

REFLEXOLOGY VERSUS REFLEXOLOGY AND COLOUR THERAPY COMBINED FOR TREATING CHRONIC SINUSITIS

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ABSTRACT

According to Wills reflexology entails the division of the body into ten zones, concentrating on the pressure points on the feet, with each foot representing five zones (2006: Online). Colour therapy uses the vibrational frequencies of colour to restore the client's health. Colour zone therapy on the other hand, is a combination of reflexology and colour therapy. Zone refers to the working of key points on the feet, where colour refers to the assessment of the condition and treating it with the correct colour's frequency (Gimbel, 1993: 2-3). Reflexology uses a physical stimulus and colour therapy, emotional stimulus, thus colour zone therapy addresses both.

In this study the researcher's objective was to investigate treatments with reflexology compared with treatments of colour zone therapy, by treating chronic sinusitis to explore the influence of colour on the outcome of reflexology treatments. Ten chronic sinusitis-suffering clients were treated with reflexology in a white cubicle. Another ten clients were treated with colour zone therapy (thus colour therapy as well as reflexology). They had indigo coloured paper in their hands. Results were obtained as case studies, with clients reporting how they felt before and after each treatment. Each client received five treatments.

The results indicated that the reflexology clients did experience an improvement after the fourth treatment. By the fifth treatment three of the ten clients had discharged some mucus. However, clients treated with colour zone therapy showed results after the second treatment. At the fourth treatment, already seven of the ten colour zone therapy clients had discharged a large amount of mucus.

This concludes that treating a condition with colour, in combination with another treatment – provides better and quicker results.

Key words: Reflexology, chronic sinusitis, colour therapy

1. Introduction

Somatologists can use a variety of treatments to assist their clients in order to help improve a condition. In this research project the researcher chose to experiment with reflexology and colour therapy.

Thirion (2006) believes that until recently, the public had no knowledge of reflexology. Today they are more aware of its' uses as a foot treatment for therapeutic benefits.

Colour therapy is a therapy that influences people's thoughts, health and their relationships and colour is everywhere. If one keeps in mind that each colour possesses its own energy and, if we use these energies, it has the power to calm, balance and to heal. Colour energy works on the body, mind and spirit, which are the three levels of our being. Different cultures have learned and experimented with colour throughout history, and are still learning to this day about how colour affects us (Wills, 2006: Online)

Each therapy separately (reflexology and colour therapy) provides wonderful results. However, by combining the healing benefits of both as complementary therapies, the results could be extraordinary (Thirion, 2006. 28 Feb.).

This paper discusses the results obtained by the researcher after completion of experimental research in the form of case studies. These case studies show the effects on clients with chronic sinusitis treated either with reflexology alone, or using a combination of reflexology and colour therapy (hereafter referred to as colour zone therapy).

2. BACKGROUND ON REFLEXOLOGY, COLOUR THERAPY AND COLOUR ZONE THERAPY

Reflexology is a therapeutic treatment of touching the feet and has been in existence in many cultures of the world from ancient times. Dr. William Fitzgerald mentioned that it originated in China some 5000 years ago as a form of pressure point therapy (Wills, 2006: Online) It was Dr. Fitzgerald who rediscovered reflexology and he is also acknowledged as the 'father' of reflexology. His findings showed that all the organs and structures that lie within the same vertical zone are related to each other. The five zones on the left side of the body are represented on the left foot, and the five zones on the right side of the body on the right foot. It was Eunice Ingham who lessened the emphasis on zone therapy by mapping out the body on the feet (making the feet a mirror image of the body) and developing the reflex points (Cressy, 2002: 3-5).

Reflexology is a holistic treatment, which treats the body, mind and spirit to induce a state of balance. When any of these energy zones are blocked due to stress, disease or injury, it is reflected on the feet in one or more of the zones (Wills, 2006:Online).

