

SOLE SEARCHING

A Quarterly Newsletter by AIAAR (R) for In-House Circulation

Volume 2, Issue 4

Special points of interest:

- Moleskin pads can help relieve a corn.
- People with hypothyroidism may notice their heart rate is slower than usual.
- Thyroid disorders can cause changes in your menstrual cycle and mood, the symptoms are sometimes mistaken for menopause.
- Insomnia can be a debilitating and lonely problem but reflexology can help to slowly banish the effects by relaxation and preparation of both the mind and body.

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By Kusam Aggarwal — President AIAAR

Dear Colleagues,

We all know about the tragedy and the big blow it has caused to our Association.

Mr. Bahl, Dr. Sahib, Sir whatever we used to call him, has left for his heavenly abode on 24-11-2010.

Although he always used to call him reflexologist and not doctor. But because of the results and experience of relief and cure people got from his magical hands he was called *doctor sahib*.

He was a great reflexologist. He presented reflexology in a scientific way and tried and achieved to get recognition for reflexology in the medical world.

His book *LISTEN TO YOUR FEET* has been appreciated by one and all. Medicos and Reflexologists in INDIA and ABROAD everyone liked it. We all know he had done tremendous work in reflexology; with his ever helping and untiring attitude he has helped thousands of people.

There is a saying in Bible- "DON'T GIVE A FISH TO A PERSON, TEACH HIM FISHING".

That is what he had followed. He had taught reflexology to so many people and made them independent. Motivated them to

take it as carrier and for that purpose he always used to give support and guidance whenever needed.

He always used to say reflexology is my love, reflexology is my life.

I TALK REFLEXOLOGY, I THINK REFLEXOLOGY, I READ REFLEXOLOGY, I TEACH REFLEXOLOGY AND I PRACTICE REFLEXOLOGY.

He was a successful person- What actually is the real meaning of success? How do you measure it?

Success is not measured by the wealth you accumulate or by the land you own or rule on. Success is measured by the number of hearts you live in. By number of people loving you and remembering you.

That's why I say our dear sir was and is a successful person. As he stays in hearts of all his students, patients and everybody he met at various stages of his life. He was so much affectionate for all of his students that each of us feels he loved him/her the most. Anyone you talk to will say -oh he loved me so much, it was such a special and different level of relationship he had with all his students.

So everybody without any exception is missing him. When we

start talking about him it will never end.

OUR REFLEXOLOGY FAMILY HAS LOST HIS HEAD OF THE FAMILY.

I think our greatest shradhanjali to him would be that we all work together and take reflexology and association to such great heights, so that when he looks down from heaven he feels happy and proud of his students.

Also I believe although he is physically no more among us, but he will always keep guiding us, bless us and show us the right path to walk on.

I pray that his soul rests in peace and divine mother help him for his further journey.



26-Mar-1921 — 24-Nov-2010

An unedited last write-up by Sh. I.P. Bahl for 'Sole Searching' is printed on page 6.

SOLE SEARCHING

COMMON FOOT PROBLEMS



Bunion

Is a bunion, corn, ingrown toenail or a bad case of athlete's foot causing you foot pain or embarrassment? Keep your feet healthy by learning to recognize and treat common foot problems.

Bunion

A bony bump at the base of the big toe, a bunion causes that toe to deviate toward the others. Throwing foot bones out of alignment and producing the characteristic bump at the joint's base, a bunion can be very painful due to pressure or arthritis, and may also lead to corns. Pain relievers, pads to cushion the bunion, custom shoe inserts, or surgery may help, as will wearing roomy shoes and avoiding high heels.

Corns and calluses

Friction causes the thick, hardened, dead skin of corns and calluses, which form to protect sensitive skin. Appearing cone-shaped, corns point into the skin, and usually occur on areas that bear little weight. Calluses may appear anywhere there's friction, and are more diffuse. Both may be caused by ill-fitting shoes and will fade when friction stops. Moleskin pads can help relieve a corn; calluses can be trimmed or surgically corrected.

