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# APPLIED VITAFLEX NOTES

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## INTRODUCTION

1. **Definition:** Vitaflex is a term coined by Stanley Burroughs from the phrase: “Vitality through the Reflexes.” It consists of a specialized form of digital electrical stimulation using the pads and nails of the fingers in a rolling motion to fire voltages into the body through reflex points. Vitaflex is effective as a technique in and of itself, while aromatherapy (anointing with essential oils) is also effective independent of any other modality. By combining the two, the effectiveness of both is enhanced.
2. **How It Works:** The voltages produced by Vitaflex induce currents along the nerve pathways. The molecules of essential oils are also electrical in nature and move along nerve pathways. Sickness is often the result of blocked nerve pathways. Vitaflex helps move the healing molecules of essential oils along these pathways. When a gap or malfunction is encountered along the way, the oils and voltages jump-start faulty electrical circuitry, helping to restore proper function. It works best when oils and Vitaflex are applied at Vitaflex points on the body. According to Stanley Burroughs on p. 40 of his book, *Healing for the Age of Enlightenment*, there are 5000 Vitaflex points on the body.
3. **Books and References:** Vitaflex is an ancient Tibetan healing methodology and was brought to the United States in the 1920s by Stanley Burroughs. His book, *Healing for the Age of Enlightenment*, is the original English text on the subject and most of what will be taught in this seminar is found in that book described in both words and photographs. *The Essential Oil Desk Reference* (EODR) discusses Vitaflex in relation to using the procedure with oils. These books are required texts for Certified CARE Instructor (CCI) status.
4. **Essential Oils:** Any reference to essential oils, in this and any other CARE publication, refers exclusively to those sold by Young Living Essential Oils, Inc. (YLEO), headquartered in Utah. They are the only essential oils we know of grown, manufactured and/or packaged in the United States that fulfill all of the standards for Natural, Organic and 100% Pure Therapeutic grade oils. Many other brands are diluted, refined, adulterated with synthetics and/or improperly grown, harvested, and/or distilled. They may fulfill standards for foods and fragrances, but not for healing applications. YLEO oils are the only oils used in CARE programs.
5. **Anatomy 101:** (*See p. 9 for list of body systems*). Familiarize yourself with the bodily locations of your major organs by placing your hands in the appropriate places: Liver, Gallbladder, Pancreas, Spleen, Appendix, Ascending Colon, Transverse Colon, Descending Colon, Sigmoid Colon, Stomach, Thymus, Thyroid, Heart, Lungs, Bronchial Tubes, Sinuses, Brain, Pineal Gland, Kidneys, Adrenals, Uterus/Prostate, Ovaries/Testes. Relate each of these to the foot and hand charts on pages 7 and 8.

## THE BASIC VITAFLEX MANEUVER

1. **Remove all Metal:** Vitaflex is electrical in nature, therefore, any metal worn by the client or the Vitaflex facilitator can alter the electric fields and currents. Hence, remove all jewelry, watches, rings, and metal belt buckles to insure the optimal benefits of Vitaflex. If someone has metals in his/her body (such as knee replacements, plates in the skull, etc.) or if one wears glasses with metal frames, don't worry about these. The essential oils will compensate for these impediments.
2. **How Applied:** Lay the pads of your four fingers flat on the body surface to which you wish to apply Vitaflex and slowly roll up 90 degrees to where the tips of your four fingers are vertical. Then flip over another 90 degrees to where the nails are flat against the body surface. When mastered, this motion is done fairly quickly beginning with the rolling motion of the finger pads followed by a quick snap over onto the nails. One may also perform this technique with one or two fingers or with the thumb.
3. **Theory:** Vitaflex makes use of the piezoelectric characteristic of the human skin where pressures, however slight, induce voltages and corresponding currents in the body. "Piezo" is a Greek prefix meaning "pressure." Many crystals are piezoelectric, including quartz, which has many industrial applications. When pressure is applied to the body by the Vitaflex maneuver, because the skin on the pads of the fingers act as a conductor, voltage builds up to a maximum as the finger pads roll from flat to a vertical position. Then, as the fingers flip over on the nails, which are electric insulators, the electrical connection is suddenly broken firing the built-up electricity into the body. If oils are applied at the point of the Vitaflexing, they are carried into the body along generated currents.
4. **Where to Apply:** Vitaflex can be applied to any part of the body. Vitaflex enhances the benefits of body functions and the application of essential oils. What follows are some specific instances where Vitaflex can be applied for specific results.

