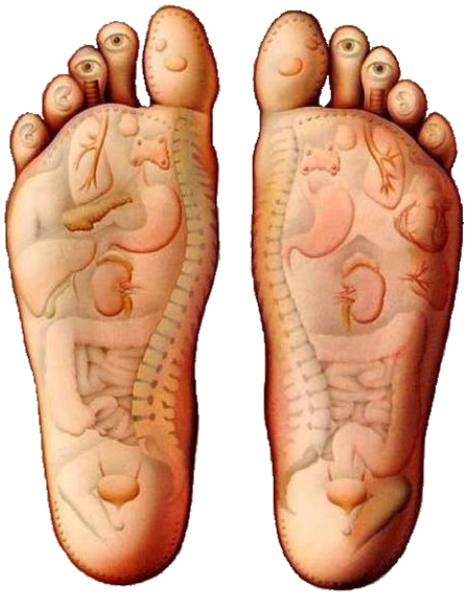
Yoga Saka



KENDİ KENDİNE

REFLEKSOLOJİ

Yoga Saka

Müfit TOSYALI
IYF – YOGA Eğitmeni

www.yogasaka.com 0537 683 68 28 info@yogasaka.com

REFLEKSOLOJİ ?

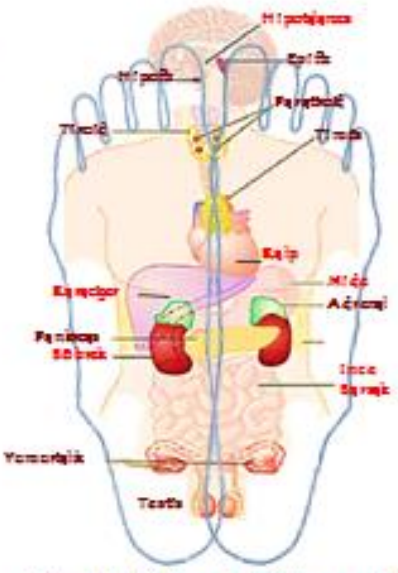


- **İç organları ve Salgı Bezlerini etkilemek üzere, genellikle ayak tabanları ve avuçlar olmak üzere vücudun belirli bölge/noktalarına, belli bir metot dâhilinde basınç uygulanmasıdır.**

- **İç organlara ve salgı bezlerine karşılık gelen veya enerji yolu ile irtibatlı olan noktaların uyarılmasını içerir.**

Günümüzün çoğu rahatsızlığı direk veya dolaylı olarak stres kaynaklıdır. Belirli yansıma bölgelerinin (reflekslerin) uyarılması;

- Ruhsal ve fiziksel stresi azaltır, gevşeme ve rahatlama sağlar.
- Bedendeki enerjiyi dengelerler.
- Dolaşımı iyileştirir.
- Bağışıklık sistemini uyarır, güçlendirir.
- Vücudun doğal savunmasını ve kendi kendini tedavi etme kabiliyetini artırır.
- Kronik yorgunluk ve halsizliği tedavi eder.



Refleksoloji;

- Başta sırt/bel ağrıları olmak üzere ağrıları azaltır.
- Migren, baş ağrıları, sinüzit,
- Hormonal bozukluk ve dengesizlikler,
- Kadın hastalıkları, dönem sorunları,
- Astım,
- Uyku bozuklukları,
- Spor travmaları,
- Sindirim bozuklukları, hazımsızlık, kabızlık,
- Konuşma bozukluklarının tedavisinde etkilidir.

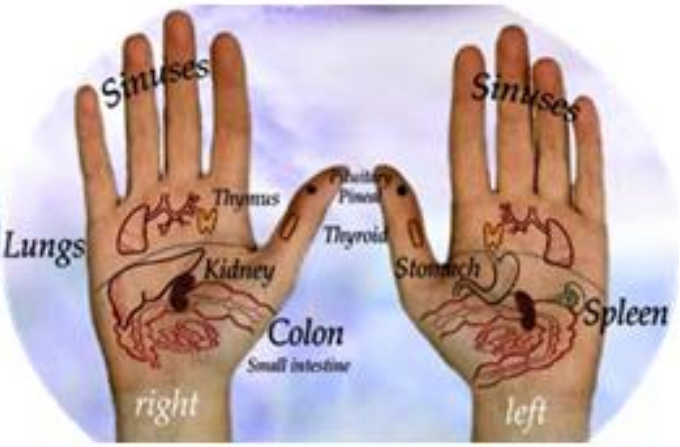


- Vücutta biriken toksinler ve atık maddelerden arınma sağlar.
- Hücre yenilenmesini arttırır, yaşlanmayı geciktirir.
- Yaşam gücünü artırır.
- Kişisel farkındalığı artırır.
- Anksiyete, panik atak ve depresyonun tedavisinde destekleyicidir.



