

Massaging the feet for better health

By CHOONG EWE JIN

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FOOT reflexology is now regarded by many as effective in treating some common ailments. Its practitioners say that the best part about this form of treatment is that anyone can do it and no expensive medication is involved.

Mrs Geraldine Tay, a reflexologist, said in Ipoh recently that it was with this in mind that she was trying to recruit as many people as possible to learn about the method so that people could treat themselves.

"Minor ailments can take the fun out of living but if you can massage your way to good health, it will mean a happier life. It is safe, cheap and devoid of any side effects," she said.

Mrs Tay has been practising foot reflexology for 10 years.

It is a natural healing method that originated from the Chinese and dates back some 3,000 years.

It involves the massage of reflex zones on the foot, to stimulate and normalise the functions of the corresponding vital organs and the circulatory and excretory systems.

Foot reflexology is said to have proved effective in providing relief for stress and migraine, improving blood circulation, relieving tiredness and contributing to a good complexion in some people.

It is also said to be able to control chronic diseases like diabetes and high blood pressure.

It can also help smokers who wish to quit smoking, Mrs Tay claimed.

"Perhaps the person smokes because he is under stress. Foot reflexology can help eliminate stress, and eventually help the person give up smoking."

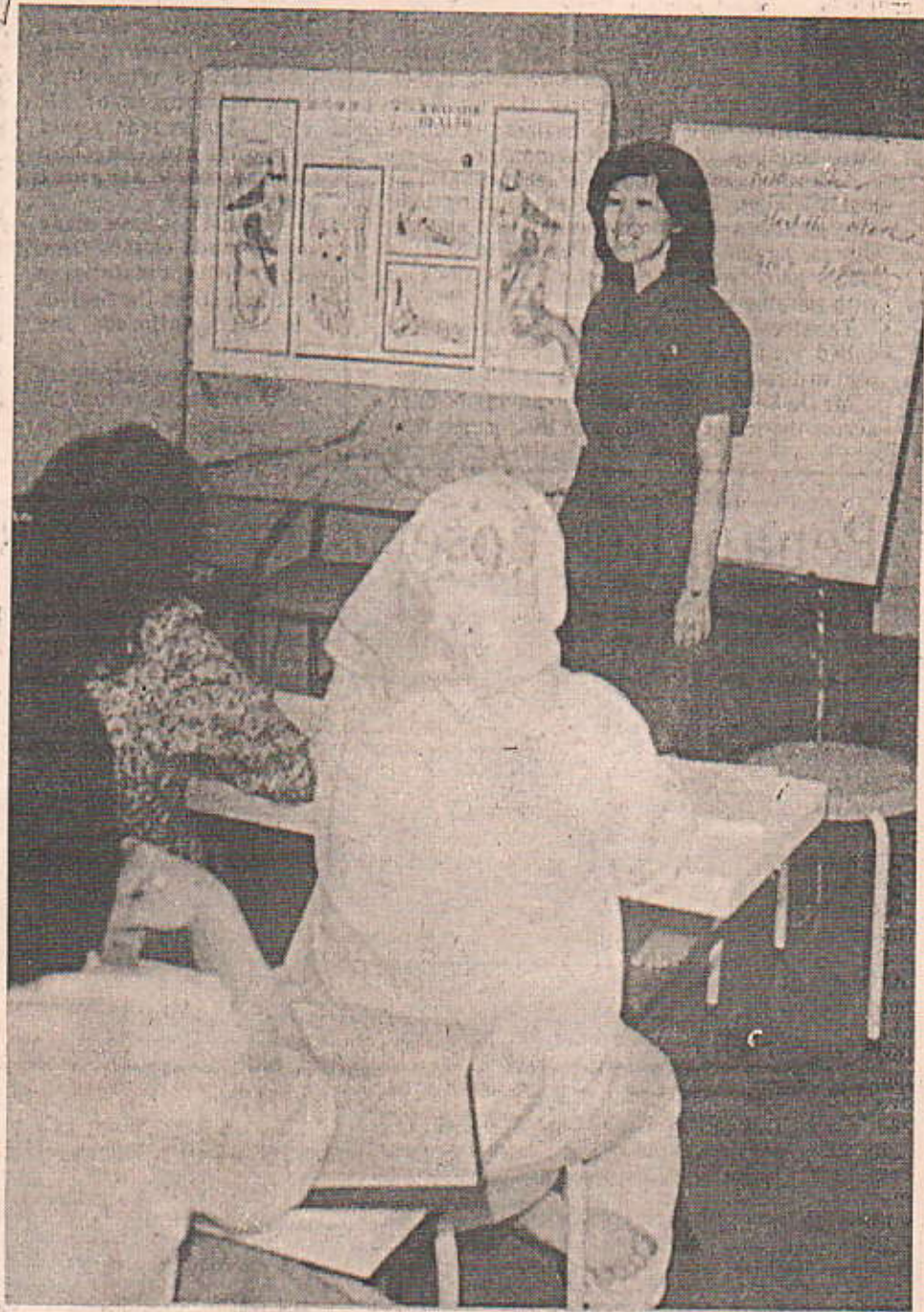
Mrs Tay, 42, has also written a few books on the subject.

She is the representative for the Taipeh International Institute for Rwo Shur Health in Singapore and Malaysia.

She travels widely throughout the country to give talks and conduct training courses on foot reflexology.

She also diagnoses health problems. She has set up consultation centres in Kuala Lumpur, Petaling Jaya, Malacca and Singapore.

Her centres sell apparatus such as massage kits, underfoot massage rollers, massage boards, foot pads and health supplements.



Mrs GERALDINE TAY: Travels widely to give talks and conduct training courses on foot reflexology

During the foot-reflexology course she conducted in Ipoh recently, Mrs Tay introduced the "lead-in longevity" exercises as yet another health method.

They involved stepping onto a foot massage board and going into various postures such as the "sun facing the

phoenix", with one leg lifted up and the toes pointing down.

"With higher living standards, Malaysians are more health conscious but the young still think that looking good is more important than maintaining health. But health is a way of life," said Mrs Tay.