Colour therapy is still in its younger years of rediscovery, but goes as far back as the earliest times where the Ancient Egyptians used colour in their temples to cure illnesses (Logan-Clarke, 2005: Online). Colour therapy uses colour rays, bringing a person's body back into harmony, restoring the person's health and well-being. All our organs, every muscle and other parts of our body, vibrate to its own frequency and these frequencies form the electromagnetic field that surrounds us (the aura) (Gimbel, 1993: 2-3). When the frequency of a vibration changes in any part of our being, it causes disharmony and disease will follow. With colour therapy we use the vibrational frequency of the colours of the spectrum to correct the disharmony (imbalance) in the body (Gimbel, 1993: 2-3).

According to Corvo and Verner-Bonds (1997: 3-14), colour zone therapy is a combination of reflexology (also called zone therapy) and colour therapy. Zone therapy uses stimulation of specific key points on the feet. Colour is used to assess the condition of a client, thus discovering the underlying cause of the health problem.

How does this combination of reflexology and colour therapy work? To experience complete health, our electromagnetic energy, which is a manifestation of the three levels of our being, must flow unhindered through all three of these systems (body, mind and spirit). Zone therapy uses the physical stimulus, and colour therapy uses intangible stimuli such as the emotions. Toxic substances such as those in our food, drinks and in the air that we breathe form harmful crystalline deposits at our nerve endings, and it is these deposits that interfere with the flow of electromagnetic currents. That is why ageing and illness occurs, due to the balance of the electromagnetic field that is upset (Corvo and Verner-Bonds, 1997).

With this research project, chronic sinusitis was chosen as a condition to be treated. Sinusitis is an infection that can be either mild or extreme and reflects the fact that mucus, congestion and or toxicity are present. It can either be caused due to anatomical abnormalities; smoking, a cold or flu, our diet or due to allergies. To help improve sinusitis; the client can increase their intake of anti-oxidant Vit. A, C and E. They can also avoid dairy products in their diet, as it is mucus-forming foods (Parsons, 2003: 210).

Corvo and Verner-Bonds (1997: 143) believe that sinusitis can occur due to underlying negative mental and emotional attitudes. To treat sinusitis the colour indigo is used as a healing colour. The reason for this is that indigo helps to balance the mind and helps to transform obsessions and fears. It also have sedative and calming properties (Ka , 2004: Online).

Currently the Red Cross Children's Hospital in Cape Town uses reflexology very successfully on children in the hospital. At present, research is being done at the Helen Joseph Hospital on HIV/Aids patients by treating them with reflexology (Bosman, P. 2006:1-2).

Pauline Wills, a reflexologist and colour practitioner, reports about a chronic sinusitis suffering client she treated. She advised him to limit dairy products in his diet (as he eats a fair amount of dairy products) due to the fact that it produces excess mucus. (Wills used reflexology as well as colours in her treatments). With the first three treatments there were no dramatic results, but the client did feel better as he left out dairy products. By the fourth treatment, a large amount of mucus had been discharged. At the end of the eighth treatment his sinuses were clear and free of pain (Wills, 2006: Online).

3. PROBLEM STATEMENT

Many people currently suffer from sinusitis. This may be due to the weather, the air we breathe, our diet etc. Although the community at large is not yet well informed about alternative therapies and their beneficial effects, the possibility to effectively utilize the above mentioned (reflexology and colour zone therapy) for the treatment of sinusitis needs further investigation.

The aim of this study was to investigate whether colour zone therapy will provide a better effect on chronic sinusitis than only reflexology.

4. METHODOLOGY

The research was conducted by means of an experimental research approach. The researcher randomly selected twenty clients, suffering from chronic sinusitis to be treated. Doctors have diagnosed these clients with chronic sinusitis at one time or another. The clients were treated with either reflexology or colour zone therapy. Each client received five treatments, and filled in a letter of consent, stating that the information gained by their treatments may be used to aid in the research project.

Ten clients treated with reflexology were treated in a white cubicle. The ten clients treated with colour zone therapy were also treated in a white cubicle but held indigo coloured paper in their hands. These clients were also asked to visualize the colour indigo, while being treated. The indigo coloured paper was an aid if the client had a problem to visualize the colour.

Reflexology was done on the sinus reflexes of the feet, while colour zone therapy was done on the basis of the three point system:

- 1. *Tuning in to the healing colour.*** The clients were asked to close their eyes and relax. They had to concentrate on breathing in and out slowly, while letting all their muscles relax.