Gout

A form of arthritis, gout is characterized by sudden pain, redness, swelling, and stiffness, usually in the large joint of the big toe. Gout can also occur in the foot, ankle, or knees. It and is caused by too much uric acid (UA) in the body, which can form hard

crystals in joints. Attacks can last days or weeks, and may be treated with anti-inflammatories or UA-lowering medication. Talk to your doctor about diet changes that help break down UA.

Plantar warts

Plantar warts are tough, horny growths that develop on the soles of the feet. Contagious, they're caused by a virus entering through broken skin, and often spread via public pools and showers. Plantar warts are harmless and can be left untreated, but in many cases they're too painful to ignore. Topical salicylic acid may help, while burning, freezing, laser therapy, and surgical removal are more aggressive options for more severe cases.

Athlete's foot

A fungal infection that can cause peeling, redness, itching, burning, and sometimes blisters and sores, athlete's foot is mildly contagious, passed by direct contact or by walking barefoot in areas such as locker rooms, or near pools. The fungi then grow in shoes, especially tight ones without air circulation. Athlete's foot is usually treated with topical antifungal lotions or oral medications for more severe cases.

Fungal nail infection

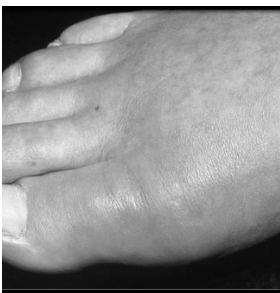
Occurring when microscopic fungi enter through a break in the nail, a fungal infection can make your nails thick, discolored and brittle. If left untreated, the nail infection won't go away -- and can be hard to treat. Thriving in warm, wet places, the fungi can be spread from person to

person. Topical creams may help mild cases but antifungal pills are your best chance of curing a severe infection.

Hammertoe

When toe muscles get out of balance, they can cause painful toe problems. While some people are prone to hammertoe, other risks include tight footwear. Hammertoe generally causes the middle joint of the toe to bend downward, with toes appearing raised near the foot. Well-fitted footwear with the correct amount of space in the toe box shoe supports, and surgery may offer relief.

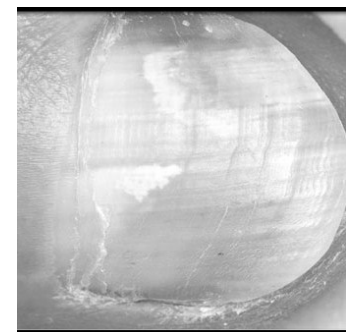
“Gout is characterized by sudden pain, redness, swelling and stiffness, usually in the large joint of big toe”



Gout



Athlete's Foot



Fungal Nail Infection

COMMON FOOT PROBLEMScontd

Ingrown toenail

A toenail that has grown into the skin, an ingrown toenail can result in pain, redness, swelling, even infection. Cutting nails too short or not straight across, injury to the toenail, and wearing tight shoes are culprits. For mild cases, soak the foot in warm water, keep it clean, and wedge a small piece of cotton under the corner of the ingrown nail to lift it off the skin. Minor surgery can remove all or part of the nail.

Flatfoot (pes planus)

Flatfoot is characterized by the sole of the foot coming into complete or near-complete contact with the ground. It may be inherited, caused by an injury, or by a condition, such as rheumatoid arthritis. Flatfoot symptoms are rare, though weight gain, ill-fitting shoes, or excessive standing may cause pain. Treatment includes foot-strengthening exercises, and shoes with good arch support or orthotics.



Ingrown toenail



Flat Foot

Condolence Meeting (1-12-2010)

AIAAR (R) organized a condolence/prayer meeting at D-Block park, Saket, New Delhi on December 1, 2010.

Family members and other reflexology students were present .

Blind School students performed bhajans.



“Cutting nails too short or not straight across, injury to the toenail, and wearing tight shoes are culprits”



SOLE SEARCHING

THYROID SYMPTOMS & SOLUTION

Does fatigue drag you down day after day? Do you have brain fog, weight gain, chills, or hair loss? Or is the opposite true for you: Are you often revved up, sweaty, or anxious? Your thyroid gland could be to blame. This great regulator of body and mind sometimes goes haywire, particularly in women. Getting the right treatment is critical to feel your best and avoid serious health problems.

What Is the Thyroid Gland?