REFLEKSOLOJİ



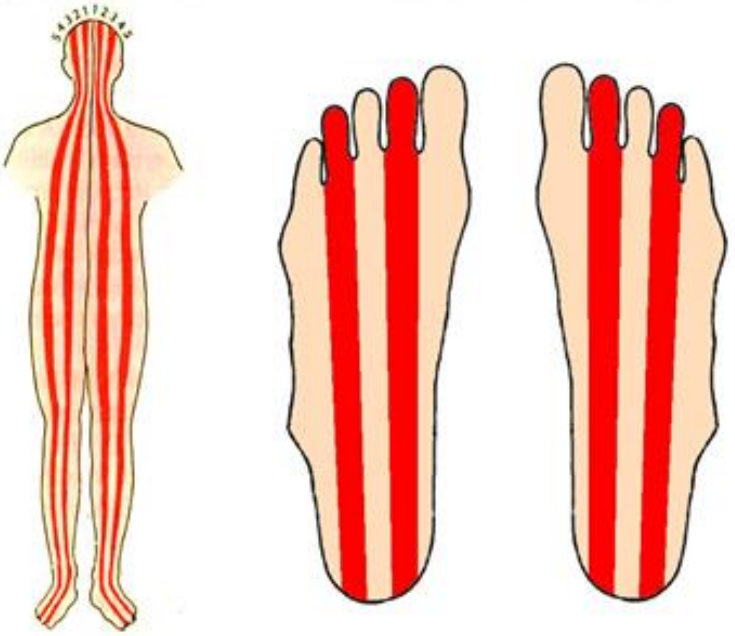


TARİHÇE

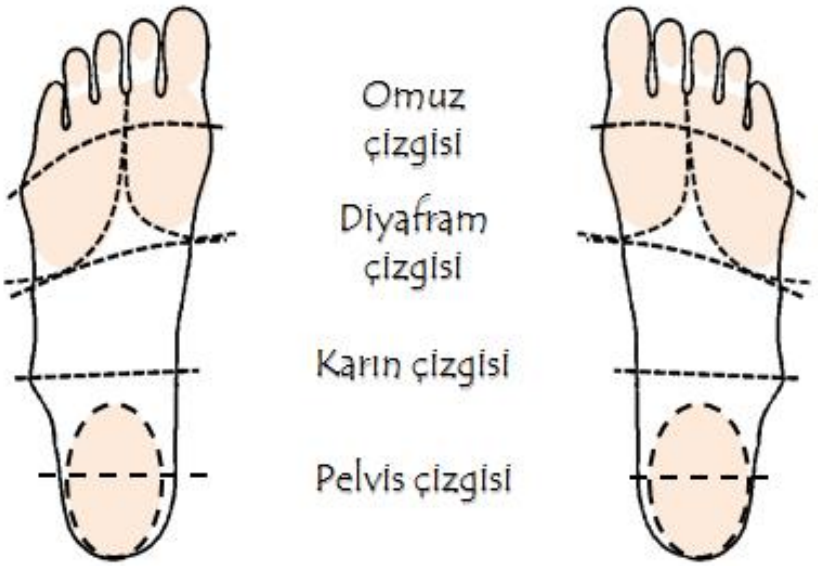


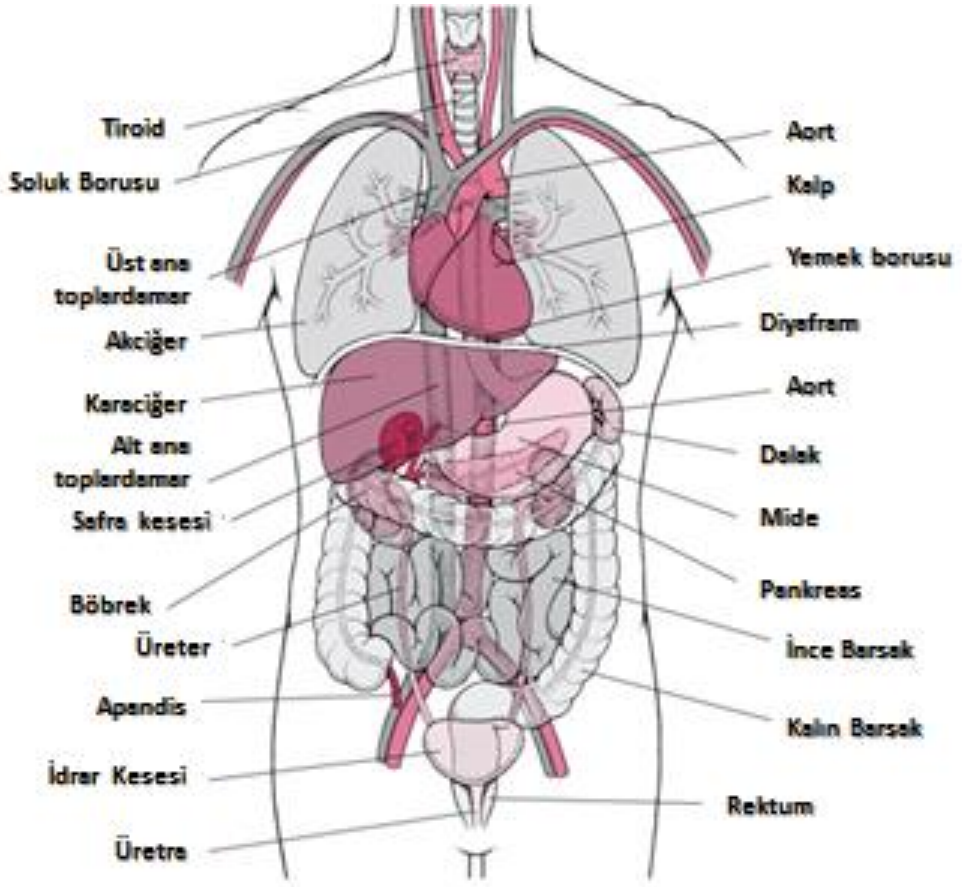
Ankmahor (M.Ö. 2500-2330)

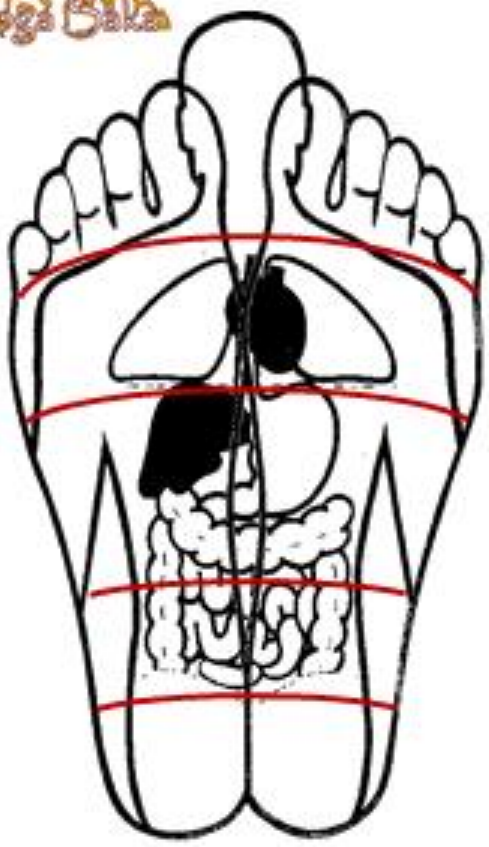
Ayak tabanının bölümlenmesi



Ayak tabanının bölümlenmesi





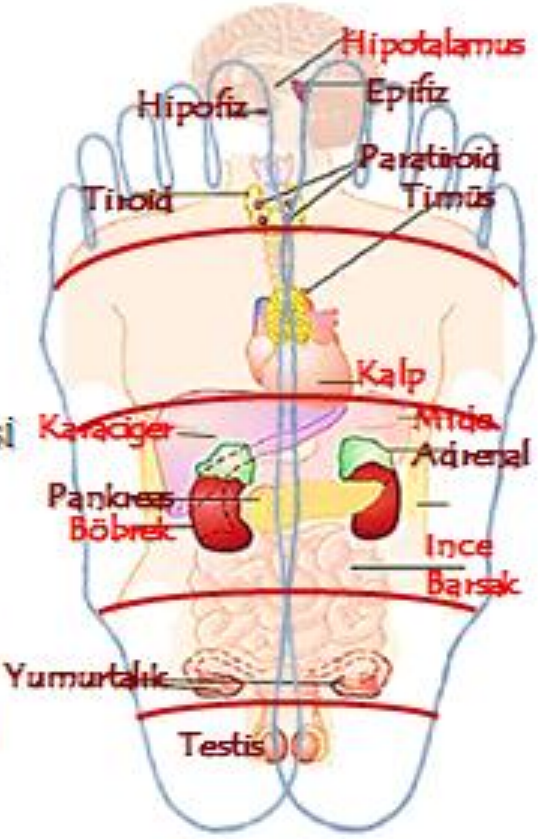


Omuz çizgisi

Diyafram çizgisi

Karın çizgisi

Pelvis çizgisi

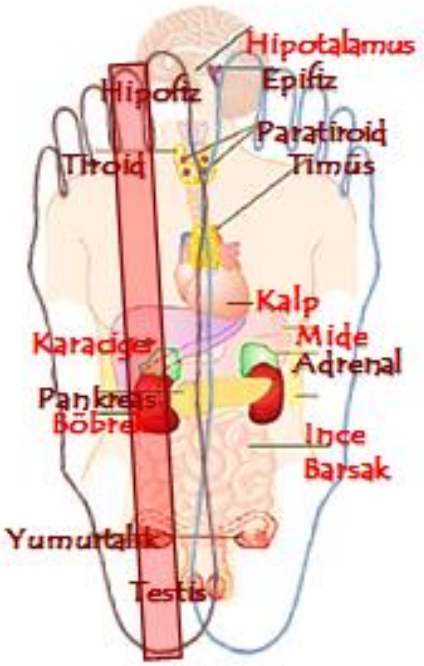




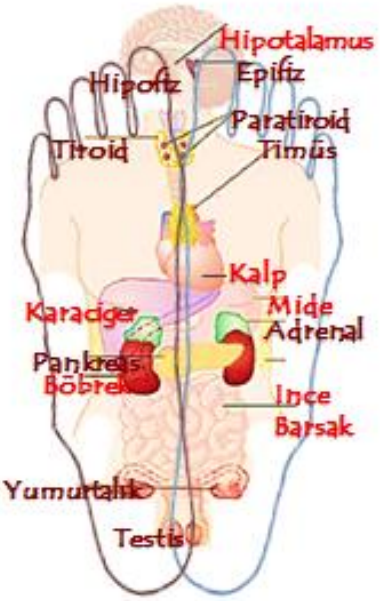
VÜCUDUMUZUN REFLEKSOLOJİ TERAPİSİNE VERDİĞİ TEPKİLER.



Bölgesel Tepkiler



Genel Tepkiler



- Ani tepkiler
- Orta dönem tepkiler
- Uzun dönem tepkiler

BASINÇ UYGULAMA TEKNİKLERİ



1. Baş Parmak Yürütme,
2. Parmak Yürütme,
3. Değişken Basınç,
4. Dairesel,
5. Sabit Basınç,
6. Kancala Çek,





GEVŞETME TEKNİKLERİ

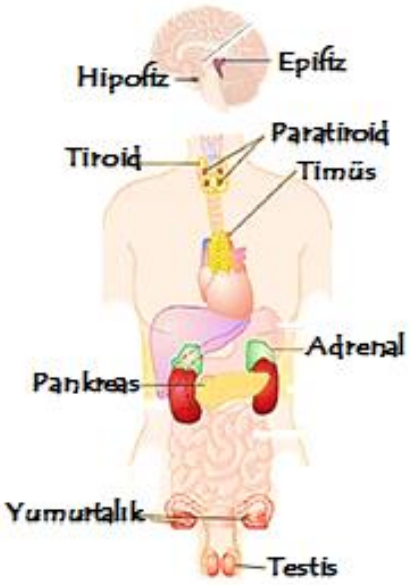


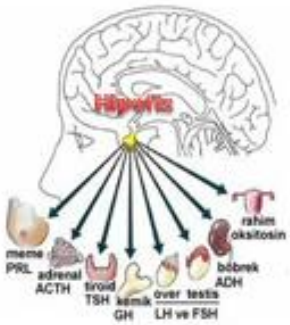
1. Ayağın üst ve tabanı,
2. Ayağın yanları,
3. Bilek bölgesi,
4. Tarak bölgesi,
5. Omurga hattı,
6. Parmaklar.





