

REFLEXOLOGY ACROSS AMERICA

REFLEXOLOGY ASSOCIATION OF AMERICA NEWS MAGAZINE



Photo by Renita Murrell (IA)

Laura Norman Reflexology Training Programs

Live, Interactive, Hands-on Classes over Zoom!



ReflexAromatherapy (6.5 CE Hours)

October 22 • Sunday: 10:30am-6:00pm

- ✦ Learn how Essential Oils work
- ✦ Understand the importance of oil grades and production
- ✦ Safety factors in the use of essential oils
- ✦ Make informed choices when using oils
- ✦ Get hands-on experience integrating different Oils with Laura Norman Holistic Reflexology techniques
- ✦ Explore the therapeutic power of scent for physiological and psychological conditions
- ✦ **Receive your own set of 6 Essential Oils**



Hand Reflexology Certification (32 CE Hours)

Morning: Nov 7-Dec 12 • Tues/Thur • 10:30a-1:30p

Weekend: Jan 26-28, Feb 2-4 • Fri: 6:30p-9:30p • Sat-Sun: 10:30a-6p

- ✦ Do it anywhere - no table required!
- ✦ Learn anatomy, physiology and pathologies of the Hand & Arm
- ✦ Increase your business and income
- ✦ Gain new skills and expand your practice
- ✦ Experience and integrate more techniques through hands-on practice + private tutorials
- ✦ Qualify for ARCB Hand Certification Exam



Face & Ear Reflexology Certification (24 CE Hours)

Evening: Nov 8 - Dec 6 • Mon/Wed • 6:30p-9:30p

Weekend: Dec 2-3, 9-10 • Sat-Sun • 10:30a-5:30p

Morning: Feb 1-27, 2024 • Tues/Thur • 10:30a-1:30p

- ✦ Take your practice into a new dimension
- ✦ Give your clients a new, unique, energizing transformative experience
- ✦ Increase your business and income
- ✦ Improves circulation • skin tone • hormone levels
- ✦ Relieves headaches • dizziness • insomnia eye conditions • TMJ discomfort • and more



Blending Polarity & Reflexology (16 CE Hrs)

Evening: Jan 29, 31, Feb 5, 7, 12 • Mon/Wed • 6:30p-9:30p

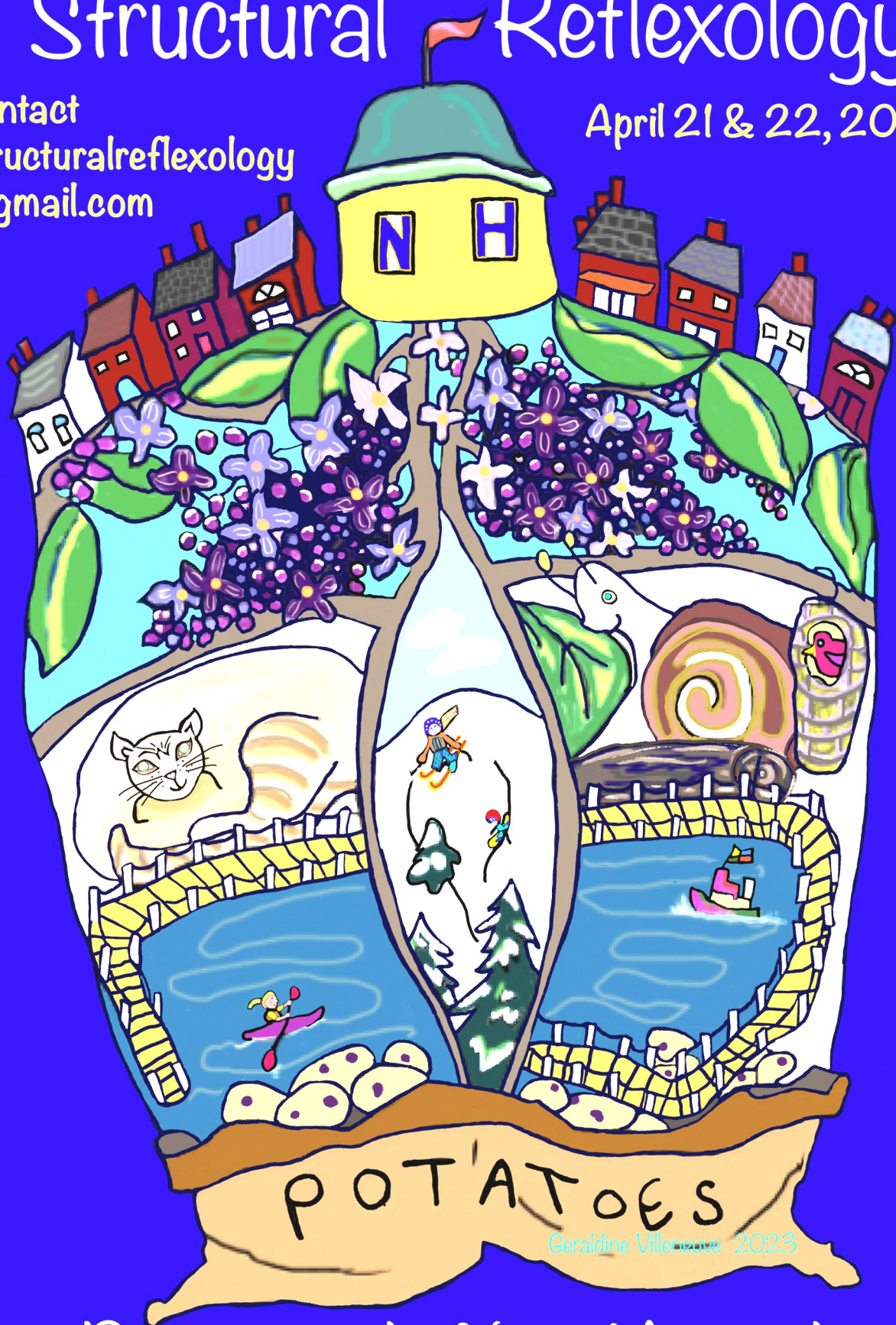
- ✦ Explore Polarity - the new "Energy Medicine"
- ✦ Work with the five energetic elements: Ether, Air, Fire, Water, Earth in Reflexology
- ✦ Add new strategies to activate/balance the various elements for a host of conditions
- ✦ Learn through "sense-perception" exercises
- ✦ Experience positive/negative polarity charges of the fingers and how to use them with reflexes
- ✦ Practice a session focusing on the energetic relationship between body and feet

Register online at lauranorman.com • Call 561-272-1220 • 212-532-4404

Structural Reflexology

Contact
Structuralreflexology
@gmail.com

April 21 & 22, 2024



POTATOES

Geraldine Villeneuve 2023

Portsmouth, New Hampshire

NATIONAL COUNCIL FOR REFLEXOLOGY EDUCATORS

Setting the Standard

October Forum

'Establishing an Online Presence'

Zoom Thursday, October 19, 2023, 7-8pm EST

November Reflexology Rounds

Zoom Monday, November 13, 2023, 7-8pm EST

Reflexology rounds are free chats, open to those interested in reflexology education.