The thyroid is a butterfly-shaped gland in the front of the neck. It produces hormones that control

the speed of your metabolism -- the system that helps the body use energy. Thyroid disorders can slow down or rev up your metabolism by disrupting the production of thyroid hormones. When hormone levels become too low or too high, you may experience a wide range of symptoms.

Symptoms:

Weight Gain or Loss

An unexplained change in weight is one of the most common signs of a thyroid disorder. Weight gain may signal low levels of thyroid hormones, a condition called

hypothyroidism. In contrast, if the thyroid produces more hormones than the body needs, you may lose weight unexpectedly. This is known as hyperthyroidism. Hypothyroidism is far more common.

Swelling in the Neck

A swelling or enlargement in the neck is a visible clue that something may be wrong with the thyroid. A goiter may occur with either hypothyroidism or hyperthyroidism. Sometimes swelling in the neck can result from thyroid cancer or nodules, lumps that grow inside the thyroid. It

Other Symptoms

Hypothyroidism

- Dry skin and brittle nails
- Numbness or tingling in the hands
- Constipation
- Heavy menstrual periods

Hyperthyroidism

- Muscle weakness or trembling hands
- Vision problems
- Diarrhea
- Irregular menstrual periods



can also be due to a cause unrelated to the thyroid.

Changes in Heart Rate

Thyroid hormones affect nearly every organ in the body and can influence how quickly the heart beats. People with hypothyroidism may notice their heart rate is slower than usual. Hyperthyroidism may cause the heart to speed up. It can also trigger increased blood pressure and the sensation of a pounding heart, known as heart palpitations.

Changes in Energy or Mood

Thyroid disorders can have a noticeable impact on your energy level and mood. Hypothyroidism tends to make people feel tired, sluggish, and depressed. Hyperthyroidism can cause anxiety, problems sleeping, restlessness, and irritability.

Hair Loss

Hair loss is another sign that your thyroid hormones may be out of balance. Both hypothyroidism and hyperthyroidism can

cause hair to fall out. In most cases, the hair will grow back once the thyroid disorder is treated.

Feeling Too Cold or Hot

Thyroid disorders can disrupt the ability to regulate body temperature. People with hypothyroidism may feel cold more often than usual. Hyperthyroidism tends to have the opposite effect, causing excessive sweating and an aversion to heat.

....Continued on page 5

THYROID SYMPTOMS & SOLUTIONcontd.

Who Should Be Tested?

Everyone should be screened for thyroid dysfunction every five years, beginning at age 35. People with symptoms or risk factors may need tests more often. Hypothyroidism more frequently affects women over age 60. Hyperthyroidism is also more common in women and in people over 60. A family history raises your risk of either disorder.

Thyroid Neck Check

A careful look in the mirror may help you spot an enlarged thyroid that needs a doctor's attention. Tip your head back, take a drink of water, and as you swallow, examine your neck below the Adam's apple and above the collarbone. Look for bulges or protrusions, then repeat the process a few times. See a doctor promptly if you see a bulge or lump.

Diagnosing Thyroid Disorders

If your doctor suspects a thyroid disorder, a blood test can help provide an answer. This test measures the level of thyroid stimulating hormone (TSH), a kind of master hormone that

regulates the work of the thyroid gland. If TSH is high, it typically means that your thyroid function is too low (hypothyroid). If TSH is low, then it generally means the thyroid is overactive (hyperthyroid.) Your doctor may also check levels of other thyroid hormones in your blood. In some cases, imaging studies are used and biopsies are taken to evaluate a thyroid abnormality.

Hashimoto's Disease

The most common cause of hypothyroidism is Hashimoto's disease. This is an autoimmune disorder in which the body attacks the thyroid gland. The result is damage to the thyroid, preventing it from producing enough hormones. Hashimoto's disease tends to run in families.

Graves' Disease

The most common cause of hyperthyroidism is Graves' disease. This is an autoimmune disorder that attacks the thyroid gland and triggers the release of high levels of thyroid hormones. One of the hallmarks of Graves' disease is a visible and uncomfortable swelling behind the eyes.

thyroid function.

Hyperthyroidism

Hyperthyroidism can also result from thyroid nodules. These are lumps that develop inside the thyroid and sometimes begin producing thyroid hormones. Large lumps may create a noticeable goiter. Smaller lumps can be detected with ultrasound.