### ◆ BEGIN VITAFLEX TECHNIQUE

**Spinal Points of Feet:** Vitaflex along the spinal reflex points of each foot (see p. 7) from the heel of the foot to the end of the big toe. This covers the coccyx to the brain. Start with the right foot and Vitaflex up the foot 3X and then repeat on the left foot. Your thumb should wrap around the foot, Vitaflexing with little to no opening between your hand and client's foot. Your body should be in alignment with the client's body as you face them. Your shoulder should align with their shoulder.

### ◆ VITAFLEX TECHNIQUES FOR CLEARING THE COLON

1. **Along the Shins and Spinal Points of Feet:** On the right leg first, start just below the knee. Walk down the shin with Vitaflex, continue behind the ankle bone and up the spinal reflex points inside the foot to the tip of the big toe. Repeat Vitaflex 3x on right shin and foot, then repeat series on left shin and foot 3x. Use right hand on right leg and left hand on left leg. Keep your body in alignment with that of client who may be sitting or reclining on his/her back. While helping to open and relax the colon, this technique also administers to the bladder, uterus, prostate, sciatic nerve, spine, thyroid and brain. This procedure is sometimes performed as an adjunct to or a part of Raindrop Technique. Note: As a suggestion, oils of *Cypress*, *Wintergreen*, *Basil*, *Marjoram*, and *Peppermint* may be used in that order before performing this technique. Apply 1-3 drops of the first oil in your hand and swipe down the colon reflex point along the right shin, then repeat with each additional oil. Begin Vitaflex as described above on the right shin and foot. Repeat oils application and Vitaflex on left shin and foot.

2. **Soles of the Feet:** Walk across the colon reflex points on the feet moving right to left, up the ascending, across the transverse, down the descending, and diagonally across the sigmoid. Alternate left and right hands to move smoothly through the large intestine reflex points. In this technique, both hands are used on both feet. Demonstrate three ways: (a) sitting beside client's feet with feet facing out, (b) sitting in chair in front of feet with bottoms of feet facing you, and (c) with clients feet dangling off edge of massage table as you sit in chair in front of client. Note: (c) is the most practical way to perform this technique on a client. Oils of *Di-Gize®*, *Peppermint* or *Patchouli* may be applied.
3. **Base of Skull:** Thumb Vitaflex at the base of the skull may also open colon. Oils may also be applied.
4. **Properties of the Oils:** *Cypress* is good for blood and lymph circulation. *Wintergreen* administers to muscles, joints, and bone. *Basil* relaxes voluntary muscles while *Marjoram* relaxes involuntary muscles such as those of the intestinal tract. *Di-Gize®* is specifically good for opening up a sluggish or constipated colon. *Patchouli* is good for nausea, queasy stomachs, motion sickness or morning sickness when pregnant. *Peppermint* is good for indigestion and for stimulating peristaltic action in the colon and has the added property of enhancing the benefits of any other oil with which it is combined.

## ◆ VITAFLEX TECHNIQUES FOR THE RESPIRATORY SYSTEM

1. **Lungs:** Walk across lung reflex area on the bottoms of feet, from outside to inside, using *R.C.®*, *Raven*, *Ravensara* or *Eucalyptus oil*. If there is congestion and a need to expel phlegm and mucus, *Frankincense* or *Hyssop* may be used. One or two drops are sufficient. If there is infection in the lungs the following oils may be used: *Thieves®*, *Exodus II®*, *ImmuPower®* or *Cistus* (also called Rose of Sharon or Rock Rose). If the infection is viral, *Oregano*, *Thyme*, *Cinnamon Bark* or *Cassia* may be used. If the problem is asthma, see the EODR. Emotional oils may be indicated.
2. **Bronchial Tubes:** Walk your fingers between ligaments/bones on top of the feet, right foot first, moving from the outside to the inside of the foot (i.e. starting from the side of the little toe moving to the side of the big toe), doing three Vitaflexes in each groove. Repeat on left foot going from little toe side to big toe side. Use same oils as discussed for lungs above. Remember that the skin on top of the foot is more tender and sensitive, and oils that were well-tolerated, neat on the soles may need dilution with carrier oil on the top. Repeat on both feet three times.

## ◆ VITAFLEX TECHNIQUES FOR SINUSES

1. **On the Necks of the Toes:** Starting on right foot, walk across necks of the toes (sinus reflex points) from outside to inside. Repeat, Vitaflexing a total of 3x. Repeat on left foot. Any of the oils for respiratory congestion may be appropriate. *Peppermint* may also be effective. Ask the client for his or her preference as their preference may be just the right choice. Note: The necks of the toes are the reflex points for the sinuses for those of Caucasian and African descent. For Asians and Native Americans, Vitaflex on the pads of the toes.
2. **On the Face:** When sinuses are infected or inflamed, you can walk across the face from outer cheekbones to nose and across forehead from temples to center, left and right, using both hands. Keep away from eyes. Even vapors rising from the cheeks can cause eyes to water if too much oil

is used. *R.C.*® or *Ravensara* have been effective with this technique. This technique can be self-administered, as can most of Vitaflex.

