic nervous system has dominance. Muscles get hypertonic as a defense reaction of the body, and in this case, they do not stretch well and return quickly to stiff condition. Many athletes suffer muscle stiffness no matter how they try. However, a nice flex of muscles may be obtained after taking a facial reflexological treatment.

Various environmental changes can place much stress on an athlete's body as on anyone's body. During overseas training camps and races, athletes need to live in a group with other athletes. It is likely that they have a restless time even at their hotels. Traveling afar by airplane and/or car can be physically stressful too. Biological clock needs to be reset at overseas camps. Facial reflex therapy can be used for conditioning after arriving at an overseas campsite as a toning tool of the balance of the autonomic nervous system.



Expectation of further use

During the world races, I often heard this comment from medalists who stood at the center of commendation platform: "I did what I normally do." Athletes must probably feel a huge pressure at the world's highest stage. Especially, pressure in the Olympics games must be unimaginable, as it is often said: "There lives a monster in the Olympic games." It is hard to believe that those medalists did "what he/she normally do" in such situation. Most athletes must have trained enough to win a medal as a big race approaches. However, it is not easy to give the best performance at the biggest stage. To win against him/herself will be the final struggle for an athlete in order to achieve the best result.

However hard and good quality training an athlete may have had, it is no use if he/she cannot give his/her best performance. In order to achieve this, I believe that an athlete needs to have a balance between just and exact amount of anxiety and greed. Not too much anxiety and worry, nor too much greed; I believe under these conditions the true power inherent in him/her will make its appearance. This seems like the key to become a medalist, who succeeds in keeping his/her presence of mind at the biggest stage.

At the same time, it is trainers' duty to conduct a good conditioning that could eliminate various environmental stresses for athletes, who struggle in intensified training conditions. Overstress can not only hinder their performance, but also lower body functions that are fatal to maintain one's life. In the future, athletes need to put more focus on inner self. In this respect, I expect further use of facial reflexology.

Currently, stress has been considered to be a serious problem that causes numerous physical and mental disorders among general public. Most shoulder and back pain of patients who come to my clinic is caused by stress. Stress can be treated by oneself; however, even the environment in which he/she lives in often causes stress, in a present social environment where nature can rarely be found. Natural disasters that come suddenly could cause incredible stress and aftereffect on one's mind and body too. Facial reflex therapy can do so much in such environments of the present world. I hope that this therapy may save not only athletes but also a lot of people in general.

LEARN ABOUT HOW TO BALANCE THE PROCESS OF PRODUCTION OF SUBSTANCES FOR THE BRAIN CONTROLLING ABUSE OF DRUGS, ALCOHOL, MEDICATION AND EATING DISORDERS WITH FACIAL & NEURO FOOT REFLEXOLOGY.

BY LONE SORENSEN

Introducing in the communication of the Human Brain about addition and eating using Neuro-Reflexology as a tool.

Serotonin, dopamine and noradrenalin are neurotransmitters that have numerous functions throughout the body. Serotonin modulates intestinal motility, controls appetite, pain perception, sex drive and the sleep/wake cycle. Anxiety and depression are some of the cognitive and emotional effects of a serotonin imbalance. Dopamine's functions include voluntary movement, motivation and reward-seeking, sociability and pain processing. There are natural methods to balance these substances that may help reduce the need for pharmaceutical intervention.

The human brain is the most complex organ in the body. This three-pound mass of gray and white matter sits at the center of all human activity - you need it to drive a car, to enjoy a meal, to breathe, to create an artistic masterpiece, and to enjoy everyday activities. In brief, the brain regulates your basic body functions; enables you to interpret and respond to everything you experience; and shapes thoughts, emotions, and behavior.

The brain is made up of parts that all work together as a team. Different parts of the brain are responsible for coordinating and performing specific functions. Drugs can alter important brain areas that are necessary for life-sustaining functions and can drive the compulsive drug abuse that marks addiction. Brain areas affected by drug abuse -

- **The brain stem** (pons) controls basic functions critical to life, such as heart rate, breathing, and sleeping.
- **The limbic system** contains the brain's reward circuit - it links together a number of brain structures that control and regulate our ability to feel pleasure. Feeling pleasure motivates us to repeat behaviors such as eating - actions that are critical to our existence. The limbic system is activated when we perform these activities - and also by drugs of abuse. In addition, the limbic system is responsible for our perception of other emotions, both positive and negative, which explains the mood-altering properties of many drugs.
- **The cerebral cortex** is divided into areas that control specific functions. Different areas process information from our senses, enabling us to see, feel, hear, and taste. The front part of the cortex, the frontal cortex or forebrain, is the thinking center of the brain; it powers our ability to think, plan, solve problems, and make decisions.

