

# **Lizzy**

## **a Case Study**

From Zero Communication To Chatterbox

By  
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## The Situation

My client and her daughter wish to remain anonymous. For that reason I will call the mother “Victoria” and the child “Lizzy” instead of their real names.

Victoria is a working mother living in the Region of Waterloo in south-western Ontario, Canada. I too, am proud to call the Region of Waterloo my home. Our region boasts over half-a-million inhabitants with two universities and a community college. The city of Waterloo (in the region) is known by many as the High-Tech Capital of Canada. There are many excellent services available for children with developmental delays.

Victoria has had many challenges with her youngest daughter Lizzy. Lizzy was about four and a half years old when she first came to me and has had numerous issues since she was born. Victoria told me that her little girl had no sense of balance, was unable to dress without falling forward and was constantly tripping over her own feet. Lizzy’s ankles would roll out from under her and down she would go. The worst part being she was not making the connection to put her hands out to break her falls or to roll into them. This resulted in a broken arm, a broken leg and many goose eggs, bruises, scrapes, and cuts. Victoria also indicated that she thought many of these injuries could have been prevented if only Lizzy had better listening skills.

Victoria had spoken with her family doctor many times about Lizzy; however, like most doctors in Ontario, he only allows fifteen minutes per session and only one medical issue per visit. Unfortunately Lizzy has many issues. As a working mother who drives a small car, Victoria finds taking her children to the doctor to be very challenging. They schedule her appointments weeks apart and at each appointment she must wait in the waiting room with young, active children. Often, the doctor falls behind and she must wait for anywhere up to an hour before the doctor will see them. Victoria had been to the doctor many times with these many concerns and was told each child develops at their own pace. Even as I write this in early 2023, there has still been no formal diagnosis for Lizzy. Victoria has tried to get Lizzy into other children’s agencies but it has been an uphill battle. Roadblocks included the Ontario government changing their funding requirements, and many programs being full. Victoria still tries to get Lizzy into some kind of program but fears that as Lizzy ages she will become less responsive to any kind of therapy.

In her frustration with the public healthcare system, Victoria asked around for help and was referred to me by one of my other clients. Victoria told me it's like Lizzy wasn't connecting the dots. Her mind and body were not working together; something seemed to be getting lost in the translation.

Lizzy didn't seem to be able to hold anything in her hands for even a short period, so she was constantly dropping things. She also had a hard time focusing and retaining information. It was almost impossible to understand her speech; it was like she was speaking a different language.

Victoria asked me if reflexology could be done on children and did I think I could help. I was optimistic; however, I really didn't know what to expect. I set Victoria's expectations rather low as this was new territory for me and she assured me that any help I could provide would be welcomed. I was truly up for this challenge and was happy that I could drive to Victoria's home, saving her the difficult journey of packing the kids into her car.

## **The Problem**

### **Initial Assessment:**

I must admit I was very nervous before my first visit with Lizzy. As I got to know her that first time I began to realize that there were many issues Victoria had told me about; but hearing about it and seeing for myself the magnitude of the issues was a bit overwhelming. I saw that Lizzy was an inversion-walker, as she walked on the lateral edges of her feet. Victoria had already purchased the shoes to help correct her walking or, at the very least, give her more support and stability.

I gave Lizzy a book to hold and she immediately dropped it. I gave it to her again and I saw she wasn't curling her fingers. She had difficulty with the fine motor coordination of her hands. Was this an issue with her hands or was it that her hands weren't getting the signal from her brain to actually grasp something?

Other issues I discovered during my initial assessment:

- Lizzy was unable to make simple decisions like choosing her clothes
- Lizzy had frequent temper tantrums
- Her crayon pictures were just scribbles
- She had no verbal communication - when she was hungry or thirsty she'd "point" to her mouth, the rest of the time her attempt at talking was unintelligible, even though she had had her hearing tested and that was fine
- Lizzy was very fidgety and had a total lack of attention span. Her nervous energy meant I was going to have to work fast. I had about 15 minutes to make a difference.