January Forum

(Topic yet to be determined)

Zoom Thursday, January 18, 2023 7-8pm EST

Forums are FREE for NCREds and Advocates (no registration necessary.) **\$25** for non-NCRE Associates who **MUST** register.
reflexedu.org/events

Questions? info@reflexedu.org

Join NCRE: www.reflexedu.org



I want to share a miracle

I suffered with pain in my feet for 4 years. Then I found a solution that reduced my pain level in only Ten Days. My pain level went from 6/7 to level 1/2. I also sleep better! Thank God! It's free or costs less than \$100 and has been confirmed by 21 clinical studies.

Follow the QR code and discover the foundation for better health.

You'll be glad you did!

Mark Cook



<https://bit.ly/3R5Q7lw>

WELCOME!! *New RAA Members!!*

PROFESSIONAL

Mark Cook, ID

Renee Gielow, WI

PRACTITIONER

Rhonda Mack, NC

Catherine Rosovich, SC

STUDENT

Kandis Sophina Clemons, OH

Liesl Dobozy, GA

Cate Duinkerken, NC

Deb Timmerman, MI



REFLEXOLOGY ACROSS AMERICA

TABLE OF CONTENTS

New RAA Members	4	Reflex for PTSD and Long Covid ..	18
RAA's Mission Statement.....	5	Membership Committee intro	21
RAA President Message	6	Scam Alert.....	22
Sheri Price, new Board Member	7	Advanced European Reflexology ..	24
Conference 2024 Speakers.....	8	WRF Self Help– Arms, Elbows,,,...	26
NCRE Message.....	10	States' News	28-31
State Presidents' Circle	10	RAA Contacts emails	32
RAA Board.....	11	RAA Advertising information	33
MY Opinion—Mark Cook	12	State Presidents' Contacts	34
From the Classroom	13	RAA Delegates	35
Legislation and Membership Info ..	17	Reflexology Schools	36

This is the quarterly news magazine of the Reflexology Association of America (RAA). The material contained in this publication is educational in nature and not intended as medical advice or treatment. The views of the authors are not necessarily the views of the editor or the RAA Board of Directors.

Submissions of original articles and photographs are encouraged and each will be considered for publication if space permits. We accept advertisements. We reserve the right to edit and/or refuse to print any material (articles or advertisements) submitted.

Permission is granted to reprint articles with the acknowledgement: "This article is reprinted or copied with permission of the Reflexology Association of America" followed by the date of the issue.

Affiliated states receive one black and white, quarter page ad for free. Unaffiliated states may list events they are hosting at no cost, however, ads must be purchased.

DEADLINE

DATES:

February 20-Spring

May 20-Summer

August 20-Fall

November 20-Winter

Send Ads to:

**InfoRAAreflexology-
usa.org AND RAA
magazine editor**

**Ads cannot be
placed online.**

Please, No pdfs

Send Articles

to: RAAMagazine

**Editor@reflexology-
usa.org**

Proofreaders:

Jan Benson
Chloe Clark-Berry
Cheryl Burke
Linda Frank
Renita Murrell
Karol Rainier
Mary Reimann
Lynn Watson
diane Wedge
Susan Wilhelm

Editor

Karen Kirts

**** IMPORTANT NOTICE ****

For anyone pursuing educational opportunities mentioned in this publication – it is the responsibility of the attendee to ensure the validity of any workshop or certification program.

RAA's Mission Statement

The Reflexology Association of America (RAA) is a nonprofit organization that promotes the scientific and professional advancement of reflexology. The organization's mission is to elevate and standardize the quality of reflexology services and education available to the public.

The Reflexology Association of America works to unify, promote, and advocate for its members, state reflexology associations, and proponents. RAA's vision is to create one national movement toward greater excellence, integrity, research and public safety.

PRESIDENT'S MESSAGE

Rose Samaniego (CO)

"If I have seen further, it is by standing on the shoulders of giants."

Sir Isaac Newton



As I embark on my new role as President of the Reflexology Association of America, I find myself in awe – of this member driven organization that continues to hold a strong foundation; of the energy that arises from those who believe in its core values; of the tireless hours our members serve in so many ways.

I accepted this role on July 3, 2023 during the first RAA Board meeting of the 2023-2024 fiscal year. Since then, I have been busy behind the scenes working to get everything set up with the new Board. Having a Board whose members are spread across the four time zones means finding ways to collaborate in spite of distance and the universal challenge of busy schedules (flexibility and patience sure help!).

As I've been scheduling meetings to visit with people to get to know them, to hear their voices, the value of building relationships is ever more apparent, especially considering we are a member-based organization. We are only as strong as our membership.

Therefore, I dedicate my time as RAA President to building a relationship with you. I would like to hear from you – what are your comments, questions, frustrations; what would you like to see done differently? How would you like to contribute as RAA moves forward? RAA wants your input; we need your unique energy and contributions. **YOU ARE RAA.**

I sincerely appreciate you, and look forward to getting to know you.

Email your World Reflexology Week activities to Karen at RAAMagazineeditor@RAA-usa.org.



RAA BOARD MEMBER SPOTLIGHT

Sheri Price

I loved receiving reflexology in my early years because I loved caring for my feet. After about 8 years of appointments my reflexologist mentioned that I check into training. I chuckled, saying I like receiving not so sure about giving and how would I ever do what you do. Five years later I was in my first weekend class at Seattle Massage and Reflexology school and knew I wanted to complete my certification as quickly as possible.

I am interested in anything to do with health and wellness. Most of my spare time is spent researching and studying anything related to increasing awareness of the body and health.



I have a very adventurous and beautiful daughter, Karlee, who's in her final year of college.

My partner Barry, and I are in the middle of a van build to find our own adventures.