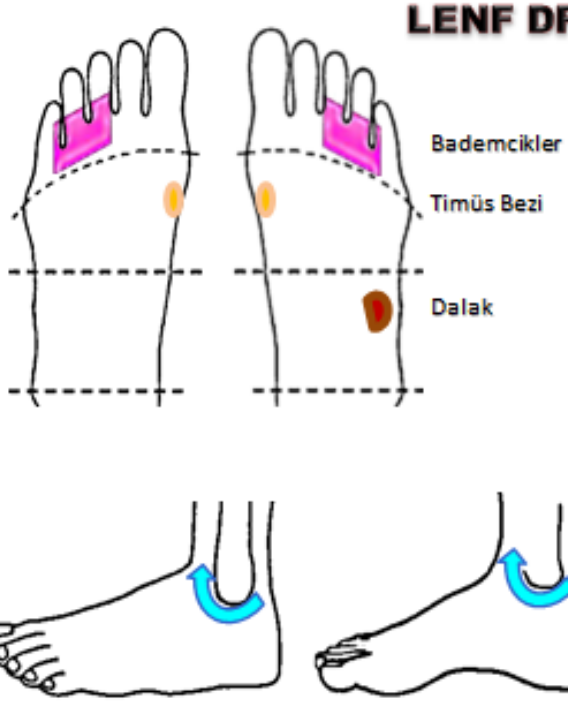
ENDOKRİN SİSTEMİ

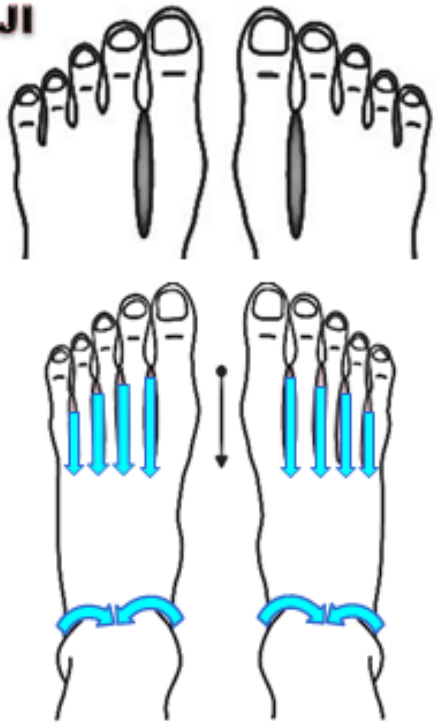




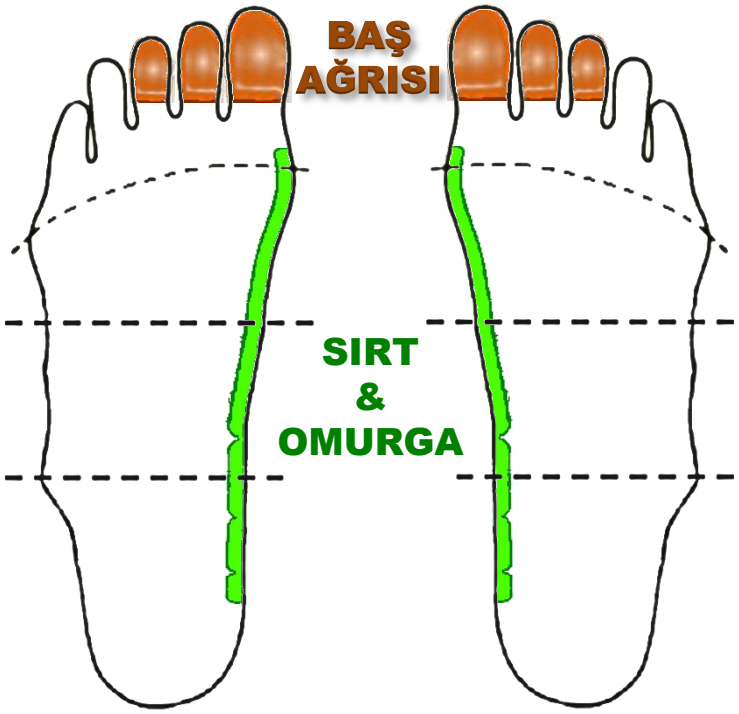


DETOKS
LENF DRENAJI





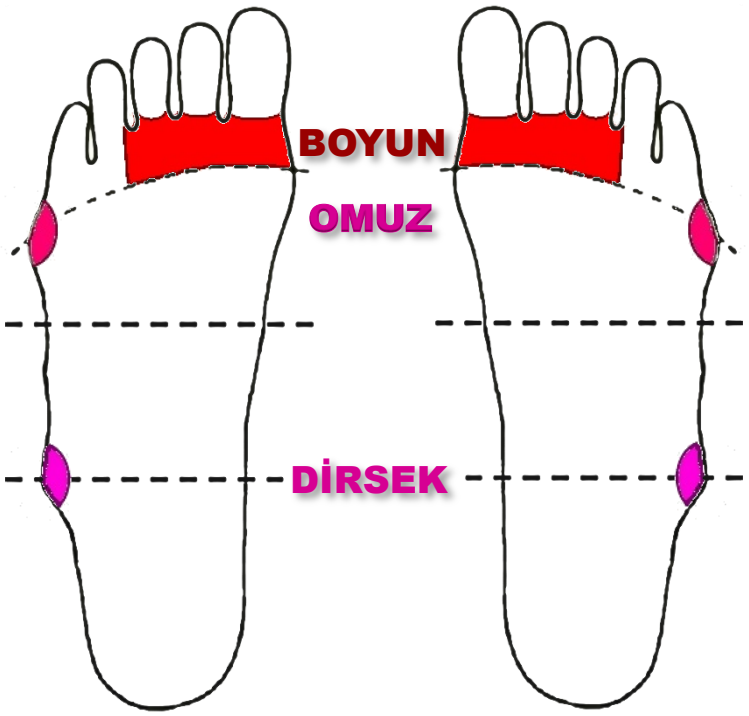
AĞRILI RAHATSIZLIKLAR



Baş Ağrısı

Sırt / Omurga

- Sertlik
- Ağrı
- Lumbago / Siyatik



Boyun

- Sertlik
- Ağrı
- Servikal Spondiloz

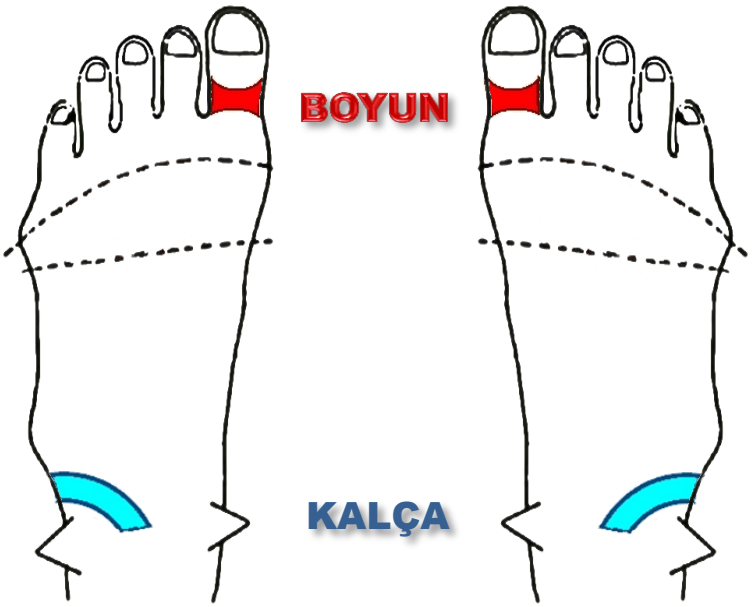
Omuz

- Sertlik
- Ağrı
- Donmuş Omuz

Dirsek

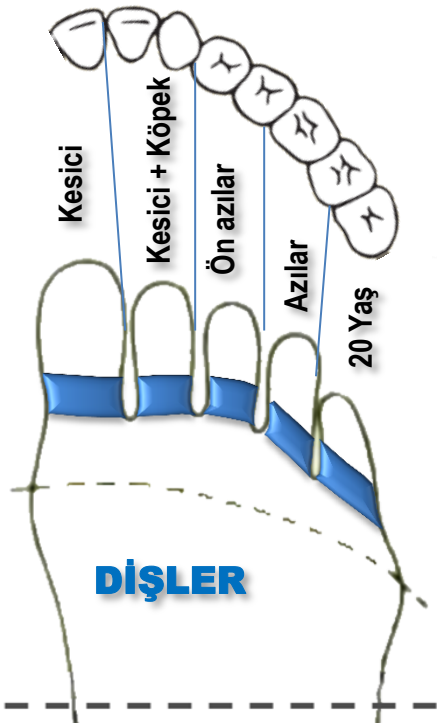
- Sertlik
- Ağrı
- Artrit
- Tenisçi Dirseği

