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## ZONE-THERAPEUTIC-SOLES - GENERAL INFORMATION

The points of stimulation have effects on both zone-therapeutic- and acupuncture principles. It is especially the reflex-points of the toes which have acupuncture effects. They depend on the toes (fingers) having in- and out-flowing points for the acupuncture meridians. Today it is also internationally accepted that the zone-therapists get acupuncture effects in such examples as working on the phalanx' of the toes.

Two of the soles have points of the heels (close to the heel-bone). The heels are underestimated in the traditional zone-therapy much due to the reason that they are hard and horny and difficult to handle for the therapist. The heel is from the angle of vitality a very powerful part of

the foot. From the angle of nature the intention of walking bare-foot was that the 26 individual bones of the foot would move with one another in proportion to each other. That is creating a transformation of power and energy (acupuncture-thinking), which then via the heel trod conveys the energy up in the body systems. Through the soles with activating the points in the heel the natural heel trod will be restored, so to say, in an artificial way. In the zone-therapy particularly the heel answers for the reproduction and the vitality (kidneys, suprarenal glands and sex-glands). To get a relief in the heel-bone (heel-spur, heel-pain etc.) and the sole of the foot (plantaraponeurosen), which is the biochemical continuation of the heel tendon, one may practise to stretch out the calf-muscle and the heel tendon on a threshold or stairs.

Convex surfaces as the front of the fore-foot-vault, the external foot-edge and the heel have been looked as an external structure - muscles in the traditional zone-therapy.

Concave surfaces as the arc of the foot stand closest to the inner organs of the body.

In the three dimensional zone-therapy one point may be responsible for a part of the movement-apparatus but also for an organ. It depends on the foot being built up in different structural layers as organ-, muscle-, skeleton- and skin layers.

Are you interested take contact with us

Greetings

Henrik & Lena Hellberg



## PILOT-STUDY IN CORPORATION WITH THE SWEDISH MIGRAINE ASSOCIATION

The zone-therapeutic sole helps the migraine patients

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About twenty patients have during 6 months taken part in and used our sole in an examination against migraine. 7 out of 10 patients have got clear improvements.

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73 per cent clear improvements	27 per cent as before
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The migraine attacks were fewer and not as painful as before. The attacks have shorter duration and were also easier to cure. A feeling of well-being in the whole body was pointed out.

Those are some examples of the judgements from the patients.

Of the patients 15 per cent were men and 85 per cent women. Age between 35 and 66.

We wish to thank all participants.

I, the undersigned, have in co-operation with Henrik Hellberg invented and evaluated the laid-in- sole, protected by patent.

For further information about the pilot study contact me.

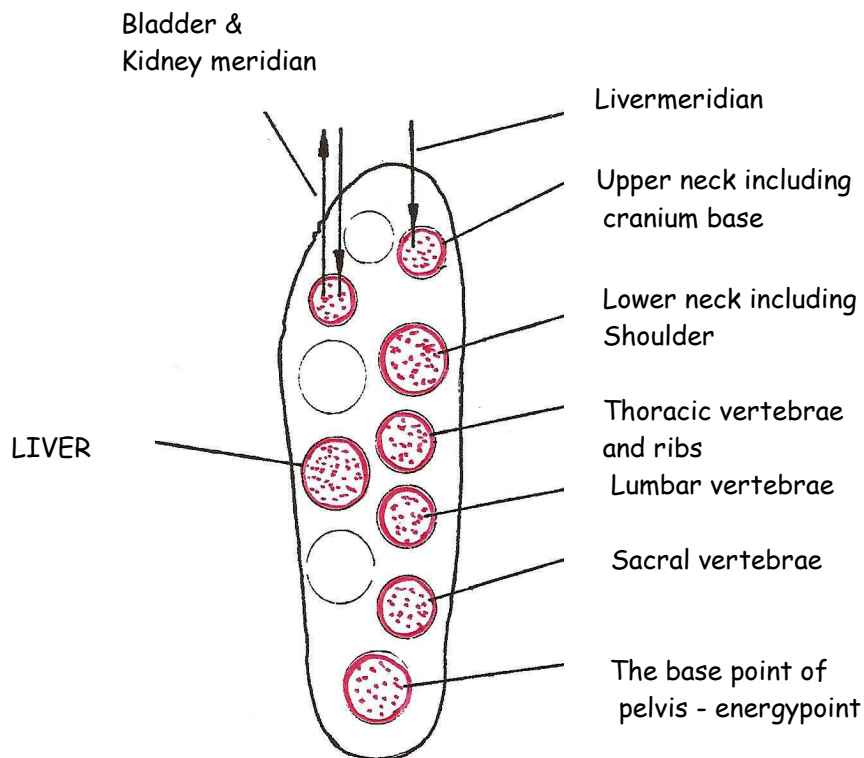
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## THE SOLE FOR NECK AND BACK TROUBLES HEAD ACHE - MIGRAINE