3. **Note:** *If Peppermint is to be used, don't apply it to the face. Have the client sniff the oil, breathe deeply, and administer the Vitaflex without applying oils.*

## ◆ VITAFLEX FOR HEAD AND BRAIN

1. **On the Toes:** Starting at the base of the toes, Vitaflex up and off of the pads of the toes 3x while supporting the backs of toes with other hand, then curl the necks of the toes 1x.
2. **On the Head:** Stand behind seated client and place your left hand over the left side of the client's forehead (off-center). Administer Vitaflex using all four fingers starting at the center base of the occipital ridge (skull) and continuing just over the ear and around the temple area until your Vitaflex hand meets-up with the hand holding the forehead (repeat two additional times for a total of three).

Repeat this process but move up so you Vitaflex from the center base of the skull along the side of the head going above the temple area and Vitaflexing down to the eyebrow area (3x).

The third pass begins at the center base of the skull and goes straight-up over the head down to the eyebrow area (3x).

Repeat this entire process on the left side of the head. To complete the head and brain Vitaflex, next work on the scalp. Reach under the hair at the scalp and squeeze the hair all over the head in a strong, but gentle, way. This is a great technique for release of headaches or stress. The client may hold a bottle of any favorite oil and inhale while this process is being performed. Oils may also be applied to the head: *Sandalwood*, *Frankincense*, *Cedarwood*, *Brain Power*® or *Peace and Calming*® are good choices, or you may ask your client's preference. While more effective with oils, the technique works without oils as well.

## ◆ VITAFLEX EAR TECHNIQUE (See page 5 for detailed outline)

1. **Ears:** This technique addresses the mechanics of the inner ear as well as the auditory nerves and lymphatic ducts near the ear. Carefully introduce oils into the ear canals according to Step 2 of the procedure on the next page (5), then perform steps 3-8. While *Helichrysm* is the preferred oil here, *Purification*®, *Ylang Ylang*, or *Geranium* may also be used. Refer to EODR to see what other oils may be used for hearing loss. See CARE Vitaflex video for the exact procedure.
2. **Jaw Bones and Mastoid Bones:** Apply *Helichrysm*, *Ylang Ylang*, *Geranium* or *Purification*® along lower side of jaw bones from chin to the mastoid bone behind the ears with your fingers. This addresses the lymphatic glands and Eustachian tubes which, if clogged, can cause loss of hearing. Other oils may be used.
3. **Little Toes:** Apply *Helichrysm* with Vitaflex to the reflex points for the ears on both feet, i.e., to the pads of the two smallest toes. This addresses the entire ear area.

## VITAFLEX EAR TECHNIQUE WITH ESSENTIAL OILS

1. Fingernails must be clipped very short and filed smooth; if not, they could hurt the client.
2. Place a few drops of oil of *Helichrysum, Purification®*, *Geranium* or *Ylang Ylang* in one hand, use index finger to rub oil in a clockwise motion, and then apply oil to the opening of the ear canal (both sides of the head). Work the oil gently into the ear canals until you and/or the client hear a slushy, slurpy sound. After you or the client hears this sound, apply one or two more times, and then you know there is enough oil. **CAUTION:** *Never pour essential oils directly into the ear.*
3. Standing behind client, GENTLY insert index fingers into both ears, plugging the ears, to create a partial vacuum.
4. Lifting upwards, palms up, with index fingers in the ears, rock the head side to side, right to left, (ear to shoulder) 10 x each side, 20 x total.
5. Pulling downward, palms down, with index fingers in the ears, rock head side to side, right to left, (ear to shoulder) 5 x each side, 10 x total.
6. Pulling ears back, palms towards you, rotate head side to side, pull right then left, clockwise and counterclockwise, 5 x each side, 10 x total.
7. Pushing ears forward, palms away from you, holding ear lobes with the thumb, rotate head side to side, right to left, clockwise and counterclockwise, 5 x each side, 10 x total.
8. Slowly turn fingers in the ears until palms are facing upwards, then lift upwards, holding steadily for a count of 10, then release.
9. Place a few drops of *Helichrysum, Purification®*, *Geranium* or *Ylang Ylang* in the palm of the hand, stir clockwise. Then using index finger of other hand, apply the oil to the lower chin, stroking it up the jaw bone to the back of the ear and over the mastoid bone. Repeat several times on each side.
10. Rub some oil (any of those listed above will do) on the pads of the ear reflex points on the two littlest toes on each foot.