AĞRILI RAHATSIZLIKLAR



Boyun
- Sertlik
- Ağrı
- Servikal Spondiloz

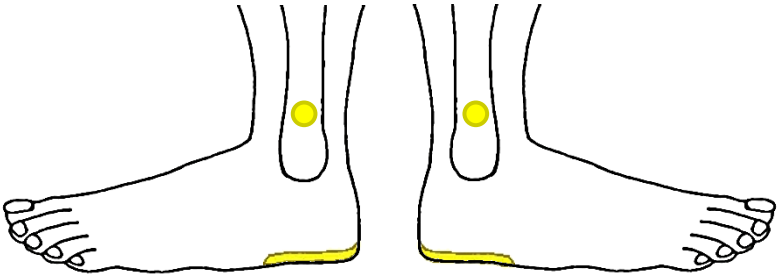
Kalça
- Sertlik
- Ağrı
- Artrit



Diş Ağrısı

AĞRILI RAHATSIZLIKLAR

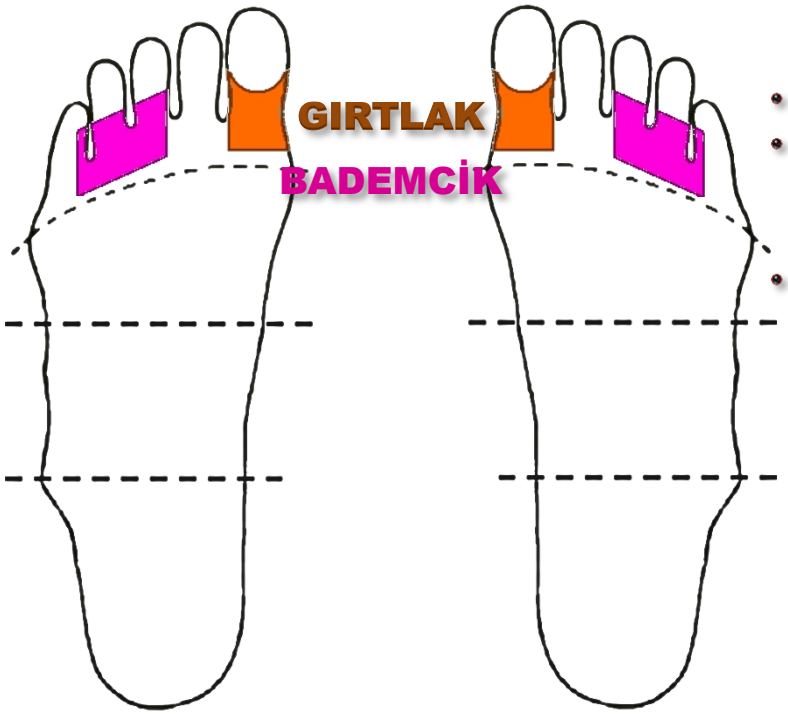
DİZ



Diz

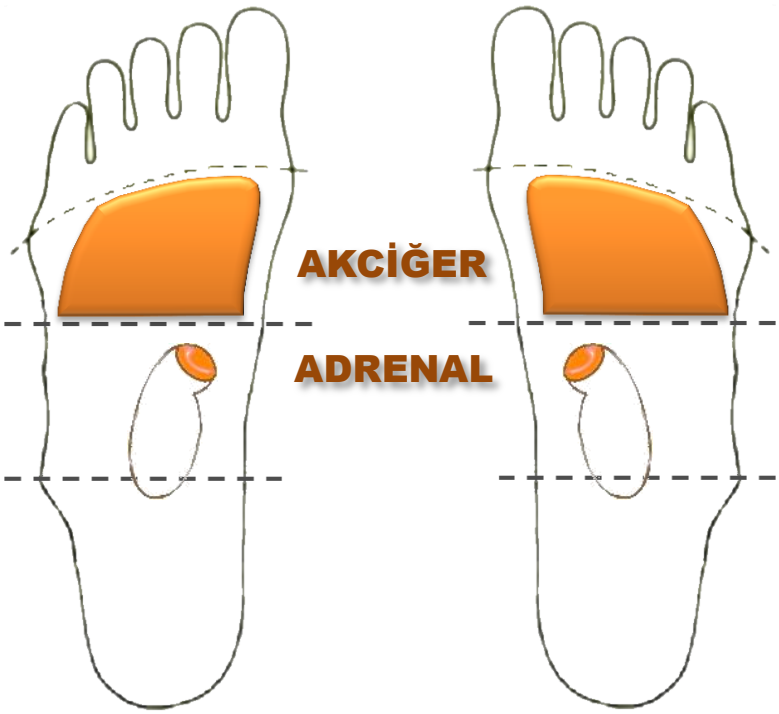
- Sertlik
- Ağrı
- Artrit

SOLUNUM SİSTEMİ



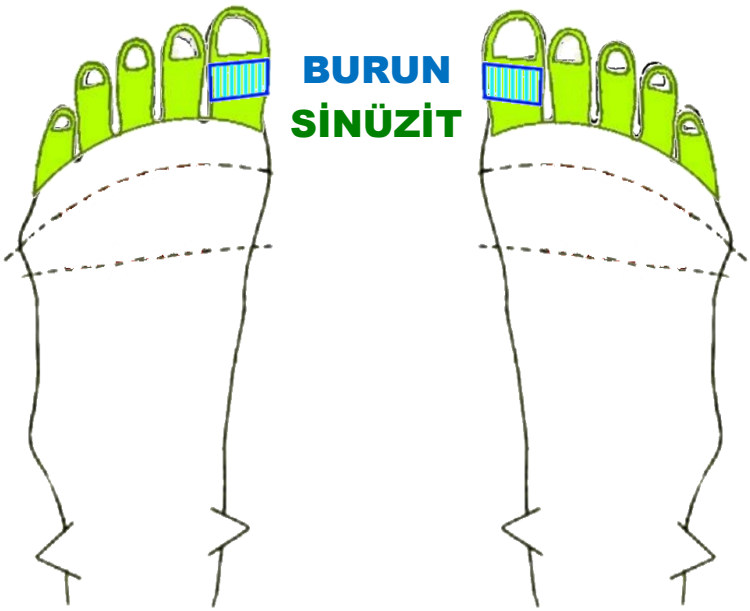
Gırtlak (Larynx)
- Ses kısıklığı
- Ses kaybı

Bademcikler
- İltahap, ağrı, yutkunma zorluğu



Akciğerler
- Öksürük,
- Astım,
- Bronşit,
- Akciğer zarı iltahabı
- Zatürre
- Verem