2. **Repeating the 'positive permanent thinking replacement'.** They visualized indigo and aloud repeat: "I am not alone".

3. **Starting to pressure the zone therapy points for sinusitis.**

The researcher then worked on the sinus areas of the feet.

For this research project the researcher had only concentrated on points one and three of the three point system. The researcher kept working over all the areas listed for sinusitis, treating each foot for five minutes.

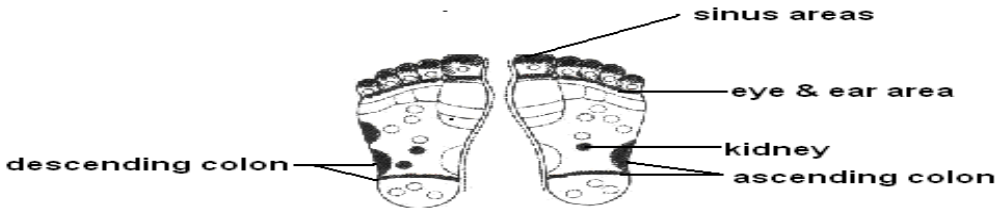


Figure 1: Treatment area on feet for sinusitis

The dark areas in figure one, above show the areas on the feet that were treated for chronic sinusitis. They include the main sinus points on the big toes, the top joints of the toes, from the big toe to the little toe, also the pads of the feet just under the toes. The researcher worked on the kidneys, the ileocecal valve, the ascending colon, sigmoid colon and the descending colon to help purify the system (Gimbel, 1993: 142).

With every treatment, each client filled in a questionnaire. The pre-treatment questionnaire was completed before the treatment, stating how the client felt before the treatment. The post-treatment questionnaire was completed after the treatment, stating how the client felt after the treatment. Complaints were mostly about sinusitis headaches or a runny nose.

By means of these questionnaires, the researcher could determine which treatment (colour zone therapy or reflexology) gave the best results, in treating symptoms of chronic sinusitis. These symptoms included a runny nose, headaches, feeling of a stuffed head, blocked nose or a post nasal drip.

5 RESULTS AND DISCUSSION

5.1 Symptoms

The following results were obtained from the case studies of the twenty sinusitis clients that were treated with reflexology and colour zone therapy.

Table 1 shows the results of the symptoms treated at the first treatment of both reflexology and colour zone therapy.

In this table it is seen that with the first treatment most of the symptoms did not decline drastically. There are some exceptions, like the colour zone therapy clients' headache that did decline with 40% after the first treatment.

Table 1: Differences between the pre- and post treatment results of the first treatment for both reflexology and colour zone therapy.

	% Of symptoms experienced by reflexology clients			% Of symptoms experienced by colour zone therapy clients	
	Pre-treatment	Post-treatment		Pre-treatment	Post-treatment
Symptoms			Symptoms		
Runny nose	80	60	Runny nose	40	10
Headache	50	30	Headache	70	30
Feeling of a stuffed head	10	20	Feeling of a stuffed head	40	10
Blocked nose	70	50	Blocked nose	70	60
Post nasal drip	60	50	Post nasal drip	40	40

Table two shows the results of the symptoms treated at the fifth treatment of both reflexology and colour zone therapy. In table two it can be seen that the symptoms of both treatments did decline. The difference is with the colour zone therapy clients' symptoms were three out of the five symptoms did decline to zero. This means that the clients' did not experience these symptoms anymore after the fifth treatment.

Table 2: Differences between the pre- and post results of the fifth treatment for both reflexology and colour zone therapy

	% Of symptoms experienced by reflexology clients			% Of symptoms experienced by colour zone therapy clients	
	Pre-treatment	Post-treatment		Pre-treatment	Post-treatment
Symptoms			Symptoms		
Runny nose	80	40	Runny nose	30	0
Headache	20	20	Headache	30	10
Feeling of a stuffed head	30	10	Feeling of a stuffed head	10	0
Blocked nose	70	50	Blocked nose	50	0
Post nasal drip	80	70	Post nasal drip	10	10

5.2 Results of the symptoms treated

In table one and table two the results are shown of the differences between the pre- and post treatments of the first and the fifth treatments of the sinusitis clients treated with reflexology and colour zone therapy. The symptoms that were concentrated on were: a runny nose, headaches, feeling of a stuffed head, blocked nose and post nasal drip.