Most of my extra curricular interests include anything that allows me to be in or near the water or on the beach. It usually involves walking on the beach or paddling with my doodle, Lucie Lu.

2024 RAA Conference Portsmouth, New Hampshire

Featured Speakers



Karen Ball, Florida

The Future Depends on You and Me!

It won't matter how many techniques you have mastered or how many advanced certificates you can boast if you do not have feet, hands and/or ears to work on. The future of reflexology lies in our willingness to look beyond technique. We must examine ways we can expand our reach to help more people to improve their health and at the same time building a profitable business that can support us. It's time we learn to consciously market the benefits that we know reflexology can bestow.



Helga Dittmann, Germany

Beyond the Body to Our Client's Soul with "Emotional Release Reflexology"

In my presentation I will talk about the effect of reflexology on the body and in connection with physical reactions, on the psyche. I will discuss how emotional events and traumas can manifest in the body and might lead to physical and emotional illness. In the next step, I will demonstrate how working on the reflex zones and the subsequent physical reactions can reveal the emotional causes of a disorder and how we can deal with and resolve them step by step. In this context, I will discuss suitable verbal techniques. Finally, I will talk about the attentive and responsible application of the method and answer questions of the audience.



Dorte Krogsgaard & Peter Lund Frandsen, Denmark

The "Dishwasher" in Your Brain - Embracing New Science to Secure the Future of Reflexology

We have developed new reflexology techniques to stimulate cleansing of the brain. This was inspired by new anatomical findings: The presence of lymphatics and immune cells in the brain and the discovery of a fourth meningeal membrane. The effects are improved sleep, better cognitive functioning and possibly a reduced change of developing inflammatory neurodegenerative diseases. From the new science an extended view on the brain's fluid system is emerging. There is a much larger exchange of fluid in the brain than previously known, and especially during deep sleep we see a drastic increase in fluid production. Besides protecting and nourishing brain cells, cerebrospinal fluid is also important for removal of waste products and circulation of immune cells. With updated knowledge and techniques reflexology is a brilliant tool to stimulate the free flow in and around the brain.

Featured Speakers

Continued



Paul Harvey, California

A Reflexology Protocol Addressing Gait and Movement Challenges Resulting from MS, Parkinson's Disease and Stroke Survival

The purpose for this presentation is to provide the Reflexology practitioner with tools that are aimed at bolstering their confidence to more successfully improve the quality of life for those who experience walking gait and arm/hand movement challenges resulting from conditions such as MS, Parkinson's Disease and Stroke.

In the United States there are approximately 1 million people dealing with MS with an additional 10,000 diagnosed each year. There are about 1 million individuals also living with Parkinson's Disease with 90,000 new cases diagnosed annually. Over 7 million Americans suffer from the aftereffects of surviving a Stroke.



Geraldine Villeneuve, Vermont

Our Intelligent Feet: How the Body Becomes a Macrocosm of the Feet

Geraldine's focus for the later 28 years of her practice was devoted to integrating foot function with Reflexology. This led her to discover that muscles that move the foot are extensions of reflexes. With that epiphany she developed a map showing how muscles attachment sites overlap with reflexes on the feet.

This historical presentation shines light more clearly on why feet and the body reflect each other and why the most minute information within the body can be tracked and manipulated through the feet. This presentation also clearly shows how foot muscles are extensions of the reflex areas they are attached to and demonstrates easy reflexing techniques to integrate the release of local foot strain while simultaneously stimulating reflex activity to revive the entire body.

Geraldine trademarked Structural Reflexology® in 2013 as a revolutionary method of promoting healthy feet and bodies.



Maralee Webber, British Columbia

A Mother's Roar

Autism and Special needs diagnoses are on the rise! The CDC estimates by as much as 150% in the last 20 years. During this 45-minute presentation, Maralee will share her journey as a mother to an Autistic son, and how she gained first-hand experience utilizing reflexology techniques to help improve his physical and mental health and bring about a state of calm well-being. She will detail some of the techniques, including her own STAR Method (Specially Targeted Adaptive Reflexology), along with things to be aware of when working with a variety of special needs clients. As a free gift, Maralee will also share the exact "sensory questionnaire" that she uses in her practice to accommodate her special needs clients.

NCRE UPDATE

Jan Weal Grubb, NBCR (MI)



NCRE welcomes the new board members and welcomes back the returning board members. May your time be served with grace, peace, health and wisdom as we grow reflexology for our future generations. I hope everyone has had a brilliant (lovely) summer. May you have enjoyed the season, spending time with family and friends or time alone to enjoy whatever summer activities that have brought you joy!

As we head into fall, a season of harvest, reaping and gathering, NCRE wishes to invite everyone to join our community of educators and reflexologists. We are here to grow and support reflexology education and our educators, and to continue creating reflexology educational standards and strengthening our reflexology community. We are better together!

During the calendar year, **NCRE provides quarterly 'Educational Forums'** (free for Associates) and 'Reflexology Rounds.' These chats are free and open to the reflexology community. We invite all people interested in reflexology education to join these events, as we hold space for YOU to share ideas, thoughts, struggles and anything relating to reflexology.

Please look at our website and consider joining as an NCREd or as an Advocate. Warmth, health and harmony as we transition from summer to winter.

www.reflexedu.org/join

STATE PRESIDENTS' CIRCLE

Mark your calendars now!

All presidents of state reflexology associations are invited to attend a monthly zoom meeting with the RAA president. These meetings are held without an agenda in order to give all attendees an opportunity to share concerns, ideas, and questions from their states. It is a great place to find others who walk in your shoes.

Please join us! Be sure to add RAAPres@reflexology-usa.org to your address book so the invitations reach you. This is also the email to use with your questions or more information.

Join us on Monday, October 9, 2023 at 8 pm ET

(Last one for 2023)

REFLEXOLOGY ASSOCIATION OF AMERICA

non-profit, state affiliated, member organization

BOARD OF DIRECTORS

President

Rosalie Samaniego (CO)
RAAPres@reflexology-usa.org

Vice President

Maureen Jennings (VT)
RAAVP@reflexology-usa.org

Treasurer

Sheri Price
RAATreasurer@reflexology-usa.org

Secretary

Renita Murrell (IA)
RAASecretary@reflexology-usa.org

Director

Linda Frank (WA)
RAADirector1@reflexology-usa.org

Director

Charles Brynan (PA)
RAADirector3@reflexology-usa.org

Director

TBD
RAADirector2@reflexology-usa.org

RAA COMMITTEE CHAIRS

Please see RAA Committee Chair names
and emails on page 32.

