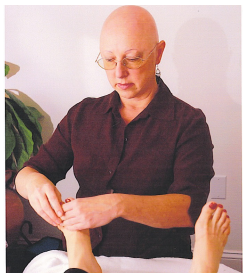


Reflex-OIL-ogy™ for Emotional Wellness

God has given each of you a gift from his great variety of spiritual gifts.
Use them well to serve one another 1 Peter 4:10

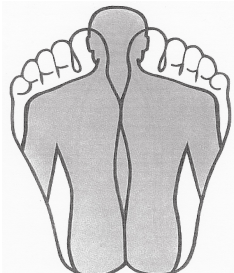
Focusing on Depression and Anxiety

Laurie Azzarella February 15, 2021

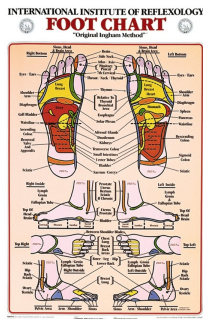


Laurie Azzarella, LMT, CRR

- Struggle with Autoimmune Issue since age 7
- Lead to Self Empowerment and Wholistic Health Study
- Master's Degree in Education
- Became an Ingham Reflexologist in 1991 while a soccer mom
- Became a Massage Therapist in 1995
- Became a Young Living Member in 2000 and Diamond Rank in 2015
- Launched Reflex-OIL-ogy™ Program in 2018



Our Feet are a Microcosm of our Bodies
Tender areas reflect "Congestion"




Reflex-OIL-ogy™ for Emotional Wellness

Different Emotions are stored in all parts of the body.
Today we will focus on **Depression and Anxiety**,
but what you will learn here can help many other emotions
as well as many other conditions of the body, mind and spirit.


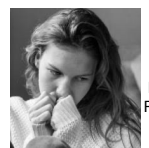


When the righteous cry for help, the Lord hears and delivers them out of all their troubles.
The Lord is near to the brokenhearted and saves the crushed in spirit. Psalm 34:17-18





CAUSES OF ANXIETY & DEPRESSION

Isolation

Social Media/ TV

Stress - making decisions

Diet - sugar, grains, animal proteins

Relationships - others, yourself, God


Weather - SAD


Circulation - Smoking, sedentary

Hormones - pituitary, adrenal, thyroid glands

Sleep - pineal gland, HGH

*Anxiety in a man's heart weighs him down, but a good word makes him glad.
Proverbs 12:25*





DEPRESSION in ADULTS

Unexplained aches and pains

Lack of energy


Change in appetite or weight

Constipation


Disturbed sleep


Irritable

Poor personal hygiene



*Come to me, all who labor and are heavy laden, and I will give you rest.
Matthew 11:28*





ANXIETY in ADULTS

Worry


Agitated

Restlessness


Lack of Focus


Lack of Sleep

Panic Attacks



*Casting all your anxieties on him,
because he cares for you.
1 Peter 5:7*





DEPRESSION in CHILDREN

Appetite

Attitude


Desire

Energy


Sleep Patterns

Concentrating

Aches and Pains



*For I know the plans I have for you, declares the Lord,
plans for welfare and not for evil, to give you a future
and a hope. Jeremiah 29:11*





ANXIETY in CHILDREN

Fears
Worry
Discomforts
Panic Episodes
Over Active



*All your children shall be taught about the Lord,
and great shall be the peace of your children.
Isaiah 54:13*





We Begin with Relaxation Techniques

Use with or without Essential Oils
Find your Favorites and Use Often
Connect with Feet with Intention to Serve
Infinity Strokes *Brigitte Koch

Time to
Grab some feet!
Have your
Essential Oils Handy



*Be still, and know that I am God.
Psalm 46:10*





Connection Hold



Harmony
Serenity





Infinity Stroke Up Leg



Carrier Oil V6





Infinity Stroke Up Leg



This is how we know what (infinite) love is: Jesus Christ laid down his life for us.
1 John 3:16





