

The Brazilian Toe Technique

THE BRAZILIAN TOE TECHNIQUE - As adapted by Donna Eden (it is not the original work created by the Hungarian physician and educator Pethö Sándor.)

Not Reflexology but a useful a useful adjunct to use and integrate into your treatments.

The Brazilian Toe Technique uses acupressure points to promote deep relaxation and activates the release of toxins. This simple method can help reduce emotional stress and imbalances, and overall physical pain and achiness. This technique also reduces side effects of chemotherapy and radiation, including restless leg syndrome, insomnia, nausea, and edema. BTT was created by a Brazilian named Jose De Aragao and later presented at a Touch for Health International Convention in 1980. It involves holding different toes in specific order with a light touch. Along with decreasing nausea for chemotherapy patients, the Brazilian Toe Technique is very useful adjunct for balancing polarities, calming the nervous system, reducing pain, swelling and insomnia and can be used alongside or adapted into a reflexology treatment.

BENEFITS

- Relieves Stress
- Induces Deep Relaxation
- Balances the Body's Polarities
- Calms the Nervous System
- Strengthens Emotional Balance
- Reduces All Types of Body Pain

ALLEVIATES

- Insomnia
- Nausea
- Edema
- Restless-Leg Syndrome
- Mitigates Side Effects of Chemotherapy and Radiation

NOTE: Unless you are a yoga master, you will need a partner for this technique!

Brazilian Toe Technique.

With the person you will be working on lying on their back, position yourself at their feet.

- 1) Place your thumbs beneath their middle toes and your middle fingers on top of the same toes, on the toenails. Hold lightly for two to three minutes. Breathe in through your nose and out through your mouth.
- 2) Slide your thumbs to the bottom of their fourth toes, then slide your fourth (or ring) fingers on top of the fourth toes. Hold lightly for two to three minutes. Continue the same breathing.
- 3) Slide your thumbs beneath the little toes, then slide your little fingers on top of the toenails. Hold lightly for two to three minutes.
- 4) Slide your thumbs beneath the second toes, then slide your index fingers on top of the toenails of their second toes. Hold lightly for two to three minutes.
- 5) Slide your thumbs beneath their big toes, then place your index fingers and your middle fingers so that one is on each side of the base of the toenails of the big toes. Hold lightly for two to three minutes.



Brazilian Toe Technique Protocol



Source: <http://www.mountainlighthealing.com/wp-content/uploads/2012/01/BTT-Handout.pdf>

1. Client Lies Down on Their Back
2. Practitioner Stands or Sits at Their Feet, so the Toes Can be Held Without Straining
3. Hold Toes Very Lightly, Both Feet at the Same Time, in the Sequence Below:
 - Toe #3: Thumb Plus Finger #3
 - Toe #4: Thumb Plus Finger #4
 - Toe #5: Thumb Plus Finger #5
 - Toe #2: Thumb Plus Finger #2
 - Toe #1: Thumb Plus Fingers #2 & #3
(On Each Side at Base of Nail)
4. Hold Each Set of Toes for 2-3 Minutes
 - Finger(s) Must be on Top of the Nail
 - Thumb Must be on the Bottom, Under the Pad of the Toes
5. Maintain Contact with the Foot when Changing Toes
 - Gently Move Thumb to Next Toe, then Move Finger(s)
6. End by Holding K1 Points to Ground and Balance the Client