RAA Magazine is published by:
Reflexology Association of America
Contact: www.reflexology-usa.org
InfoRAA@reflexology-usa.org
Phone: 608-571-5053



From the Editor

Karen Kirts, NBCR (OH)

I hope you enjoyed this summer—vacations, swimming, beach, gardening, and all around relaxing. It's gone so fast. The Kirts siblings organized our first ever reunion with our kids, their kids, and my great grandson. We put together an historical memory book – with photos donated by each family, and my sister, Karol, put in hours researching our ancestors. It turned into a special weekend, with folks attending from all over the country.

We have another exceptional RAA issue with new information, ongoing research, and personal articles. I appreciate such submissions – as it encourages us all to keep on learning and growing in this wonderful modality.

Be sure to read about the scam warning on page 22. I also had an email or text from a person trying to scam me in a different way. Here's how it went down. A 'woman' wrote that she wanted four appointments for each of her daughters – each one an hour on a specific day – about six weeks in the future. 'She' said it was for her daughters the day she was going in for cancer operation—to help keep their mind off of her situation and to help them relax.

Then she said she needed significant (\$2100) money for their taxis and they would pay me back when they came for their visits. So, of course, I said, that I couldn't help with that, and she hung up. I hope we all never get caught in these phone and email scams. Blessings to you and your family for a happy, healthy Fall 2023.

Peace, love, joy!

RAA Administrative Offices

1809 Rutledge, Madison, WI 53704-5542
www.reflexology-usa.org
InfoRAA@reflexology-usa.org
Phone: 608-571-5053

Definition of Reflexology

Reflexology, an integrative health practice, maps a reflection of the body predominately on the feet, hands and outer ears. It uses unique manual techniques to deliver pressure to neural pathways assisting the body to function optimally.

MY OPINION

Mark Cook, NBCR (ID)

I'm excited to be back into RAA after a long absence. So much has gone on that I am unaware of but what I am aware of is that our "healthcare" system is really a sick care system and that a change is coming soon. People are not getting better just popping pills and are starting to demand real change. It was back in 2007 or 2008 that different acupuncture associations came together in a conference I attended to work together to get acupuncture included in the coming Obama Care program. It was to be a huge push by all associations.

This is reflexology's time to come together and push our modality to the forefront of this new emerging healthcare, but we won't do that being silent. Time to get in some good trouble. In my very first reflexology class which I took on a whim, I met two ladies in the class with ten years' experience from Friday Harbor, WA and asked them "What's reflexology good for?" Their answer was "everything." I could not pin them down on anything. "Oh, come on, the top three conditions are..." I asked, but they stuck with "everything."

Twenty years later I'm in agreement and have been in agreement since I hung out my shingle in my small town back in 2003. People would come in saying, "Might as well try you since I've tried everything else" and they got better-- fast! That is how I learned reflexology is the most powerful healing modality around. I succeeded where other modalities failed.

I read with interest Barbara A. Brower, NBCR (MI), story in Winter 2022 magazine and agree with her conclusion. It is time to step up and present ourselves to the world and, further, be honest about our capabilities. We provide the foundation of prevention because we improve circulation and blood is the healer. More than that, let's position ourselves as best practices for this coming change in healthcare. What are your best practices?

Let's create a members' poll listing conditions that we feel we can treat successfully and then focus on those conditions. For example, Bill Flocco and Terry Oleson, Ph.D (both my teachers) proved reflexology was good for premenstrual symptoms back in 1993. Let's reconfirm that study. This is like stacking the deck in our favor because we all know reflexology works. I myself have helped many girls with cramps and I'm sure you have too.

Let's create some noise about a nationwide trial and gain some attention. I can write many press releases for members to customize and send out. Perhaps Bill can do a refresher on zoom for all members participating so we are all on the same page with our best foot forward. Months later we can make more noise with the results. Making noise with the PMS trial alerts people that we can do so much more. Gives us something newsworthy to promote.

The problem now is the same as 20 years ago. We are not in the press, but today through social media we can change perceptions quickly and that's what needs to be done. I asked Bing to look up reflexology articles/press releases and Bing AI came up with three. Three! Doing a number of studies on the conditions identified in the poll ourselves is what will pave the way forward in the coming change from sick care to healthcare. Just one more example.

Let's switch to Humira for arthritis. Almost \$7,000 a month. \$84,000/year. Reflexology, 3X a week at \$100 a session: \$14,400.00 and the only side effect is we think you'll feel a lot better going drug free. That saves \$69,600 each person. That's a huge savings if we can prove over the coming year we can provide relief without drugs.

That's all good and fine you say, but how do we pay for the research? We can all offer a discount to participants for the PMS trial or does the name "MacKenzie Scott" ring a bell? She divorced Jeff Bezos and has given \$97 million to non-profits just so far in 2023. \$14 billion since she started helping humanity in 2019. Some time back her foundation "yieldgiving.com" put out a call for non-profits to contact her for funding and I think we should. We have so much to offer the world, but we have such poor evidence of our abilities. Let's change that. I am so in agreement with Karen Ball's statement on the conference page. Our time has arrived and our light will shine bright for reflexology's future if we prepare for that future now.

Contact me if you are interested in moving forward with these ideas at tomarcoo@yahoo.com.

FROM THE CLASSROOM -

A column from the RAA Education Committee

The RAA Education Committee welcomes submissions for this quarterly column from educators, students, and all reflexologists who'd like to share something from the classroom. Ideal article size would be 500-1,000 words. Please send submissions to RAA Education Committee at RAAEducation@reflexology-usa.org.



Equilibrio Retreat

Jane Lanverman, NBCR (OH)

Five years ago I met two lovely sisters, Jane and Anna Bartholomew at Sue Ricks' Conference in England. They encouraged me to check out their upcoming Equilibrio retreat for reflexologists in Spain.

Curious, I began researching the retreat, venue and meaning of Equilibrio. The retreat sounded like a good learning experience, the venue perfect and I loved the meaning of Equilibrio...balance, harmony, and stability. Equilibrio is a group of complementary health practitioners living in Spain.



The retreat I chose was cancelled twice because of COVID!

Finally, the Equilibrio retreat was going to happen April 29 through May 6, 2023 at Cortijo Romero, Granada Spain. My friend and I immediately signed up for the 'Improving Function and Managing Pain and Fatigue' Retreat with a course by the award-winning legend, Lynne Booth!

