

Promoting the healing art of foot reflexology

By Ida Aziz

THE public was given a glimpse into what foot reflexology can do to cure various ailments at a recent international conference at the Shangri-La Kuala Lumpur.

The three-day conference, opened by Health Minister Datuk Lee Kim Sai, was organised by Rwo Shur Health Method.

Foot reflexologists from around the world who attended the conference were enlightened on various conditions like brain numbness, and low-intelligence and handicapped children.

They were also shown the use of several high-tech apparatus in foot reflexology.

The Rwo Shur Health Method is another name for foot reflexology. It is an ancient health method which has been given scientific treatment and adapted to modern needs.

Rwo Shur is the Mandarin equivalent of "Josef", the Swiss priest Josef Eugster who found the healing art and used it himself.

Finding it effective, he set about turning the skill into a more exact science in Taiwan where he is now based.

In conjunction with the conference, an exhibition was held to display a variety of health apparatus.

One of the goods on display is the music chair. Using music therapy, the chair will make a person sitting on it feel as if his whole body is filled with music.

This chair was developed through the study of music and sound in relation to the human body.

Another interesting apparatus is the "Luxtar" or the massage chair. It consists of six mini-rollers that rub your back muscles to relieve stiffness and fatigue.

While sitting on this chair, one can put one's feet on a "shape-up roller" or foot massager. The rollers stimulate the legs without any use of force. Used skillfully, it is possible to rub all areas needed to perform foot reflexology like the toes, heels, insteps, calves, thighs and soles.

Another item is the walking mat. It has six sections and you only need to walk on it barefooted. It was designed to stimulate hormonal glands, equilibrium organ and ankles.

The mat uses paulownia which allows heat to be conducted. Its soft texture is comfortable on the skin and it does not absorb much humidity. A rare display is the emission of infra-red rays from body heat.

Apart from these items, visitors to the exhibition can try the wonder knack designed to alleviate back pain, stiff shoulders and sore legs; ceramic shorts (which warm the lower back area) or even the five-toe socks that does not hinder blood circulation.

Other items are the Paulownia bedset "Mumia", "Niliubi" pillow and the Paulownia massage kit.



The 'health walking mat' is used for stimulating the glands.

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Extract from News Straits Time:City Life, Tuesday August 4, 1992

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