For more information please consult the following:

*Healing for the Age of Enlightenment* by Stanley Burroughs

*Applied Vitaflex DVD*, Demonstrated by David Stewart, Ph.D.

Both texts are available from CARE International,



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## ◆ VITAFLEX HEART PUMP

1. **Left Arm and Hand:** Thumb or finger Vitaflex on the heart point of left hand, below ring finger and as it intersects with the heart line, below the ball of the hand. Also thumb or finger Vitaflex either of the two reflex points on the upper left arm (triceps area) as it is held up and bent at elbow: (a) Under the arm, about 1¼ - 1½ inches from the elbow, or (b) medial (inner) arm, also about 1¼ - 1½ inches from elbow. *Cypress*, *Aroma Life®* or *Trauma Life®* are good choices for this Vitaflex technique.
2. **On Left Foot:** Vitaflex on heart reflex point below the ring toe and just below the ball of the foot, the soft tissue.

## ◆ VITAFLEX FOR LYMPHATIC SYSTEM

1. **Lymphatic Pump:** With client sitting or lying on back, place lower palm of your hand on the ball of the client's foot. Grasp the five toes and work up and down, bending and pulling to simulate the action of the foot as in walking (push ball of foot, curl toes over, pull back, release curl, in one fluid motion. See EODR, 5<sup>th</sup> edition, Application, page 3.6 for photographs of this.) Oils are usually not used during this technique, but it is most effectively performed after the shin technique for the colon where oils are used.
2. **Thumb Vitaflex (Or Thumb Rolling):** Thumb Vitaflex (also called Thumb Rolling) to either side of the spine with the client sitting backwards in a chair or lying face down. Most of the time, Vitaflex is performed with a gentle pressure, but this technique is performed with high pressure just short of creating discomfort to the client. It can be done with or without oils and is applied as part of the Raindrop Technique after applying *Cypress* oil or after layering a sequence of *Basil*, *Wintergreen*, *Cypress*, *Marjoram* and *Peppermint*.
3. **Saw Maneuver /Finger Straddle:** With the client sitting backwards on a chair or lying face down, straddle the spine with the index and middle fingers of left hand with butt of flattened right hand bearing down just under the last joint of the fingers. The two hands are fixed together. Using firm pressure, slowly slide up the spine to the base of the occipital ridge (skull) with the lower hands' straddled fingers while the top hand creates side to side motion. (If left-handed, switch hands from instructions given above.) Use oils mentioned for Thumb Vitaflex. This technique is also effective for relaxing the muscles of the back and is used in Raindrop.