Infinity Angel Wings





Infinity Angel Wings





Tracing the Foot

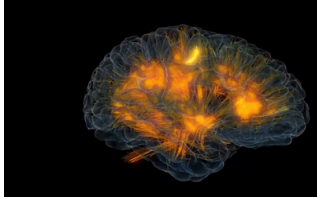




Reflex Areas are the Door Ways into our Bodies

Reflex-OIL-ogy™ opens the Door Ways

I come in the name of Jesus to serve you and to glorify His name



Neurotransmitters in the Brain

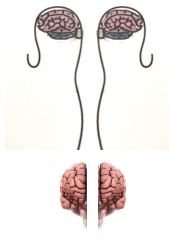

Serotonin

*And God said, "Let there be light," and there was light.
Genesis 1:2*




Open and Release Technique Work Both Feet

Left Foot Right Foot




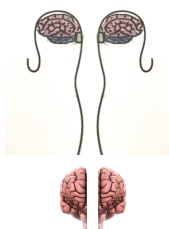

Assess The Brain Reflex Area - Work Both Feet

Right Foot



Assess The Brain Reflex Area - Work Both Feet

Left Foot








The Brain Reflex Area on Children







Essential Oils to Support the Brain High in Sesquiterpenes

Cedarwood

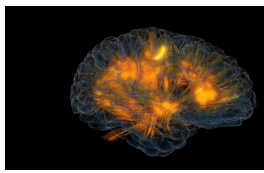
Sandalwood

Frankincense


Myrrh


Vetiver

Black Pepper




*Opening their treasures, they offered Him gifts,
gold and frankincense and myrrh.
Matthew 2:11*






The Brain Reflex Area with Essential Oils

Right Foot



Left Foot



Cedarwood


Sandalwood

Frankincense

Myrrh

Vetiver

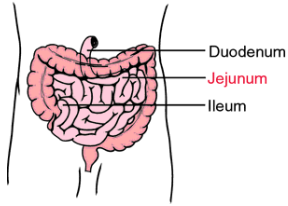
Brain Power





Although serotonin is well known as a brain neurotransmitter, it is estimated that 90 percent of the body's serotonin is made in the digestive tract.

Gut - Brain Connection

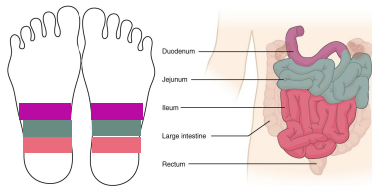


It is not good to eat much honey, nor is it glorious to seek one's own glory. Proverbs 25:27





Locating the Small Intestine Reflex Area Work Both Feet





Small Intestine Reflex Area Work Both Feet



- Peppermint
- Fennel
- Ginger
- Patchouli
- Tarragon
- Anise

Right Foot



DiGize
DigestZen



Small Intestine Reflex Area Work Both Feet




- Peppermint
- Fennel
- Ginger
- Patchouli
- Tarragon
- Anise


Left Foot




DiGize
DigestZen




Small Intestine Reflex Area Using Knuckles




DiGize
DigestZen




Peppermint
 Fennel
 Ginger
 Patchouli
 Tarragon
 Anise







Small Intestine Reflex Area on Children



TummyGize



Lemon
 Orange
 Ginger
 Lavender






Small Intestine Reflex Area on Children




TummyGize



Lemon
 Orange
 Ginger
 Lavender





Ways to Naturally Support Your Serotonin Levels


Decrease Levels

- Alcohol
- Artificial Sweeteners
- Diet Sodas
- Carbonated Beverages
- Caffeine
- Sugar

Increase Levels

- Foods high in tryptophan:
 - Turkey
 - Eggs & Cheese
 - Pineapples
 - Tofu
 - Salmon
 - Nuts and Seeds
- Walk with God
- Exercise
- Bright Light - Vit D
- Supplements
- Social Structure
- Reflex-OIL-ogy™

For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. 1 Corinthians 11:29



Oils COMMUNICATE with our Systems, Tissues, Cells

Premium Life Force Essential Oils

High Potency
High Frequency
Therapeutic Life Force
Creates an oxygenated impulse flow
to enhance energy movement

There is desirable treasure, and oil in the dwelling of the wise. Proverbs 21:20

1
Seed

2
Cultivate

3
Distill

4
Test

5
Seal

And the leaves of the tree are for the healing of the nations. Revelations 22:2

Inner Brain Reflex Area

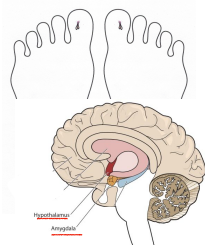
Hypothalamus - Homeostasis
Amygdala - Emotional Filing System
Pituitary Gland - Control
Pineal - Sleep Patterns

