

Based in Denmark, Touchpoint which is run by Dorthe Lund Krogsgaard and Peter Lund Frandsen is an internationally renowned CPD center of complementary therapy. Touchpoint is known for their courses related to specific health problems, all of which are focusing on the better understanding and improved outcome through treatment.

Based on their experiences attained from a busy practice, selected reflex points and techniques which have proven to be the most effective with problems of the Digestive System were presented in a workshop held in Hood River, Oregon on June 24 and 25, 2012.

The presentation was based on their years of experience along with a gathering of reflex techniques gathered from their learning around the world. The content of the workshop and the methods applied have been developed according to the standards set in Denmark for the Reflexology Profession. The foundation of their practice is heavily centered on both the teachings and practice of Eunice Ingram, the Mother of Reflexology and that of Hanne Marquardt, a leader in the field of Reflexology in Germany.

The weekend course covered basic Anatomy and physiology of the digestional tract, Pathology and connections, both conventional as well as complementary. Similarities between different origins of the body, i.e. the Brain and the "Gut Brain". Everyone knows the feeling of having 'butterflies' or that pain in the pit of your stomach in a tense situation. Well, research is beginning to reveal the connection. As it turns out the nervous system in the gastro-intestinal tract is much larger and more refined than previously known. This part of the digestive tract is so extensive that some researchers have come to call it the "GUT" brain or the enteric nervous system. Over the past 10 to 15 years new findings are showing just how massive this system really is. The 'Gut Brain' is located as two layers in the intestinal wall, one between the two layers of muscle and the other just below the mucous membrane.

A few interesting facts about the gut brain:

Contains 100 million nerve cells

Contains specialized cells, which otherwise are found only in the cranial brain

Has receptors for mechanical movements and chemicals

Contains neurotransmitters also found in the cranial brain

Functions independently

Communicates with the cranial brain via the autonomic nervous system

Is affected by nerve medicine

Can develop a "depression" or a "manic-depressive psychosis"

It is fascinating how the gastro-intestinal tract, while dependent on other systems in our body, is a system which to a large extent works independently. Managed by a complex network of neurons, receptors, supporting cells and signaling molecules, that in many ways resemble the way the brain (head) is functioning. Our 'gut brain' monitors and controls all aspects of the break down and intake of food, it appears to have many other functions, including the ability to make independent decisions that are closely connected to the emotional (limbic) center of the brain.

Next time you get the 'Gut' feeling, LISTEN!