



FOOT THERAPY

FOR

COMMON DISEASES

Compiled by Ji Qingshan and Li Jie



The Chinese ancients found that the pain and discomfort caused by external trauma or disease could be relieved by randomly or purposely applying some stimulation to certain areas of the foot with their hands or some instrument.



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FOREWORD

Foot therapy is a branch of traditional Chinese medicine. It contains a number of unique therapeutic methods established and developed over a very long historical period of medical practice by many physicians of successive dynasties. Because the foot is closely linked with the internal organs through meridians, and fixed acupoints and corresponding areas of the internal organs are located on the foot, different stimuli applied to those acupoints and areas on foot can prevent and treat diseases, and improve and preserve health. Foot therapy methods are easy to learn and can cure many diseases, without any harmful side effects.

Employing the basic theories of traditional Chinese medicine and the modern medical knowledge and rich clinical experience of the authors, this book was written for the enlightenment of foreign readers so that they might understand, learn, and use this wonderful traditional therapy of China.

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Chapter 1

INTRODUCTION TO FOOT THERAPY



I. Origin and Development of Foot Therapy

Foot therapy applies different stimulations including massage, acupuncture, massage bar, and the local application of drugs to certain locations on the foot for the prevention and treatment of diseases and the preservation of health. This is accomplished by adjusting the functions of internal organs and promoting the circulation of qi and blood through the meridians.

As recorded in the history of Chinese medicine, foot therapy originated much earlier than other therapies. The ancients found that the pain and discomfort caused by external trauma or disease could be relieved by randomly or purposely applying some stimulation to certain areas of the foot with their hands or some instrument; and that fatigue could be relieved by washing the feet with hot water. They eventually discovered many useful methods of foot therapy, and following their investigations over a long historical period, modern foot massage, foot acupuncture, and the local application of drugs and foot baths were gradually established as independent therapies.

Ancient Chinese physicians began to treat diseases with foot massage about 2,000 years ago, and mention of foot therapy can be found in many medical books of the Jin, Ming and Qing dynasties. It spread to Japan during the Tang Dynasty and to European and American countries in the late Qing Dynasty. Now, foot therapy has been widely adopted and steadily developed through study and research done by more and more medical workers.

II. Foot Therapy Indications

Foot therapy is a safe, simple, effective and cheap treatment easy to learn and effective for the preservation of health and prevention and treatment of many diseases.

1. Indications

(1) Common diseases that can be quickly and effectively treated: Acute tonsillitis, toothache, headache, food poisoning, acute enteritis, dysentery, prostatitis, incontinence of urine, hemorrhoids, hiccups, neurotic stomachache, acute mastitis, acute otitis media, prolonged discharge of lochia after labor, Meniere's syndrome, stiff neck, peri arthritis of shoulder, tennis elbow, knee joint injuries, intercostal neuralgia, acute wrist sprain, muscular strain of waist and foot pain.

(2) Chronic diseases requiring a longer course of therapy; Chronic bronchitis, hypertrophy of prostate gland, rheumatoid arthritis, hypertension, psychoneurosis, diabetes mellitus, coronary heart disease, arrhythmia of heart, hyperosteo-geny, neuralgia sciatica, chronic superficial gastritis, chronic appendicitis, intestinal spasms, chronic colitis, habitual constipation, chronic cholecystitis, chronic nephritis, hypertrophy of lobules of mammary gland, dysmenorrhea and cervicitis.

(3) Stubborn diseases treatable with some therapeutic effect: Endometriosis, breast tumor, central retinitis, double vision, trigeminal neuralgia, liver cirrhosis with ascites, myoma of uterus, sexual intercourse pain, and atrophic gastritis.

2. Effects of foot therapy

(1) Relief of pain.

(2) Adjustment of the nervous system.

(3) Improvement of digestion and absorption by the digestive system.

(4) Adjustment of the balance of the neurohumoral system and improvement of adrenal cortex function.

(5) Improvement of immunity and body resistance, strengthening of physique, and improving resistance to the aging process.

3. Contraindications

Foot therapy is prohibited for patients with high fever (especially of

unknown etiology), phlebitis or venous thrombosis of legs, diseases requiring surgery, gangrene, infection and pyogenic lesions of foot, suspicious bone fracture, extreme old age, extremely weak physique, and poor tolerance to treatment.

Chapter 2

FOOT DIAGNOSIS

