

Mirco Grigolato - reflexologist in bio natural disciplines

Zonal Foot Massage according to the Taoist Method

The Taoist Method as the art of zonal foot massage, is a method for health, such as prevention, maintenance and care. It helps to preserve and improve health, balance and enhance physical and psychic energy.

The feet are the arrival of numerous nerve, muscle, tendon and bone endings of the body. The foot massage allows the energy to circulate freely and produces reassurance, relaxation and rebalancing.

Some examples of common disorders for which foot reflexology is also useful as an adjunct to medical care:

Muscle spasms and chronic tensions produced by stress or trauma

Chronic states of weakness anxiety, fatigue, insomnia, bruxism

Functional alterations of metabolism, constipation

Anxiety attacks and panic attacks

Stimulates the body's defense mechanisms

Headaches, cephalgia, migraines, ringing in the ears

Palpitations, nausea, poor digestion

Osteoarthritis, lumbago, sciatica, tendinitis

Functional problems of psychosomatic origin

Relieves degenerative conditions associated with the aging process and menopause

In sports activities is useful for the recovery of used energies