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Vita flex points for heart

Vita Flex technique was developed by Tibetans thousands of years before acupuncture. Its literal meaning is vitality through reflexes. Her theory is fascinating. And the premise is that a slight pressure applied to the body creates an electrical charge that is therapeutic for the body. This is known as piezoelectric. The pressure comes from the fingers. A rolling motion of the pads, tips and nails, creates stimulation similar to the way an electric switch or circuit works. The technique is applied to different reflex points of the body. Sign up with me for a big discount on therapeutic quality essential oils What does this have to do with essential oils? We know that essential oils also contain electromagnetic properties. Therefore, using essential oils with flex beef improves the process much more and leads the oils into the appropriate reflex points. This is why it is combined with Raindrop Technique as well. vita Flex is used for the heart and to lower blood pressure? These procedures are difficult to explain in writing. However, the flex beef is applied to the left arm and hand on the heart point back and forth in rhythm. The second procedure is just applying the flex vita to the cardiac reflex point below the toe ring. Aroma Life is the oil of choice here. Any oils the customer would like to hold while working on the head is fine. Oils can also be applied to the head. Sign up with me for a big discount on therapeutic grade essential oils Here are some suggestions: T = Topic; Place oils on the heart points on the left we have hand, foot, and over the heart. See graphs below for Vita Flex Points A = Aromatic; Diffuse in the air. Apply oils to your hands and inhale the oils in the form of hands cupped over your nose. Inhale oil applied to a cotton tissue or wick. I = Internal; Drop of oil directly into a vegetable capsule or drink (water or juice) Cypress Essential Oil Aroma Life Essential Oil T. A Trauma Life Essential Oil Ylang ylang (arterial; put in hand, rub palms together, cupp over the nose, and breathe deeply for 5 minutes and/or put on its feet) SEE THE GRAPHIC OF LOWER Marjoram (regulates) T, A Eucalyptus T, A Lavender T, A Scarfmint T, A clary sage T, A clove T, A fir balm (falls) T, A goldenrod T, A lemon T, A nutmeg T, A wintergreen T, A REFLEXOLOGY CHARTS, Hands, Feet and Hears Sign up with me for a great discount on essential oils of therapeutic grade Information contained on this site is not meant to diagnose , treat, cure or prevent any disease. Information is what I, an independent distributor of Young Living essential oils, have chosen to do to take care of my health and that of my family. The statements on this site have not been evaluated by the Food and Drug Administration. The products on this site are not intended to diagnose, treat, cure or prevent any disease. If are pregnant, breastfeeding, taking medication, or have a condition, consult your doctor before using these products. The information found on this site is intended for educational and informational purposes only and motivates you to make your own health and dietary decisions based on your own research and in partnership with your healthcare provider. It should not be invoked to determine dietary changes, a medical diagnosis or treatment courses. Individual articles and information from other sites are based on the opinions of the respective authors, who keep copyright as marked. Sign up with me for a big discount on Therapeutic Grade Essential Oils Vita-Flex is literally vitality through reflexes. It consists of a specialized form of digital electrical stimulation using pads and fingernails in a rolling motion to draw tension into the body through reflex points. There are vita-flex techniques used to support many different body systems. These Vita-flex techniques can be done on their own or can be used in other vita-flex sessions. Each can also be added to the Raindrop session. For example, if you have problems of the sinuses and respiratory system, there are specific points that can be directed to support the body in these areas. Vita-flex is a powerful old Tibetan transformation methodology brought to the U.S. in 1920 by Stanley Burroughs. It is a very effective method used alone or in other ways. Vita-flex literally meaning Vitality through reflexes. It has a synergistic effect when combined with essential oils of pure therapeutic quality as in the Raindrop Technique, and can be used to support all body systems. Her theory is fascinating. And the premise is that a slight pressure applied to the body creates an electrical charge that is therapeutic for the body. This is known as piezoelectric. The pressure comes from the fingers. A rolling motion of the pads, tips and nails, creates stimulation similar to the way an electric switch or electrical circuit works. The technique is applied to different reflex points of the body. When done correctly, the electricity that is produced during the technique is transferred to the nerve pathways. Once the energy finds a gap in the circuit, it repairs the pause in the path that creates the imbalance in the body. For example; If there is a short circuit in the wire along an electrical circuit that controls a light, the light would not work. When short is repaired, the circuit would reset and the function would be restored! What does this have to do with essential oils? We know that essential oils also contain electromagnetic properties. Therefore, using essential with flex beef improves the process much more and leads the oils into the appropriate reflex points. This is why it is combined with Raindrop Technique as well. What are they Benefits of Vita Flex Technique? There are numerous benefits of Vita Flex Technique: Bring balance to energy pathways in a non-invasive manner. Vitaflex services (Vitaflex can be added to Raindrop or performed in groups or individual) Vitaflex for respiratory and sinus