



Reflexology for back and joints in two different maps of Lind´s method

Webinar



Niemenmaantie 30 F 21 33960 Pirkkala/ Finland

+358400639231 toimisto@medikanova.fi

Anna-Kaarina Lind Medika Nova Oy Finland

Co-operating with Touchpoint Denmark

Karl-Axel Lind 1946-2012



He was an electrical engineer, reflexologist, researcher, astrologer, teacher, mathematician, and medio. He extensively studied the history of ancient cultures, etc. He pioneered Whole Body Reflexology, incorporating various reflexological systems throughout the body. Additionally, he integrated ancient element-studies from Pythagoras and Plato into reflexology. His method encompasses numerous functional systems that enhance reflexological treatments. He had courses in Sweden, Norway and Finland until his death 2012.

What we ´ll learn now?

- 1. Two different reflexology maps/systems about skeletal and muscles of Karl-Axel Lind’s methods: System 1 and System 2
- 2. What are the differences between these systems?.
What kinds of competitive situations can arise?
- 3. How can these systems be utilized in the treatment of musculoskeletal problems?
- 4. Specific muscle issues and reflexes
- 5. Treatment techniques
- 6. Specific competition situations between these two systems.

Our traning program

Reflexsologia levels 1-8 23.3 sp
Cam-therapies 2.0 sp
Nutrition 2.0 sp0
Menthall healt-principles 5 sp
First aid 0,5 sp
Basic medicine 14.0 sp

Together 42,3 sp = c. 1142 hours

1 studypoint = 27 hours

Reflexological systems by K-A Lind

Organsystems

Reflex systems on the feet, leg, hand, face, ears, head, torso front, torso back and on the whole body...

Functional systems

Spina-and Sternum- points, functional points, functional levels....

Energetic systems

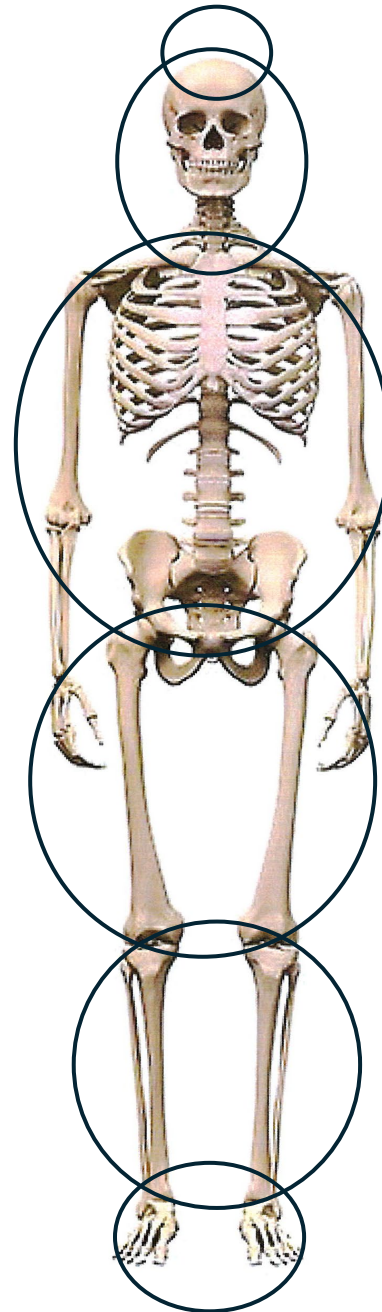
Element study, polarity-systems, energylines, Biofield-systems...

Choosing best tools from each of these Systems the effect of the treatment multiplies.

Purple

Yellow

Red



Mental 6

Ether 5

Fire 1

Air
Orange

Water
Green

Earth, crystal
Blue

Shortly about the elements

Each part of the body and the reflexsystem on it has its own character.

We can choose which element we want to use as a background to the treatment.

EX: fractura, injury = belongs to chrystal/earth-element, so we treat lot the feet.

Ex:Tension in the muscularity belongs to water elemet, so we treat lot the shin

EX: hormonal and neural problems belong to ether, so we treat lot of ear, face

Example: the knee problems;
The kneereflexes can be treated at least on seven different maps

- 1.Feet
- 2.Shin
- 3.Thigh
- 4.Hand
- 5.Face
- 6.Ear
- 7.head

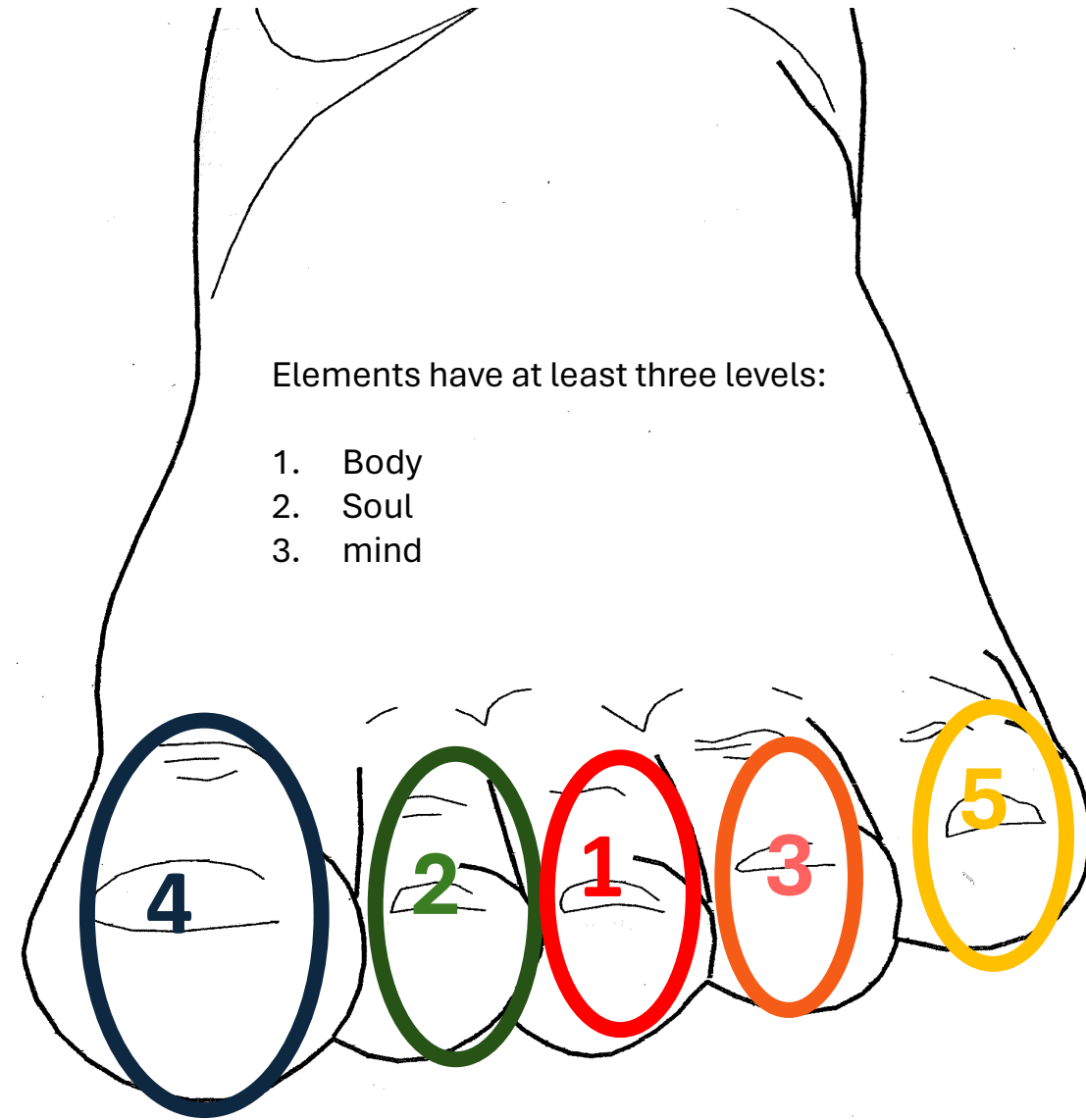
Elements on the foot

1. **Fire** – heart and bloodcirculation
2. **Water** – muscels, liquids, emotions
3. **Aire** – metabolism, skin, kalvot/limakalvot
4. **Chrystal** – bones, joints, minerals, control
5. **Ether** – nerves, central nervesystem, hormones, immunosystem t



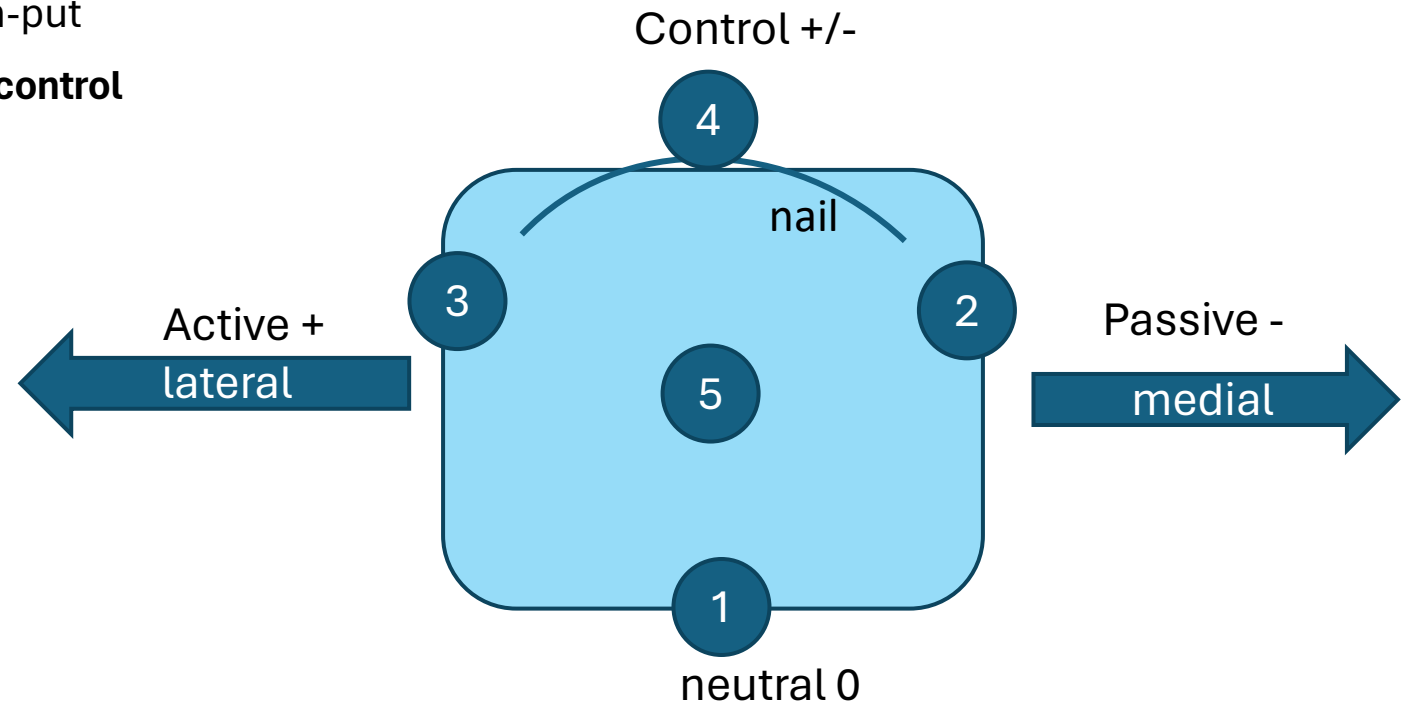
What do these feet tell you?