Was I in way over my head with this child? That thought certainly crossed my mind. However, here was an opportunity to help a child and I knew I was going to try my darnedest to help wherever and however I could.

## **My Approach**

*The music is not in the notes, but in the silence between.*

Wolfgang Amadeus Mozart

I chose a technique created by Mauricio (Moshe) Kruchik called *Love the Lobes* which was developed for brain function in general. I have used this successfully with other clients. I reviewed the technique with Victoria and we agreed on that course of action.

I didn't use any other techniques because with Moshe's *Love The Lobes* being designed for brain/cognitive function, it really seemed to fit the bill. So I thought why do anything else. I would try and see what happened.

Sessions were about three weeks apart and Victoria worked as much as she could with Lizzy between sessions. Lizzy was able to do things she hadn't done before and her attention span improved somewhat.

I saw small increments of improvement during our first brief sessions but most of the improvements came between sessions. After years of seeing no improvement at all, Victoria and I now saw it on a weekly basis.

Overall, Lizzy's attention span improved for the things she liked to do; however, the improvements didn't extend to the things she didn't like to do.

## The Results

In this section, I present my findings session-by-session. As I mentioned I decided to use only the *Love the Lobes* technique at every session. The results were remarkable.

### Session 1:

As I noted earlier, Lizzy could only lay still for about fifteen minutes before she became so fidgety she had to do something else. I worked fast using *Love the Lobes* with special attention to the cerebellum and linking to the hand reflex.

While working, I had Lizzy squeeze a ball of yarn. Victoria and I sang “open, close, open, close.” Lizzy would watch as her mom would open and close her hand showing her what to do. We were hoping it would help with the mind-body connection.

The session ended with Lizzy being able to curl her fingers and squeeze the yarn consistently, surprising all three of us. I think Lizzy was the most surprised.

A little later, while I was giving Victoria her reflexology, Lizzy sat on the floor and coloured a picture for me. She was proud as punch to give it to me. Please note that this picture was her typical level of colouring.



## **Session 2: (Approximately three weeks later)**

Victoria reported Lizzy being in a much better mood in the past week and her balance had improved. Lizzy could lean up against a wall and not fall over. With a little assistance, Lizzy was able to put her pants on standing up without falling. Lizzy was very excited to show me how she could walk without falling down.

Two days after this session Victoria sent me a text saying **Don't Panic** quickly followed by a video of Lizzy standing on a two-wheeled scooter. She did great making it approximately thirty feet before losing her balance and falling off. Then she got back on to ride some more. All this after two sessions in three weeks. I was truly amazed.

## **Session 3: (Approximately three weeks later)**

Victoria tells me that Lizzy gets excited about reflexology. She can hardly contain herself when she knows it's appointment time. Lizzy didn't last any longer than her usual fifteen minutes, but she really enjoys it and will remain still for the experience.

When I was walking to my car after this session, Lizzy yelled from her bedroom window "Thank you, Sharon!" Her words were crystal clear. I could hardly believe it happened and I have to admit that it seemed I got a little teary-eyed.

A few days later Victoria told me that Lizzy was dressing unassisted, was having a blast riding her scooter, and having fewer falls.

Victoria was stunned when Lizzy started singing *Girls Girls Girls* by Motley Crue. First, because she had no idea Lizzy knew the song, and second, Victoria could actually understand her.

## **Session 4: (Approximately three weeks later)**

As Lizzy relaxed for this session I asked her what her favourite TV show was. She said something but I couldn't understand what she said, so Victoria translated, "Sponge Bob Square Pants."

I had Victoria stand behind me (socially distanced as it was during Covid) and take off her mask while I sang "Who lives in a pineapple under the sea?"

We had Lizzy watch Victoria's lips as she would pronounce "Sponge Bob Square Pants" trying to get Lizzy to sound out the words and sing it back.

We did this the entire session. At the end of fifteen minutes Lizzy came out with a muffled something like "on ob air nts". We were completely shocked. We knew she could hear us, but now we had the proof ourselves.