There were four other therapists featured at the Retreat ~ Charlotte Toomey who provided a Holistic body massage with Aromatherapy; Sophie Paulding who has extensive experience working in clinical herbal medicine; Rebecca Jones, a Nutritional Therapist; Belen Tierra Amada offering deep Swedish massage, Shiatsu and acupressure just to name a few; and Arantza Puente offering Thai Yoga Massage using acupressure and stretches to assist in letting go of physical and emotional tension. The therapists were very diverse and skilled!

From the first greetings and smiles at the airport shuttle meeting place, the friendships began. We all began sharing our travel stories and excitement for the retreat.

When we arrived on Saturday, the entire group gathered and met over dinner. Anna reviewed the schedules and made appointments for our therapies that were included in the workshop cost.

The schedule was early morning rooftop Yoga by Arantza, followed by breakfast, a workshop, lunch, fellowship, sharing and dinner followed by informal discussions about the therapies and activities of the day.

Cortijo Romero provided breath-taking mountain views, scented gardens, swimming pool, meditation room and library. Our 'en-suite' rooms were simple, warm and peaceful. We had a comfortable bed, adequate closet space, private bathroom, chair and the fresh scent of flowers right out our window which we often left open.



(Continued from page 13)

We had our own chef/nutritionist and the menu was carefully planned, healthy and colors of the rainbow... vegetarian. I, being a meat and potatoes gal, struggled to identify some of the foods. My new friend, Marisela from Mexico, took me under her wing each meal to help me understand the offerings. One evening Marisela celebrated with me when we saw 'ROAST BEEF' on the menu. We quickly discovered that someone took calligraphy classes and the true offering was 'Roast Beet!' Although a new experience, the food was sensational! We could also purchase a book with recipes from our meals. We usually enjoyed our meals outdoors.



Sunday was our first workshop with Lynne Booth. Lynne talked about how Vertical Reflexology Techniques (VRT) were developed, self-help techniques along with movement techniques. There are many ideas from Lynne on YouTube. One video I recommend is <https://youtu.be/ehinSKsqkgU>. (Go to YouTube and type address.) Needless to say, we all immediately used these techniques on each other!



Monday, Rebecca Jones (Beccs) talked with us about managing pain through an anti-inflammatory diet. She guided us in improving our diet and gave us some easily achievable starting points to keep us motivated to a better lifestyle. One thing she stressed is 'life is about balance.'

An afternoon option was singing. I went to the event thinking we would all be singing 'Kumbaya' around a campfire like girl scouts. What I found was a 'vocal journey starting with uplifting energetic songs flowing into relaxing soothing songs and chants.' We all agreed it was the most profound experience of sacred singing by a local singing group that was just incredible! Our leader, Layla, invited each of us to lay on the ground in the center of the music to get the full impact... indescribable!

Tuesday Sophie Paulding talked with us about pain and addressing the emotional aspect of pain

through Journey Work. She focused on teaching us how to plan and implement an herbal treatment strategy. The afternoon event was making chocolate with Flips while some were exchanging, swimming, reading or relaxing.



Wednesday was our 'lazy day!' Most of us enjoyed a guided mountain walk and picnic.



(Continued from page 14)

The stunning views and spectacular nature display were topped off with a stop for wine and appetizers at a local restaurant. Our new techniques of managing pain were certainly used after this hike!



Thursday began with a trip to Orgiva for market day. The first stop was wine and cheese tasting followed by shopping at the local stores for gifts and most importantly...party attire for the upcoming Friday night Dance Party! This was followed by an interesting walk back to Cortijo Romero for more sharing, swimming and relaxing and therapies.



Thursday afternoon was our second day with Lynne Booth, learning more about VRT, releases, nail work, managing pain and leg cramps. I highly recommend her book and DVD's!



Friday our day began with Jane Bartholomew talking with us about managing pain with Yoga therapy and applying Yoga therapy to our Reflexology work. While some more adventurous folks went horse-back riding, the rest enjoyed their various massages and therapies, exchanges and soaking up the sun.



The Cowgirls! →

Our last night, Friday, began with saying 'goodbye' to Diane and Kirsty who had to leave early...a sad prelude of things to come.

The evening music was fun and familiar. Marisela and Carole put on a salsa dancing show that everyone loved and joined at some point. Everyone participated even if they felt they couldn't dance. Turns out we are all excellent dancers!

In reflection, the entire week was so fulfilling. We shared our deepest thoughts and feelings about our lives and our clients without hesitation. As you shared your life stories and experiences with the group or part of the group, there was only a nod or look of affirmation and love. We built strong bonds that are inspiring and unforgettable.

It was encouraging for me to meet these 'young people' with such a passion for reflexology and commitment to helping improve others' lives! This group of strong, funny and open-minded women shared their ideas and techniques, laughed until their sides hurt, danced the night away and sang in a choir.



Many thanks to Jane and Anna for helping us all nurture our souls and
EXPERIENCE THE MAGIC!

Greetings from Renita Murrell, NBCR, RAA Secretary

I am writing to introduce myself, as I have been selected to be Co-Chair of the Legislation committee and assistant to Debbie Hitt, the Chair of the Legislation committee.

This will be a learning experience for me and I will do my best to direct and guide each state when needed. Debbie is a very knowledgeable Chair and I look forward to working with her and all of you.

If you are interested in joining us in the Legislation committee, please contact me at the email addresses below. Here is the information for the committee:

The Legislation Committee meets on the 1st Monday of each month at 7:00 P.M. Eastern time. It runs 1 hour in length.



Greetings from Renita Murrell, NBCR, RAA Secretary

I am writing to inform you that I have been selected to be the new Chair of the Membership Committee. I am looking forward to working towards building up the Membership for RAA and working with the State Associations.

I have looked over the works of the past Membership committee and there are many wonderful ideas that have been started and they will be continued.

If you would be interested in being on the Membership committee, please contact me at the email address below. Here are the details of the Membership committee.

The Membership Committee will meet on the 1st Tuesday of each month at 7:00 PM (CST), 8:00 P.M. (EST), 5:00 P.M (PST). 1 hour in length. I will hold the first meeting August 1, 2023.

I realize this is quick notice but we have to keep working on these ideas – along with newer ones. I do hope that if you were on the Membership committee in the past that you will consider rejoining me in this new and recharged committee. If this day and time will not work for you, please let me know what will and I will do my best to get it set up.