”hammer-toes”



Function of the elements

- In every function there are different phases: + in-put, - out-put, +/- control, 0 neutral
 - **5 = Top-point = 5 ether, the centrum**
 - 1= S1 hypothalamus = neutral ex. Tissue, organ
 - **2 = Ear-reflex= medial – ; passive, "low" energies out-put**
 - 3 = Nose-reflex = lateral + ; active, high energies in-put
 - **4= Eye-reflex = +/- controll, balans, regulation control**
-
- **Example:**
 - **1 liver organ**
 - **2 out-put detoxification**
 - **3 In-put blood, energy, entzymes**
 - **4 control vagus, thyreoid..**



Back vertebrae

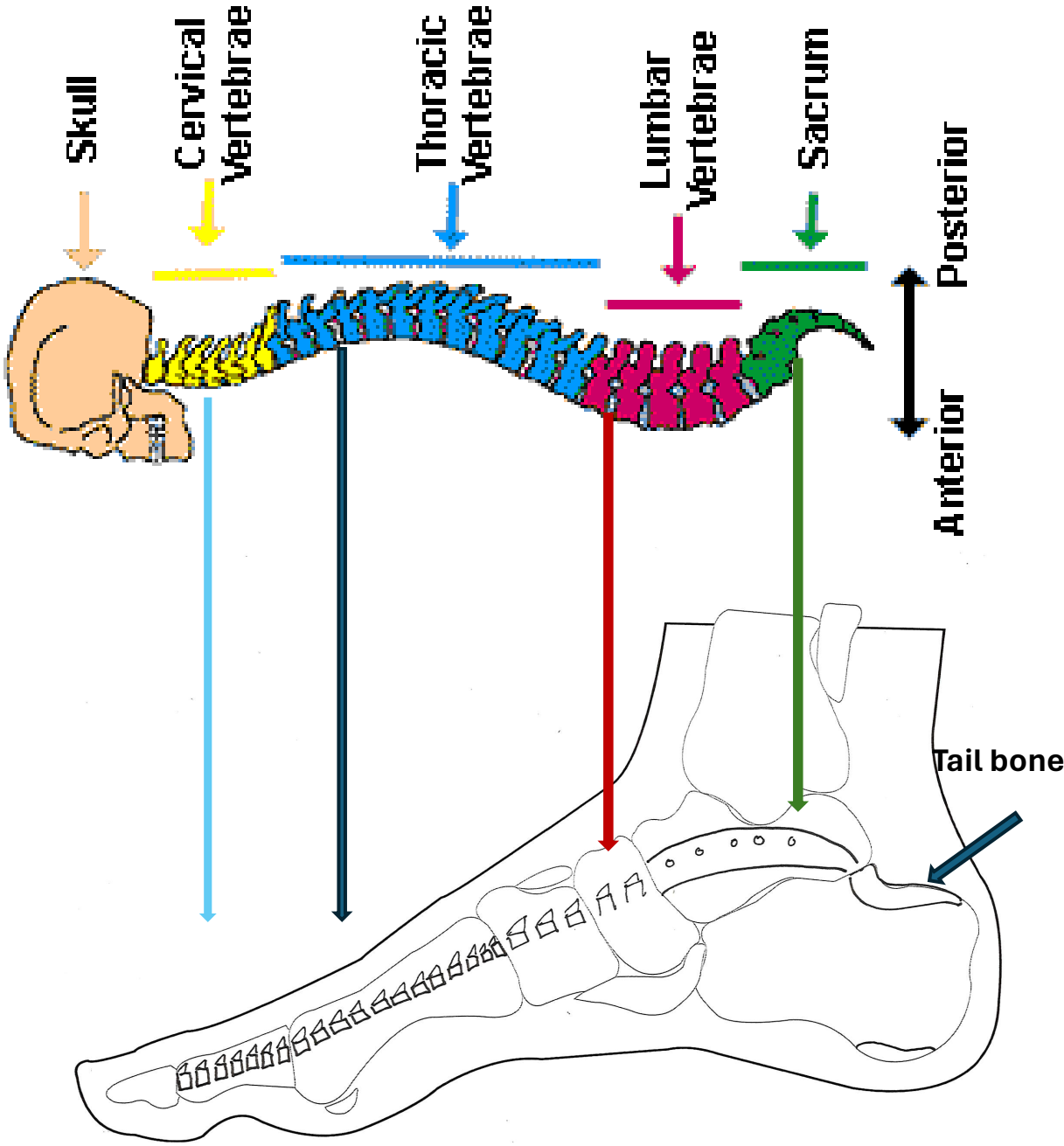
The Reflex-human” is lying on the stomach:

The stomach is on the plantar side including inner organs.

Back reflexes are on skeletal medial side of the foot.

Reflexes follow the rule of similarity.

- Bones on the bones
- Joints on the joints
- Soft tissues on the soft areas
- Skin on the skin etc



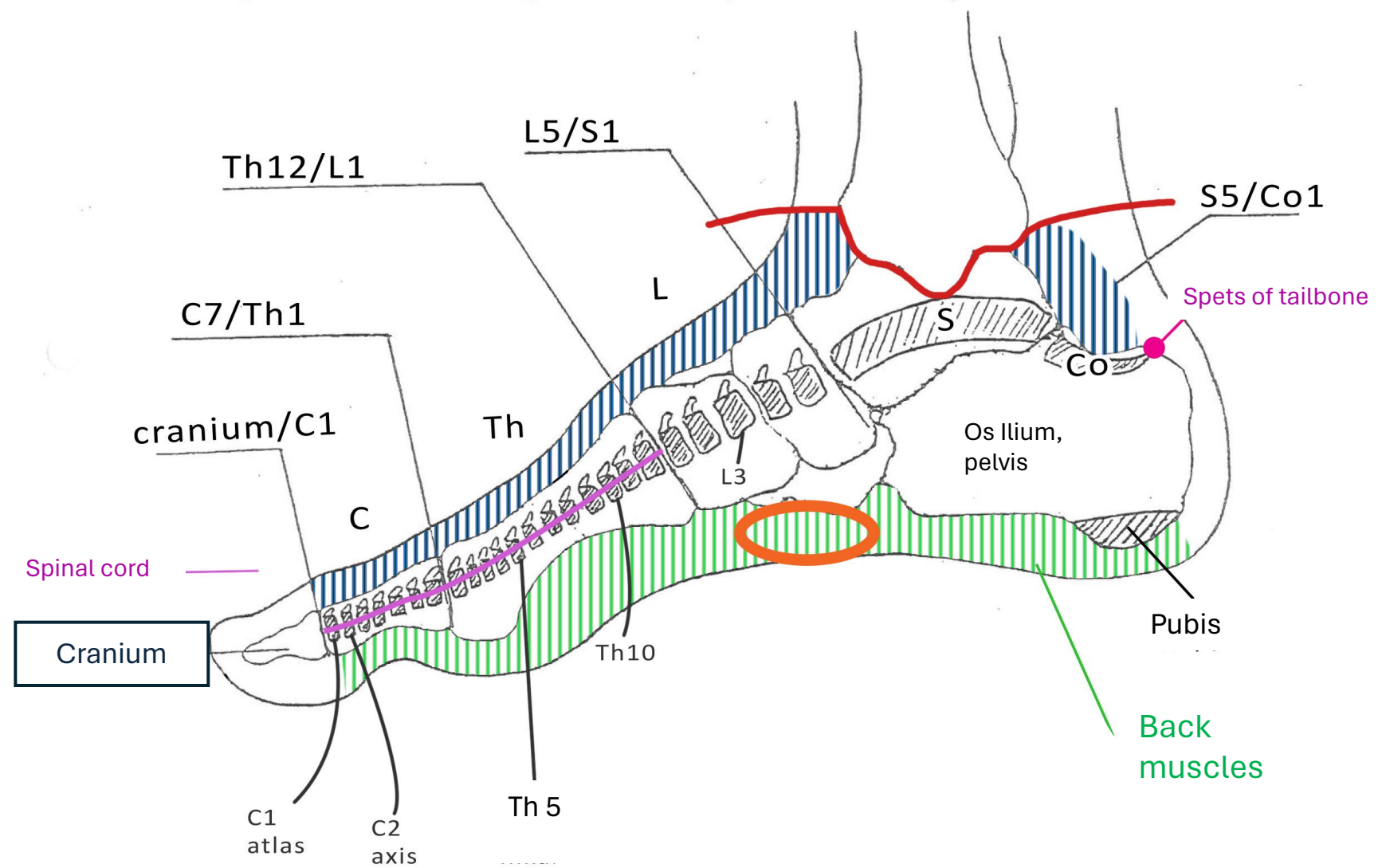
Back and pelvis medial

Back vertebrae must be located so that spinous processes are upward on the foot.

Because vertebrae are bone must **all** vertebrae be located on the bony tissue.



1. Top phalanx of the toe = cranium
2. Base phalanx = neck
3. Metatarsal = thoracic vertebrae
4. Cuneiforme + naviculare = lumbar vertebrae
5. Talus = sacrum
6. Heel bone = tail bone coccyx + pelvis + pubis

Back muscles follow the bony structure on the soft tissue on the medial side of the foot.



Backmuscles

Backmuscle-reflexes follow the back-reflex but on the soft tissue on the medial side of the foot.

-  1. Lumbal muscles
-  2. Thoracal muscles + diaphragma + psoas more on the plantar side.

Two powerfull muscles are using same vertebas:

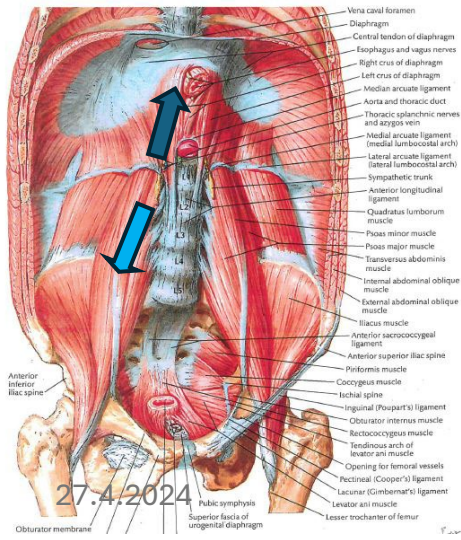
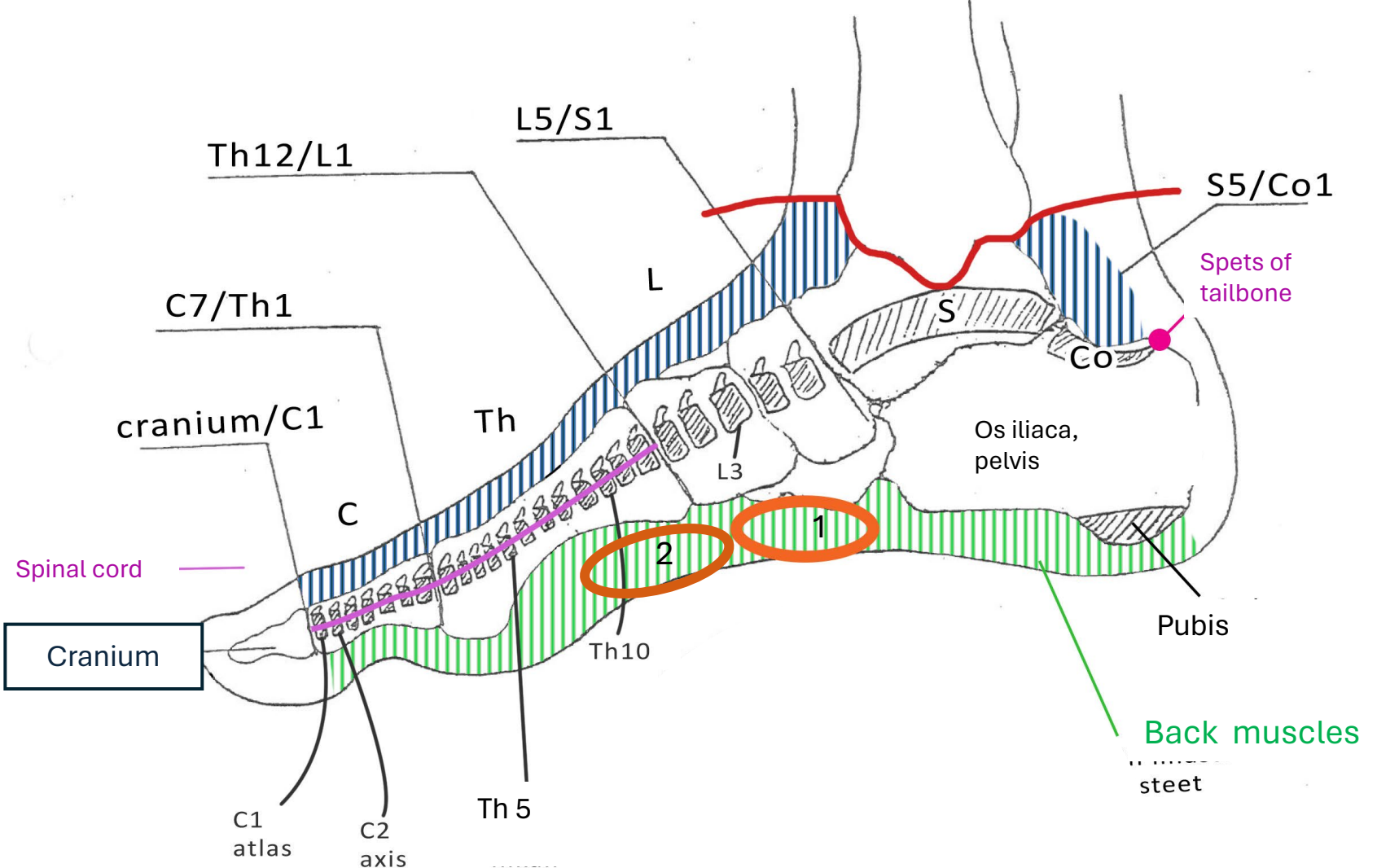
Diaphragma pulls upwards



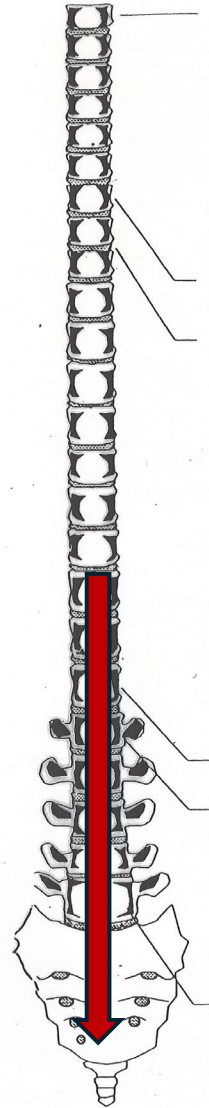
Psoas pulls downwards



Vertebas TH 9-10 – L 3,4 are overloaded!