### **Session 5: (Approximately three weeks later)**

We continued with Sponge Bob. Lizzy coloured a picture for me, this time staying within the lines. Please compare this colouring with her colouring from her first session.



Every session now ends with Lizzy wrapping her arms around my legs thanking me over and over and leaving me little gifts in my shoes—candies, bracelets—I never know what to expect. What I think is exceptional is that Lizzy had made the connection that I make her feel better through her feet, she leaves me gifts in my shoes to say thank you.

A week later Lizzy was holding a pencil properly, tracing the letters of the alphabet. She is also learning to count.



Her ability to focus had greatly improved. This was huge. In the past she would find it stressful to sit down to do anything. She would get angry, frustrated and end up throwing things. Now she can take her time and concentrate.

Her vocabulary is growing. Some words she started saying are: one, two, Lizzy, mom, Sharon, thank you, and yay!

### **Session 6: (Approximately three weeks later) - A Surprise From Lizzy.**

Lizzy may not always be able to verbalize but she is always listening. She has heard me talk about Moshe and the TOP methods. We were still working on her speech and I began this session by asking if she was ready for Sponge Bob. Lizzy shook her head no. Then with a huge smile she motioned to Victoria to "hit it" she had been working on a few surprises for me.

Motley Crue started blaring out of the phone and Lizzy started singing "Take me to the top, take me to the top." I got some tears in my eyes again.

She had also been practicing saying, "Thank you Sharon for reflexology."

### **Session 7: (Approximately three weeks later)**

It has been almost six months of sessions now.

Lizzy had an agenda ready for Session 7. Yep, I said Lizzy did. Lizzy's world is opening up. She was thrilled to show me that she now has a tablet and is learning to play Mario Cart. Her coordination is so much better. It's like the pieces of the puzzle are coming together.

She is now tackling big words. Victoria noticed the slower Lizzy talked the easier the words came. Words like: Hippopotamus, Crocodile and Alligator.

Again while I was working on Victoria's feet, Lizzy coloured a picture for me. Please look back at her first picture and compare.



Now she can stay in the lines and add her own embellishments. Lizzy's temper tantrums are fewer and still tend to be severe but hey she is only in her 5th year. Her frustration with being unable to communicate has diminished as her abilities increase.

At one time she couldn't curl her fingers but now she can trace letters and numbers with a pencil. She is naming items in a picture book. She also knows her colours.

Not only is she now dressing herself, Lizzy is choosing her clothes. She is speaking in small sentences and making small decisions. Now she can relax for thirty minutes at a time for her session and I can take my time.

As I am writing this I just received the following notes from Victoria:

Lizzy was given a Lego set for Christmas. She is building things and using her imagination for the first time! I can't wait to show you her tracing skills on the tablet, she is catching on to some things super-fast lately. Thank you for helping her, thank you for loving my daughter and for loving your job.

Lizzy learned how to use the foot brake on her scooter, counting to ten, saying yellow, orange, blue, Auntie, Sharon, horse, park, octopus. After doing this she shouted, "I did it, Mama!"

She also learned how to use the remote for the television and she tried to play a game that required her to use a joystick.

Due to circumstances beyond our control I was only able to visit Lizzy three times in 2022. I saw her March, June, December. In early 2023 Victoria reported that she saw a partial decline in the progress Lizzy had made in her tantrums, speech, walking and balance over 2022. All the things that we had seen improvements in. Thankfully things had not reverted to where they had been when we first started.

My only comment is that, like any support system, once you take it away, you may see a decline in performance.

## **Evaluation**

### **For Lizzy**

We have all heard of children who are very sensitive to anyone touching them. We were very fortunate that Lizzy was receptive to touch. After the first few sessions she was calm and generally happy to see me. I believe this ties into both Victoria and my willingness to be open to the situation.

Lizzy is able to do a half-hour session and communicate what hurt and relate the reflex that was associated with the hurt. She is now playing air-guitar to her favourite band, Motley Crue, singing and mimicking their every move.

