

Foot Massage in Pregnancy

Foot massage is wonderful! It is very relaxing, and for the pregnant woman it facilitates metabolic functions that support pregnancy, as well as helps to reduce common prenatal discomforts.

The difference between a foot massage for the pregnant woman versus a foot massage for the non-pregnant person is that there are specific areas that are to be massaged much more gently in the pregnant woman. (See diagram labeled "Lower Leg and Foot Contraindicated and Precautionary Zones".)

In general, to break up crystallized calcium and acid deposits in the foot, the massage should be given with 15 to 25 pounds of pressure. (Squeeze or press on a bathroom scale to understand how much pressure this is.) **HOWEVER**, to be on the safe side, for the pregnant woman it is best to use a level of pressure that does not exceed "slight pain," especially if she has not received regular foot massages before and during her pregnancy.

Massage touch to the points shown in the diagram should never be "bone-to-bone" pressure. This means to never press so firmly on the foot or leg that the bones of your thumb or fingers feel the bones in her leg or foot, specifically in the contraindicated and precautionary zones. The ovary and uterus points, Liver 3, Kidney 3 and Spleen 6 can all stimulate uterine contractions if massaged with the bone-to-bone pressure.

Additionally on the diagram you will notice the location on the sole of the feet for the pineal, pituitary, thyroid and adrenal glands. It is suggested to limit endocrine gland point stimulation to allow the natural hormonal flow of pregnancy to proceed undisturbed.

YES! you can safely perform foot massage on a pregnant woman. She will love it and love you for it. Just be aware of the contraindications, and enjoy!



3HO WOMEN

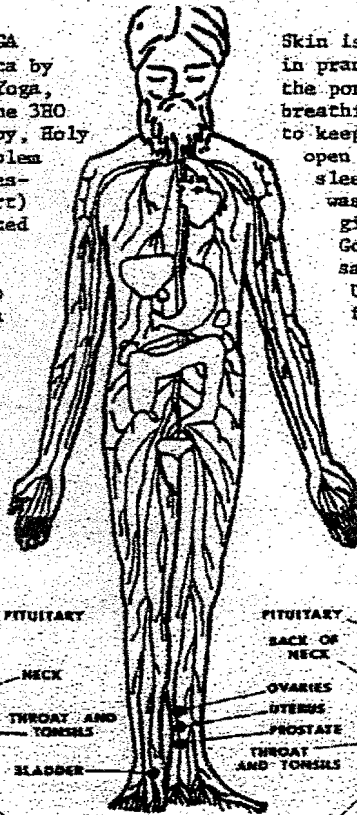
3HO Foundation FOOT CHART

72,000 NERVE ENDINGS IN THE FEET

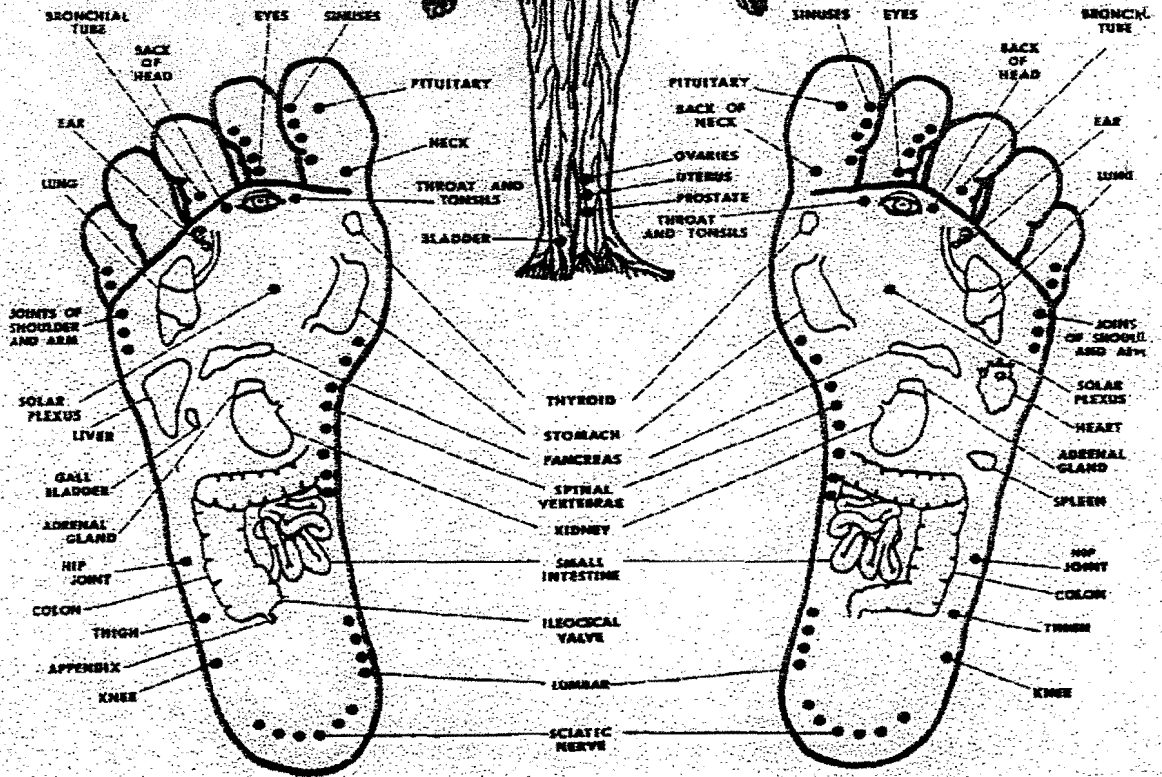


HEALTHY-HAPPY-HOLY ORGANIZATION

Classes in KUNDALINI YOGA, The YOGA OF AWARENESS, as brought to America by Yogi BhaJan, Master of Kundalini Yoga, include Foot Massage as part of the 3HO program to teach the Healthy, Happy, Holy way of life. When there is a problem in any area of the body, the corresponding area (as shown in the chart) in the foot will become crystallized with calcium and acid deposits. These crystals must be broken up with foot massage given with 15 to 25 pounds of pressure applied in a circular motion with the fingers and especially with the thumbs. Relaxation of the entire nervous system is possible with proper foot massage, since all 72,000 nerves in the body have the endings in the feet.....



Skin is like a third lung, and you take in pranic energy (life energy) through the pores of the skin as well as through breathing! Therefore it is essential to keep the feet clean and best to wear open shoes when possible. Before sleep at night the feet should be washed in cold water and a massage given to calm and relax the nerves. Go barefoot when possible on earth sand or grass (not on concrete). Use a pumice stone to scrub the feet and keep them smooth and free from callouses. Almond oil is especially good for use in massage. Whatever oil or cream you use on your skin, remember it is absorbed by your pores and goes into your bloodstream.



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