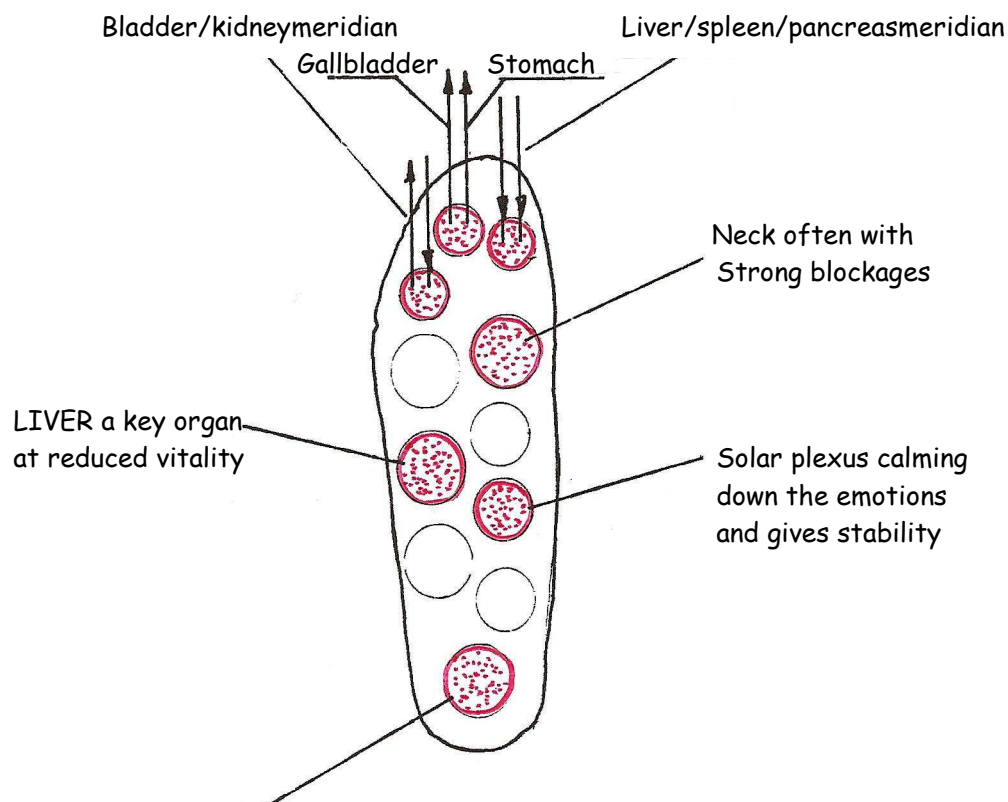
The little toe corresponds in the acupuncture to the general starting-point for the bladder-channel (the starting point also for the kidneys). This channel is above all joined to the spine and the sciatica. It has also an affinity to the sympathetic border-string, which means that the point brings out excess stress from the neck and the back (muscle strains).

The point of the big toe answers to the starting point of the liver, which in this case when it applies to the moving apparatus affects the movement in our body. Reduced faculty of motion results among others to inflammations. Therefore there is no accidental occurrence that the liver is responsible for nerves, muscles, tendons and ligaments.



## THE SOLE WHICH IS GENERALLY RESTORATIVE AT REDUCED VITALITY

Here the point of stimulation lies above all in the toes according to the starting points - in and out - of the acupuncture. Those areas in the end-phalanx are called "ting" and means water-spring. The water symbolizes power and energy. It implies that the energy rises or transforms upwards at movement and load of the bones of the foot, the ankle, the lower leg up to the knee. The acupuncture describes its ways through the foot and the lower leg as stream, rapids, river and sea. BUT to form for example a stream or a river a well is required. Therefore the starting points in the toes are important for the basic vitality.