Nerves and the spinal cord



NIKAMIEN VAIKUTUSALUEET JA VAIKUTUKSE

C1	pään verenkierto, aivolisäke, päänkallo, kasvonalueen luut, aivot, sisä- ja keskikorva, sympaattinen hermosto	päänsärky, hermostuneisuus, unettomuus, flunssa, korkea verenväpaine, migreeni, hermostollinen romahdus, tunnottomuus, krooninen väsymys
C2	silmät, silmähermot, kuulohermo, nenäontelot, kartiolisäke, kieli, otsa	nenäontelon vikoja, allergioita, karsastus, kuuroutta, silmävikoja, korvasärky, tajuttomuutta, tietynlaisia sokeustapauksi
C3	posket, ulkokuva, kasvonalueen luut, hampaat, kolmoisherma	hermosärkyä, akne, kasvojen alueen turvotus
C4	nenä, huulet, suu	heinäkuume, katarria, kuulon heikkeneminen
C5	äänihuulet, kurkunalueen rauhaset, yläkurkun alue	kurkkutorven tulehdus, kurkkutulehdus, äänen käheys
C6	niskan alueen lihakset, olkapää, nielurisat	jäykkä niska, käsivarren kipu nielurisatulehdus, hinkuyskä
C7	kilpirauhanen, olka- ja kyynärpään rauhaset	bursiitis (rauhastulehdus), flunssa, kilpirauhasen toimintahäiriöitä
T1	kädet kyynärpästä alaspäin, ranteet ja sormet, ruoka- ja henkitorvi	astma, yskä, hengitysvaikeuksia, kiputiloja käsin alueella
T2	sydän, sydänläpät ja koronaarisuonet	toiminnallisia sydänhäiriöitä ja rinnan kiputiloja
T3	keuhkot, keuhkoputki, keuhkopussi, rinnan alue	keuhkoputkentulehdus, pleuran tulehdus, pneumonia, influenssa
T4	sappirakko, sappitichyet	sappirakon vajaatoiminta, keltatautia, (vyöruusu)
T5	maksa, sisuspunos, veri	maksavikoja, kuumetta, alhainen verenväpaine, anemia, huono verenkierto, reumaattista särkyä
T6	vatsa	vatsan vajaatoiminta, hermostunut vatsa, ruuansulatushäiriöitä, närästystä
T7	haima, ohutsuolen yläosa	vatsahaava, vatsan tulehdus
T8	perna, pallea	hikka, alentunut vastustuskyky
T9	lisämunaaiset	allergioita, rohtumat
T10	munaaiset	munaaisvikoja, verisuonten kovettumaa, kroonista väsymystä, nefriittia, pyeliittia
T11	munaaiset, virtsatichyet	ihon toimintahäiriöitä; akne, näppylät, turvotus
T12	ohutsuolen alue, imusuonisto	reumatismia, ilmavaivoja, tietynlaista steriliteettiä
L1	paksusuoli, nivukset	ummetusta, paksusuolen tulehdus, punatautia, ripulia, tyrä
L2	umpisuoli, vatsa, yläosa reidestä	kramppeja, hengitysvaikeuksia, liikkahapaisuutta, suonikohjuja
L3	sukupuolielimet, emätin, virtsarakko, polvet	virtsarakon toimintahäiriöitä, kuukautishäiriöitä (kivut, epäs. kierto), keskenmeno, yökastelu, impotenssi, polvikivut
L4	eturauhanen, alaselän lihakset, issias-hermo	issias, virtsaamisvaikeuksia, alaselän kivut
L5	alaosa jaloista, nilkat ja jalkaterät	huono verenkierto jaloissa, turvotukset nilkat, heikot nilkat ja jalkakaari, heikkous jaloissa ja jalkakrampeja
ristinika- mat	lonkkaluut, pakarat	lonkka- ja häntäluiden häiriöitä, skolioosia
häntä- nikama	peräsuoli ja peräaukko	peräpukamat, pruritus ani (kutina), kip häntäluuun päässä

Th9 ->

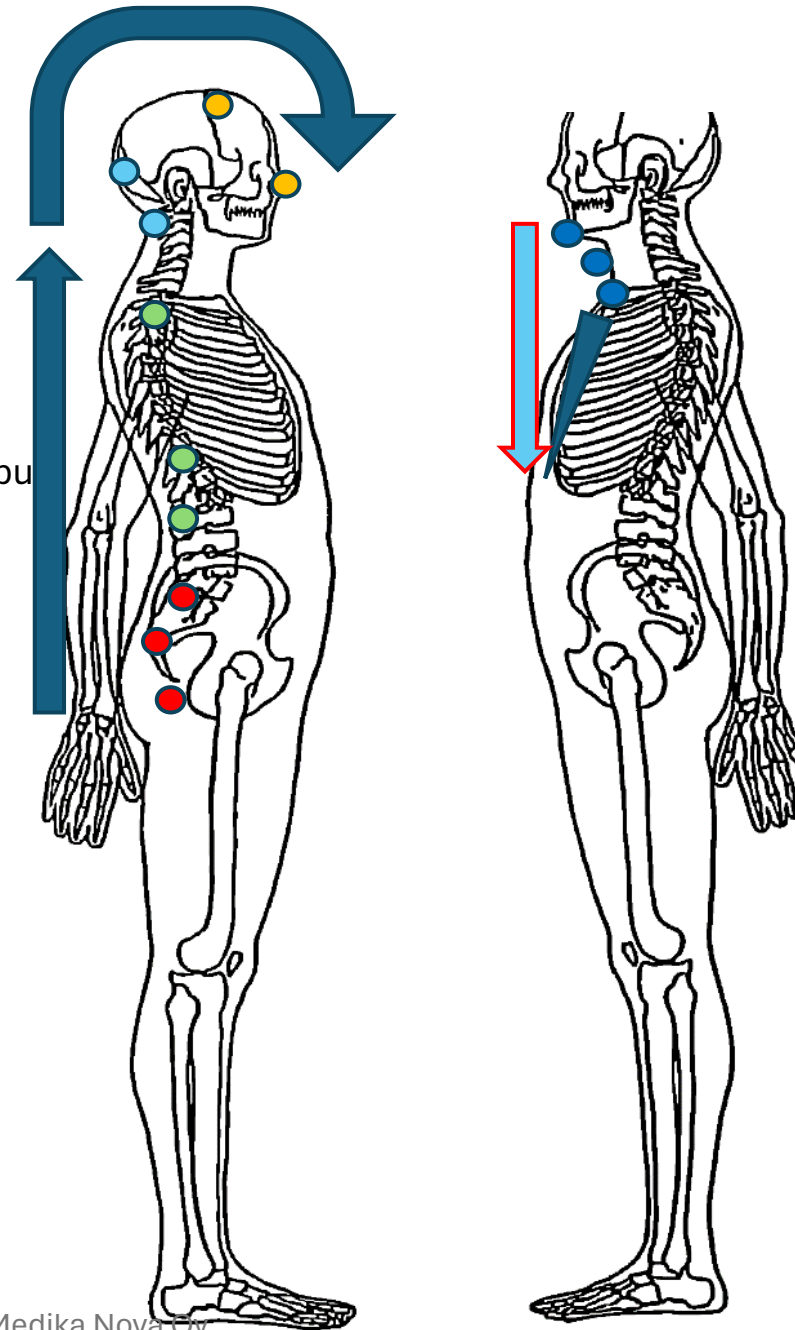
kidneys, urea channel, small intestine, lymph, large intestine, croins, upper part of the upper leg, genitals, bladder, prostata, ischias, lumbar muscles, ankles, feet, hips, gluteus, rectum, anus

Reflexology on the back = tukipilari

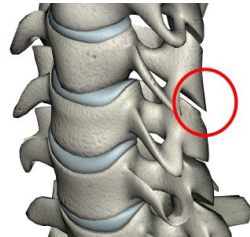
1. Skin-back
2. Fascia-back
3. Muscel-back
4. Vertebra-back
5. Discus-back
6. Nerve-back
7. Energy-back
8. "Spina-back"

Spina-energy flows up to the top of the head, turns down to the face and to the nose

- C-group Communication
- B-group, getting energy, input
- A-group, purification, Secretion, output



1. Skin-problems
2. Ligament-problems
3. Muscel-problems
4. Bone-problems, facet
5. Discus-problems
6. Nerv-problems
7. Energetic-problems
8. EPH-problems = every place hurts



Spina-punkts Spinosum

A Group

Sp 1 large intestine

Sp 2 genitals

Sp 3 kidneys, urinary system

B Group

Sp 4 small intestine

Sp 5 heart, circulation

Sp 6 lungs, breathing

C Group

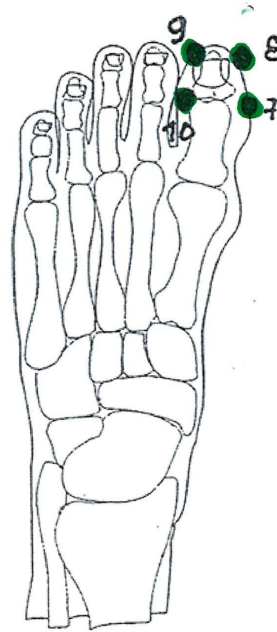
Sp 7 communication, nerves, hormones, immunosystem

Sp 8 logic, thinking, decisions, time, space

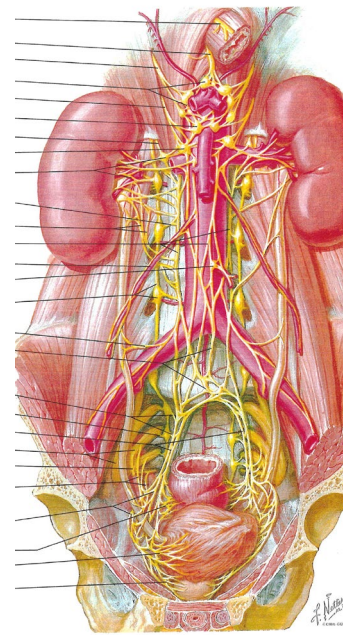
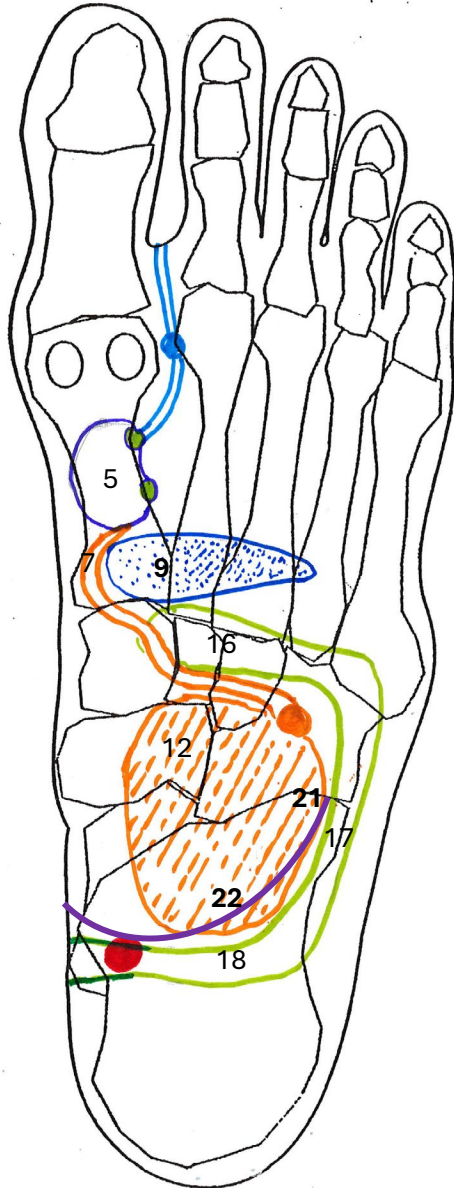
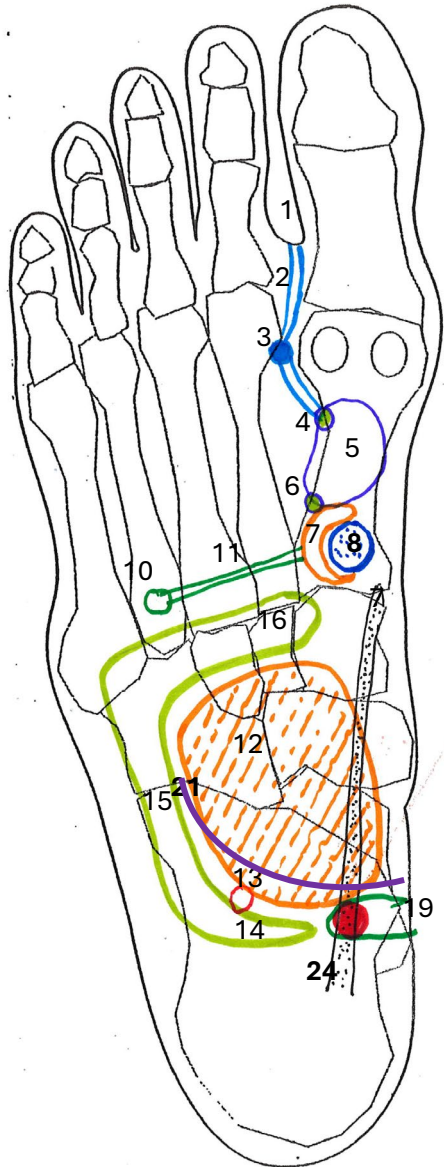
Sp 9 Intuition, sleep/dreams

