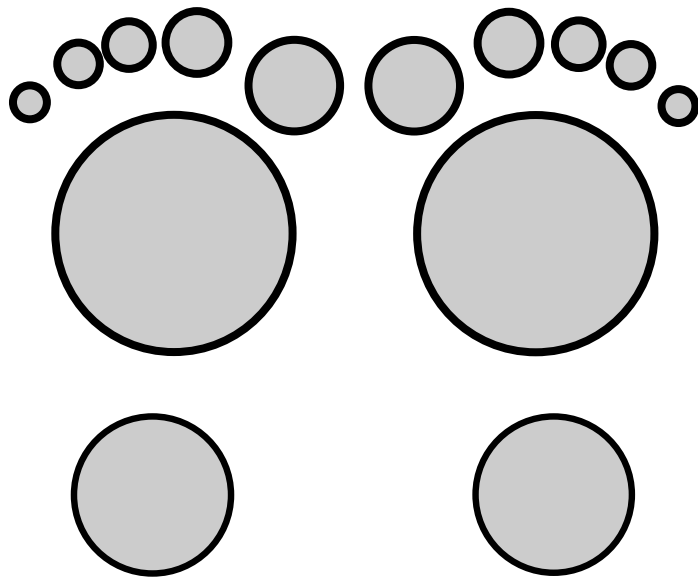


Foot course

Taking intelligent steps
to walk away stress



By **Liu Wai Sang**

Introductory evening

Thursday september 7 or 21, 2006

Place: **Maenhoutstraat 39a**
St-Martenslatem

Time: **19:00 - 21:30**

Fees: **25 €**

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www.waisang.be

Stress in excess and stress that cannot be averted in time, can lead to many health problems. Many modern types of stress arise from or are mainly located in the upper part of the body : they include cranial strain, related to emotional and mental exertion, and visceral strain, related to cardiac exertion. This upper excessive and stressful energy can be greatly reduced and converted into useful bipedal activity by conveniently and naturally passing it downwards to the feet through gravity.

Reflexes are involuntary and automatic responses or reflective actions to stimuli. A reflex area or zone is a certain part of the body, like part of the hand or the foot, which not only can respond directly and immediately to local stimulation but also can reflect instantly the anatomical and physiological state of a certain other part of the body, like the head, which is not so local. Reflex systems, especially the foot reflex system, are not only vital for survival but are also effective in overcoming excessive stresses.

The foot reflex system is an effective means against stress because it has inherited immense evolutionary wisdom and knowledge in optimal adaptation against extremely stressful changes. Such changes are often related to the environment and can be very sudden and drastic like the change from living in the forests to living on grasslands. Ape-like creatures have to follow and evolve accordingly to become humans like in the change from walking on knuckles to walking on two legs. By walking on two legs, the foot reflex system needs to receive and react properly to the continuously changing stimuli from the contact of the ground but also from the body above.

Thus this system plays an important role in keeping humans upright and successful in dealing with stressful changes either internally or externally. Naturally, after existing and passing on from one generation to another, the foot reflex system has become very intelligent and effective in stress management.

One of the greatest threats to the wellbeing of modern humans is stress from an unnatural cause. Ironically indeed, this modern stress is induced not often by nature but rather as a result of humans changing nature. To cope with this fast changing artificial environment, unparallel development of different intelligent systems results, but this is not always totally successful. For instance, the fast pace of advancing artificial intelligence often unknowingly leaves behind or suppresses the intelligence of the reflex systems, especially of the foot, which is an indispensable means for overcoming stress.

The purpose of setting up a **Foot School** is to present a Foot Course to counteract modern daily stress. This course includes a series of educational programmes of Foot Exercise. This Foot Exercise is designed to recover and improve very quickly the long neglected intelligence of the foot reflex system. Prolonged practice of these programmes not only can alleviate modern daily life, but also can bring improved skills and creativity to all walks of life, especially to the like of office and sales people, students and teachers, dancers and athletes.

For further and related reading, please visit Intelligent Reflexology on www.waisang.be.