Thyroid Disorder Complications

When left untreated, hypothyroidism can raise your cholesterol levels and make you more likely to have a stroke or heart attack. In severe cases, very low levels of thyroid hormones can trigger a loss of consciousness and life-threatening drop in body temperature. Untreated hyperthyroidism can cause serious heart problems and brittle bones.

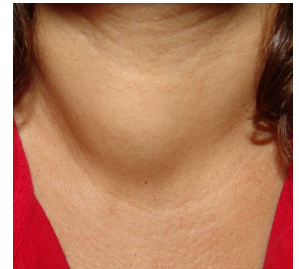
Treating Hypothyroidism

If you are diagnosed with hypothyroidism, your doctor will most likely prescribe thyroid hormones in the form of a pill. This usually leads to noticeable improvements within a couple of weeks. Long-term treatment can result in more energy, lower cholesterol levels, and gradual weight loss. Most people with hypothyroidism will need to take thyroid hormones for the rest of their lives.

Treating Hyperthyroidism

The most common treatment for hyperthyroidism is antithyroid medication, which aims to lower the amount of hormones produced by the thyroid. The condi-

tion may eventually go away, but many people need to remain on medication for the long term.



Hashimoto's Disease

Thyroid Disorder or Menopause?

Because thyroid disorders can cause changes in your menstrual cycle and mood, the symptoms are sometimes mistaken for menopause. If a thyroid problem is suspected, a simple blood test can determine whether the true culprit is menopause or a thyroid disorder or a combination of the two.

Other Causes

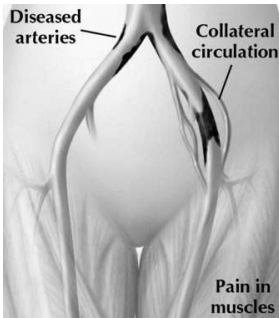
Hypothyroidism

In some cases, hypothyroidism results from a problem with the pituitary gland, which is at the base of the brain. This gland produces thyroid-stimulating hormone (TSH), which tells the thyroid to do its job. If your pituitary gland does not produce enough TSH, your levels of thyroid hormones will fall. Other causes of hypothyroidism include temporary inflammation of the thyroid or medications that affect

Treatment of Thyroid in Reflexology: To treat thyroid—both hyper & hypo thyroid, reflexologist give emphasis to the following points: **Thyroid/parathyroid (6), Thyroid related area (7), Pituitary (3), Adrenals (9), Ovaries/testicles (53)**. Both the feet should be worked using thumb walking technique from left to right at the base of both the great toes and after number of passes change hands and work in the opposite direction.

SOLE SEARCHING

CLAUDICATION INTERMITTENT by I P Bahl



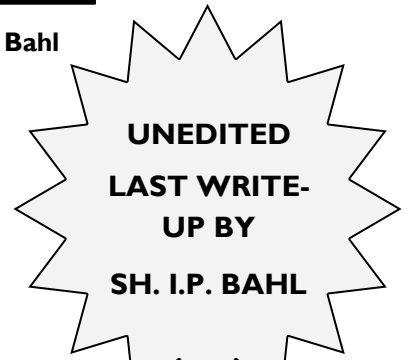
For a number of years it was my practice to start the day with brisk morning walk of 4-5 Kms. One particular morning I had hardly covered one Km, when gripping pain started in my left calf. This happens when there is lack of blood supply in the lower limb (this was confused by hospital tests). I thought the calf pain was one time occurrence. So next morning I again went out for morning walk. After covering the same distance I get the same trouble with the same severity. After that whenever I attempted to go out I would get the left calf pain. In fact the distance which gave me trouble gradually got reduced. Now my walk is reduced to one furlong going and one furlong returning. The speed has also come down. I was told that arterial grafting can help. I did not want surgical treatment at my age (89.5 years). I thought of foot reflexology. I have done it for 26 years, taught hundreds of students, treated many patients, authored a book on reflexology (*Listen to your feet*). Since we got good results in a number of different cases, it was worth trying on me. As confused to self-help, it is much better to get the treatment from a qualified reflexologist. I stay in a farm house 8-9kms from Chattarpur Mandir. There is no reflexologist available in that far off place. -----