The Membership committee uses the RAA Logo in our correspondence.

Blessings,

Renita Murrell, NBCR, RAA Secretary
RAASecretary@reflexology-usa.org or
renitamurrell2@gmail.com





Reflex for PTSD and LONG COVID?

By Linda Frank, NBCR, NCREd, (WA)

I'd been half-listening to a radio program about an experimental treatment for PTSD when I heard "...because the body laid down extra nerve fiber".

That sure got my attention. I immediately thought of [Dr. Manzanares' biopsies](#) that evidenced extra nerve fiber in deposits in the feet. Now I was riveted.

The story continued: the VA (Veterans Administration) was injecting anesthetic into the stellate ganglion of soldiers with PTSD in an attempt to quiesce those extra nerve fibers.

The one soldier interviewed said the injection, called a Stellate Ganglion Block (SGB), gave him enough time to think before pulling out his fists and reflexively hitting someone.

It may sound as though I heard this program just last week. Actually, I heard it on NPR six years ago. It -- and especially the "extra nerve fiber" detail -- has dogged me since.

Periodically, as I prepared A&P lessons for my students, I would revisit the subject and dig for a few more details. This year, when I came upon the Stellate Ganglion Block (SGB) research I'd been stashing in a Word doc over the years, I thought about a piece of reflexology history that I'd recently re-read: whereas Eunice Ingham advocated applying alternating pressure to balance the body(mind), Fitzgerald, more focused on anesthetizing, used static pressure.

Something in the way that comparison had been written now sparked an idea: "What if we applied static pressure to the stellate ganglion reflex to approximate -- and/or at least support -- the effect of injecting anesthetic via a Stellate Ganglion Block?"

Thinking I might want to conduct a study, I set up a meeting with Judith Whatley and Sally Kay for when Jan Weal Grubb and I would be in Wales in late May for classes at Inspira Academy. Judith is a reflexology researcher who worked with Sally to conduct the studies for RLD (Reflexology Lymph Drainage).

I had learned just prior to our scheduled meeting that Stellate Ganglion Blocks **were now being used for Long Covid as well as PTSD** [Stellate ganglion block reduces symptoms of Long COVID: A case series - PubMed \(nih.gov\)](#)). I excitedly mentioned this to Judith as she, Sally, Jan & I sat chatting over tea in the quaint village of Llandaff near her office at Cardiff Met University. She thought funding for a study might be more available for Long Covid than for PTSD.

How prescient Judith turned out to be. A few weeks ago, I opened my newspaper and saw an article about the NIH dedicating \$1.5 billion to the study of Long Covid and remedies for it <https://recovercovid.org/> *

In one of the smaller classes Jan and I attended in Wales at Inspira Academy, Sue Alma Evans, founder of the school, agreed to let us experiment with holding the stellate ganglion reflex with a static pressure. We surmised the location, held, and had some interesting responses.

I've since been experimenting on myself and an occasional client, **and invite those of you who are interested to do the same.**

Just yesterday I had a client with PTSD on whom I discovered a narrow, globby "ridge" across the stellate ganglion reflex on her left hallux. The reflex was tender. In this case, I worked it gently with my index finger with Dr. Manzanares' press-and-slide technique prior to a static hold. The reflex changed, and the client reported feeling very different. Of course, that was as part of a full session in

(Continued from page 18)

which I worked brain reflexes quite extensively, so it's hard to isolate her response to the stellate ganglion reflex alone. However, I showed her how to hold the reflex and look forward to hearing her ongoing reports of working with it – hopefully with some regularity.

When I show a client a reflex to work or hold, I call it a “session extension”. I've found that some clients respond better to this term than they do “homework” or even “self-care”.

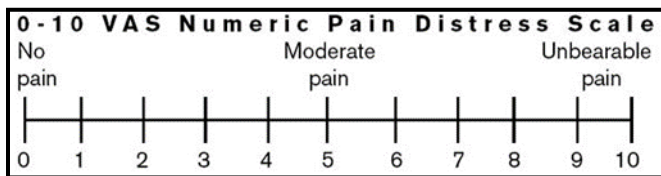
Imagine what might happen if we learned that clients could get some measurable results by holding this reflex on/for themselves?

I hope to hear that some of you are trying out this reflex, and teaching your clients to use it.

Ideally, we'll have documented changes in pain, symptoms of PTSD, and/or change(s) in symptoms from long covid. Whether we ever get data to apply for part of the NIH study into long covid seems a long shot, and I don't think I'd want to thread that needle, anyway. However, I have spoken with someone who may want to pursue it.

So, let's start with the premise we'll be doing this for ourselves -- and our clients. Let's see what effects holding the Ganglion might have on PTSD and Long Covid symptoms.

Sally Kay recommended documenting on a simple Visual Analogue Scale (VAS) in her article *The Benefits of Data Collection and Analysis for Reflexology* in the Summer 2023 edition of this magazine. Mark on a VAS -- and ask your clients to mark -- before holding the reflex. Then, on a fresh VAS, mark after holding.



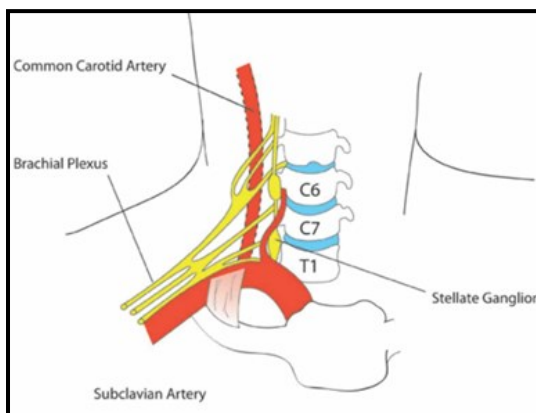
Here's a VAS with numbers, but you can alternatively use a blank scale that Sally featured in her article that just indicates “no pain” on left and “severe pain” on the right. The blank line is great for those who don't like putting numbers to their pain. For measuring other symptoms, you might use just “none” and “severe” or substitute for the word “pain” the more generic “symptom” -- or the name of the specific symptom you &/or your client are targeting.

As Sally says, “Accuracy of the 10cm line is essential for this to be effective.” The VAS visual above isn't to scale, so measure out your own 10cm lines.

Also important to keep a record of is how long you (or your client) held the reflex for. Did you hold for one minute? Two minutes? Shorter? Longer? Did you stop when feeling a pulse? (I hold on myself until I feel a pulse.)