So God created man in his own image, in the image of God he created him Genesis 1:27

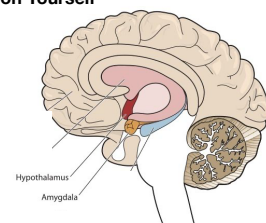
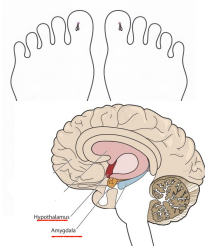
Inner Brain Reflex Area Location Work Both Feet



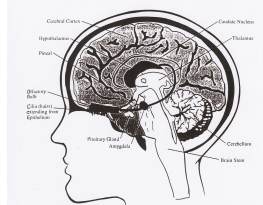
Right
Foot



Left
Foot




NOSE AND OLFACTORY SYSTEM




Cedarwood
Sandalwood
Frankincense
Myrrh
Vetiver
Black Pepper



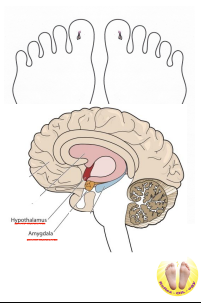




Inner Brain Reflex Area Work Both Feet with Essential Oil

Cedarwood
Sandalwood
Frankincense
Myrrh
Black Pepper




Right Foot

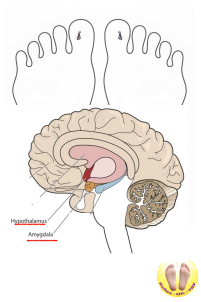




Inner Brain Reflex Area Work Both Feet with Essential Oil

Cedarwood
Sandalwood
Frankincense
Myrrh




Left Foot

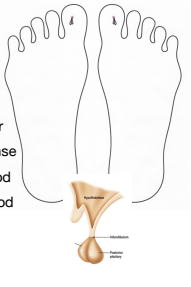




Inner Brain Reflex Area on Children

Work Both Feet




Lavender
Frankincense
Cedarwood
Sandalwood



Sympathetic Nervous System




Parasympathetic System — De-Stress

- Constricts pupils
- Stimulates flow of saliva
- Constricts bronchi
- Slows heartbeat
- Stimulates peristalsis and secretion
- Stimulates bile release
- Contracts bladder

Sympathetic System — Stress

- Dilates pupils
- Inhibits salivation
- Relaxes bronchi
- Accelerates heartbeat
- Inhibits peristalsis and secretion
- Stimulates glucose production and release
- Secretion of adrenaline and noradrenaline
- Inhibits bladder contraction
- Stimulates orgasm

Be watchful, stand firm in the faith, act like men, be strong.
1 Corinthians 16:13





Spinal Reflex Area Walking Up Right Foot



Flexibility

Emotional Center

Assimilation Discernment

Security Financial

Connection

Balanced





Spinal Reflex Area Walking Up Left Foot



Flexibility

Emotional Center

Assimilation Discernment

Security Financial

Connection

Balanced





Spinal Reflex Area Walking Down Left Foot



Flexibility

Emotional Center

Assimilation Discernment

Security Financial

Connection

Balanced





Spinal Reflex Area Self Help



Spinal Reflex Area Self Help

Essential Oils for the Spinal Reflex Areas

Fir/Spruce

Black Spruce

Blue Spruce

Balsam/Great Fir

Wintergreen

I can do all things through him who strengthens me.
Philippians 4:13

Spinal Reflex Area Walking Up with Oil

Flexibility

Emotional Center

Assimilation Discernment

Security Financial

Connection Balanced

Right Foot

Valor/Balance

Spinal Reflex Area Walking Down with Oil

Flexibility

Emotional Center

Assimilation Discernment

Security Financial

Connection Balanced

Right Foot

Spinal Reflex Area Walking on Baby

The Endocrine System

Pituitary Gland- Master Gland for Hormonal Delivery/Control
Pineal Gland - Sleep/Spiritual Guidance

So Jacob called the name of the place Peniel, saying, "For I have seen God face to face, and yet my life has been delivered." Genesis 32:30