Telepathy

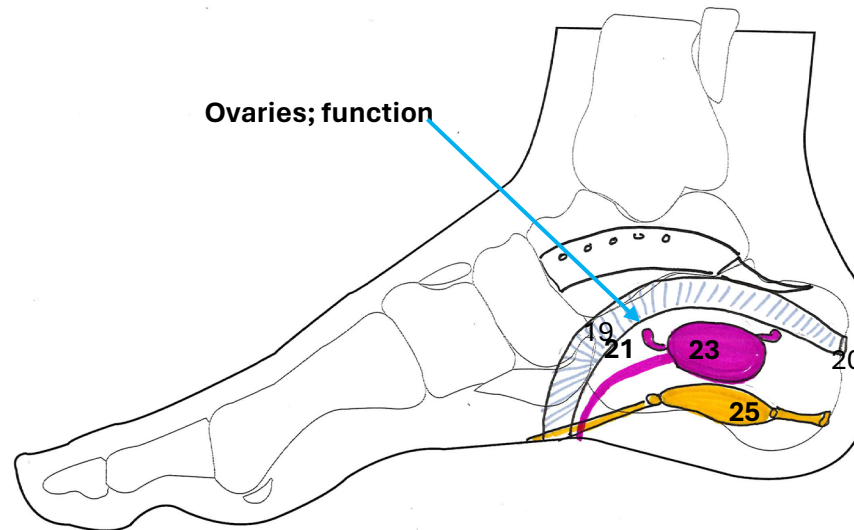
Sp 10 flow, creativity



Reflexes for Intestine...and



1. Throat
2. Esophagus
3. Sensitiv point where esophagus passes diaphragma
4. Esophagial sphincter
5. Stomach
6. Pylorus
7. Duodenum
8. Pancreas , enzyme
9. Pancreas, hormones
10. Gallpladder
11. Bileduct
12. Small intestine B: Peyer´s patches
13. Ileocecil flap
14. Cecum
15. Ascending colon
16. Transverse colon
17. Descending colon
18. Sigmoid
19. Rectum
20. Anus
21. Ovaries (Organ)
22. Uterine tube (Organ)
23. Uterus
24. Psoas
25. Bladder



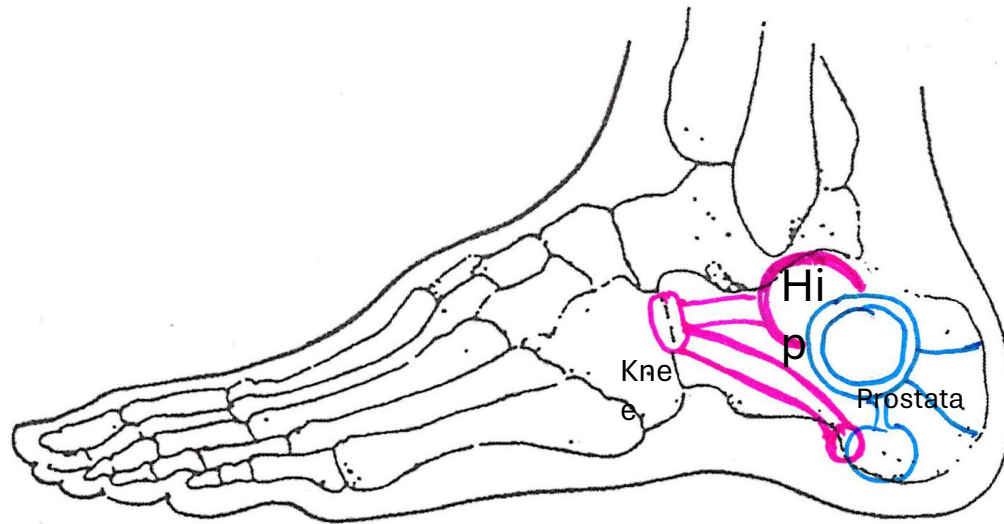
Have you noticed? Reflexology is dynamic!

The male's genital reflexes are lateral.

In menopause, reflexes are followed by dynamically changing hormonal alterations. Men's genital reflexes shift at least partially to the medial side, where they encounter the bladder reflex.

-> Men's urinary tract problems.

-> Therefore, treat both the bladder and the genitals.

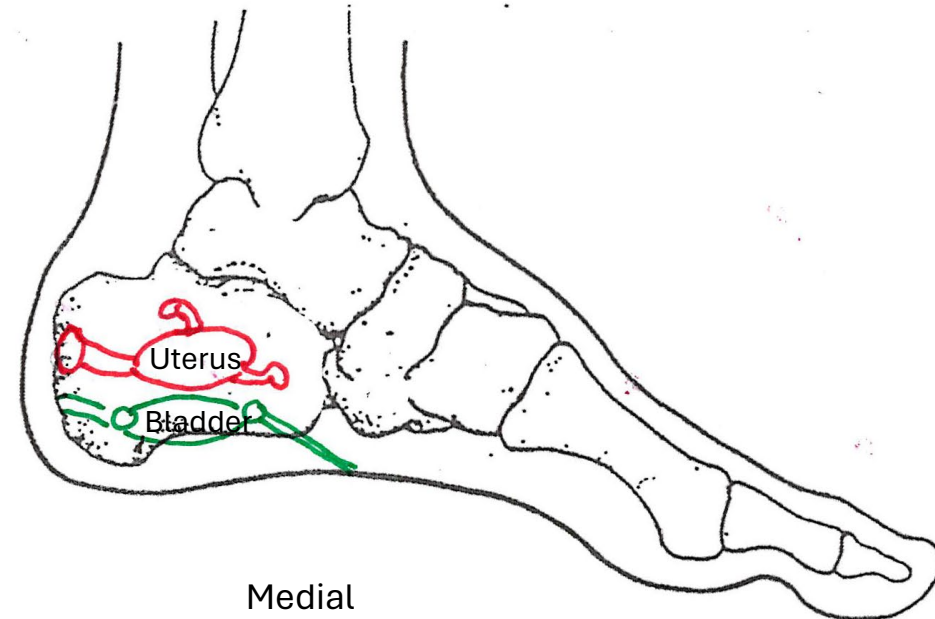


Lateral

The female's genital reflexes are medial.

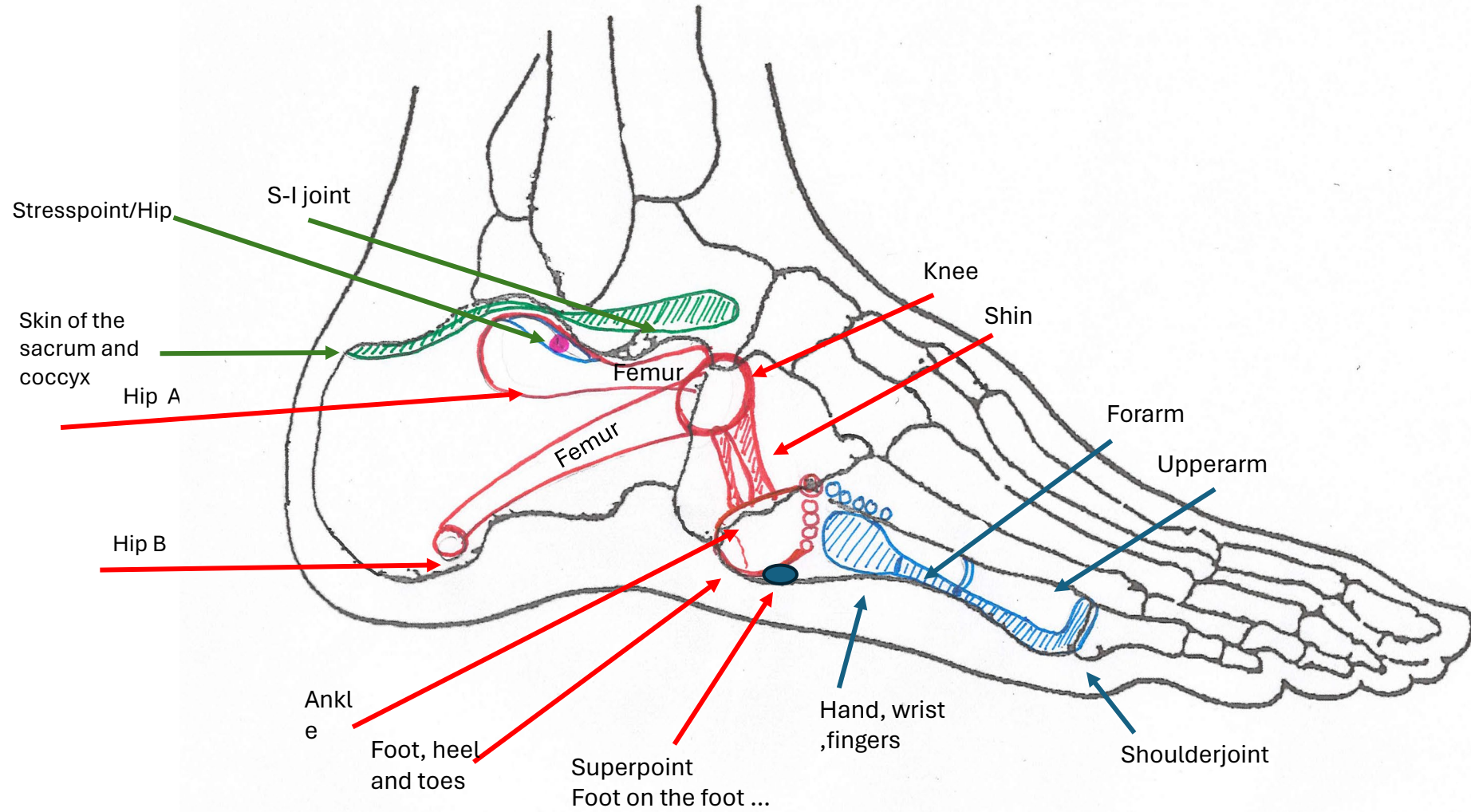
In menopause, reflexology follows dynamically changing hormonal alterations. Women's genital reflexes shift at least partially to the lateral side, where they encounter the hip reflex.

Therefore, treat both the hips and the genitals.