SOLUNUM SİSTEMİ

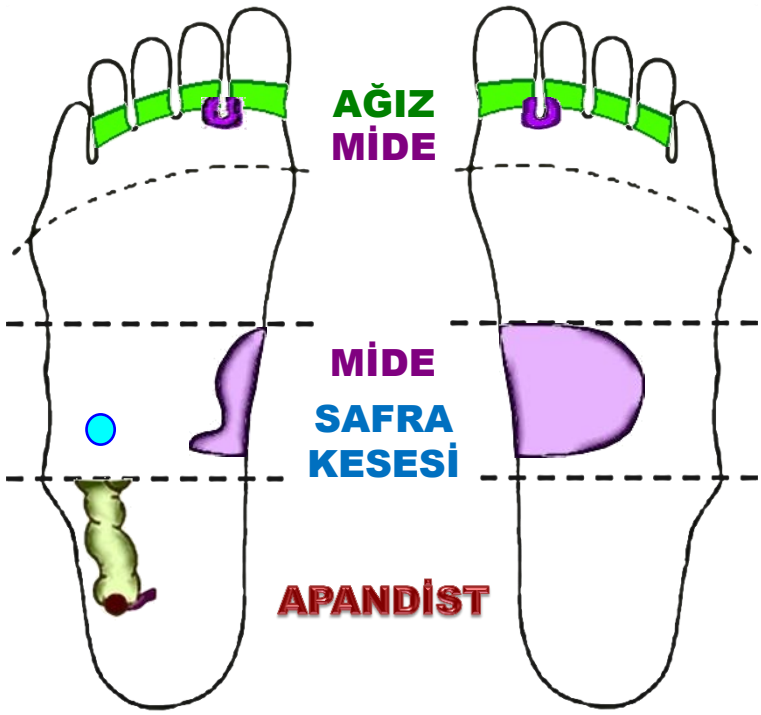


Burun

- Soğuk Algınlığı
- Burun Tıkanıklığı

Sinüzit

SİNDİRİM SİSTEMİ

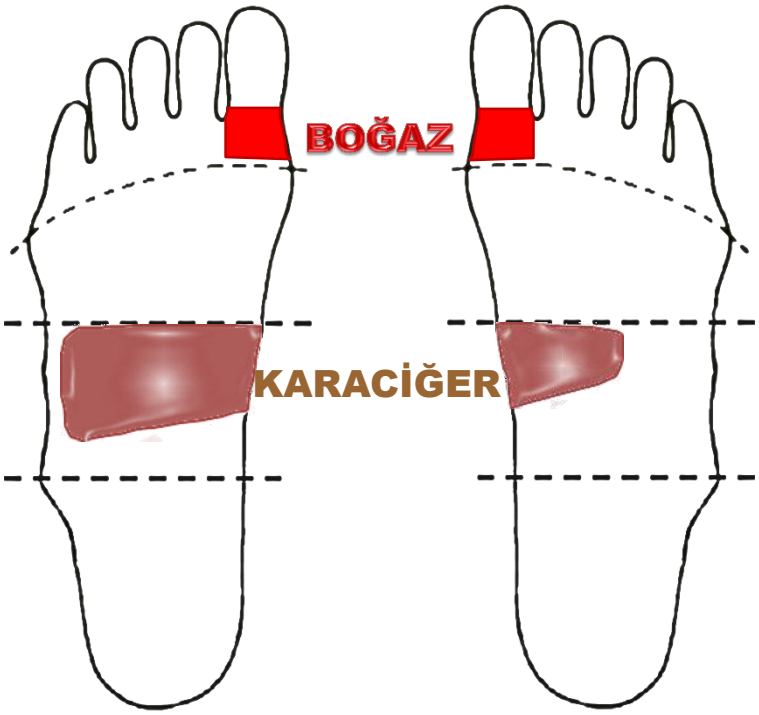


Ağız
- Aft
- Dişeti problemleri

Mide
- Hazımsızlık,
- Gastrit,
- Hazımsızlık

Safra kesesi
- Taş,
- İltahap.

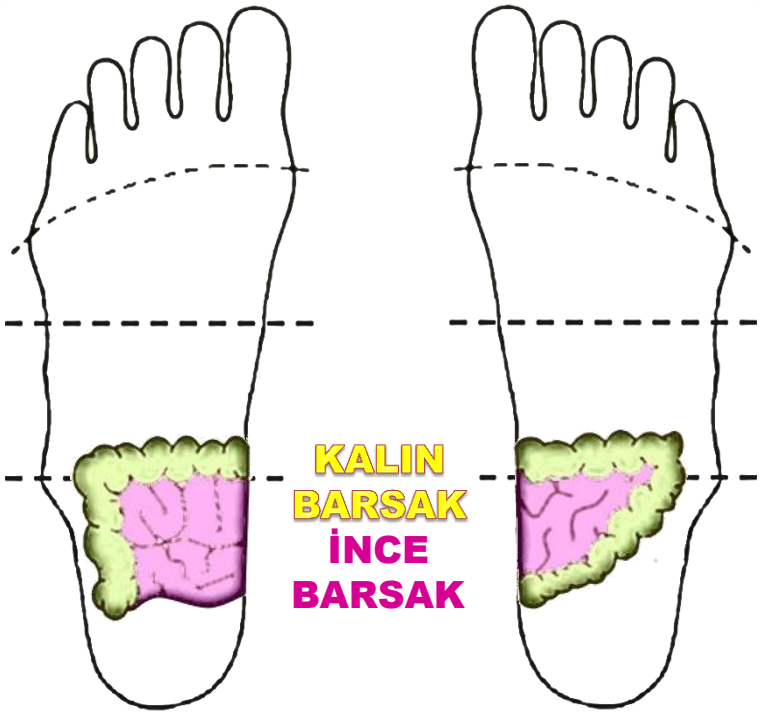
Apandist



Boğaz (Faranjit)
- Yutkunma zorluğu

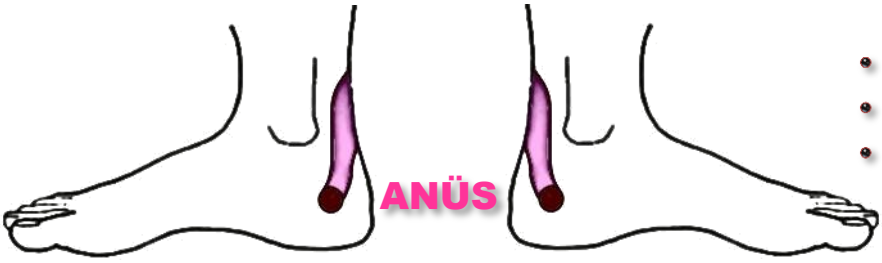
Karaciğer
- Sarılık,
- Hepatit.

SİNDİRİM SİSTEMİ



Barsak

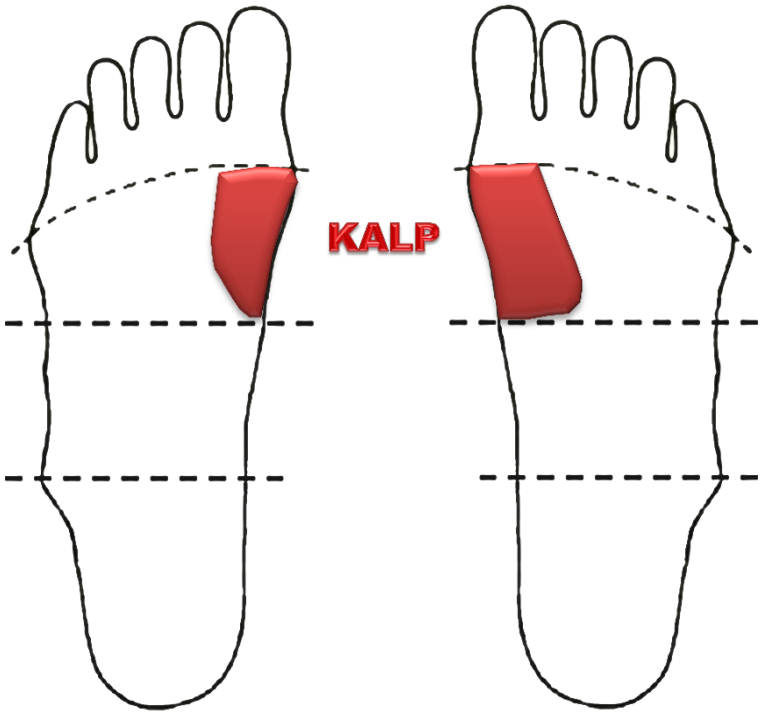
- Oniki parmak Ülseri,
- Kabızlık,
- Gaz,
- Diyare,
- Dizanteri,
- Kolit.



Anüs

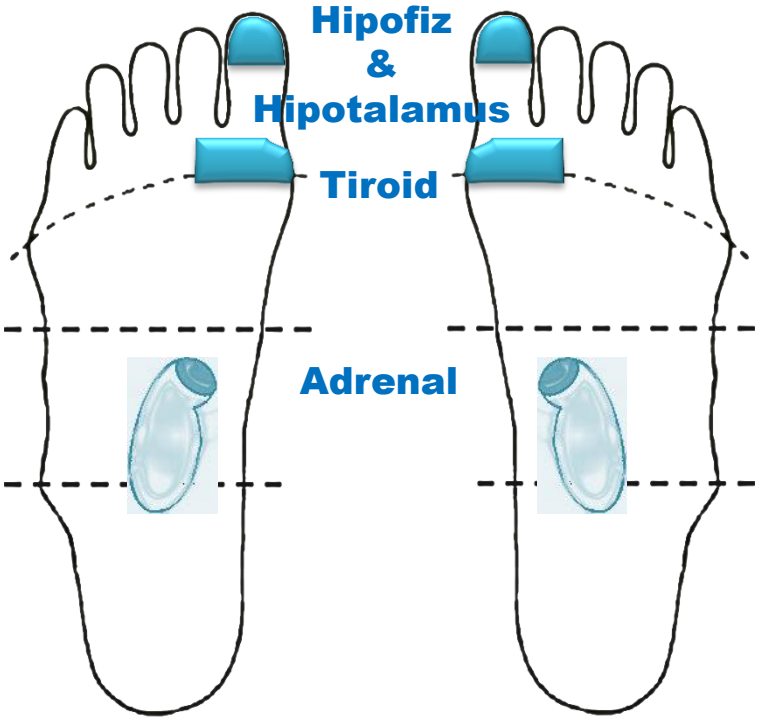
- Hemoroid,
- Çatlak (Fissür),
- Kanal (Fistul)