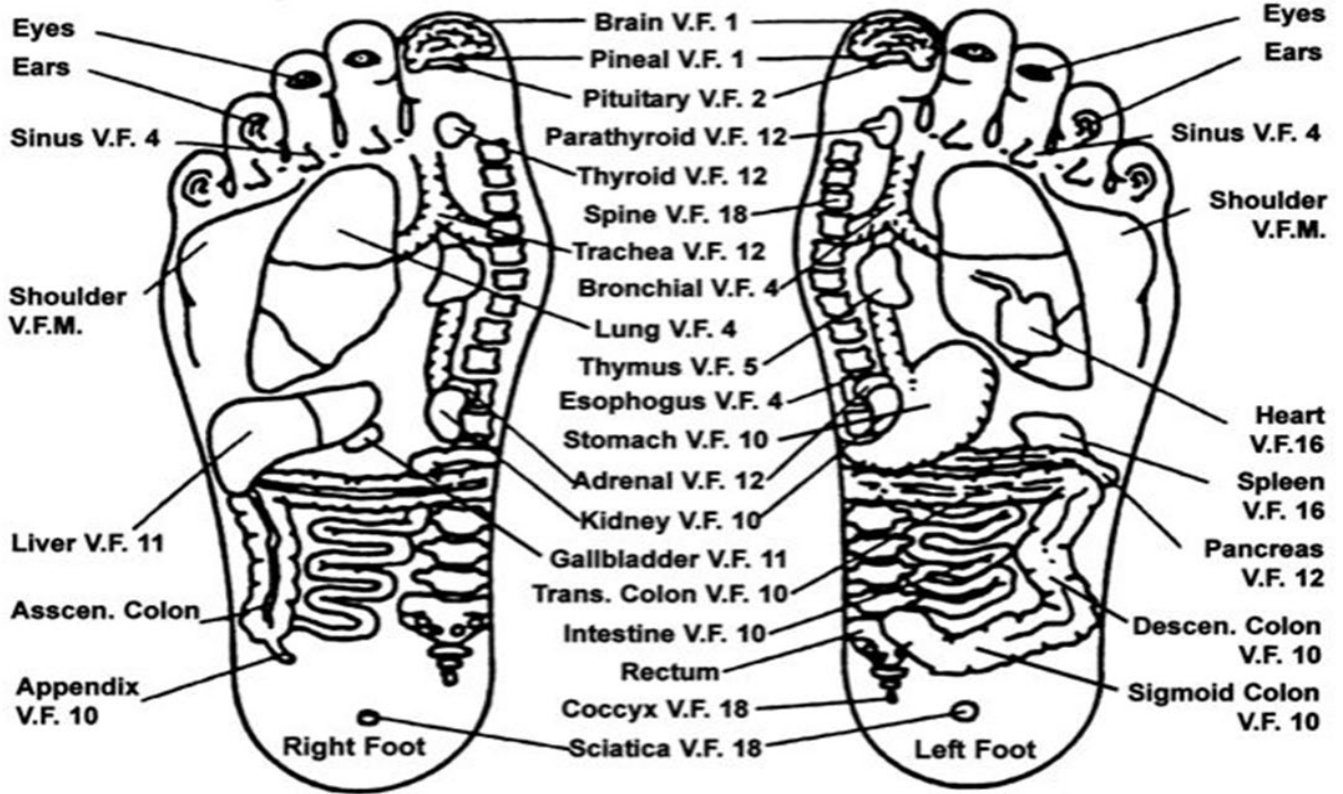
## ◆ HIP/ATLAS VITAFLEX

1. **Measure Leg Length:** Have client stand from chair and take 2-4 steps forward and then backward to the chair. While standing behind the client, have them sit carefully in chair with feet slightly apart (enough space to fit both thumbs over ankle bones), asking client not to move or adjust their legs or feet as they are being seated, and making sure feet stay on the floor. (See Burrough's book for an illustrated description of this process.) Kneel in front and place thumbs on each ankle bone in the same place on each foot and lift legs to see if thumbs remain together. Note which leg is shorter.
2. **Vitaflex to Collar Bone Cavity:** Beginning with the short leg and applying firm pressure, apply Thumb Vitaflex to hip/atlas reflex point inside the collar bone where it meets the trapezius muscle. Caution the client that the Vitaflex may be uncomfortable or even hurt a little. Repeat on the other side. *Valor®* is a good complimentary oil for this technique because it works to align the body.
3. **Re-measure Legs:** Repeat procedure for measuring relative leg lengths to see if spine from hips to atlas have adjusted and leveled them in response to the Vitaflex. If not, repeat the procedure, being certain that your location of the reflex points was accurate and that you used sufficient force.
4. **Follow Up Oils:** Because the spinal corrections may be pulling muscles in ways they aren't accustomed to being pulled, ask client to identify any tensions or sore spots that may have suddenly appeared. Apply *Aroma Siez®* oil blend on these spots. *Cypress*, *Basil* and/or *Marjoram* may be substituted here.

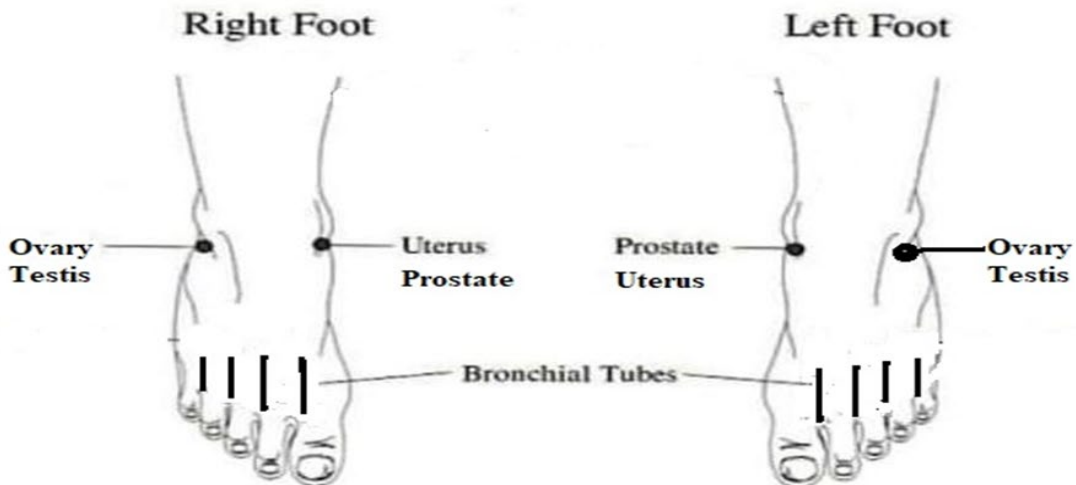
# VITAFLEX FEET CHART

Note: This chart corresponds with those of Caucasian and African descent.  
In Asians and Native Americans, sinus points are switched with the eyes and ears.