“I am satisfied, my faith in reflexology has further intensified. Thanks to reflexology”

Nadish Chaudhary has learnt reflexology. He was asked for help. He was so willing to help his grandfather. So far he has done 3-4 sessions, even with 3-4 sessions I feel better. My walking has improved and my general condition is better. With more sessions I hope I shall show more improvement. He is on 3 months leave. He is an engineer in merchant navy. Every 6 months they get 3 months leave. He lives almost 15kms away from my house. The motivating force being love for his grandfather, he does not mind coming twice a week.

Apart from claudication, old age has given me a number of problems which are:

- ◆ Cramps in legs.
- ◆ Cramps in hands. Writing this article I had to stop 3 time in between due to cramps in right hand.
- ◆ Irresistible itching in head and other parts of the body.
- ◆ Constipation: I take the help of sporitory. Sometimes it works other times it does not.
- ◆ Left ear is completely blocked. I use hearing aid in the right ear because in right ear some life is there.



- ◆ Eye sight: Eye sight has become week. Newspaper I read with help of a magnifying glass.
- ◆ Frequency of urination: Number of times I have to get up at night for this.
- ◆ Stability: I am not stable when walking or standing. Four times I fell down flat, had minor injuries in head or back. I cannot climb stairs. If I climb to first floor I have to take some one's support.

THE TREATMENT

With four sessions with Nadish my walking speed has improved, my standing has improved. I am satisfied with the progress and hopeful of further improvement. I will report the result of the treatment in the next issue of Sole Searching. With the progress in four sessions I am satisfied, my faith in reflexology has further intensified. Thanks to reflexology,

Thanks to Nadish Chaudhary.

By Kuldeep Monga

I am personally attached with the Association from 1994 after learning reflexology from late Sh. I. P. Bahl. Later served as Joint Secretary also.

To my memories, he was just adorable, he likes to spread reflexology in its true sense and worked till end towards his pas-

sion.

Few months back, he completely withdraw him from the active working of the Association due to his health conditions but regularly was in touch with all his students through phone.

I consider myself lucky to work under/for him and his baby i.e. All India Association of Acupressure

Reflexology (Regd.).

I wish that we all should work to keep his passion and baby alive and this will be a true tribute from all of us to him.

I request all the readers to please come forward and work as a team.

May his soul rest in peace.

ALL INDIA ASSOCIATION OF ACUPRESSURE REFLEXOLOGY (R)

INSOMNIA & REFLEXOLOGY by Mike Taperell (Source Web)

Tell people that you suffer from insomnia and you might get a mildly sympathetic response but only those people who really suffer sleep problems night after night know what coping with insomnia is really like.

Reflexology is not a cure for insomnia but it will help to prepare the mind for sleep and, when used in conjunction with other sleep aids, materially assist to banish, or at least, reduce the problems.

In most people's mind, insomnia is the inability to get off to sleep but in fact, the symptoms can go far deeper.

It is unfortunately true that people in the Western World often choose, as a part of their lifestyle, not to allow themselves the amount of sleep that their bodies require and thus can exhibit some, or all, of these symptoms simply through their own lack of proper sleep. Although this is, in a way, what I call 'self-inflicted' insomnia, the effects of it are still the same.

Lack of sleep, even total lack of sleep, for a day or so seems to cause no harm and the sleep pattern is usually soon restored as soon as you are able to get back to your bed. But lack of proper sleep over a longer period of time is a different matter. This can be so even if you almost sleep the required amount each night. There are people who sleep less than they need during the week but who seem to manage to 'catch up' by sleeping longer at the week-

end. Although for some this works it is not a good practice to follow unless circumstances mean that you have to.

Although science has little idea why sleep is necessary, it does seem that we need a minimum of around seven or eight hours sleep a night to function properly. The actual amount varies with the individual and for most people this mechanism seems self-regulating and to work very well. That is, we know what time we will need to awaken in the morning and we feel sleepy and go to bed at a time which allows us to get the sleep we need.