KARDİYO VASKÜLER SİSTEM



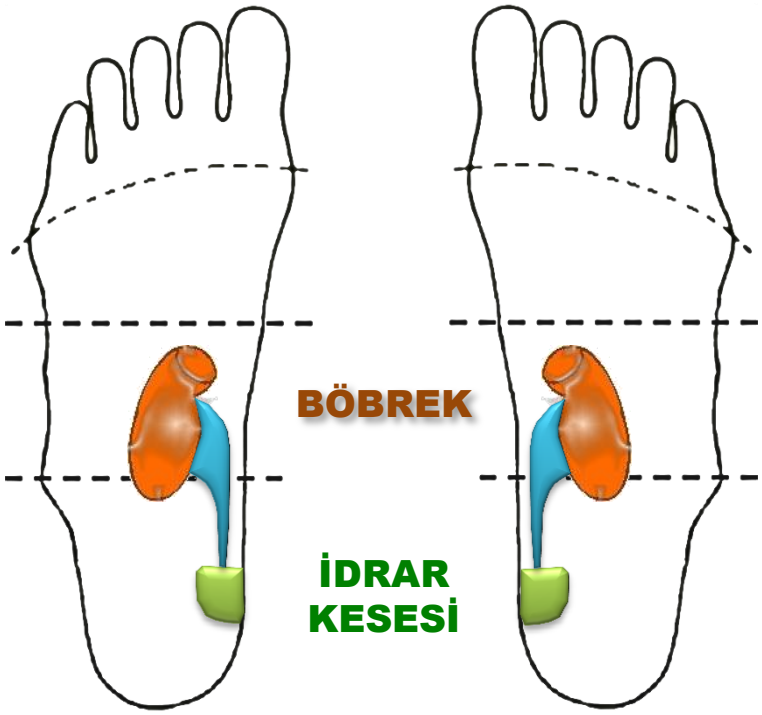
Kalp
- Çarpıntı,
- Anjin.

TANSİYON



Tansiyon
- Hiper tansiyon,
- Düşük tansiyon.

BOŞALTIM SİSTEMİ



Böbrek

- İltihap,
- Taş.
- Böbrek yetmezliği.

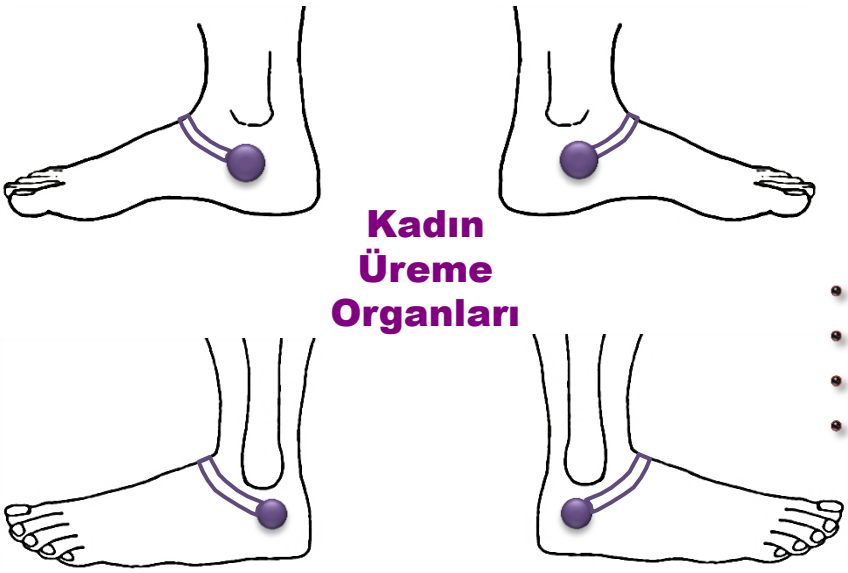
İdrar kesesi / Yolları

- Sistit,
- Üretrit,
- Yatak ıslatma.



ÜREME SİSTEMİ

KADIN HASTALIKLARI

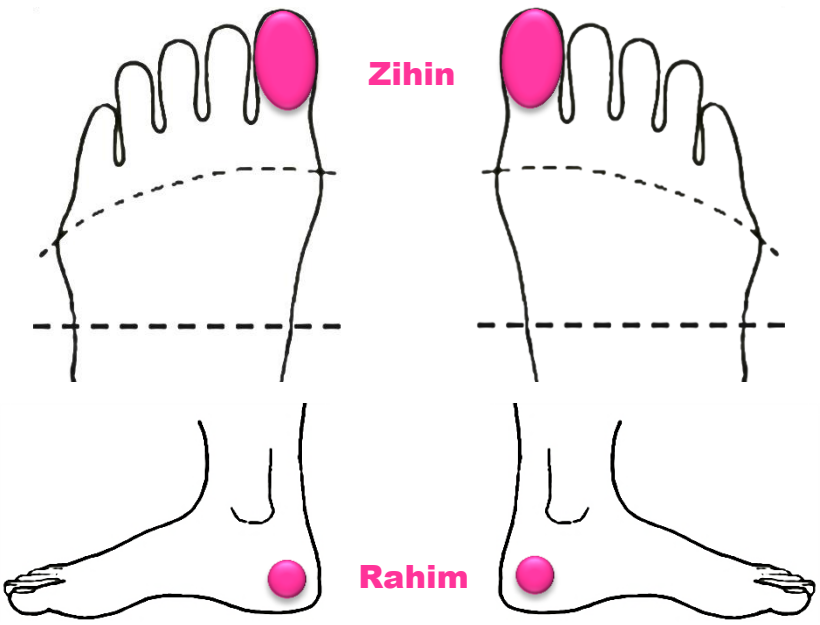


Kadın
Üreme
Organları

Dönem

- Dismenore,
- Oligomenore,
- Menore,
- Akıntı (Lökore)

