

Better Individual Healthcare and Welfare with Foot Reflexotherapy and Energetic Chronotherapy

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Abstract

The core of the Taoism philosophy of the optimal *balance between Yin-Yang* is the same as the *meden agan* Antique Greek philosophy [3]. Both agreed that *sustainability* is obtained neither through a greater *efficiency* (yang excess) nor through a greater *resilience* (yin excess) but with an in-between optimal balance, a *window of viability*. From their experience of interactions between Man and Nature, particularly in agriculture and health, the Chinese ancestors pointed to the ethics of *the harmony and the order*. Confucius said: "*harmony is over all*". To maintain the harmony between Man and Nature is the systemic way for sustainability and Societies have to respect the laws of Nature [6]. Taoism principles made their proofs in *ecology* [7], which is the economy of Nature: too little diversity (yang excess) leads towards breakage, too much (yin excess) leads to stagnation, and in *economy*: complementary currencies of diverse types enable economy to flow back towards greater sustainability [12]. Unless proved otherwise, every living system is rhythmic. Biological rhythms are essential components of *homeostasis*, and *periodicity* is inherited. Major pathologies result from *rhythm disruption*. Drugs show rhythmic variations in pharmacokinetics and pharmacodynamics [1]. Drugs abuse makes money but has triggered antibiotic resistances and environmental pollution [4]. Other ways for *quality-of-life restoration* are needed [10]. Since 5000 years, with antique *Egyptian medicine and traditional Chinese medicine*, foot reflexotherapy was experimented and taught, with success. With time the energetic principles were forgotten and it was misapplied and rejected by modern occidental chemical medicine. But with the failure of more and more aggressive treatments it was re-discovered. Foot reflexotherapy can be used for *diagnosis* and as a tool [8] for chronic pain, vascular flow and lung or breast cancer treatments [13]. In a study, with a significant number of patients, 100% improvement was found [11]. **How to summarize what the research knows? How to use reflexotherapy tools? How to prove their efficiency?**

Energetic reflexotherapy results of 12 years of monitoring, with 8 to 85 years old men and women, taking drugs or not, were randomized against foot massage or non-energetic reflexology results [9], as '*placebos*', and general practitioner, acupuncturist, physiotherapist, rheumatologist, endocrinologist, neurologist or osteopath, results, as '*controls*'. Improvements were *significant* for: -exhaustion, insomnia, night awakenings, anxiety, hypersensitivity, depression, stress, agitation, confusion, dizziness, ictus, memory loss, headaches, migraine, -cognitive or motor dysfunction, traumas; -anorexia, loss of appetite, excess weight, obesity, -sugar or tobacco addiction, perverted taste sensation; -diarrhea, constipation, intestinal obstruction, abdominal discomfort, flatulence, colitis, -stomach discomfort, irritation, ebb or ulcer, dysphagia or dyspepsia, nausea, vomiting; -too low or too high blood pressure, palpitation, -low blood flow, venous or lymphatic drain disorders, edemas, haemorrhoids, veins varicose, syndrome of Raynaud; -hormonal disorder, pineal, pituitary or hypothalamus disorders, libido disorders; -bone, muscle, nerve or vessel pains, cramps, sciatic pain, facial neuralgia; -allergy, inflammation, skin disorders, eczema, acne, lupus; -osteoporosis, osteoarthritis, rheumatism, fibromyalgia, hernia; -rhinitis, bronchitis, emphysema, asthma, -apnea, mucositis; -nephritis, cystitis, incontinence, -pancreatitis, diabetes; -kidney cysts, thyroid nodules.

Taking into account *chronobiology* [2], *reflexotherapy* not only get success in diagnosis and treatments but also can be used to evaluate the efficiency of other therapies like *lithotherapy* [5]. Periodicity is a key component of therapy evolution and evaluation. Harmony preservation is governed by means of *the law and the order*. Our body is a living system of systems [3], a society of cell actors, that must be governed by the order, what allows to establish a hierarchy, a system of *energetic controls*, laws that govern physiological relations and survival rules [6]. Every parts of our body are interacting together, for the best and for the worst. Only treating the right part, but *in the right way and at the right time* means to treat the whole body [5]: *'interaction is construction, construction is interaction'* [10, 3].

keywords: agoantagonism, energetics, ethics, harmony, health, homeostasis, interaction, longitudinal chronobiology, lithotherapy, reflexology, randomized controlled trials, rhythms, sustainability, systems science, wu-li shi-li ren-li, yin-yang

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Pierre Bricage has published more than 250 works in over 20 countries. He has been appointed Vice-President of the French Association of Systemics and Cybernetics (AFSCET). Past deputy Secretary General of the European Union for Systemics (UES-EUS) during 4 years, past Director of the World Organisation of Systems and Cybernetics (WOSC) during 6 years, he currently serves as the IASCYS Secretary General since 8 years.