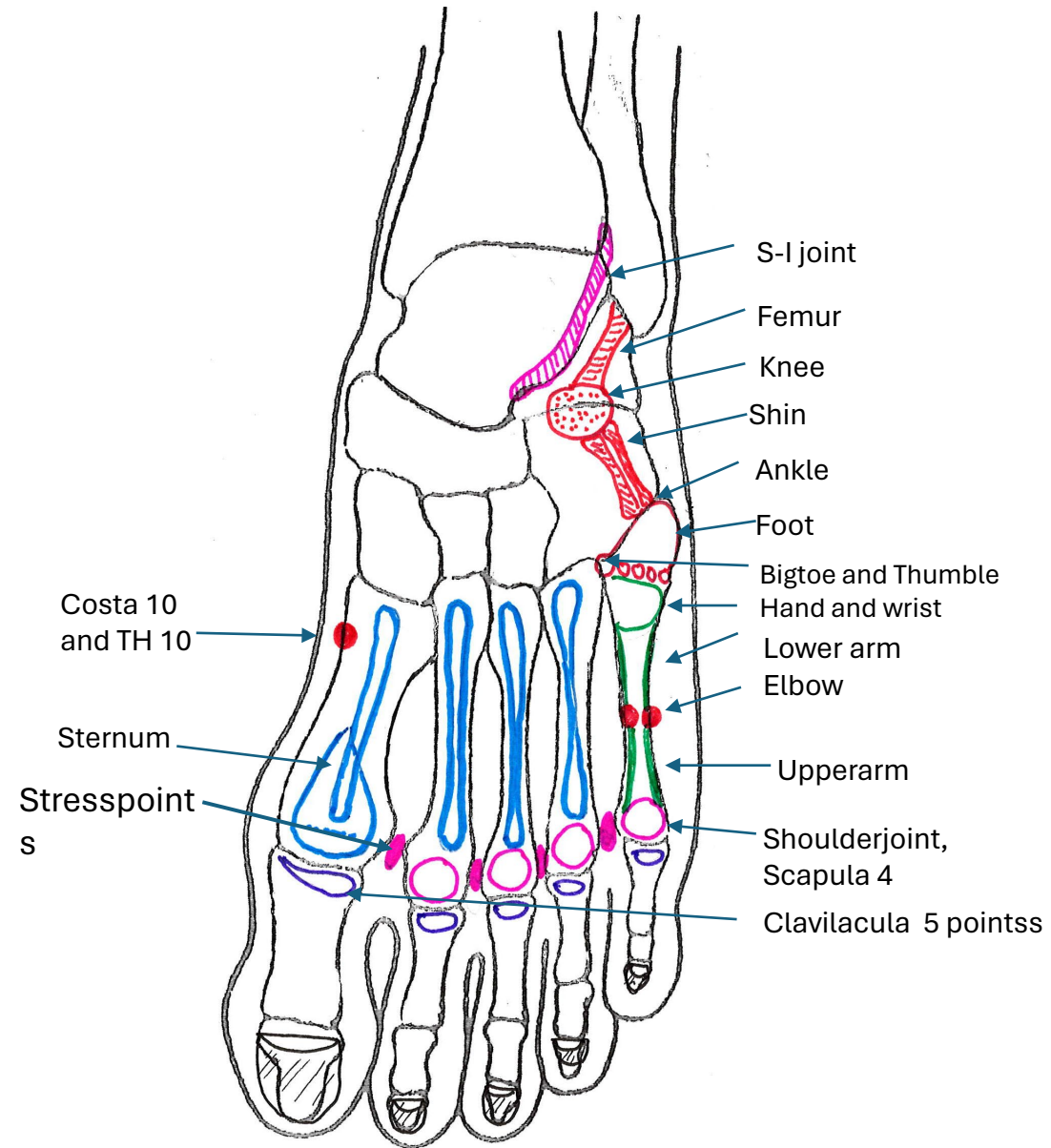


Medial

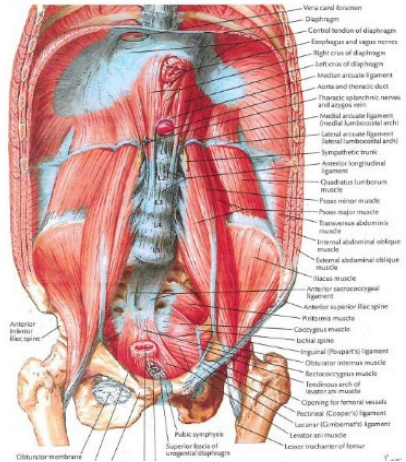
Extremities and joints on the foot system lateralt



Skeletal reflexes dorsal



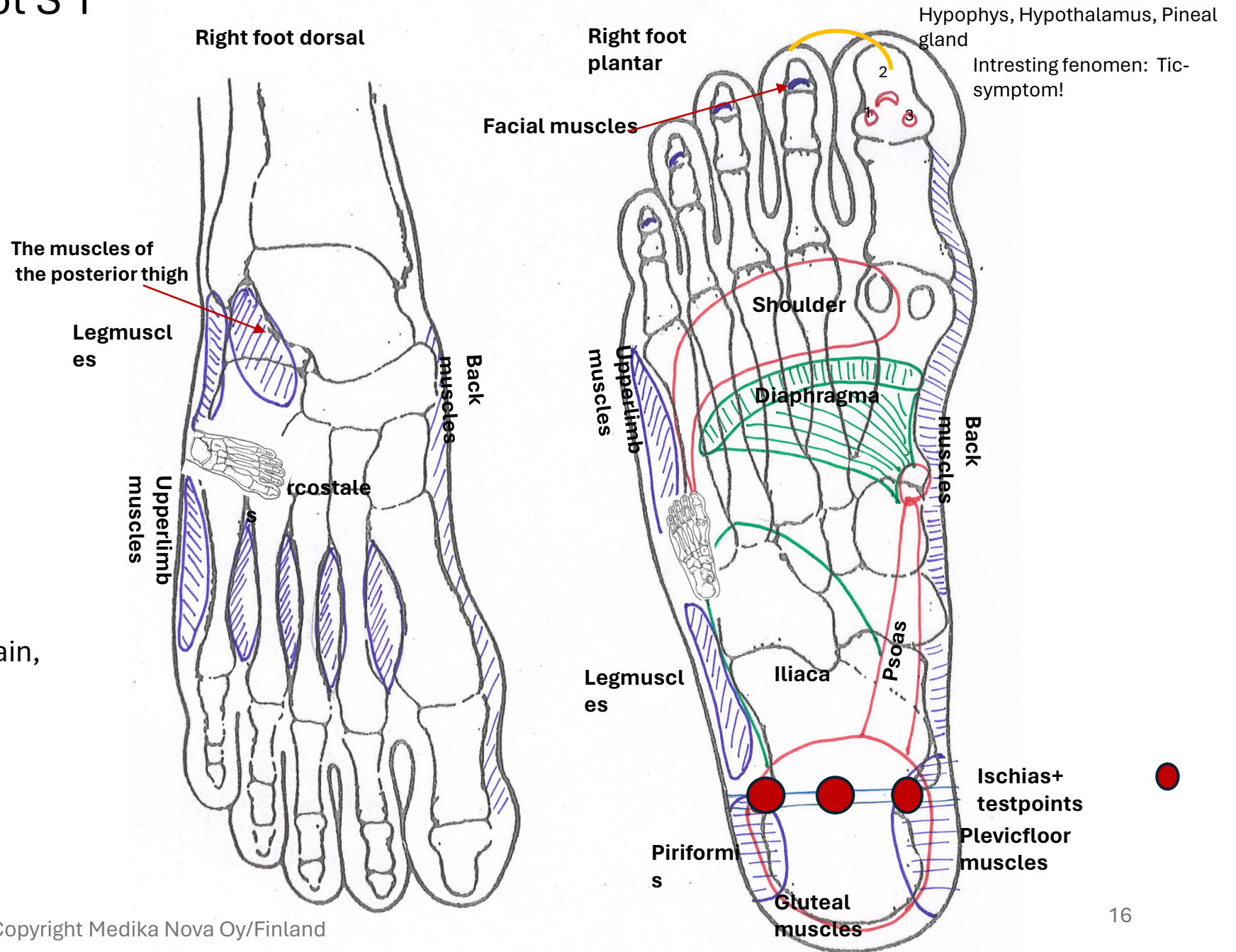
Muscle-reflexes on the foot S 1



A tight psoas can cause not only backpain, but:

1. problems with the colon
2. urinary tract issues
3. cold feet
4. swollen feet, varices
5. menstrual pain
6. Infertility.

27.4.2024



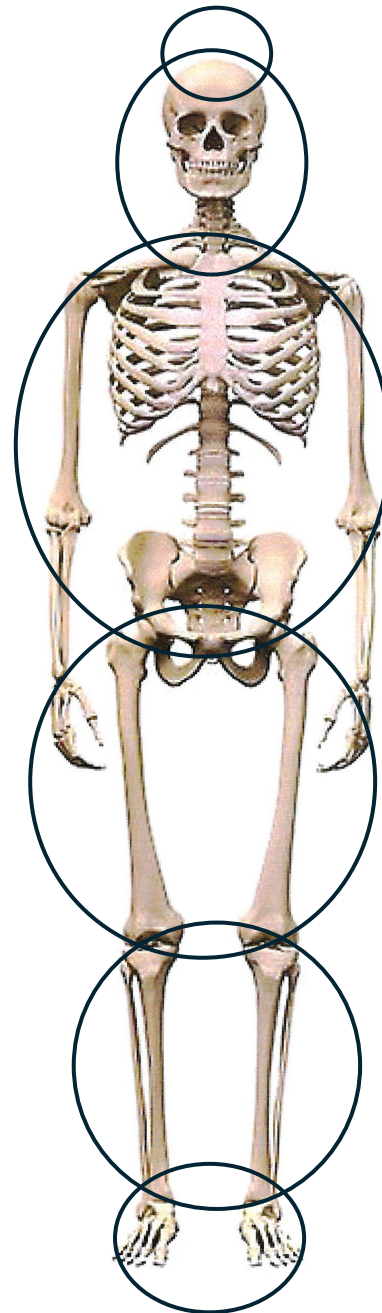
Reflexological system 2

System2 is located on two element areas:

The head reflexes are in the chrystal
Reflexes are clear and well-defined "Keep your head clear!"

The body and extremities are in the water. Reflexes are less clear and undefined and specially muscles responding to emotions.

To the water element include the organs which take care of body fluids, (except blood), muscles, and emotions.



Mental 6
Purple

Ether 5
yellow

Fire 1
Red

Air
Orange

Water
Green

Earth, chrystal
Blue

Shortly about the elements

Each part of the body and the reflexsystem on it has its own character.

We can choose which element we want to use as a background to the treatment.

EX: fractura, injury = belongs to chrystal/earth-element, so we treat lot the feet.

Ex:Tension in the muscularity belongs to water element, so we treat lot the shin

EX: hormonal and neural problems belong to ether, so we treat lot of ear, face

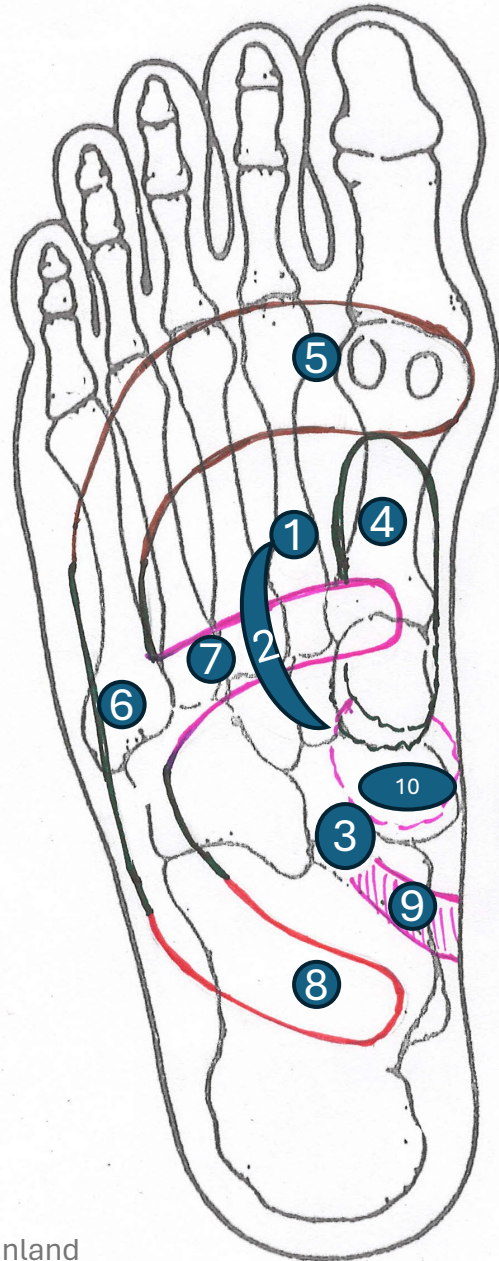
Example: the knee problems;
The kneereflexes can be treated at least on seven different maps

- 1.Feet
- 2.Shin
- 3.Thigh
- 4.Hand
- 5.Face
- 6.Ear
- 7.head

The brain in S 2

1. Pituitary gland
2. Hypothalamus
3. Pineal gland
4. Temporal lobe
5. Frontal lobe
6. Parietal lobe
7. Homunculus
8. Occipital lobe
9. Spinal cord
10. Brain ventricles

These reflexes are superficial, on the skin

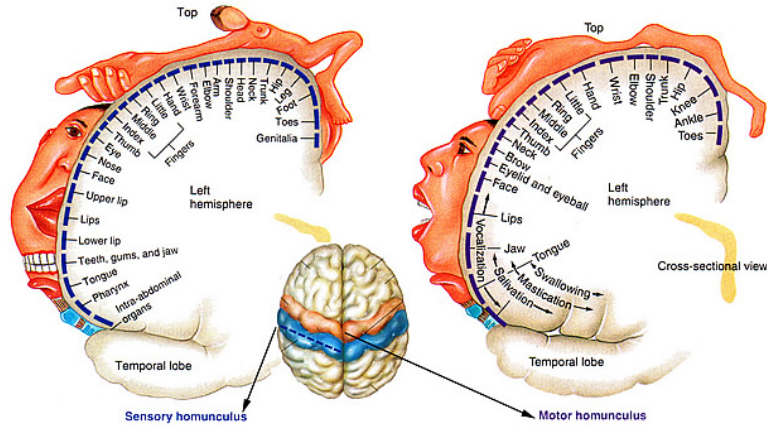


Some interesting competitions 😊

1. = S 1 kidneys
2. = S1 colon transversa, S2 Homunculus upper limb S2
3. = Pineal gland= S1 small intestinal
4. = Temporal lobe= S1 stomach
5. = Frontal lobe = S1 shoulder, heart, lungs, eyes...