KOLAY DOĞUM

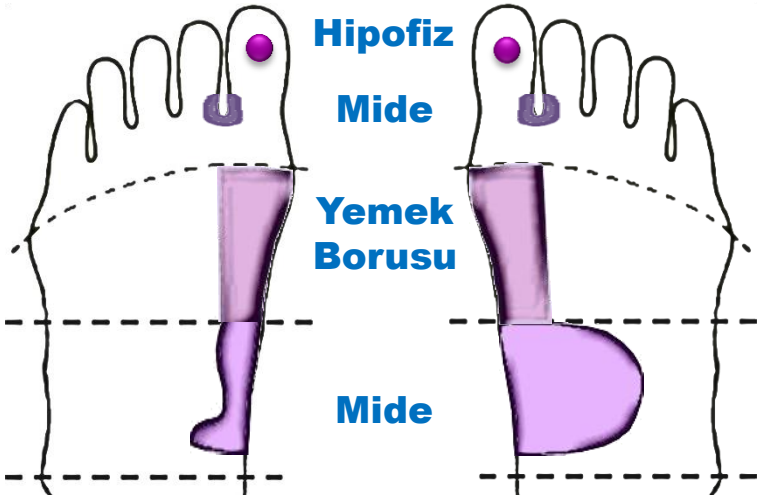


Kolay doğum için

ÜREME SİSTEMİ

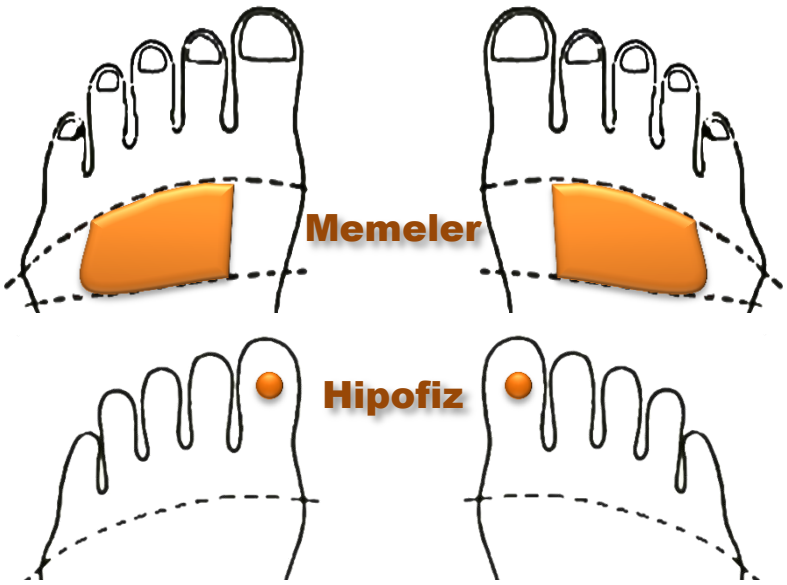
KADIN HASTALIKLARI

SABAH KUSMALARI



Hamilelik Dönemi
- Sabah kusmaları

MEMELER İLE İLGİLİ PROBLEMLER

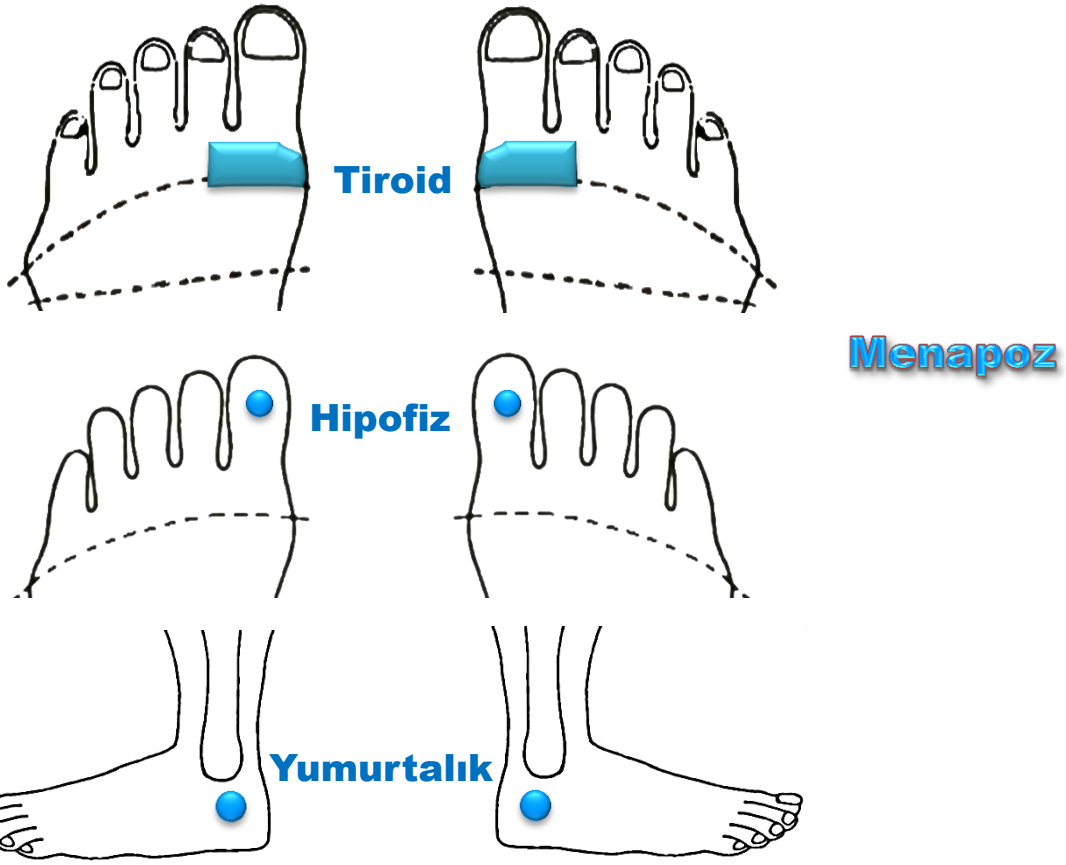


Memeler
- Ağrı
- Yumru,
- Süt gelmemesi

ÜREME SİSTEMİ

KADIN HASTALIKLARI

MENAPOZ



ERKEK HASTALIKLARI



Erkek Hastalıkları

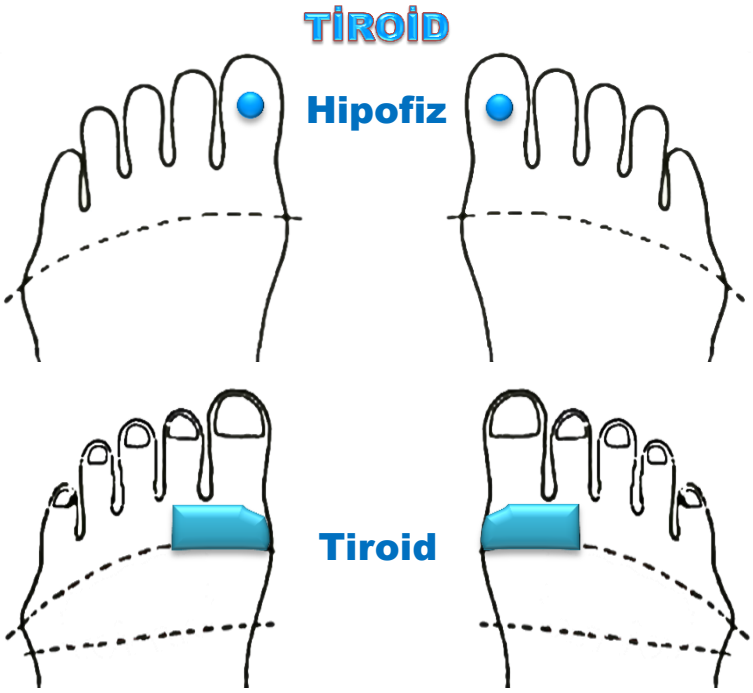
- Hidrosel,
- Varikosel,
- Prostat,
- İktidarsızlık,
- Sperm Sayısı.

ENDOKRİN SİSTEMİ



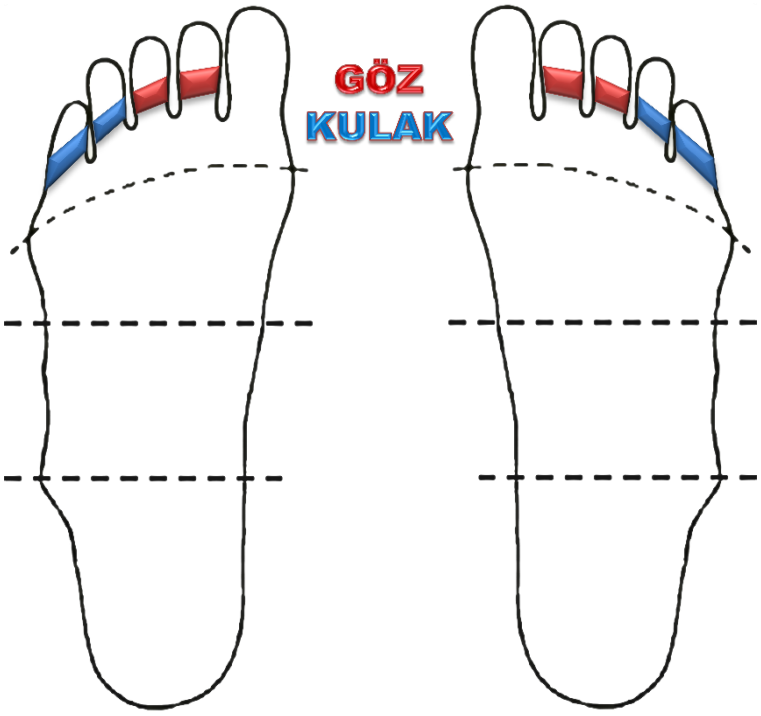
Endokrin Sistemi
- Hipofiz bezi

Pankreas
- Diyabet



Tiroid Problemleri
- Hipotiroid,
- Hipertiroid.

DUYU ORGANLARI

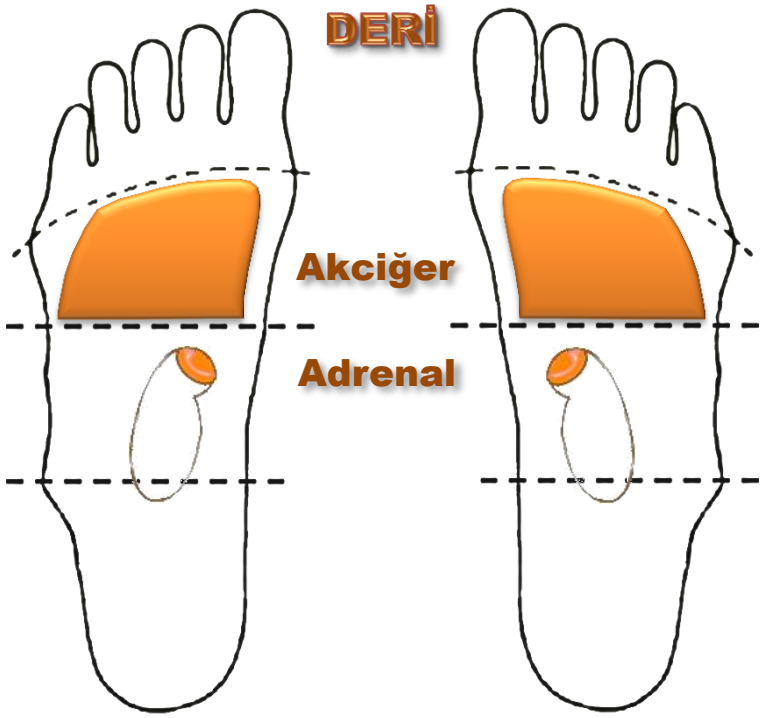


Göz rahatsızlıkları

- Konjuktivit,
- İrit,
- Retinit,
- Katarakt.