V.F = Vitaflex V.F.F. = Vitflex Feet V.F.M. = Vitaflex Muscle

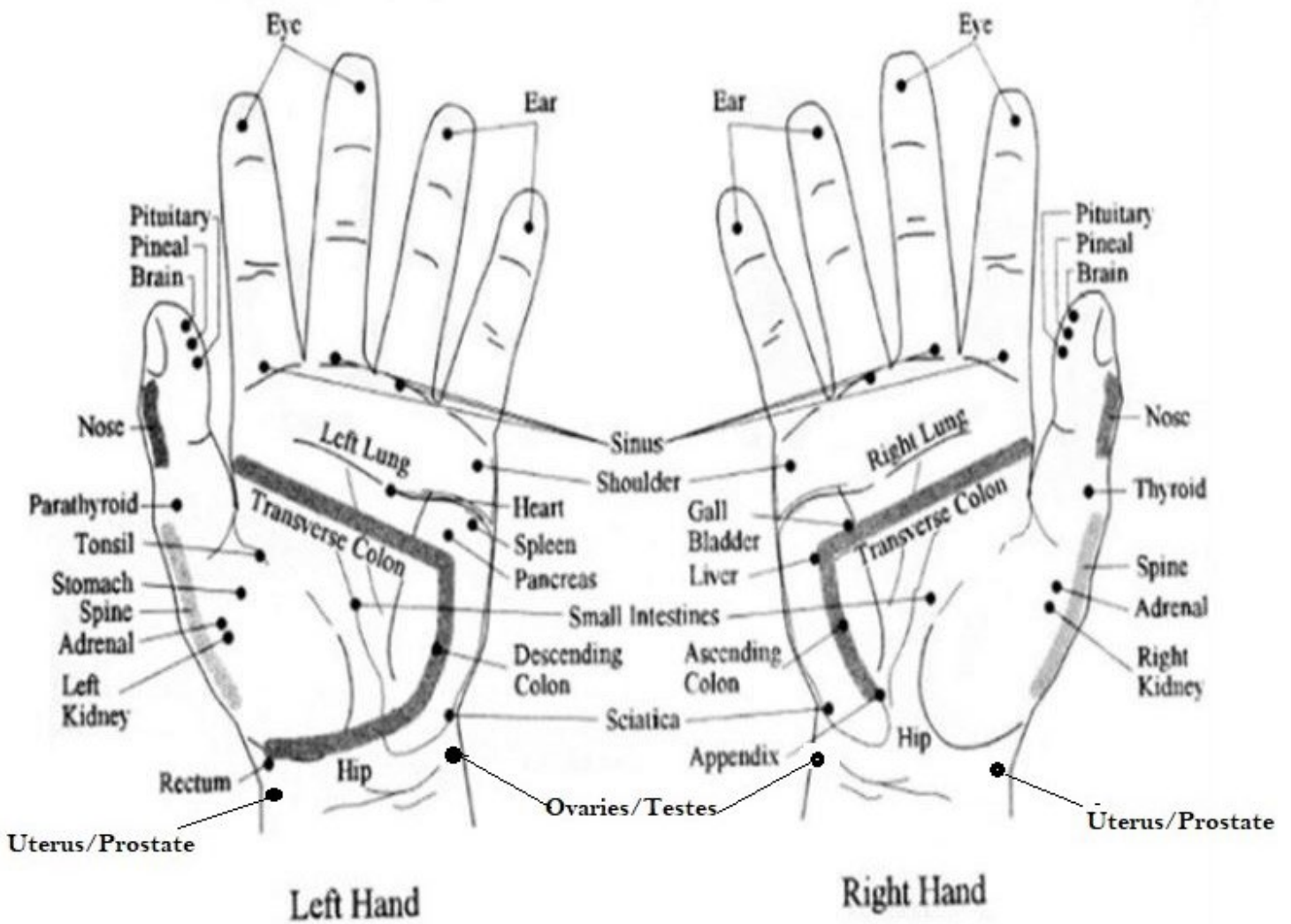


V.F.1 Clarity	V.F.10 Di-Gize	V.F.18 PanAway
V.F.1 M-Grain	V.F.11 JuvaFlex	V.F. 22 Dragon Time
V.F.4 R.C.	V.F.F.11 Thieves	V.F. 22 Mister
V.F.4 Raven	V.F.12 EndoFlex	V.F.F. Valor
V.F.5 ImmuPower	V.F.16 Aroma Life	V.F.M. Aroma Siez