Adrenal Gland - Excretes Cortisol, Adrenaline/ Stress Button/Survival

Thyroid Gland- Energy Button/ Weight & Mood/Self Expression

Assess Pineal & Pituitary Reflex Area Work Both Feet


Cedarwood
Sandalwood
Frankincense
Myrrh

Right Foot

Assess Pineal & Pituitary Reflex Area Work Both Feet

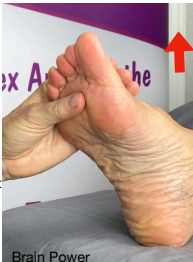
Cedarwood
Sandalwood
Frankincense
Myrrh

Left Foot



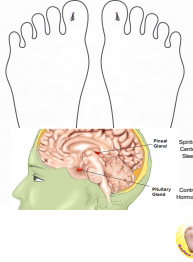
Pineal & Pituitary Reflex Area with Essential Oil

Cedarwood
Sandalwood
Frankincense
Myrrh





Right Foot

Brain Power




Pineal Gland
Pituitary Gland
Spiritual Center/ Sleep
Control/ Hormones





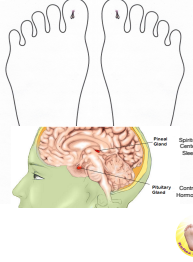
Pineal & Pituitary Reflex Area with Essential Oil

Cedarwood
Sandalwood
Frankincense
Myrrh





Left Foot

Brain Power



Pineal Gland
Pituitary Gland
Spiritual Center/ Sleep
Control/ Hormones





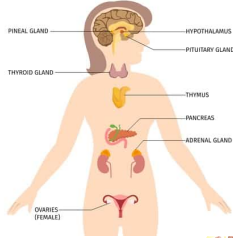
The Endocrine System

Pituitary Gland- Master Gland for Hormonal Delivery/Control
Pineal Gland - Sleep/Spiritual Guidance


Adrenal Gland - Excretes Cortisol, Adrenaline/ Stress Button/Survival

The fear of man lays a snare, but whoever trusts in the Lord is safe.
Proverbs 29:25

Thyroid Gland- Energy Button/ Weight & Mood/Self Expression



PINEAL GLAND
HYPOTHALAMUS
PITUITARY GLAND
THYROID GLAND
THYRUS
PANCREAS
ADRENAL GLAND
OVARIES (FEMALE)





Assess Adrenal Gland Reflex Area Stress Button

flex of the
essence



Right Foot



Excretes Cortisol, Adrenaline/ Stress Button/Survival





Assess Adrenal Gland Reflex Area Stress Button

Left
Foot



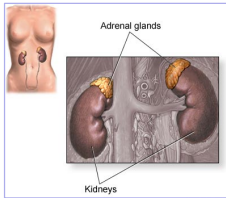
Excretes Cortisol, Adrenaline/
Stress Button/Survival





Essential Oils for the Adrenal Gland Reflex Area

Nutmeg
Ylang Ylang
Lavender



Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself
Matthew 5:34





Anoint Adrenal Gland Reflex Area with Essential Oil and Endocrine Balancing

Right
Foot



Excretes Cortisol, Adrenaline/
Stress Button/Survival






Anoint Adrenal Gland Reflex Area with Essential Oil and Endocrine Balancing

Left
Foot



Excretes Cortisol, Adrenaline/
Stress Button/Survival





The Endocrine System

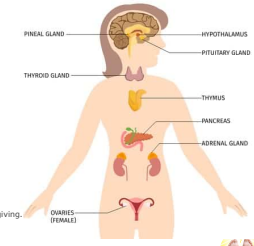

Pituitary Gland- Master Gland for Hormonal Delivery/Control


Pineal Gland - Sleep/Spiritual Guidance

Adrenal Gland - Excretes Cortisol, Adrenaline/ Stress Button/Survival


Thyroid Gland- Energy Button/ Weight & Mood/Self Expression

I will praise the name of God with a song; I will magnify him with thanksgiving.
Psalm 69:30

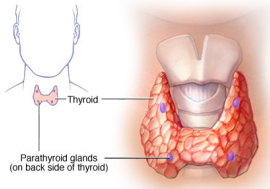





Assess Thyroid Gland Reflex Area Work on Both Feet




Right Foot




Thyroid


Parathyroid glands (on back side of thyroid)

