



Complete Reflexology for Life by Barbara & Kevin Kunz (2009)

CLASS: G540 Test Questions

Chapter 1

1. Reflexology is the application of _____ techniques to the hands and feet to affect another part of the body.
2. One of the functions of the nervous system is to detect and interpret information from the outside world and initiate the body's _____ to it.
3. (Sir Henry Head) discovered that areas of skin on the surface of the body could become abnormally sensitive as a result of a diseased internal organ. The connection, he found, was due to the fact that the internal organ and area of skin were served by nerves emanating from the same segment of the _____.
4. During the fight or flight response, the feet must be prepared to participate in defending or fleeing. They do this by processing environmental information gathered through pressure sensors in the _____, which helps the body determine optimal fuel and oxygen levels.
5. In general, reflexive responses take place with every footstep and hand gesture. Reflexology works on the same principles - it all happens reflexively throughout the _____ system.
6. Reflexology work affects the body in three main ways: a general relaxation response, a specific _____ effect, and a _____ of the hands and feet.
7. In zone theory, the body is divided into _____ zones, one representing each finger and toe. Applying pressure to one part of a zone creates an effect along the zone.
8. Referral areas link one limb or joint of the body to another through the zones. Referral areas are utilized to block _____ and speed recovery of other injuries to the limbs and joints.

9. Referral areas are used by first matching the painful area with its referral _____.
If any part of the leg is bruised, for example, the corresponding part of the arm can be worked.
10. The body's twelve thoracic vertebrae extend from the base of the neck to the _____.
On the foot they are reflected from the base of the big toe to the base of the first metatarsal, the long bone below the big toe.
11. Just as any part of the body below the waistline constitutes the lower back, any reflex area _____ the foot's reflected waistline encompasses the reflex areas of related tendons and ligaments.

Chapter 2

12. Reflexology can play a valuable part toward achieving a healthy life by helping the body to make the best use of nutrients and stimulating the _____ system so that the body expels toxins.
13. Research has shown that reflexology creates positive change in the body, improving the functioning of virtually every organ and system. For example, during several studies those who received reflexology work showed improved _____ _____ to the kidneys and intestines, benefiting the urinary system and digestion, as well as strengthening the immune system.
14. The foot reacts to varying terrain through its ability to move in _____ basic directions. The most-used directions are experienced during the heel-to-toe movement of a footstep. Two less common directions are inward and outward.
15. Wearing shoes with heels over two inches can cause _____ calf muscles, damage to metatarsal bones of the foot, and problems in the lower back, shoulders, and neck.
16. Stress in the neck can affect nerves that originate in the spinal cord, but terminate in the _____. This can result in painful hands, wrists, and forearms.

Chapter 3

17. Step one in preparing for a reflexology session is to make sure that your _____ are an appropriate length.

18. One error commonly made by people learning to thumb-walk on a foot is grasping the foot and trying to exert pressure by pushing down with the thumb. This is very tiring for the thumb. As you work, make sure your hand is _____ resting flat on the foot; you should notice some space between your hand and the foot.
19. Do not hold the foot around the _____. Also, the reflex area on the inside of the ankle is sensitive, so allow the turning of the ankle to create pressure instead of pressing with your fingers.
20. “Desserts” are techniques designed to create _____, and they are something almost everyone likes. These techniques can be used at the beginning and end of a session, as a transition between techniques, and to soothe if a recipient’s foot is sensitive.
21. True or False? The area associated with the pituitary gland lies in the center of the big toe, on both right and left feet. _____
22. Working the ball of the foot: The reflex areas worked in this sequence, which are located on the ball of each foot, correspond to the chest, shoulders, and upper back. Use this sequence to improve the function of the _____, diaphragm, and other parts of the chest involved in breathing; it is also good for the heart, which pumps oxygen-rich blood around the body. In addition, working these areas can relieve tension in the upper body.
23. The adrenal gland reflex area is situated inside the stomach reflex area. The stomach reflex area is much larger on the _____ foot.
24. To locate the ileocecal valve reflex area, run your thumb down the fifth metatarsal bone, on the _____ of the sole, from the ball of the foot to the heel. Feel for a hollow spot just above the heel. The reflex point is located in the deepest part of this hollow.
25. Working the outside of the foot: The reflex areas addressed in this step correspond to many of the body’s joints and limbs, including the hip, knee, leg, arm, and elbow; the _____ nerve; and major reproductive organs (ovaries, testicles).
26. Across the toes is a band representing the face, sinuses, teeth, jaw, gums, and neck. The lungs, chest, breast, and upper back are reflected across the _____ body of the foot. The lower back, fallopian tubes, lymphatic glands, and groin are all reflected across the _____ body of the foot.
27. Working the thumb and webbing: This sequence _____ the organs and glands that produce many of the chemicals needed for digesting food, generating energy, balancing water levels in the body, and filtering blood and other fluids.

