

CHINESE REFLEXOLOGY POINT FOR THE KIDNEYS

WARNING: Do not massage the Kidney point if you are pregnant because it is located near the acupuncture point, Kidney-1, which is used for inducing labour.

In Traditional Chinese Medicine, the Kidneys are considered “the root of life.” The kidneys are the reservoir of your life force energy. If Kidney Qi is weak, often other types of Qi in your body are also deficient.

Things that can deplete Kidney Qi include overwork, stress, pushing yourself too hard, too much exercise (e.g. over-training), lack of sleep, and for men, excessive sexual activity.

Here’s a simple equation to sum it all up:

Weak Kidney Qi = Low Energy = Tired

Thus, most cases of fatigue, tiredness, lack of energy, hypothyroidism, chronic fatigue and adrenal exhaustion, can trace their roots to a deficiency of the Kidneys. Massaging the Chinese Reflexology point for the Kidneys can help replenish your life force energy.

How to Locate and Massage the Kidney Reflexology Point

You’ve got a Kidney reflexology point on each foot. It’s located on the sole of the foot. To find this point, imagine a horizontal line dividing your foot in half from the tip of your big toe to the base of your heel.

Next, imagine a vertical line dividing your foot in half to form four quadrants. The Kidney point is located primarily in the top inside quadrant with a “smidge” in the top outside quadrant.

To massage this point, press it with your thumb and rub up and down. If you feel extra-sensitive spots, press deeply and massage in small circles. Alternately, you can use your knuckles to rub in an up and down motion.

The Kidney point is one of the most important Chinese Reflexology points because the health of your Kidneys and Kidney meridian impacts your total overall health.