All of these symptoms were quite severe in the beginning of the treatments. As the treatments progressed, some of the symptoms seemed to decline in their severity. The researcher could see a huge difference in the declining of the severity of the symptoms of the clients treated with colour zone therapy, in comparison to the clients treated with reflexology.

Most of the clients did experience some sensitivity, pain or tenderness while pressure was applied during the treatments. Prolonged pressure was applied to the areas on the soles of the feet that correspond to the parts of the body where the problems lay, in this case the sinus areas. According to Gimbel, the more the pressure, the quicker the results would be. (Gimbel, 1993: 96). It is also important to remember that symptoms worsen before they improve, meaning the body is in the process of cleansing and healing itself. (Cressy, 2002 :4)

Pre- and post treatment results of both reflexology and colour zone therapy after the first treatment:

Runny nose:

In the first treatment 80% of the reflexology clients had a runny nose prior to the treatment. After the treatment, 60% still had a runny nose. This showed that 60% of the clients were experiencing that their congestion were unblocking. Prior to the first treatment, of colour zone therapy 40% of the clients had a runny nose and after the treatment only 10% had a runny nose. Only one client experienced that his/her congestion was unblocking.

Headaches:

50% of the reflexology clients had a headache before the treatment and after the treatment only 30%. Thus 30% experienced a headache due to the toxins that was released. 70% of the colour zone therapy clients had a headache prior to the treatment and after the treatment 30% still had a headache. The clients did experience these headaches probably because of the toxins that were released while the researcher was working on their elimination channels on the feet.

Feeling of a stuffed head:

10% of reflexology clients suffered from the feeling of a stuffed head prior to the treatment and after the treatment 20% had a feeling of a stuffed head. This could also have meant that the sinus condition might have worsened, before it started to clear. 40% of colour zone therapy clients had the feeling of a stuffed head before the treatment and after the treatment only 10% had a stuffed head. This could be due to the toxins that were released much faster. This might prove that colour zone therapy did hasten the removal of toxins faster than with reflexology.

Blocked nose:

70% of the reflexology clients had a blocked nose prior to the treatment and this declined to 50% after the treatment. 70% of the colour zone therapy clients had a blocked nose prior to the treatment and 60% still suffered after the treatment. Here the symptom did not improve as much. This may be due to anatomical differences that affect the breathing or due to the client's diet or even a cold (Parsons, 2003: 191).

Post nasal drip:

60% of reflexology clients presented with a post nasal drip prior to the treatment and after the treatment 50% still had a post nasal drip. 40% of the colour zone therapy clients had a post nasal drip before the treatment and this stayed the same after the treatment (Parsons, 2003: 191).

Pre- and post treatment results of both reflexology and colour zone therapy after the fifth treatment:

Runny nose:

With the fifth treatment of reflexology 80% of the clients had a runny nose before the treatment and after the treatment only 40%. Thus a small improvement in the symptom was experienced. The clients however still suffered from a runny nose. By the fifth treatment of colour zone therapy 30% of the clients suffered from a runny nose prior to the treatment and after the treatment, none had a runny nose. This showed that the percentage from the first treatment did decline to zero at the fifth treatment. Thus all ten clients treated with colour zone therapy no longer experienced a runny nose after five treatments.

Headaches:

Prior to the reflexology treatment 20% of the clients had a headache and this had stayed the same after the treatment, showing that there was no improvement. 30% of the colour zone therapy clients had a headache before the treatment and only 10% had a headache after the treatment. This condition did improve and were also better than with the reflexology treatment alone.

Feeling of a stuffed head:

30% of the reflexology clients had the feeling of a stuffed head before the treatment and after the treatment only 10% felt the feeling of a stuffed head. This symptom did improve and it shows that some of the toxins were eliminated.

Only 10% of the colour zone therapy clients suffered from the feeling of a stuffed head, but after the treatment, none had a stuffed head. This might be due to the toxins that were already eliminated in the previous treatments of colour zone therapy, showing that it did give faster results.