28. Working the _____ of the hand: This sequence works reflex areas relating to the lung and chest, responsible for respiration and the heart's action; the breasts; the back; the lymph glands, which help the body protect itself from infection; the groin and the reproductive organs in both males and females. Work the reflex areas on each hand to enhance function in these parts on both sides of the body.
29. Finger-pull: By creating traction, this gentle pull on the fingers loosens the joints and relieves _____.
30. True or False? The most effective desserts result from full contact with the hand. _____
31. Used in pairs, health _____ are typically made of metal or smooth, polished rock.

Chapter 4

32. The mini-session targeting past injury is directed toward the area of the foot or hand reflecting the injury as well as the _____ pattern that has formed as the whole body adapts to the injury.
33. In reflexology, pain is addressed by applying _____ pressure to the relevant reflex area.
34. For a bladder infection, working the _____ reflex area may also help because another function of the adrenal glands is to fight infection.
35. Sometimes setting is a matter of _____. For children, bedtime, nap time, or bath time provides a pleasant association between quiet time and reflexology.
36. Applying nothing but desserts is appropriate when your goal is a general lessening of _____. Dessert techniques both soothe and distract.

Chapter 5

37. A baby's hands and feet are key to crawling, creeping, and walking, and hand and foot reflexology help organize the sensory _____ for the development of such vital skills.
38. Hormonal imbalance is a factor in depression. Because of great changes in hormone production that occur during puberty, teenagers are especially susceptible. To ease depression, you should work reflex areas reflecting the _____ glands.

39. When treating an _____ person, consider touch and comfort as your primary goals.
40. In arthritis, joints become inflamed and painful. You should work the _____ and lymphatic gland reflex areas in order to help eliminate waste products from the body and the adrenal gland reflex areas to help fight inflammation.
41. A serious concern for many elderly people is failure of mental capacities in the form of confusion, memory loss, dementia, or Alzheimer's disease. Targeting the brain and brain stem reflex areas helps improve _____, which impacts overall brain functioning.
42. Enlargement of the prostate, which causes problems with _____, is a common health concern in men, especially as they get older.

Chapter 6

43. Many health concerns result from multiple factors. _____, for example, can result from tension and/or the malfunctioning of any one of the different organs that contribute to digestion and elimination.
44. Anxiety and Depression: Relaxation is important for these conditions. Work the solar plexus reflex area for relaxation, the pancreas reflex area to help _____ blood sugar levels, and the adrenal gland reflex area to normalize the production of adrenaline.
45. In reflexology, the heart reflex area is targeted to affect the heart. Work on the _____ reflex area helps ease tension which may contribute to high blood pressure. The brain stem regulates some of the heart's activities, such as the heartbeat, while the adrenal gland produces adrenaline, which stimulates the heart, the blood vessels, and the respiratory system.
46. Overall stress levels and the fight or flight mechanism both affect the regulation of the digestive process, _____ energy to the large muscle groups, heart, and lungs.
47. Research has shown that reflexology affects the functioning of the _____ in general as well as specific disorders such as constipation.
48. Flatulence is an excessive accumulation of gas in the stomach or intestines. Tension is a contributor. Self-help reflexology technique is suggested. A golf ball is used to target _____ system areas on the hand. A foot roller for work with reflex areas on the feet is helpful.

49. The glands of the _____ system include the pituitary and adrenal glands; thyroid and parathyroid glands; pancreas; ovaries; and testicles.
50. True or False? To address an endocrine disorder, reflexology technique is applied to the reflex area reflecting the malfunctioning endocrine gland. _____
51. Hypoglycemia is sometimes a side-effect of treatment with insulin in people with diabetes. For both diabetes and hypoglycemia, the _____ reflex area is targeted as well as the kidney area to help eliminate toxins.
52. The health of the nervous system is impacted by accident, injury, and stress. Lack of _____ affects the nervous system as well.
53. With cerebral palsy and epilepsy patients, technique is applied to the toes of both feet. For stroke patients, technique application is focused on the foot _____ the paralysis.
54. Women are more susceptible to cystitis than men because the urethra is short and the opening is closer to the anus, which harbors _____.

Chapter 7

55. The more the hands and feet are worked _____, the broader their range of ongoing abilities will be. Moreover, the application of stretch and movement techniques targets specific parts of the body, just as reflexology pressure techniques do.
56. Research has demonstrated that walking on an other-than-usual surface, such as pebbles or gravel, helps the whole body become far better at maintaining its overall mobility and _____.
57. Using health pathways is a form of _____, so you must start gradually, beginning with less challenging objects and working for a short period.
58. To counteract puffiness, reflexology technique is applied to the feet and ankles to help move fluid, as well as to reflex areas relevant to the lymphatic system, which is responsible for draining fluid from _____.

_____ END OF TEST