Homunculus

It is good to treat Homunculus in the case of pain (not inner organs) or case of paresis (not hemiplegia)



Homunculus S1 ↓



Homunculus contra S1

1. Homunculus foot = curve of colon transversa
 2. Colon tranverse needed a reflex, forinstanse for colon irritabile, constipation etc, but cant ´t get it IF Homunculus elbow, wrist has taken the area
- ➔ The colon problem become worse

Homunculus contra S2

3. Upper arm , wrist, fingers needed reflex (canalis carpi etc) but can ´t get it IF S 2 HYPOTHaLAMUS needs the area for hormones. (menopause, diabetes, thyreoidea,.....)
- Wrist (canalis carpi) problems become worse .S2 hypothalamus is more important than hand.

TIPS!

Wrist/elbow problems ask always about hormonproblems
Colon problems ask about wristproblems etc

"Fitzgerald Zones can be found on the foot

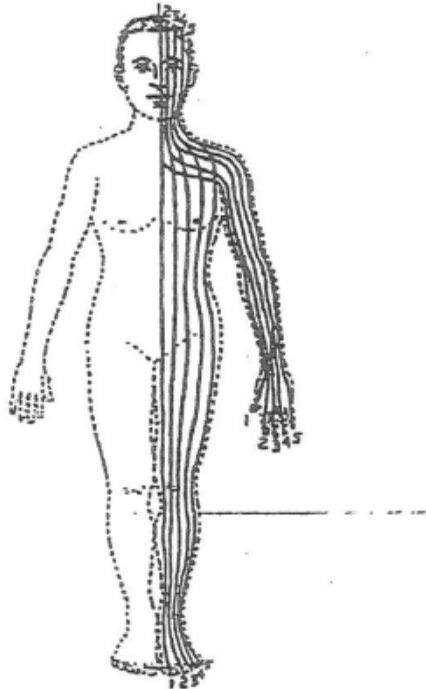


Diagram of Anterior Zones on one side of the body. Both right and left sides of the body are the same. Each numbered line represents the center of its respective zone on the anterior part of the body.
 The tongue, hard and soft palate, posterior wall of the nasopharynx and oropharynx, and the generative organs are in ten zones, five on each side of the median line.
 The middle ear is in Zone 4. The eustachian tube and middle ear combined are in Zones 3 and 4. The upper surface of the tongue is in the anterior zones.
 The teeth are in the respective zones as indicated by passing a line antero-posteriorly thru the respective zones.
 The viscera are in the zones as represented by a line passed antero-posteriorly thru the respective zones.

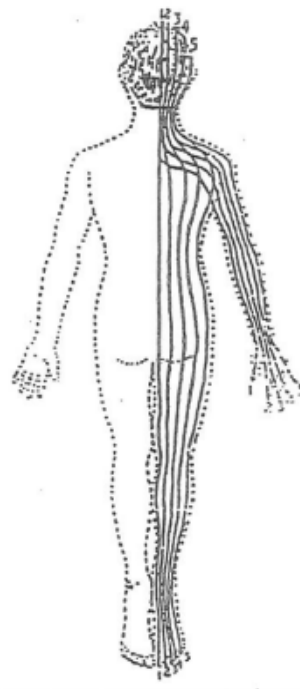
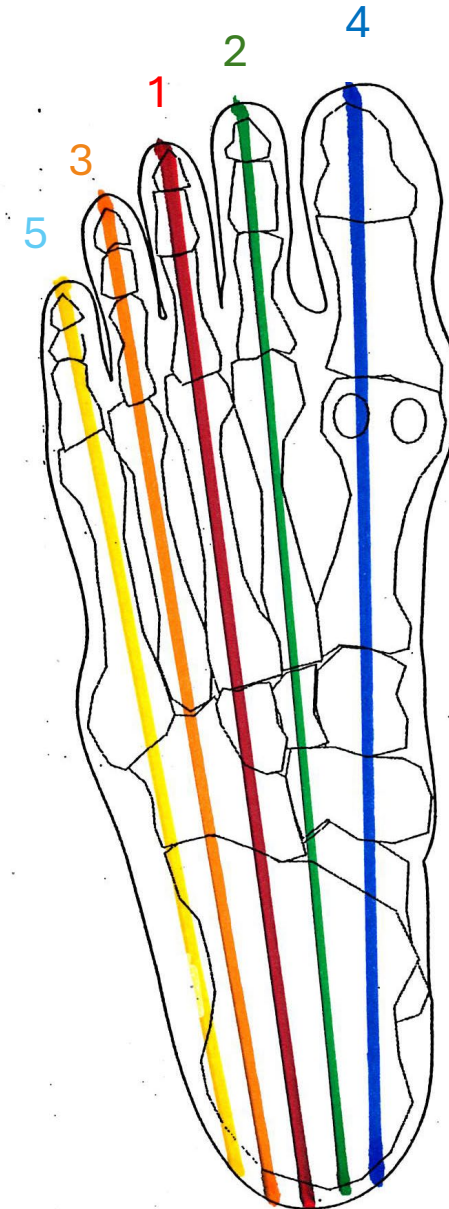
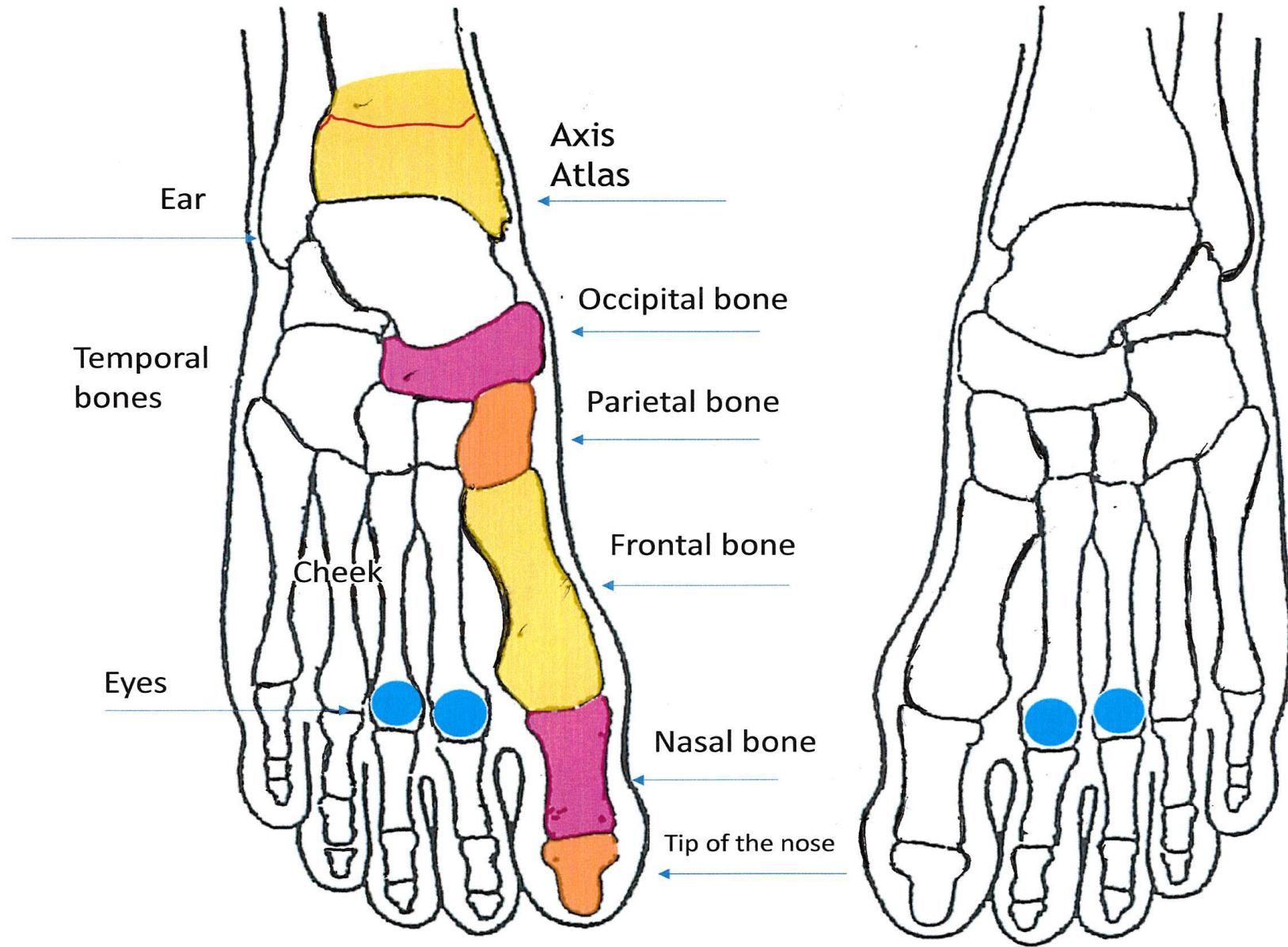


Fig. 2 - Posterior view, illustrating individual zones. It will be observed that what is commonly called the back of the hand is really the front of that member, whereas the palm of the hand corresponds to the sole of the foot.
 Diagram of Posterior Zones on one side of the body. Both right and left sides of the body are the same. Each numbered line represents the center of its respective zone on the posterior part of the body.
 The under surface of the tongue is in the posterior zone.

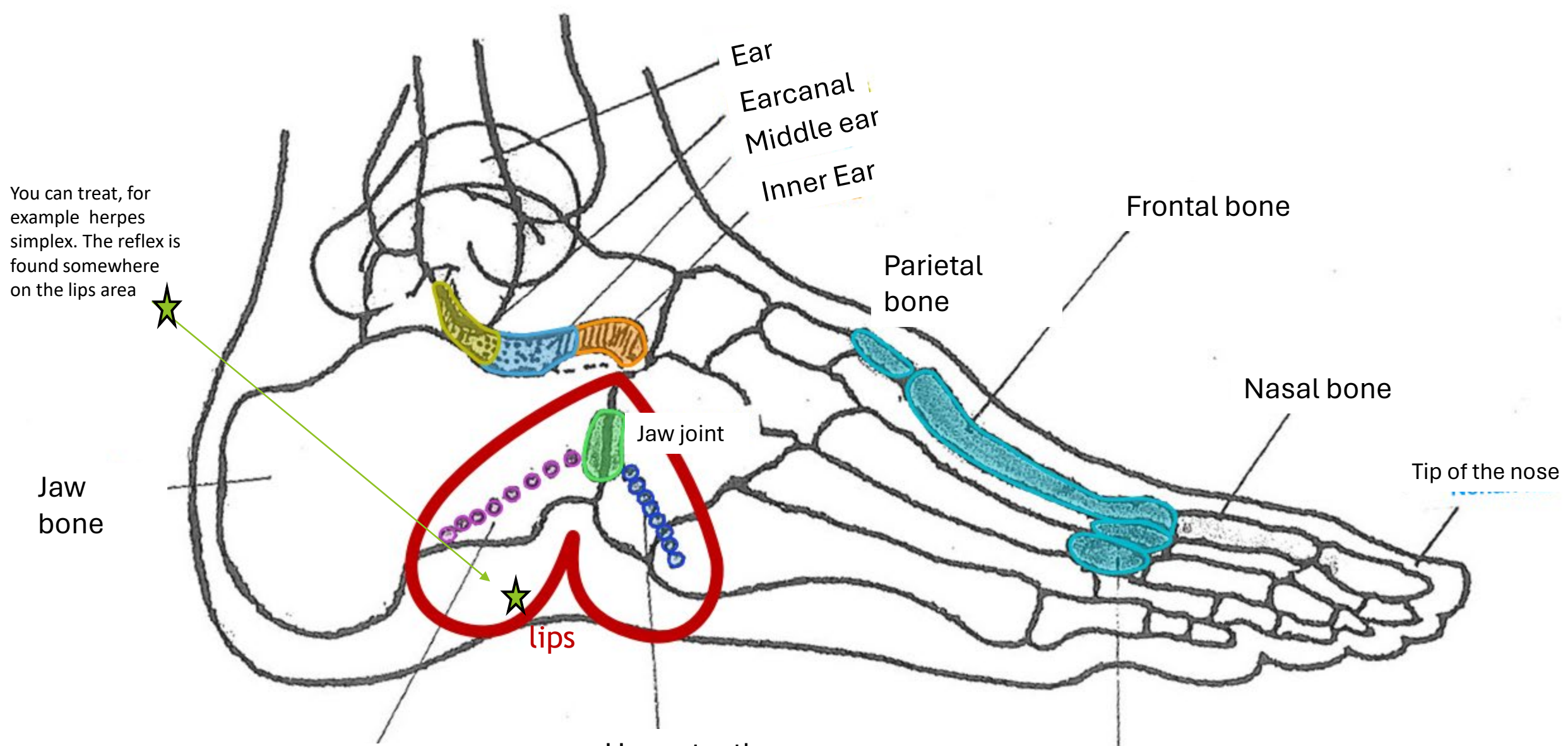


Head S2 frontal

Frontal bone



Head S 2 lateral



You can treat, for example herpes simplex. The reflex is found somewhere on the lips area