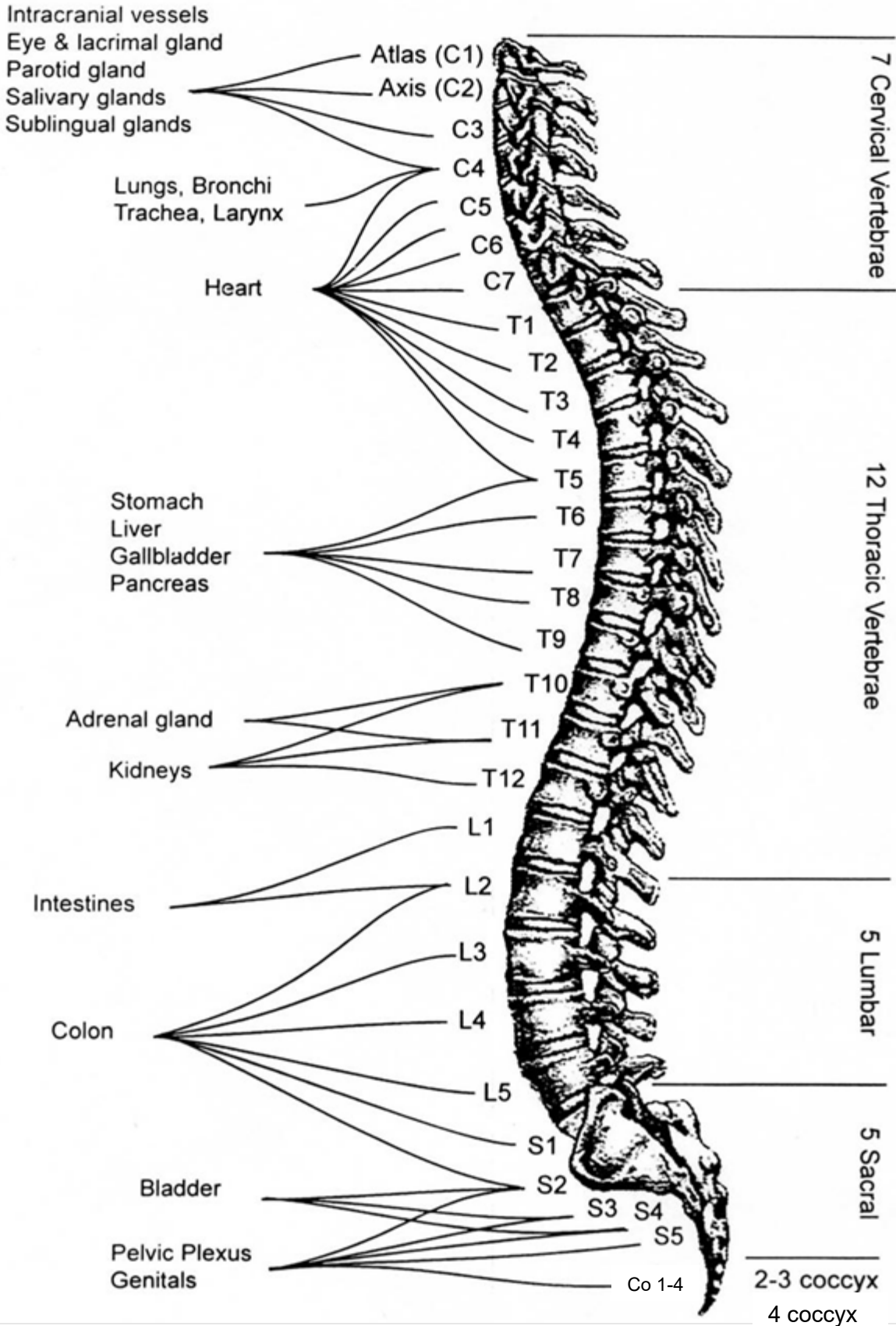
# VITAFLEX HAND CHART

Note: This chart corresponds with those of Caucasian and African descent.  
 In Asians and Native Americans, sinus points are switched with the eyes and ears.



For further details, refer to Stanley Burroughs book  
 "Healing for the Age of Enlightenment" (pages 45-47)

# Nervous System Connection Points



## BASIC ANATOMY 101

**References:** The following information may be found in any up-to-date anatomy book. There is no required text in this area to become a CCI, but the one we recommend is: *Structure & Function of the Body (11th edition)* by Thibodeau and Patton, Mosby 2000. If you refer to another text, be sure it is current inasmuch as some terminology and body classification systems have changed over the years. The book contains a colorful CD providing a visual of the illustrations. This 550-page book is easy to read, well organized and profusely illustrated with an excellent index and glossary.