Vita flex systems is applied to the legs, face, jaw, around the ears and down the throat. This is used to relieve sinus pressure, sinus congestion, sinus headaches and respiratory congestion. It is a great support for the respiratory and immune system. Oil recommendations that can be used in connection with this technique are: Thyme Essential Oil, Oregano Blend Essential Oil, Cinnamon Essential Oil, Eucalyptus Essential Oil, Thieves Essential Oil, Ravensara Essential Oil, RC Essential Oil, ImmuPower Essential Oil. Vitaflex for colon & digestive systemVita flex is applied along the calves and legs. This helps to detoxify the colon and clearing the colon. Many customers report immediate and regular help. The oil recommendations that can be used with this technique are: Cypress Essential Oil Blend, Marjoram Essential Oil, Peppermint Essential Oil, Wintergreen Essential Oil, Patchouli Essential Oil, Di-Gize Essential Oil. Vitaflex for the head and Flex BrainVita are applied to the head and brain reflex area of the legs. Then we do a procedure on the head that feels great! Many people have been very successful with this for releasing stress and tension in the head and neck area. The oil recommendations that can be used together with this technique are: Sandalwood Essential Oil, Cedar Wood Essential Oil, Leather & Calming Essential Oil, Brain Power Essential Oil, Lemon, Clarity Essential Oils. Vitaflex for the lymphatic system For the lymphatic system, we use several techniques to support lymphatic circulation. These techniques include a lymphatic pump with the legs and then other techniques along the spine. Many of the lymphatic maneuvers are already in regular raindrop, but this can be done just like a stand-alone beef flex session. The oil recommendations that can be used together with this technique are: Basil Essential Oil, Cypress Essential Oil, Marjoram Essential Oil, Mint Essential Oil, Winter Essential OilFip-Artas Vitaflex for spineThis is like a reset for the entire spine! This is an interesting procedure where the flex vita thumb is applied to the hip/Atlas point from the back of the calf. This can be done with or without oils. We like to use Valeor essential oil on the reflex point before we start. Oil recommendations that can be related to this technique are: Basil Essential Oil, Cypress Essential Oil, Marjoram Essential Oil, Seiz Aroma Essential Oil, Vale Essential Oil Are there any side effects? Because some of the Vita Flex maneuvers may encourage detoxification of the body, some may experience some mild side effects. The best advice is to drink plenty of water before and after a session. Vita Flex Technique is an extremely effective form of foot massage, designed to provide the health benefits of essential oils in certain areas of the body. By using essential oils and this technique together, you can greatly enhance the benefits of both. Works? When essential oils are applied with pressure to reflex points, electrical impulses are released. These impulses carry essential oils up the nerve pathway and into certain areas of the body. This, in turn, releases energy to support the body's systems. Foot TechniqueWhen anyone in our family needs immune support, we usually start with the beef flex foot technique because it works so well in providing essential oils for body areas that need support. It is a natural foot massage technique that is relaxing, nurturing, and loving, truly a powerful and natural non-invasive technique. The kids in our family love it. Adults too because it feels good and relaxes the body and mind. This foot technique is effective for adults, as well as children and babies. The pores in the legs are large and absorb the oils easily. Feet are not as sensitive to essential oils, which makes it a great way to apply them to children and children, those with allergies, and those with sensitive skin. The kids in our family love it. It is a totally non-invasive, safe and effective way to address health problems. Vita Flex Foot Chart Foot diagram is a diagram, or a map of the foot, showing reflex points corresponding to organs, tissues and systems in the body. This shows you where to apply the pressure, so you can direct essential oils to any area. Click to download Vita Flex PDF Foot Chart For example, the thumb has reflex points for the brain, pineal, and pituitary glands, the second and third legs have pressure points for the eyes, and the fourth and fifth legs for the ears (very useful for ear infections). There are reflex points for the heart, lungs, spine, liver, bladder, etc., and massage points for pain. This technique for the foot uses a movement of press, roll, and release covering the area of flex vita or pressure point. Repeat three times using 1-2 drops of essential oil.1. Apply 1-2 drops of essential oil to reflex point 2. Place all four flat fingers on skin 3. Using a medium rolling pressure on your fingertips4. Keep rolling on your nails5. Release and go more about 1/4 of an inch6. Repeat this motion until the reflex point is covered7. Repeat the technique three times! Have experienced wonderful results using this foot massage technique with essential oils. Click to download Vita Flex Hand Hand PDF Hand TechniqueWe use VF hand technique, but quite frankly, not as often as foot technique ... and only adults. It depends on the necessary support. This is very useful when it is not convenient to remove shoes and socks or if there are problems with the feet. I found it to be effective when I do use it. It has been scientifically validated to be effective. I don't use it on our kids and kids because it's too easy for them to accidentally rub essential oil in their eyes. For the hand technique I mean a reflexological diagram of the hand for reflex points. I apply essential oil (1-2 drops) to reflex or pressure point and use the same technique of release, roll, and release ... just like the instructions above for the foot. Foot.

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