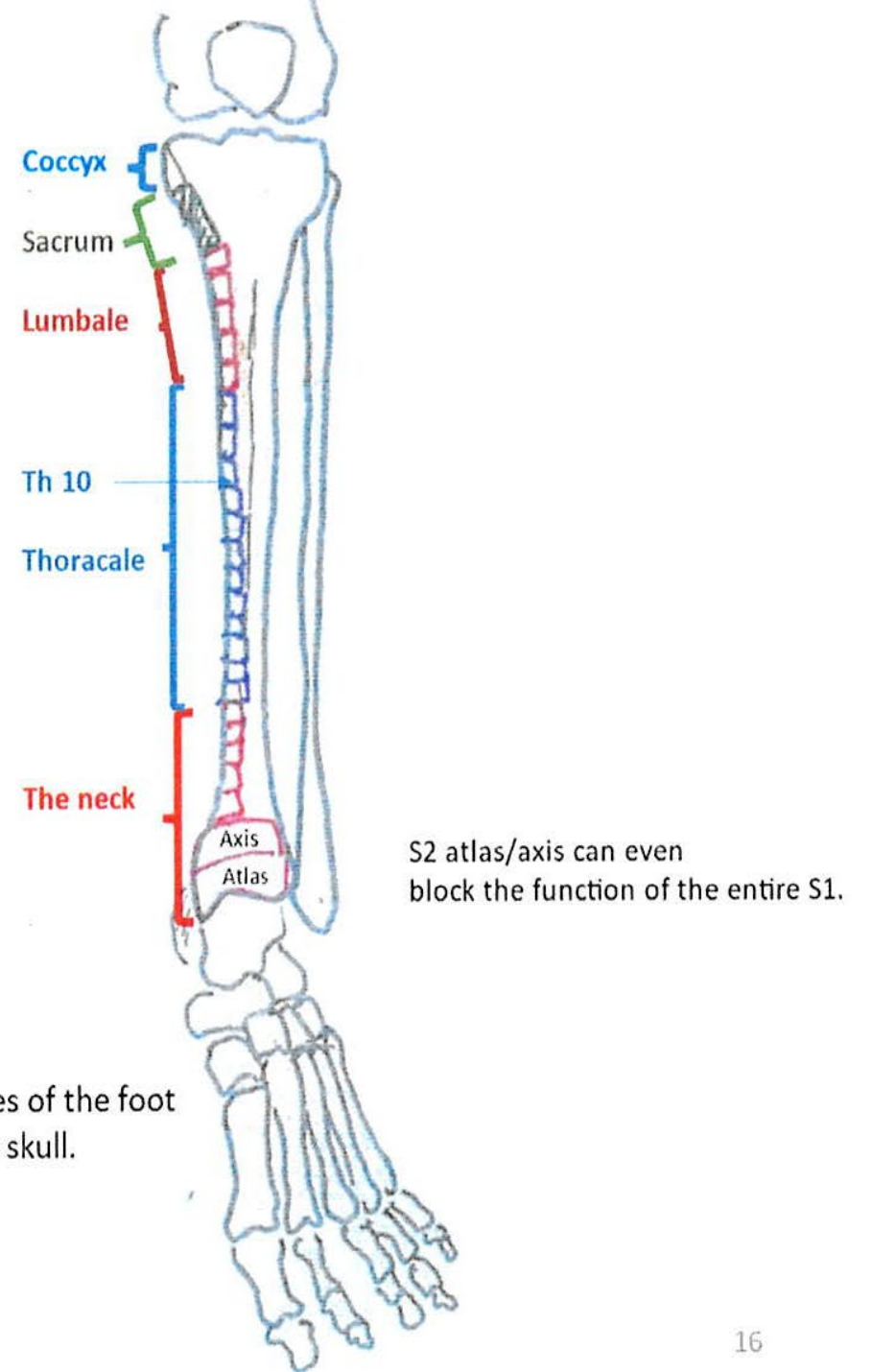
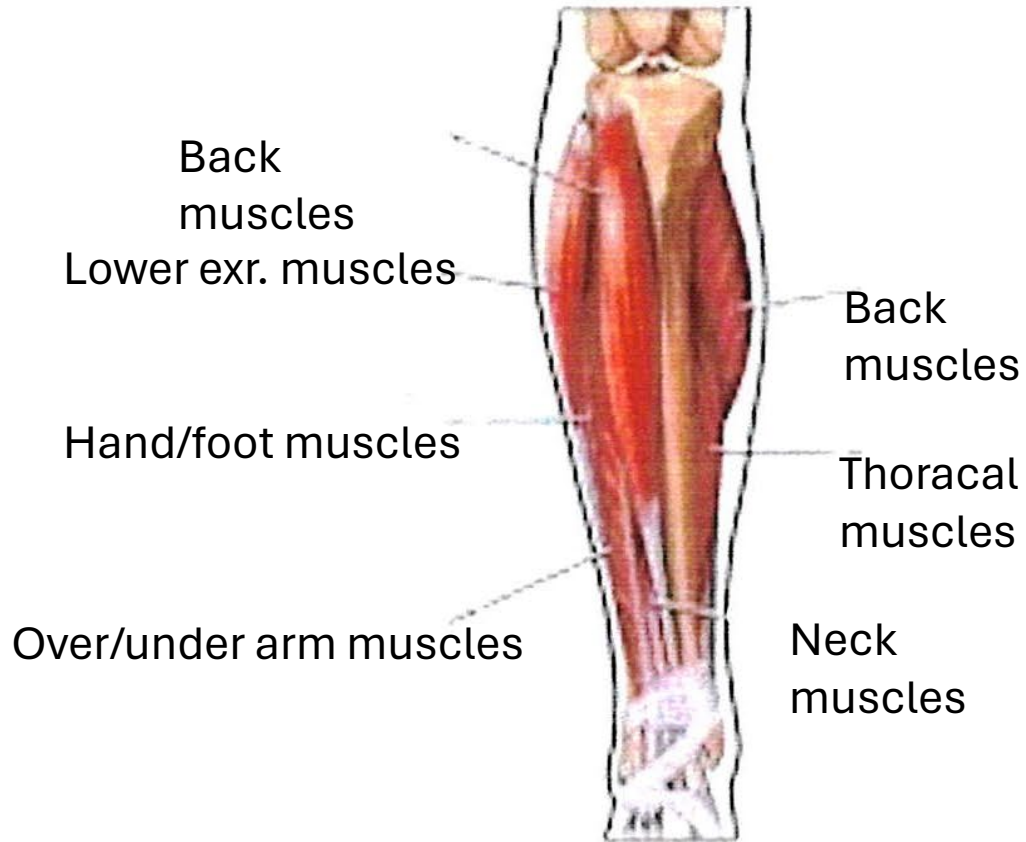
Jaw bone



lips

Back on System 2

Muscles of the shin =
backmuscle-and
extremities's reflexes



Spina-points S2

A Group

Sp 1 large intestine

Sp 2 genitals

Sp 3 kidneys, urinary system

B Group

Sp 4 small intestine

Sp 5 heart, circulation

SP 6 lungs, breathing

C Group

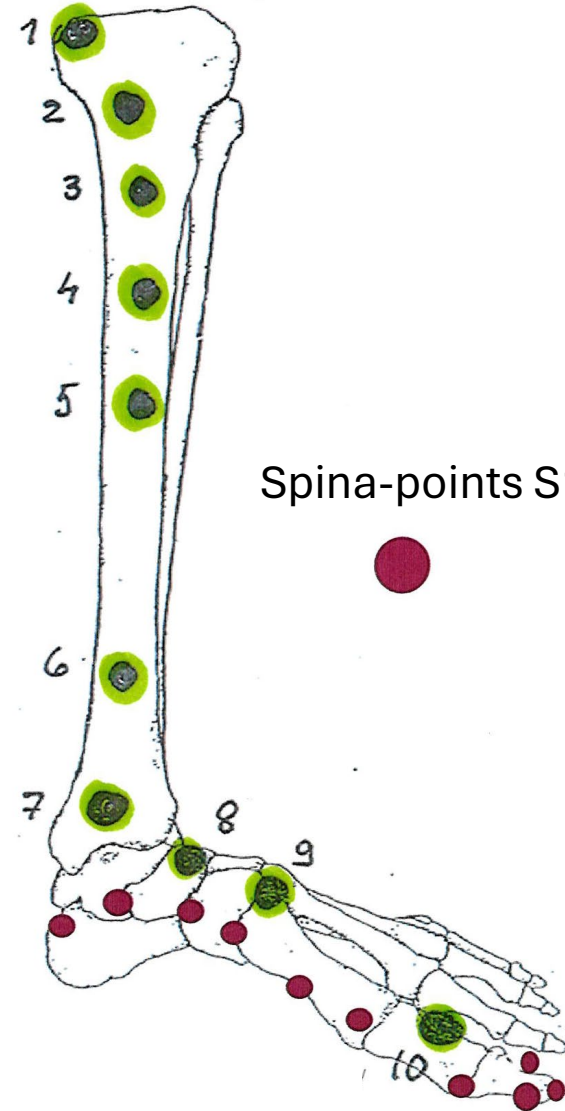
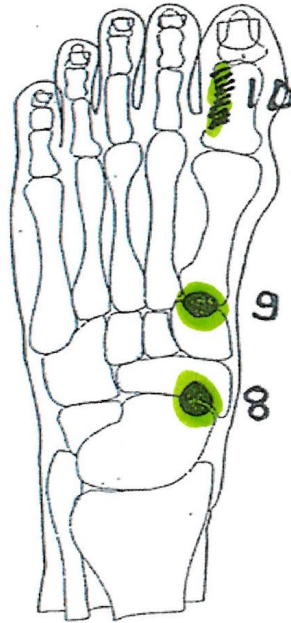
Sp 7 communication, nerves, hormones,
immunosystem

