

NAAMFLEXOLOGY integrates energetic and massage techniques to address the unique dynamic patterns moving through the feet, the reflex points, meridians, and nerves that effect the entire body.

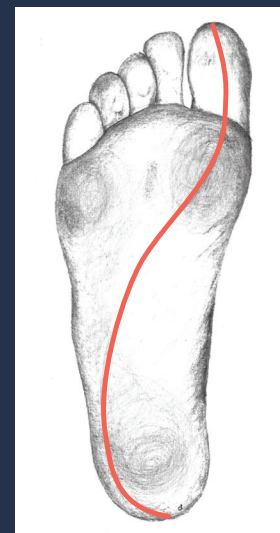
In addition to the static locations that are depicted in foot reflexology charts, Naamflexology utilizes moving pattern maps that run through the feet. These patterns are the result of a complex combination of factors including the unique gravitational force exerted through the feet onto the ground, body weight distribution, posture, standing and walking characteristics, choice of shoes and much more. These patterns have an effect on the entire body and can be addressed through Naamflexology. Additionally, Naamflexology draws upon a little known Biblical and mystical understanding of the feet. The treatment techniques that comprise the Naamflexology system are the result of integrating these seemingly separate factors into one combined program.

When you walk a pattern emerges that is made up of forces between the body and the ground you walk on. The laws of physics describe this

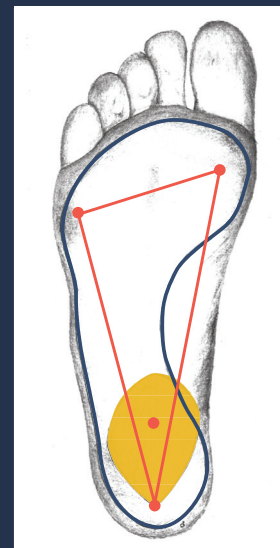
moving heel to toe dynamic, as a complex mixing of body weight, biomechanical factors, and gravitational influences of the sun, moon and earth. The brain reads all of this and creates a body map on the feet that can be used in healing. The idea for the body map was documented in the ancient wisdom of Chinese Medicine, Ayurveda, the Egyptian texts and in the teachings of Kabbalah yet exists within the scientific paradigm.

Other factors that affect how this body map works are the nerves of the legs, dermatomes, Chinese meridians of the legs, foot bone structure as well as the amount and distribution of contact the feet have with the ground. The energy pattern of each foot is unique and is not static. Not only are there representatives of each body part on the feet but the feet also reveal the unique moving pattern that is related to the distinctive energy transfer to and from the ground that can be felt in physical, emotional and mental health. Naamflexology was developed for the purpose of improving how the feet relate to the Earth as well as for directly promoting whole body health through the body map.

The field of biomechanics studies the physics of walking and standing and the dynamic pressure that is placed on the bottom of the feet as well as the entire structure of the feet.



In optimal conditions, while walking, the weight of the body transmitted through the foot occurs in this pattern.



The three primary contact points between the foot and the ground.