

# Seven Principles of Integration

By Bill Flocco

The “Seven Principles of Integration” are an ongoing series of discoveries about the use of Foot Reflexology, Hand Reflexology, and Ear Reflexology for better health and higher quality of life.

## **Principle #1 Each Reflexology Map Is Effective When Used By Itself**

Each of the three - Foot Reflexology, Hand Reflexology, and Ear Reflexology - is highly effective and stands strongly on its own. If you want to work just on the feet -Foot Reflexology, just on the hands – Hand Reflexology, or just on the ears – Ear Reflexology, depending on the quality of your hands-on technique as well as your knowledge of human anatomy and physiology, you can achieve remarkable results. Each of these three stands strongly on its own merits.

## **Principle #2 Working On All Three Reflexology Maps During The Same Session Yields Better Results**

Instead of working on just one of the Reflexology systems, by working on all three, you will almost always achieve better results. Taking neck tension, pain or range of motion limitations. Rather than working on the neck reflexes just in the feet, or just in the hands, or just in the ears, you will get far better results when you work the neck reflexes on all three, feet, hands, and ears, during the same Reflexology session.

## **Principle #3 Each Reflexology Map Is Better For Certain Parts And Functions Of The Body**

Some parts of the body respond better to Foot Reflexology, other parts of the body respond better to Hand Reflexology, and yet other parts of the body respond better to Ear Reflexology. By knowing which is most effective, especially when there is pain or discomfort in a specific part of the body, you can go directly to the most effective reflex map – Feet, Hands, or Ears - more dependably being able to help the person. Stated slightly differently, knowing which Reflexology Map - Feet, Hands, or Ears – is most effective for a specific part of the body when there is pain or discomfort in that part, will help you go directly to the corresponding reflex on the most effective Reflexology Map for that specific part of the body. Several examples will help illuminate this principle.

Menstrual Cramps & Other Uterine Pain	Feet
Headache & Other Pain in the Brain	Hands
Neck Pain & Lower Back Pain	Ears

**Principle #4 “Specific Progression Reflexing”**

Each reflexology map has specific advantages, is consequently, in most people, more effective for different parts of the body or different functions of the body.

This Principle, known as “Progression Reflexing,” suggests there is a more effective priority to follow when working with all three reflex systems. For example when pain exists, such as in the neck, work on neck reflexes on the Ears 1st, Feet 2nd and Hands 3rd. Premenstrual Syndrome and menstrual cramps respond best to working on the uterine reflexes of the Feet 1st, Ears 2nd and Hands 3rd. Eye discomforts respond best to working on the eye reflexes on the Hands 1st, Feet 2nd and Ears 3rd.

**“Specific Progression Reflexing” For Specific Parts Of The Body  
When There Is Pain Or Discomfort In That Part Of The Body**

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Menstrual Cramps & Other Uterine Pain	Feet	Ears	Hands
Headache & Other Pain in the Brain	Hands	Ears	Feet
Neck Pain & Lower Back Pain	Ears	Feet	Hands

**Principle #5 “General Progression Reflexing”**

Once discovering that the feet, hands, and ears are each more effective for specific parts of the body, the next discovery is that there is a progression from most effective, to second most effective, to third in effectiveness. This Principle shows which of the three, feet, hands, or ears, is: a) 1<sup>st</sup> most effective, b) 2<sup>nd</sup> in effectiveness, c) 3<sup>rd</sup> in effectiveness. Where one is most effective, such as the uterine reflex on the feet, the uterine reflex on the ears is 2nd in effectiveness, and 3rd in effectiveness is the uterine reflex on the hands. The value to you and the people on whom you use Reflexology comes into play primarily when there is pain or substantial discomfort in the specific part of the body. There are some general patterns. These patterns do not cover all parts of the body, but will help you for most parts of the body, with occasional exceptions.

**“General Progression Reflexing”  
When There Is Pain Or Discomfort In That Part Of The Body**

<b>Muscular Skeletal</b>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Neck, shoulders, lower back, sacrum, coccyx, hips, sciatica	Ears	Feet	Hands
Mind spine - thoracic vertebrae	Feet	Hands	Ears
Arms	Hands	Feet	Ears
Legs	Feet	Hands	Ears

<b>Internal</b>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Inner Chest	Feet	Hands	Ears
Inner Abdomen	Feet	Hands	Ears

## **Principle #6 Repeat Reflexing**

Work on the desired reflexes on all three maps several times during the same session. If someone has a burned forearm, work the forearm reflexes on the hands, feet and ears. Work on each as long as the client reports improvement. If there has not been 100% relief by the time you have completed working on all three, repeat the cycle by working once again on the forearm reflexes on the hands, feet and ears, again continuing to work on each reflex as long as the client reports continued reduction of discomfort in the related part of the body, in this case the forearm. The following chart demonstrated the benefits of Repeat Reflexing from an actual burn case of a twenty-year-old young woman.