Kulak rahatsızlıkları

- Orta kulak iltahabı,
- Kulaktaan sıvı,
- Duyma kaybı,
- Çınlama, ıslık sesi,
- Vertigo.

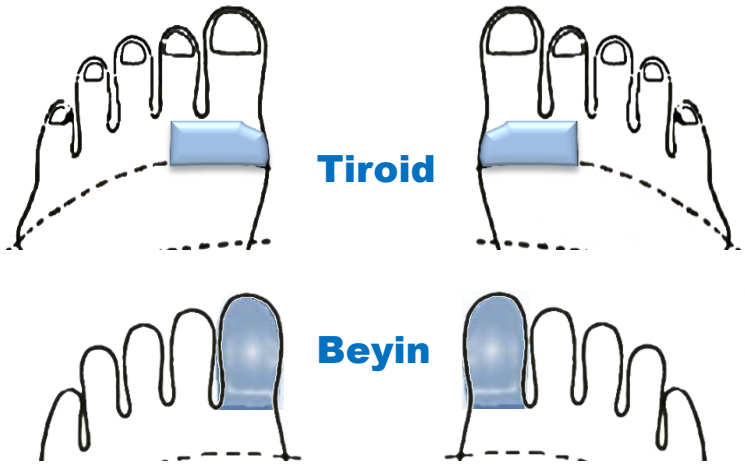


Deri

- Egzama.

DİĞER YAYGIN HASTALIKLAR

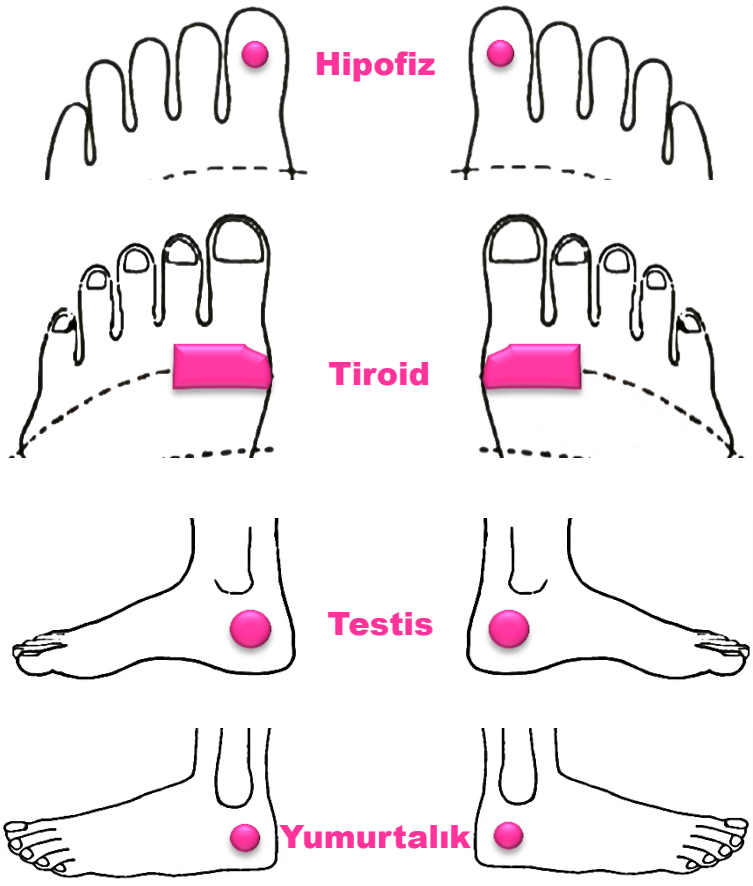
OBESİTE



Obesite

- Sertlik
- Ağrı
- Servikal Spondiloz

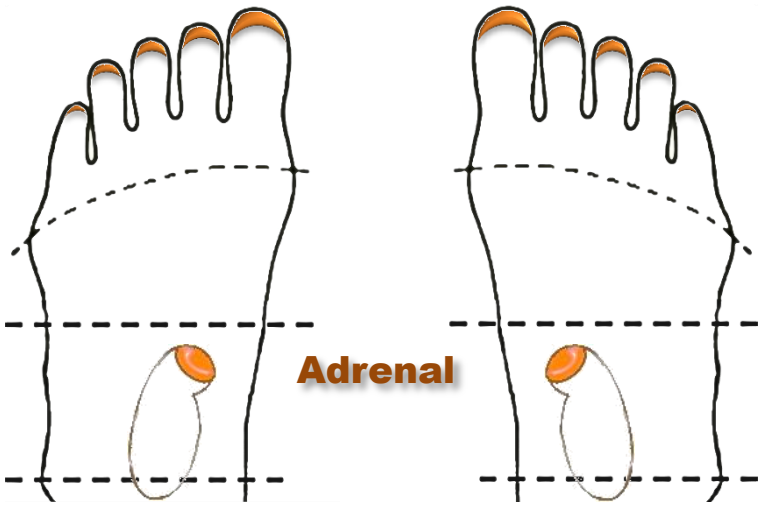
KRONİK YORGUNLUK

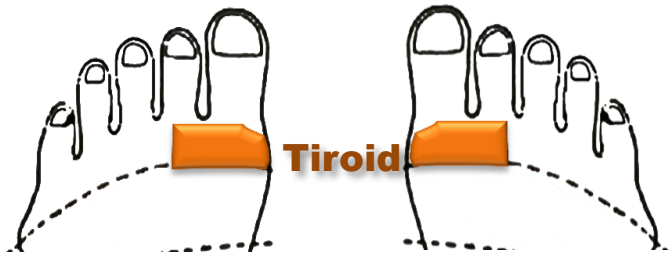


Kronik Yorgunluk

DİĞER YAYGIN HASTALIKLAR

SAÇLAR İLE İLGİLİ PROBLEMLER

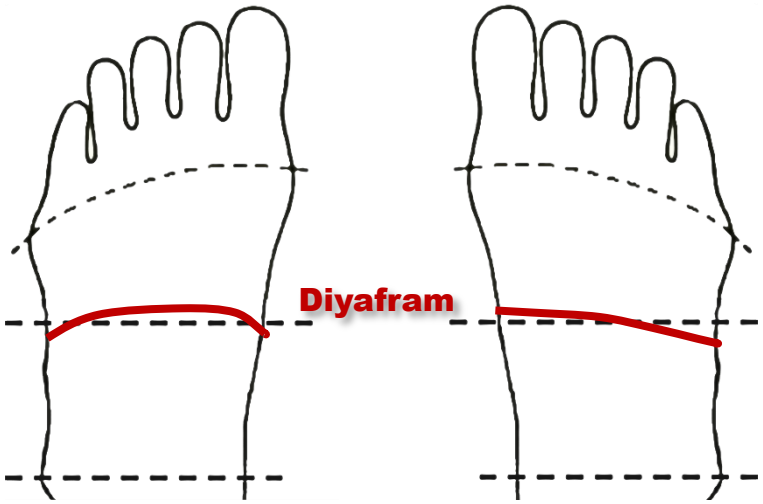




Saçlar

- Beyazlama,
- Dökülme,
- Kepek.

HIÇKIRIK



Hıçkırık

DİĞER YAYGIN HASTALIKLAR

VERTİGO



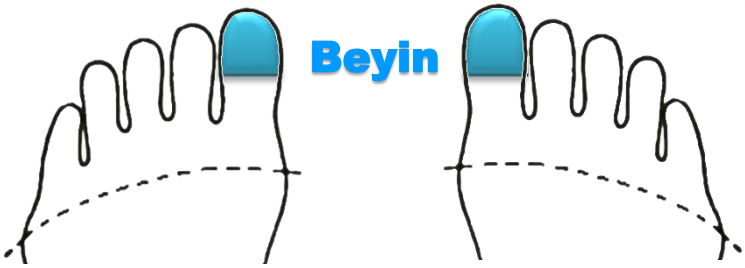
Vertigo
- Baş dönmesi.

ATEŞ



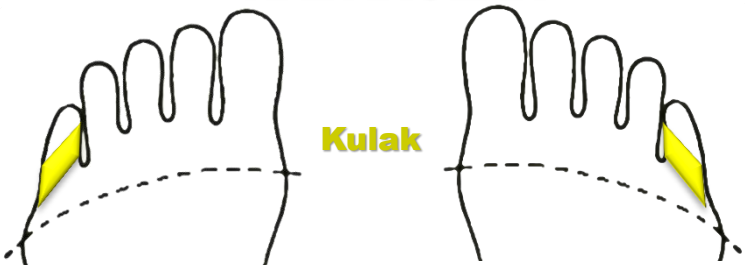
Ateş

ZİHİN İLE İLGİLİ PROBLEMLER



Zihinsel problemler
- Stres,
- Unutkanlık,
- Uykusuzluk.

KABAKULAK



Kabakulak