The basic point of the heel transforming up the fundamental energi by the heel trod when we walk

## TO SHORT STORIES IN SUPPORT FOR THE ZONE-THERAPEUTIC SOLE

By direction of Ulf Dyfvermark

### LILIAN'S STORY

I had my first attack at the age of 27. For three days I was lying in bed exhausted. My worrying relatives took me to hospital, where they at first suspected meningitis. . The pain released and I was sent home without a diagnosis. However the attacks came back - over and over again. I got the diagnosis head-ache caused of stress and was sent to a medical gymnast .The attacks continued. After several years I was told: migraine.

Migraine wasn't to be found in my family and nor in the circle of acquaintance. I used to think it was pure head-ache, didn't know that it was a disease, which had an influence on the whole body - the intestines, the function of the kidneys, blood-circulation, sight and hearing - beyond the throbbing head-ache and the snare around the head. With the diagnosis also followed a proper treatment - a relief! I got rid of the pain but the medicine resulted in a deep sleep, near to unconsciousness.

I learned about the risks - avoid sunlight, avoid heat, eat extremely regularly, avoid wine, beer and citrus fruits..... Still, this wasn't enough, the attacks could happen anyhow. A pressure over my head was constantly present, a latent threat which could, at any time, release a new attack.

In autumn 2004 I began to use DHC's zone-therapeutic sole. At first I didn't notice any difference. The migraine attacks came and went as before at intervals. A bit later on, in the following spring season, I was next to "expect", it was long ago I had been hit? I was a bit hopefully wondering. I noticed that I managed the spring sun even if I had forgotten my sun-glasses at home. A while in the spring-heat and it didn't begin to pulsate over my eyes. I sipped a little at wine, and didn't get ache. But the conclusive difference was no doubt that the earlier constant pressure on my head was gone, as lifted off. I felt myself gone astray - what's the matter? At heart I began to dare somehow to believe, that perhaps ..... I didn't pass it on to anybody. I felt it nearly as magic, which ought to be kept secret. At last I dared to tell it - first of all I informed my children - and the magic didn't release its hold!

I seem to be free from 30 years of agony.

### KJELL'S s story

From childhood and up to the age of 37 I had sinusitis at least once per season. Those passed over to attacks similar in character to migraine. But it was not so powerful and with long intervals, maybe once every half year. The remedy for that was magnesia with codeine. Later it was beta-blockages, vitamin B12, acupuncture, transcendental meditation, and so on. After that reading-glasses seemed to be the solution. But no! In a migraine-clinic in Gothenburg I was told: - You should know that there is no remedy. It's a question of learning to live with your problem!

The ache was sometimes hitting the top of my head (the crown), above or behind one of my eyes. Sometimes it began in one place and moved to another. I said before "similar in character to migraine" because once during the course of my journey a doctor defined the problem in this manner: - "as the medicine works then you have a migraine-equivalence". It belongs to history that I have never applied to the public health-insurance-system, have never been exposed to attacks of vomiting, or drawn down the curtains. I have only had that "equivalence", which has impaired my life-quality. I was indolent and isolated myself readily in a darkroom (due to my photo-interest), estimated no food and wasn't inclined, quite simply.

In course of time the "Imigran" was introduced, first by means of a syringe, and later as tablets. I didn't like the syringe but the tablet was a blessing. But also a curse! The attacks came closer and closer. The last five years I was happy in case I was free of tablets two and three twenty-four-hours-days in a row, once in a while four to five days. In spite of the fact that I was in motion diligently, frequently went out for a run, for instance ten "Gothenburg-round" competitions.

It's a great limitation of the personal freedom to be dependent on tablets. First of all the feeling and then the actual dependence: - You must not forget the tablets! Above that the heavy cost, 1700 Sw.Cr. (approx. 270 USD), at every visit to the drug-store. The high-cost-protection (a public sick-benefit) came into effect nearly immediately and then I had got to whisk away the thought of the burden I laid on the strained hospital-treatment budget. I ignored the red triangle on the package. Of course, all the time I drove a car.

In winter 2004 I put a couple of zone-therapeutic soles in my slippers. It implies that I walk on soles all the time I am moving in my home

evenings and holidays. My first thought was - that cannot do any harm. Secondly, I do not feel discomfort from the points of stimulation. It was instead a stimulating habit. I went on running, was walking with my dog 2,5 km in lunch-time if weather permitted, and continued my morning programme with sit-ups, arm-heaving and back-strengthening.

From June 2005 onwards I have no more use for Imigran! Seven months without tablets. It hasn't happened during the last ten years. In the beginning it was hard to believe. In the first ten days I didn't inform anyone. Now I say it was the best thing that has happened to me during 2005. Still I dare not shout for joy but I am glad and hope to have the same liberation feeling onwards.