Blocked nose:

70% of the reflexology clients suffered a blocked nose prior to the treatment and after the treatment; 50% still had a blocked nose. This result also stayed the same as from the first treatment, with the % not decreasing or increasing at no point, thus showing no improvement. 50% of the colour zone therapy clients had a blocked nose before the treatment and after the treatment none had a blocked nose. Here again the symptom improved so much that no clients had a blocked nose after the fifth treatment. Thus again probably proving that colour zone therapy worked faster on the symptom.

Post nasal drip:

The post nasal drip was suffered by 80% of the reflexology clients prior to the treatment, and after the treatment 70% still had a post nasal drip. Only 10% of the colour zone therapy clients had a post nasal drip prior to the treatment and after the treatment this stayed the same. This symptom had decreased from 40% in the first treatment to only 10% in the fifth treatment. With reflexology there was not much of an improvement. Again colour zone therapy gave quicker and better results.

Summary of the results of Table 1 and Table 2

With reflexology it can be seen that the symptoms did decline, but not as radically as with colour zone therapy. The reflexology treatments did help alleviate the symptoms, but only 10-20% of the clients really experienced a decline in their symptoms.

With reflexology worsening of the symptoms only started at the fourth and the fifth treatment, while with colour zone therapy the symptoms already worsened soon after the second treatment.

Colour zone therapy treatments did affect the clients' symptoms more strongly. This can be seen within the first treatment, where the number of each symptom decreased after only the first treatment. With the fifth treatment all of the symptoms also declined in their severity prior to the fifth treatment and showed an even greater improvement in the post-treatment questionnaire. In comparison to reflexology, more than 30% of colour zone therapy clients experienced a decline in their symptoms.

5.3 Mucus discharge

Table three shows the tendency of the clients to discharge mucus during the five treatments.

Table 3: Percentage of reflexology and colour zone therapy clients discharging mucus during the five treatments

Treatment	1	2	3	4	5
% Of reflexology clients	0	0	0	30	30
% Of colour zone therapy clients	0	30	60	70	70

5.4 Results of the mucus discharged

Table three shows the results of the treatments at which reflexology and colour zone therapy clients discharged mucus. The reflexology clients did not discharge mucus as early in the treatment as with colour zone therapy. No reflexology or colour zone therapy clients discharged mucus with the first treatment. At the second and the third treatment also no reflexology clients discharged mucus, but 30% of the colour zone therapy clients did discharged mucus after the second treatment and 60% after the third treatment. Only at the fourth treatment, 30% of the reflexology clients discharged mucus, while 70% of the colour zone therapy clients discharged mucus. At the fifth treatment, also only 30% of the reflexology clients discharged mucus, while again 70% of the colour zone therapy clients discharged mucus. The discharging of mucus is important as it helps to relieve sinusitis headaches as well as helping to leave the sinuses clear (Wills, 2006: Online).

These results showed that the ten clients that were treated with colour zone therapy, did discharge more mucus and also earlier than the reflexology clients. The discharging of mucus is a cleansing process of the toxins, and by knowing this, the researcher concluded that the colour zone therapy might have removed the toxins quicker and more effectively. (Parsons, 2003: 192)

5.5 SUMMARY

With this research study it was interesting to see how big an influence colour has on our whole being and people are mostly unaware of the effect. It was found that some of the clients treated with colour zone therapy had felt their blocked nose opening only five minutes into the treatment. The clients also found the treatments interesting and were encouraged by their improved results. All of them stated that they would definitely want to continue with colour zone therapy – not just for their sinusitis. This research thus confirmed the possibility that colour can affect our health.

The researcher thinks it is necessary for the public to receive more knowledge about alternative therapies. As soon as they become aware of the possibilities, it is hoped that they might change their mind about using so much medicinal drugs to help cure their conditions.

6. CONCLUSION

- Colour zone therapy provided a better effect on chronic sinusitis than only reflexology.
- Mucus discharging was also monitored during the treatments and the colour zone therapy clients' discharged mucus earlier and more effective than the clients' of reflexology alone.
- Treating chronic sinusitis with colour in combination with another treatment (in this research with reflexology) – provides quicker and better results.

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