On clients you can easily hold bilaterally, but when holding on oneself, it's easier to hold one foot at a time.

Where is the stellate ganglion?



The ganglion is a fusion (in 80% of people) of sympathetic nerves located in front of the seventh cervical and first thoracic vertebrae, medial to the scalene muscles. In 20% of the population, it doesn't fuse. None of the research I read explained what happens when there's no fusion.

This ganglion provides most of the sympathetic nerve signals to the head, neck, arms and a portion of the upper chest.

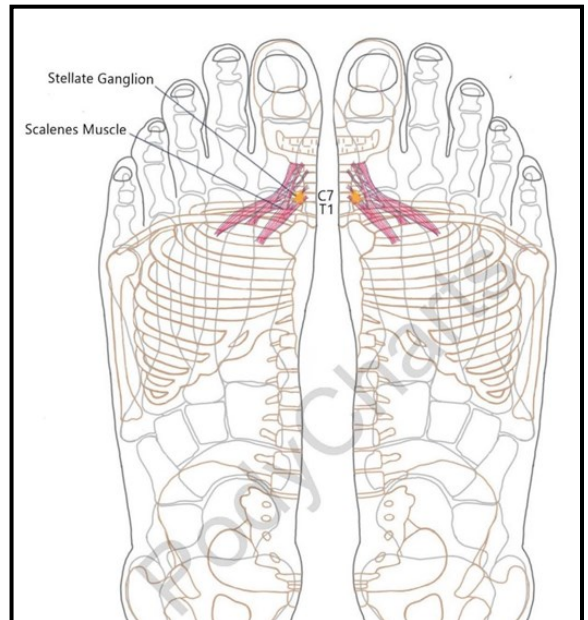
Where is the stellate ganglion reflex?



Based on the ganglion's location in front of C7/T1, and based on Hanne Marquardt, Inspira Academy & others' "seated person" view of the body (long photo on left), we place the reflex for the ganglion on the dorsal hallux at the 1st MPJ (photo on right).

Wiggle the MPJ (or MTP joint, depending on which way you document it) to secure your location.

Location illustration (right) was drawn for this article by PodyCharts co-author Annie Trigg.



What's the goal of holding this reflex?

After hearing the radio program about the SGB, I was left to surmise that the extra nerves the body laid down was the body's attempt to handle the soldiers' extra stress load.

During my most recent research into SGB I learned that under stress, we release extra nerve growth factor (NGF). That leads to an increase in brain norepinephrine (NR). The NGF increase in the stellate ganglion also leads to [sprouting and new nerve growth at the end terminals](#). A Stellate Ganglion Block (SGB) -- and maybe our holding this reflex? -- reduces both NGF and NR. NGF can cause hyperesthesia, hence the block being used to reduce pain in e.g. in Complex Regional Pain Syndrome (CRPS).

More about the Stellate Ganglion Block (SGB)

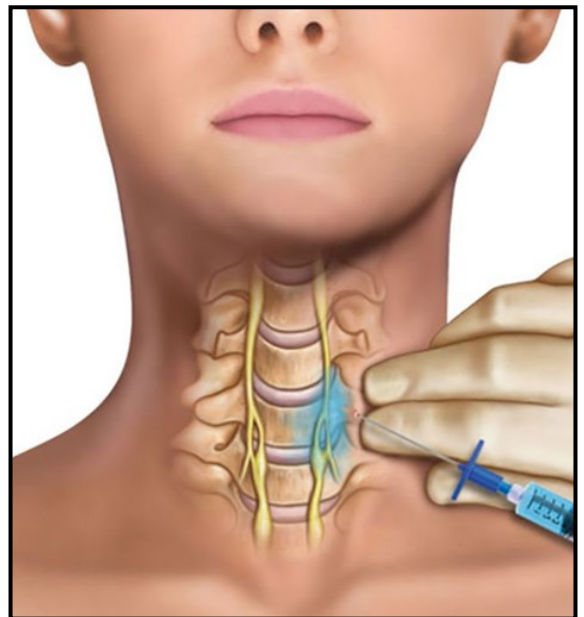
Anesthetic is injected into the ganglion for symptoms of PTSD, pain such as that from CRPS ...and now long covid symptoms as well.

Apparently, the anesthetic prevents the extra nerves from firing and commanding the extra production of NR and NGF.

(I couldn't help but wonder if there were other ganglia that were being anesthetized for other ailments. I found two. There's a fair amount of research into a Sphenopalatine Ganglion Block (SPG) for migraines, headaches, anxiety and other conditions. I also found a Celiac Ganglion Block for pancreatic and other organ cancer pain.)

I'm interested to know, if you're inclined to do your own research, whether you find more ganglia blocks.

And I'm of course interested to know if you and your clients experiment with static holds of the stellate ganglion. Please email any of your findings to me at linda@reflexologyforbetterhealth.com



PS - * Re the above- referenced NIH long covid study, the first stages are to winnow down the

(Continued from page 20)

most common symptoms from the <>200 believed to be long covid related. Too many symptoms to try to work with in a study, but I figured some of the most common would be brain fog, fatigue, pain, and shortness of breath. Apparently cardiac symptoms are also fairly common.

By the way, anyone can apply to be a subject for the study, whether you have long covid or not <https://studies.recovercovid.org/#main> .

Linda Frank is a state and national board certified reflexologist and reflexology educator in Tacoma, WA. She is a RAA (Reflexology Association of America) Board Director, and chairs the RAA Public Relations Committee (which welcomes volunteers for the Committee). Her business email is Linda@ReflexologyforBetterHealth.com.

Greetings from the new RAA 2023 Membership Committee.

Renita Murrell, NBCR, RAA Secretary and Chair of the Membership Committee

Let me introduce the RAA Membership Committee:

Wendy Decker



Amy Ito



Kristi Uitich



Renita Murrell



Welcome to the 2023 RAA Membership Committee. I'm certain we will be able to set goals; cast a clear vision; highlight the RAA's impact on reflexology and have fun and learn something new along the way.

Our mission is to have a purpose, primary goals, and objectives. We held our first membership meeting in August and off to a successful start. I am so thankful to have these knowledgeable ladies on the committee with me. I appreciate their guidance especially since they have been on the Membership committee in the past. They will be assisting me with new and old ideas that we hope will bring information to the RAA members and help RAA with registering new members. We are looking forward to sharing these projects with all of the members as time goes along.

