



Booth VRT Ltd
(Vertical Reflex Therapy)

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VRT SELF HELP TECHNIQUES FOR CLIENTS

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It is very helpful to continue to treat the body briefly between your treatments with a few minutes of simple self-help VRT Hand Reflexology each day. Your reflexologist has been trained in Vertical Reflex Therapy (VRT) - where the weight-bearing hands or feet are briefly treated. This method of reflexology may help accelerate the healing process in your body and aid a quicker recovery.

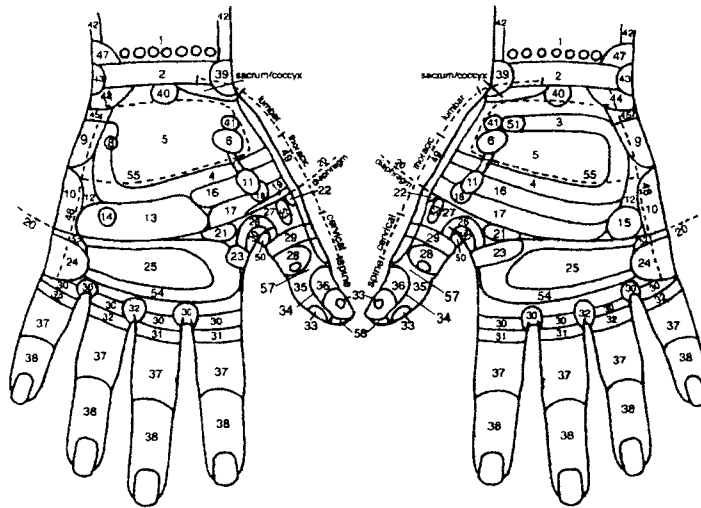
You need only work three priority reflexes and your wrists for two minutes twice per day, on waking and before bed, on the weight-bearing hands. You can also work these reflexes on your passive hands, for a few seconds each, whenever you wish during the day. The priority reflexes will be highlighted on this chart by your therapist.

Method:

Start with either hand. Stand and place your palm downwards on a table while your straight arm is weight-bearing at all times. You may also sit and press your hand on a tray or book.

Slide, press and brush your thumb across the upper wrist 3 - 4 times.

In turn, work each of the 3 highlighted reflexes by stimulating a reflex with the rotating pad of your index finger or thumb followed by pressing on the same reflex firmly for up to 30 seconds. The reflex may feel tender but back-off if it feels painful and press more gently. Repeat on the other hand. These weight-bearing techniques can be applied twice a day.



Key master chart for all reflexes

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|---|--|---|
| 1. Zonal Triggers | 20. Diaphragm | 39. Uterus/Prostate |
| 2. Fallopian tubes/seminal vesicles/vas deferens/helper diaphragm/heart | 21. Solar Plexus | 40. Helper ovary/testes |
| 3. Sigmoid | 22. Thymus | 41. Penis/vagina |
| 4. Colon | 23. Heart | 42. Helper lower back/sciatic/rectum/colon/uterus |
| 5. Small intestine | 24. Shoulder | 43. Ovary/testes |
| 6. Bladder | 25. Chest/lung/breast | 44. Hip/sacro-ileac joint |
| 7. Ureter tube | 26. Trachea/oesophagus/bronchial tubes | 45. Leg |
| 8. Appendix/ileocecal valve | 27. Helper Thyroid | 46. Thorack area/diaphragm |
| 9. Knee | 28. Thyroid/parathyroid | 47. Hip/pelvic area |
| 10. Elbow | 29. Neck | 48. Helper lateral spine |
| 11. Kidney | 30. Lymphatics | 49. Spine |
| 12. Helper lateral digestive reflexes | 31. Eyes | 50. Larynx/vocal cords |
| 13. Liver | 32. Ears/Eustachian tube | 51. Anus/rectum |
| 14. Gall bladder | 33. Pituitary/Pineal/Hypothalamus | 52. Armpit |
| 15. Spleen | 34. Neck - side | 53. Breastbone |
| | 35. Brain/skull | 54. Ribs |
| | | 55. Mid/lower back |