### ORGAN SYSTEMS OF THE HUMAN BODY

For purposes of understanding the complexity of the human body, its anatomy can be organized into 12 systems which interact & overlap in various ways. They are as follows:

1. Integumentary: Skin, Hair, Nails, Sense receptors, Sweat glands, Oil glands
2. Skeletal: Bones and Joints
3. Muscular: Muscles
4. Nervous: Brain, Spinal cord, Nerves
5. Endocrine: Pituitary, Pineal, Hypothalamus, Thyroid, Parathyroid, Thymus, Adrenals, Pancreas, Ovaries (female), Testes (male)
6. Cardiovascular: Heart, Blood vessels
7. Lymphatic: Lymph nodes, Lymph vessels, Thymus, Spleen, Tonsils
8. Respiratory: Nose, Larynx, Trachea, Bronchial tubes, Lungs
9. Digestive: PRIMARY ORGANS: Mouth, Pharynx, Esophagus, Stomach, Duodenum, Small intestine, Large intestine, Sigmoid colon, Rectum, Anus  
ACCESSORIES: Teeth, Salivary glands, tongue, liver, Gallbladder, Pancreas, Iliocecal valve, Appendix
10. Urinary: Kidneys, Ureters, Urinary bladder, Urethra
11. Reproductive: MALE: Testes, Genital Ducts, Prostate, Penis, Scrotum  
FEMALE: Ovaries, Uterus, Uterine tubes, Vagina, Vulva, Breasts
12. Senses: Eyes, Ears, Nose, Tongue, and Millions of Sensory Receptors

**The Body as Perceived From the Feet and Hands:** Look on pages 7 and 8 of these notes to find a chart identifying a number of body organs on their Vitaflex points of the feet and hands. It is important to know where each of these corresponding organs above are located in your body. It is important to note that reflex points for all the organs of the body can also be found on the palms of the hand.

## NERVE CONNECTIONS FROM BRAIN & SPINE

**The Body as Connected to the Spine:** Look on page 9 of these notes and you will find a chart of the spine from which nerves extend between the vertebrae to various organs of the body. In Raindrop Technique it is important to know where the nerves leave the spine and connect with specific organs of the body.

For purposes of understanding the various reaches of nerves originating from the brain and the spine, the body can be divided into six vertebral regions as follows:

1. Cranial Nerves (12 pairs of nerves emanating directly from the brain above the atlas (C1) and between the top four Cervical Vertebrae, C1–C4) These nerves are also called “Intracranial Vessels” and are designated by the letter “V.”
  - V1-V12 eyes, tear ducts, ears, nose, tongue, facial muscles, chewing muscles, lips, mouth, teeth, salivary glands, throat, larynx, and muscles of the shoulder and neck (*now you see the connection of why you can get headaches from upper back tension*)
  - V10 The Vagus Nerve: throat, larynx, lungs, heart, liver, stomach, large intestine, small intestine, and several other organs
2. Cervical Vertebrae (7 with 8 pairs of nerves) C1 is called “The Atlas” and C2 is called “The Axis”
  - C1-C3 tear ducts (lacrimal glands), salivary glands (parotid, sublingual, sub-mandibular, etc.), facial muscles
  - C3 muscles of back of head and around upper neck
  - C4 muscles of lower neck & upper shoulders. throat (pharynx), voice box (larynx), trachea, bronchial tubes, lungs, the Vagus nerve
  - C5 heart and muscles of upper arms, top of back and shoulders
  - C6 heart, muscles of inner arms & thumbs, upper back & shoulders
  - C7 heart and muscles of index and middle fingers, shoulder blades, the 8th pair of cervical nerves comes out between C7 and T1 and controls the ring and the little fingers
3. Thoracic Vertebrae (12 of them with 12 pairs of nerves)
  - T1-T5 heart & muscles of arms, upper chest and just below shoulder blades
  - T5-T9 stomach, liver, gallbladder, pancreas, muscles of chest and back
  - T10-T12 adrenal glands and kidneys and muscles of abdomen and back
4. Lumbar Vertebrae (5 of them with 5 pairs of nerves)
  - L1-L2 small intestine and muscles of hips, lower back and upper legs
  - L2-L5 large intestine and muscles of upper and lower legs and soles of feet
5. Sacral Vertebrae (5 of them, partially fused, with 5 pairs of nerves)
  - S1-S2 large intestine, bladder and butt, backs of legs, heels and ankles
  - S2-S5 genitals and muscles in genital area
6. Coccyx Vertebrae (4 of them, fused, with 4 pairs of nerves)
  - Co1-Co4 genitals, anus and muscles in genital area