### **Repeat Reflexing**

<b>Number Of Times Working Forearm Reflexes</b>	<b>Percent Relief Each Time</b>	<b>Cumulative Percentage</b>
<b>On All Three – Feet Hands Ears</b>	<b>After Reflexing All Three</b>	<b>Relief</b>
First Time	45 %	45 %
Repeat, second time	45 %	90 %
Repeat, third time	10 %	100%

### **Principle #7**

#### **For Best Results.**

#### **Combine Specific Reflexes On Feet, Hands, and Ears, With Master Reflex Points, and Functional Reflex Points During Same Session,**

One of the marvelous gifts we have with the ears is that they have three types of reflex points, those that most Reflexologists study (the Reflexology Map), as well as Master Points and Functional Points. There are ten (10) Master Points and hundreds of Functional Points, with descriptive titles such as Constipation Point, Allergy Point, and Skin Disorders Point. Once you have worked with the reflex maps of all three, the feet, hands and ears, then add working with the appropriate Master Points and Functional Points. Two examples of combining working with reflex map locations on feet, hand, & ears, with Master Points and Functional Points follow.

#### **Colon Stress, Pain, Discomforts**

<b>Colon Reflexes</b>	1st Feet, 2nd Hands, 3rd Ears
<b>Master Points</b>	Zero Point, Divine Gate, Sub Cortex
<b>Functional Points</b>	Constipation Point

#### **Colon Stress, Pain, Discomforts**

<b>Upper Arm Reflexes</b>	1st Hands, 2nd Feet, 3rd Ears
<b>Master Points</b>	Divine Gate, Sub Cortex, Master Sensorial
<b>Functional Points</b>	Allergy Point, Skin Disorders Point (Urticaria)

## **Some Additional Insights To Working With The 7 Principles Of Integration**

There are a few aspects of working with these principles that can help you understand the concepts more readily and answer questions that will certainly arise the more you work with these principles of integrating foot, hand and ear reflexology.

Consistency The principles of integration are based on what will work on most people most of the time. We want to select those reflexes to work on, that over a long period of time have proven to be dependable for the overwhelming number of people you will ever work on. Since for ten year, one of my reflexology offices was in the Mid-Wilshire part of Los Angeles, I had the blessing of clients of a wide range of races, nationalities, religions, belief systems, sexual orientations, ages, and body types. The 7 Principles Of Integration are consistent for all peoples. As I have traveled the world teaching these principles on four continents, students and graduates have also verified through everyday use, the 7 Principles Of Integration.

Exceptions All people share similarities while at the same time each person has their own unique individual differences. This is also true in priority reflexing. The overwhelming number of people will respond best to the Priority Reflexing Patterns, although, as you use reflexology, you will occasionally find a person who is an exception. For example, where priority for relief of jaw tension is ears 1st, feet 2nd and hand 3rd, it is possible that once in a great while you will find a person who will experience optimum results with feet 1st, ears 2nd and hands 3rd. Similarly, where priority for relief of uterine discomforts is feet 1st, ears 2nd and hands 3rd, it is possible that you will find someone who will get the best results with ears 1st, feet 2nd and hands 3rd.

Honor Individual Differences Once you become familiar with the concept of priority reflexing by using it for awhile, you will develop confidence regarding when to modify from what is most consistent based on each individual's needs. Honor individual differences.

2nd Or 3rd Priority Might Seem To Work Better It might seem you are getting better results when you reflex 2nd and 3rd priority. This could be true. However, there are a number of reasons why it may only appear this way.

Cumulative Effect As you reflex each of the three systems, there is a relaxing and harmonizing effect in the body. With each additional reflexology system you reflex, the effect grows. By the time you are on 2nd and 3rd priority the cumulative benefits may begin to show, falsely giving the appearance that it is the priority you are working on at the moment that is giving the results. It might be that it is the accumulated benefits yielding the results.

Delayed Effect Noticeable benefits might not show up for a few minutes, hours, or days. As reflexology helps the body return to its normal state of inner balance it still takes the body's self-healing mechanisms time to mend overly stressed parts of the body. If it is

something relatively simple, like shoulder or neck tension, the results can show up rather quickly, even within minutes. By the time the benefits are noticeable, you might be reflexing 2nd and 3rd priority. This might incorrectly lead you to believe that the improvement is because of the reflexology system you are reflexing at the moment.

One Enhances The Other It appears that reflexing each system increases the effectiveness of the other reflex systems. You can be reflexing one system with no apparent results; the other two systems may have yielded similarly limited results. It is not uncommon to find when you return to the first system, you will start to notice results. It seems that reflexing one system, such as the stomach reflex on the feet, seems to activate or prime the stomach reflexes of the other reflexology systems to work better.

*Bill Flocco is Founder/Director of the American Academy of Reflexology, has been pioneering the “Flocco Method - Integrating Foot Had Ear Reflexology” for thirty years, conducted the first Reflexology Research Study published in scientific medical literature [www.ReflexologyResearch.net](http://www.ReflexologyResearch.net), is Founder/Director of the American Academy of Reflexology [www.AmericanAcademyofReflexology.com](http://www.AmericanAcademyofReflexology.com), and has taught on four continents. Bill is Past-President of the International Council of Reflexologists, conducted Leadership Education & Organizational Development Workshops for State Reflexology Associations across America, and is a frequent presenter at Reflexology Conferences. Bill has a passion for teaching and has done much to help Professionalize the field of Reflexology at the state, national and international levels.*