Sp 8 logic, thinking, decisions, time, space

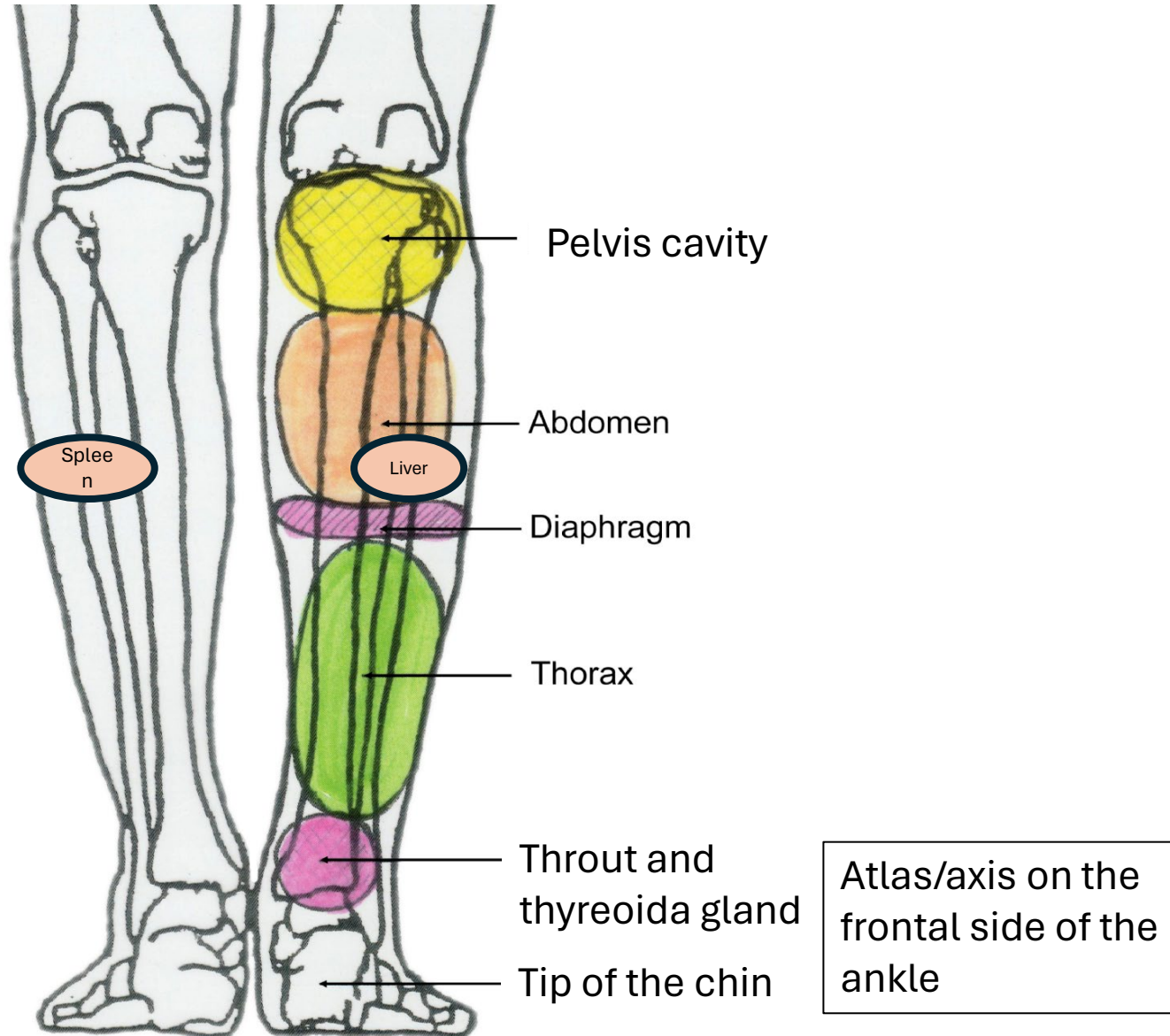
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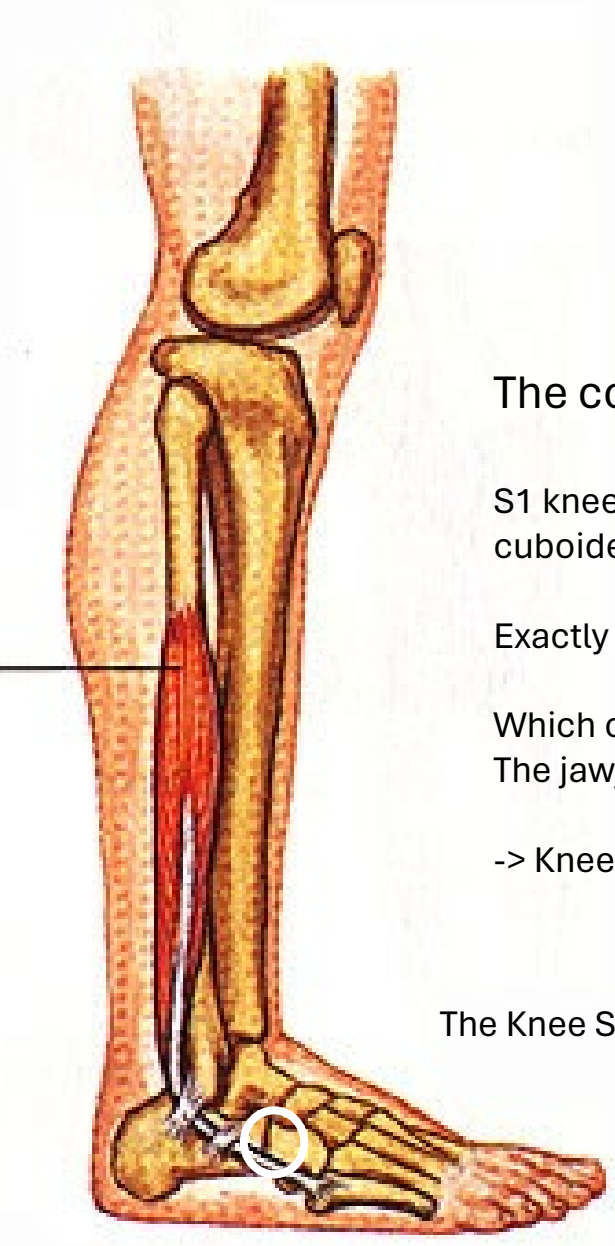
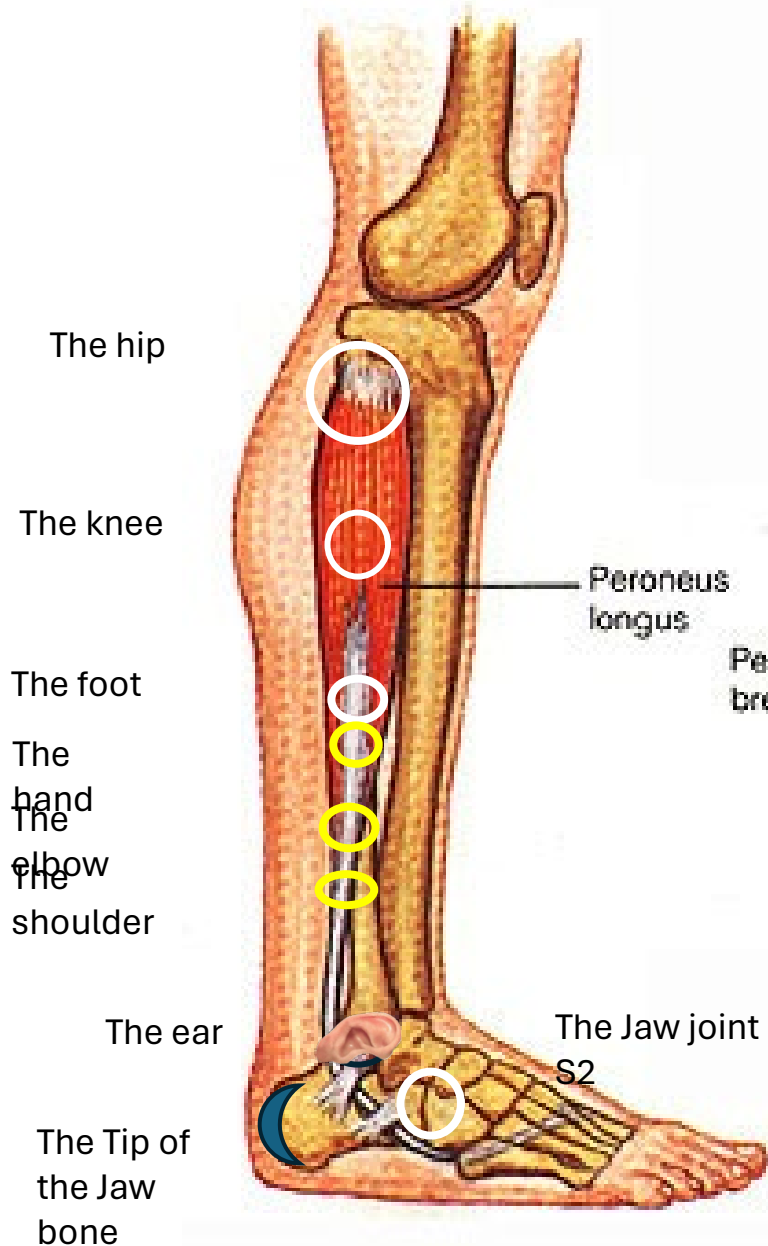
Sp 10 flow, creativity



S2 inner organs in the calf



S2 joints



The competition:

S1 knee-reflex is between calcaneus and cuboideum

Exactly on the same place is S2 jawjoint!

Which one is more important?

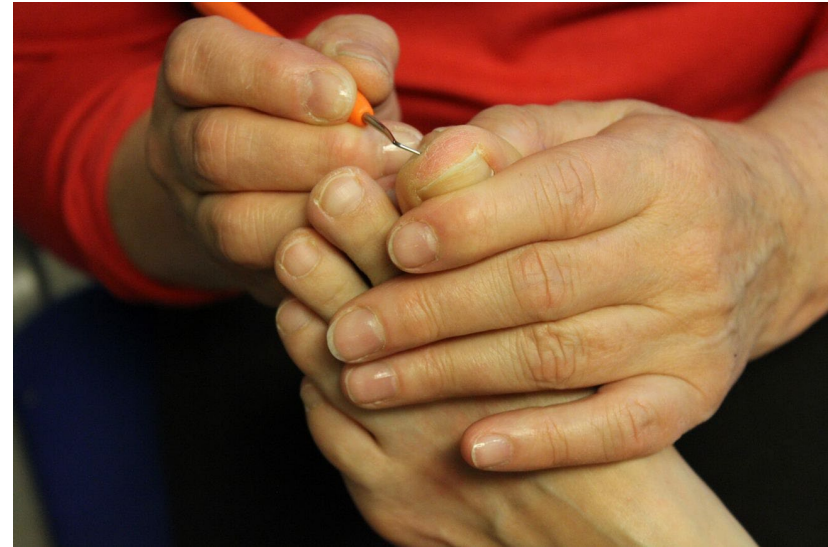
The jawjoint! The knee cannot get the reflexenergy

-> Knee problems became worse

Technicks S1



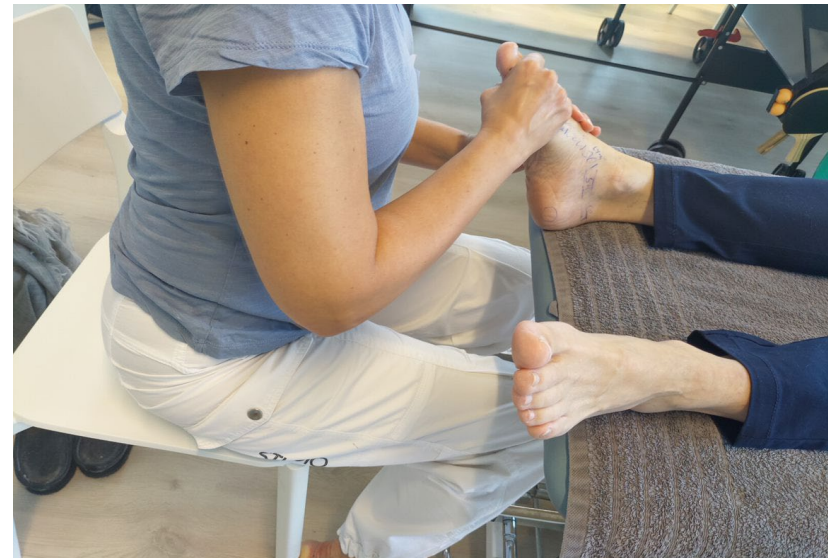
Massag
e



Points



Bone-
surfice



Friction

Technic S 2



S 2 head reflexes
treats on the same
way as S1



The shin and calf
like massage



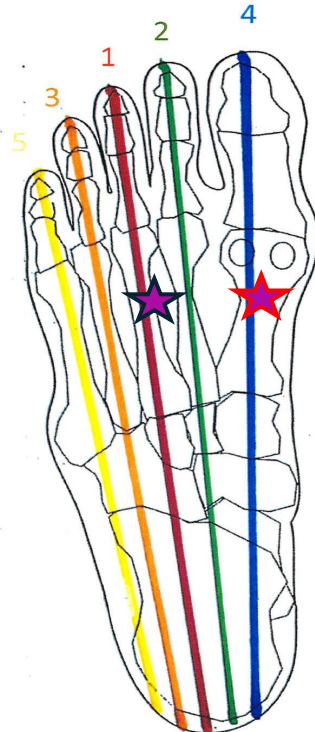
Small points treats with zonestick

The treatment for back, joints and muscles

- System 1 on the feet
- Start with warming up both feet
 1. Backreflexes on both foot
 2. Joints ´s reflexes
 3. Muscles ´s reflexes
 4. Inner organs on the plantar side
 5. Homunculus if needed
 6. Treat once again those reflexes found sore



Ether, 3. Air, 1. Fire, 2. Water, 4. Chrystal



7. Finish the entire treatment by drawing element lines on footsole

8. At the end treat Solar Plexus, draw gently from both heelbones

- System 2 body on the shine
 1. Backreflexes on the shin medial
 2. Joints on the shin lateral
 3. Muscles on the shin and calf
 4. Inner organs on the calf
 5. Homunculus if needed
 6. Treat once again those reflexes found sore



Train, train, train, learn, repeat, repeat repeat...

1. When comparing these two maps on the foot, you might be surprised.
2. When the body wants to use a certain system, it doesn't necessarily mean that the whole system is active at that moment.
3. Reflexes emerge in the same way regardless of the system (pain, etc.).
4. You learn best when you keep in mind precisely WHICH system you are dealing with.
5. When the zone is found: ask yourself “WHAT ELSE IS HERE? “
6. And treat the reflex anyway!!!

