

Body Readings



There are many types of readings, including readings for the body, mind, and spirit.

There is also the reading of printed materials, like books or this article. This article is about several types of body readings used by alternative health care practitioners to help determine the health status of a body.

Highly skilled holistic wellness physicians develop an ability to read a body using many different body reflexes. The advantage to body reading is that it takes the guesswork out of the analysis of the patient. Body reading is an incredibly useful tool to help find out what an individual body needs and wants.

Evaluating Different Body Reflex Points

There are many different types of reflexes on the body that allow a glimpse into the different body systems. In reflexology, there are reflexes on the feet and the hands that mirror the entire body. There are acupuncture reflexes on the body that reflect the whole body, such as the 60 different acupuncture points on the ears.

All the teeth correlate with different body organs and systems. The eyes also have a system of analysis that reflects the whole body. Iridology is the study of the iris of the eyes, where all the body systems are represented. All of these types of body reflexes are considered windows that allow a glimpse into areas of body dysfunction.

The easiest reflexes to treat are those on the hands and feet. Evaluate these body reflexes for tenderness and/or change in muscle

tension. Produce changes in body health by pressing, massaging, or rubbing any tender reflexes until the tenderness changes.

There are also body reflex points that reflect lymphatic flow in the body. The job of the lymphatic system is to help maintain fluid balance, and defend the body against disease. The lymphatic system is also responsible for absorbing intestinal fats and transporting them to the blood.

The lymphatic reflex points are commonly located over the various organs of the body. Tender lymphatic reflex points can indicate reduced lymphatic flow in the corresponding body organ or system. An alternative health care provider should be consulted if there is tenderness in lymphatic reflex points. Often other treatment, besides massaging tender reflex points, is needed when these reflex points are tender.

Analyzing Body Posture

Body posture is another type of body reading that helps determine areas of body malfunction to a trained holistic wellness practitioner. Just treating the physical structure without determining why there is an abnormal body reading often does not fix the real issue.

A high left shoulder often indicates an excessive amount of sugar in the diet or a sugar metabolism issue. If there is a hormonal imbalance in the body there can be difficulty with sugar metabolism, even when sugar is not part of the daily diet. Diet and lifestyle changes often have to accompany treatment to reset sugar metabolism in the body.

Tension in the right upper back around the shoulder blade often indicates liver or gall bladder stress. Physical treatment to the area of muscle tension often does not relieve the discomfort, unless the

specific reflexes for the liver and gall bladder are also treated.

Part of the treatment also may involve dietary changes, and nutritional supplementation to help improve liver and gall bladder function.

People with poor posture often have breathing and/or digestive difficulties, due to the physical pressure placed on the lungs and digestive organs when the body is in a slouching posture. Tailbone pain and/or hemorrhoids often occur when the body is positioned in a slouching posture for prolonged periods of time.

A flattening of the normal low back curve caused from trauma, poor posture, or sleeping on the stomach is often the culprit behind chronic low back pain. Improper sitting posture, where the body is not supported properly, or the legs are crossed at the knee, often contributes to chronic low back and sacroiliac/hip joint pain.

The normal position of the head should be over the midline of the shoulders. A forward head position means that the neck has lost its normal curve, usually due to past trauma from auto accidents, or years of poor posture or stomach sleeping. A loss of the normal head position will result in an earlier onset of spinal joint arthritis, chronic muscle tension, spinal disc degeneration, and irritation of spinal nerve roots resulting in chronic pain.

A head that is positioned forward head often indicates digestive difficulties, as well as chronic tightness in the upper back and across the shoulders, with multiple muscle knots or trigger points of pain. For every one-inch of the head in a forward position there is a ten-fold increase in the muscular effort to hold the head up. Treatment directed only to the muscular tension does

not change the forward position of the head in relation to the shoulders.

Chiropractic is essential to restore normal spinal motion and to reduce the forward position. Massage therapy is fundamental in retraining the muscles to maintain better spinal motion and posture. Active patient involvement in home rehab therapy combined with chiropractic and massage is the least expensive and most effective option, to make a more permanent postural change.

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TLC Holistic Wellness in Livonia. She is a practicing chiropractor, naturopath and wellness consultant, who for 25 years has provided holistic and nutritional recommendations using whole food supplements. Visit www.TLCHolisticWellness.com for more health information, and free public workshop dates, or call (734) 664-0339.

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