She is also scootering all over the place. She can do letters with names of fruit and vegetables starting with the letter.

How must it have been for Lizzy to have felt trapped inside of her own mind? We hear about people who are in a coma or have paralysis and they're processing everything but they can't communicate the way we can. It must be incredibly frustrating to be unable to have themselves understood. That may explain her temper tantrums.

### **For Victoria**

How frustrating it must be for a child's loved-ones to try to communicate with them on a daily basis and to be unable to understand their wants and needs. Victoria has been completely on-board with all my ideas having seen the incredible advancements in Lizzy. I'm sure the improvements we've seen would not have been so pronounced without Victoria's full commitment. She has been amply rewarded for her efforts.

### **For Moshe**

Even Moshe was pleased at these wonderful results because he's been using Love the Lobes for many years with great success. Moshe knows that Reflexology helps with the cognitive function and there is great hope for people with impairments.

Reflexology is a contender. And yes, Reflexology has had a profound change on the lives of this family and others. I've seen how *Love the Lobes* works. I had a client phone me and said, "you used *Love the Lobes* on me and, my goodness, I know you said there is no guarantee but it did help with my frozen shoulder." I have another client who told me, "this is gonna sound really weird but my depth perception is better."

### **For Reflexology and Reflexologists**

I feel that not only clients and parents of clients need to be non-judgemental but practitioners, too, need to be open-minded. We need to get our ego out of the way. The importance for practitioners is that it's not about us trying to prove the magic that we can make, it's about maximizing our capacity. Don't get caught in the trap of "if the only tool you have is a hammer, then everything looks like a nail." Don't skip the assessment thinking you can use *Love the Lobes* for everything.

We know that many people think of Reflexology as only a relaxing foot massage when really it has the power to make real physiological changes. Be sure to set expectations for both yourself and your clients. If I had gone in with expectations that Lizzy was going to be talking clearly and doing fine art then we all would have been disappointed. Lizzy is finally communicating, not perfectly, but she can make herself understood.

We use all of our senses in our work. Part of what we do is energy flow and intention. Forgetting to set realistic expectations can completely defeat the energy flow we rely on. If we feel frustrated because it's not working to our expectations, our energies are going to be frustrated. I'm not telling you anything you already don't know but I urge you to remember we don't need to be a medical expert in cognitive therapy or a neuropsychologist or a child behavioural specialist. What we need to do is to read the messages from the body.

### **For our clients**

We need to educate our clients that Reflexology works. We know that many people who seem to be non-communicative really are listening and so everything we say is getting through to them. So keep it positive. Don't be afraid to try alternatives. Finally we all must advocate for our children. Maybe Lizzy's story will give a parent hope.

### **For me, Sharon**

I have seen how Reflexology has had a positive effect on this entire family's mental health and

well-being. My journey with Lizzy continues and I have a feeling she will be Taking me to the Top!

## **Acknowledgements**

To Mauricio (Moshe) Kruchik, my teacher, my mentor and my guide, brother by choice. Thank you for all you do and have done to make me better at what I do.

To my fellow Reflexologists. Thank you for all your support, help and friendship over the years. It is wonderful to work with such enthusiastic and talented people.

To Derek, my husband and my biggest fan. Thank you for your support in all my endeavours. I couldn't do it without you.

To Howard Pell—my friend and favourite author—who helped me write this Case Study. Thank you for your writing skills and your desire to help children and their families.

To Victoria and Lizzy. It has been an honour and a privilege to work with and get to know you. Thank you for this opportunity and for allowing your story to be shared.

Love the Lobes is one of many techniques created and taught by World Renowned Reflexologist Mauricio (Moshe) Kruchik

To find out more about the specialized reflexology courses The Kruchik Method for the Treatment of Pain (TOP I) and The Kruchik Method Treatment of Pain in Fibromyalgia and Autoimmune Diseases (TOP II) contact Moshe at +972-547341961 or email [kruchikinstitute@gmail.com](mailto:kruchikinstitute@gmail.com)