Energy Button/
Weight & Mood/Self Expression

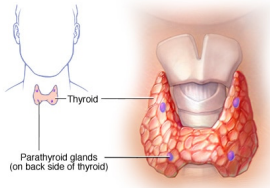




Assess Thyroid Gland Reflex Area Work on Both Feet




Left Foot




Thyroid


Parathyroid glands (on back side of thyroid)

Energy Button/
Weight & Mood/Self Expression





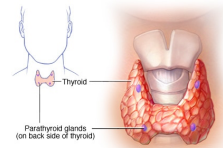
Anoint Thyroid Gland Reflex Area with Essential Oils Endocrine Balancing



Right Foot


EndoFlex


Myrtle
Lemongrass
Spearmint
Myrrh



Thyroid


Parathyroid glands (on back side of thyroid)





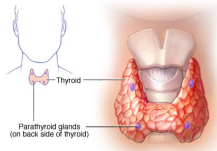
Anoint Thyroid Gland Reflex Area with Essential Oils

Endocrine Balancing





Left
Foot

Myrtle
Lemongrass
Spearmint
Myrrh




Thyroid
Parathyroid glands
(on back side of thyroid)





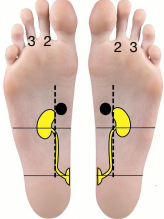
Assess Kidney Reflex Area

Work Both Feet




Right
Foot
Right
Kidney


Kidneys store
Fear
Anxiety



3 2 2 3


For God gave us a spirit not of fear but of power
and love and self-control.
2 Timothy 1:7





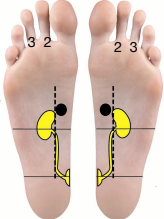
Assess Kidney Reflex Area

Work Both Feet




Left
Foot
Left
Kidney


Kidneys store
Fear
Anxiety



3 2 2 3


For God gave us a spirit not of fear but of power
and love and self-control.
2 Timothy 1:7





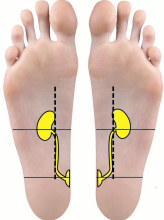
Essential Oils for the Kidney

Reflex Area




Reflex of the
h Essen
ses

Juniper
Cypress
Fennel
Citrus Oils
Thyme



3 2 2 3






Kidney Reflex Area

Work Both Feet



Reflexology of the
Essential
ses

Kidneys store
Fear
Anxiety




Infinity Angel Wings




ent to ses
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gnis1

This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. 1John 4:9-10






Tracing the Foot




Reflex Areas of the
Essential Oils
Reflexology Training
are






Reflex-OIL-ogy™ for Emotional Wellness

Different Emotions are stored in all parts of the body, various organs, glands, joints, muscles, tendons, nerves and even fluids such as blood and lymph.



Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Isaiah 41:10





Reflex-OIL-ogy™ is taught through a series of modules that focus on each body system. In these 8 hour classes you will learn:

- Applied Anatomy & Physiology
- Focused Reflex-OIL-ogy™ Techniques
- Essential Oil Usage Pertinent to Each System
- Explore Emotional Manifestations of System Pathologies
- EPRT - Emotional Pathway Release Technique
- Energy Centers, Pathways or Meridians
- Nutritional and Life Style Support
- Muscular Self Help or Assisted Release Techniques

Reflex-OIL-ogy™ is beneficial for individuals, care givers and families seeking to naturally maintain wellness. It is an enhancement tool for therapists, body workers and other professionals.

We offer:
Continuing Education Credits
Ingham Reflexology Certification
Essential Oil Wholesale Distributorship
Reflex-OIL-ogy™ Instructor Training
Free for Hosts Program



YouTube: Reflex-OIL-ogy
FaceBook: Reflex-OIL-ogy
Instagram: Reflex-OIL-ogy
WebSite: Reflex-OIL-ogy

Reflex
oil
ogy
The Foundation
of Wellness



On Line Classes
Live Classes

Speaker for Groups
Free for Hosts Program



**MAY YOU BE BLESSED AND BLESS OTHERS
AS YOU SHARE
WHAT YOU HAVE LEARNED HERE TODAY**



For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11



Question & Answer Time



For God so loved the world, that he gave his only Son,
that whoever believes in him should not perish but have eternal life.
John 3:16