However some people, and estimates range to as high as a quarter of the population, find that some fault in this regulation machinery means they cannot sleep the required hours. Either they are unable to fall asleep or else they awaken too soon and then are unable to go back to sleep. It is these people to whom the term insomnia really applies.

Treatment for insomnia consists of three separate routes which usually are, and probably should be, all used together. Firstly, there is medication available which will help induce sleep and which can treat any other medical problem thought to be causing an inability to sleep.

The second route is the environmental one where attention is given to the conditions of the bedroom and to lifestyle. These changes are often small changes, such as making the bedroom

cooler or warmer or changing the mattress or perhaps putting a lock on the door. These changes can help a lot to 'prepare' the mind for sleep and make the area more sleep-friendly.

The third route is relaxation. As we all know, before you can sleep you must be relaxed and at peace in your mind and it is here that reflexology steps in!

One of the first things that people often notice about reflexology is how well they sleep the evening after a session. The simple act of sitting down and having a foot massage is a marvelous way to induce a feeling of relaxation and of preparing the mind for the business of sleeping but reflexology will do much more than this.

Along with the massage, the skilled reflexologist will stimulate the reflexes in the feet connected to the various areas of the body. This action restores and balances the energy within the body itself.

The effect of this is to enhance and strengthen the body's own renewal and healing processes. These are processes which are going on all the time but which seem to be hindered or weakened by stress.

However, reflexology is not a 'magic bullet' and the effects take time to work so a course of treatment is often recommended. After which, treatment can be maintained at the same level or, if it seems appropriate, continued less frequently.

So the effect of reflexology is twofold, to relax the body and thus aid and prepare the body for sleep and also to assist in the renewal and self-healing processes. This may well be useful in those cases where there is a physical cause for sleep problems or where sleep is difficult because of the presence of pain.

Insomnia can be a debilitating and lonely problem but reflexology can help to slowly banish the effects by relaxation and preparation of both the mind and body. However, even if insomnia is only an occasional problem, reflexology is a beautifully relaxing and yet invigorating process that, as well as aiding sleep, helps you and your body to feel at your best.



“Along with the massage, the skilled reflexologist will stimulate the reflexes in the feet connected to the various areas of the body. This action restores and balances the energy”

Right Step Towards Right Direction



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Understand the Blood Reports

ALBUMIN

Albumin: The most abundant protein in the blood, it is made in the liver and is an antioxidant that protects your tissues from free radicals. It binds waste products, toxins and dangerous drugs that might damage the body. It is also a major buffer in the body and plays a role in controlling the precise amount of water in our tissues. It serves to transport vitamins, minerals and hormones. Lower levels are seen in poor diets, diarrhea, fever, infections, liver disease, kidney disease, third-degree burns, edemas or hypocalcemia.

Clinical Adult Range: 3.0-5.5
Optimal Adult Range: 4.0-4.4
Red Flag Range <4.0 g/dL

Common Causes of Albumin Increase: Dehydration

Less Common Causes of

Albumin Increase: Thyroid and adrenal hypo-function

Common Causes of Albumin Decrease: Liver Disease

Less Common Causes of Albumin Decrease: Acute Nephritis, malnutrition, acute cholecystitis (gall bladder), multiple sclerosis, vitamin B-12 or folic acid anemia.

GLOBULIN

Globulin: Globulins have many diverse functions such as, the carrier of some hormones, lipids, metals, and antibodies. High levels are found in chronic infections, liver disease, rheumatoid arthritis, myelomas and lupus. Lower levels may be seen in immune compromised patients, poor dietary habits, malabsorption, liver and kidney disease.

Clinical Adult Range: 2.0-4.0

Optimal Adult Range: 2.8-3.5
Red Flag Range <2.0 g/dL or >3.5 g/100ml

Common Causes of Globulin Increase: Hypochlorhydria, liver disease (infection)

Common Causes of Globulin Decrease: Anemia, hemorrhage

A/G RATIO

A/G Ratio: is an important indicator of disease states. Low ratio suggests ulcerative colitis, burns, kidney disease, cirrhosis, multiple myeloma.

A/G ratio less than 1.0 is one of the four **OMINOUS** signs

Clinical Adult Range: 1.1-2.5
Optimal Adult Range: 1.2-1.5
Red Flag Range <1.0