If you have any concerns or questions, you may contact me at the following email addresses:

RAASecretary@reflexology-usa.org or renitamurrell2@gmail.com

Blessings to all RAA Members and State Associations.

An *IMPORTANT* warning - SCAM ALERT

Submitted anonymously by a RAA member.

The urgent buzz buzz buzz of the silent ringer on my phone woke me up. I was day three into covid, and to say I was disoriented and mentally impaired would be a gross understatement. I answered the phone before I had even fully woken up. My eyes weren't even open to check the caller ID. The voice on the other end asked me if I was a reflexologist and when I confirmed told me that he had been referred to me.

It was hazy at the time, is still hazy now, to remember all that he said next. He was a neuroscientist helping to facilitate a study into how the body holds on to emotional energy. Was I familiar with the limbic system? And how the parasympathetic nervous system works? My brain felt like it was carrying fifty pounds and I struggled to keep up. Trauma and traumatic energy are at the heart of my reflexology practice and my reflexology teacher and colleagues knew this about me. It all made so much sense that this person would be referred to me. Also, I was new to the profession, just starting my practice, and eager to find traction.

He sighted a website and additional studies into how muscle contractions can help release trapped emotional energy. My brain felt underwater with sleep and covid, but yes, I had read about this and knew about body tremors and such. Now he's talking about sneezing. Did I know that sneezing could act as another form of muscle contraction to help release emotional energy? My brain was so foggy. My mind was trying to keep up with this onslaught of information. Well, no, I had not heard of that, but it seemed plausible??

Ultimately, this is what happened: He told me that he wanted me to help with research that was being conducted about releasing trapped emotional energy through sneezing, and they would train me on how to induce sneezing in order to release that energy. Over the phone, he talked me through how to do it. I seemed to understand. Then he asked if I could sign up for a dummy YouTube account and if I could upload a video of me practicing the technique to insure, I was doing it correctly. He explained that it was important that I didn't use my real name on the YouTube account because of privacy regulations. I was to use a coded file name instead. I did this. He said the lighting was too poor in my video (he wasn't wrong about that) and could I do another one. I said I would later. He said that was fine, but to try and that for the study could I try and commit to doing at least one a day for the next 12 weeks. He said he would be in touch in a couple of days. Inside that phone call was a lot of talk about trauma. About how the body holds on to trauma. He made me believe that he was interested in helping people. There was a tiny nagging feeling at the back of my gut, but he didn't ask for any money, was clear about not wanting any personal details about me, and in my covid brain fog, I was just too impaired to think straight. This was a scam.

Specifically, a sneeze study scam that has been around for years and which specifically targets wellness and holistic practitioners. He preys on their desire to help people. I believe he also preys on their desire to (let's be honest) feel recognized and sanctioned in the eyes of scientists and medical professionals. He knew a lot of legitimate information about the body, about trauma, about how the body processes trauma. He had done his homework. He was very skilled. I got off the phone with him. I realized it had been close to eighteen hours since I had last eaten. I was shaky and I ate something, then dutifully recorded a second video and uploaded it. Just after I uploaded that video, my gut finally busted through my covid haze and told me something wasn't right.

I opened my computer again, did a quick search, discovered the scam, and quickly took the videos down. I'm grateful I realized it when I did. Apparently, sneeze-fetish is a thing and involves a sexual proclivity for watching the contraction of the muscles involved in sneezing. Now, I am not here to fetish

(Continued from page 22)

shame anyone. I am a big believer in sexual empowerment, as long as it involves consenting adults and no one is in danger, I think people should be allowed to explore their desires. But there are proper channels for that involving willing participants, and this is not one of them. This was not consensual. I was tricked, violated, and exploited. So, okay, there's a video of me out there sneezing, with my abdomen exposed, that someone took and no doubt sold to others for their sexual pleasure. Humiliating. Violating. And I'm devastated and angry about how he is preying on healing artists who only wish to help people. But I'll survive it. I'll be okay. But here is the really, awful part and the part that makes me feel the greatest need to strike out against this.

During the conversation, he asked if I had children. Yes, I did. He asked their ages and genders. When he found out I had an 11 year old daughter, he said it would be great if she could be part of the study as well and could I get her on videotape doing the protocol because of the particular way that this study is hoping to help children in that age range. That's right. This was no longer just the violation and exploitation of an adult, but had escalated to endangerment, exploitation, and criminal intent involving a child. Fortunately, I had zero interest in involving her and side-stepped this. But I am disgusted and deeply, deeply unsettled by his intention to use my daughter.

The entire experience left me feeling shaken, angry, sad, and frustrated. I felt, and feel, deeply violated on many levels and furious that of all the days, this happened to occur on that day, that morning, when my brain was chemically impaired. I was so completely taken advantage of. I even mentioned to him that I was sorry I wasn't thinking as clearly because I currently had covid. This knowledge gave him no pause. He even told me that some of the work might help. I think that had I had my normal wits about me, I would have probed more, smelled it sooner, caught on, but we'll never know.

I can't change what happened to me, but I can at least try and prevent it from happening to someone else, most especially a child. Should you receive this call, I ask that you do one of three things, (1) just hang up, or, (2) if you feel the capacity for it, stay on the line and pretend to be interested and do what you can to try and collect information about who this person(s) is to pass along to the authorities, or, (3) if you feel inclined, string them along as long as you can just to eat up their time. That time wasted on you is less time they have to go after someone else and with any luck will take the wind out of the sails a little for going after the next person.

Ultimately, I refuse to allow the negativity from this experience to linger or permanently dishearten me. I can turn it into something positive and am grateful for how I feel this experience has helped me develop even more compassion and tools to help others process and exorcise traumatic energy. I have such a heart for helping people with that. It makes me sad that there are people like this out there, truly predators among us. But I am finding solace in being a force to combat it by helping those who have been affected by the cruelty, evil, and injustice that exists in our world. I can't take predators away and I can't keep everyone safe, but I can be a force for restoration and healing.



HEALING FROM WITHIN WITH ADVANCED (EUROPEAN) FOOT REFLEXOLOGY

By Ulla Meyerhof

What do foot reflexology, acupuncture, color therapy, homeopathy and other holistic methods have in common?

They promote healing from within.

Healing from within is restoration, where the body heals itself.

The following explains how our physical system and our energy system are connected and can be used for a complete makeover of the energy status so that the body can induce self-healing.

We are energy. When you break the body down into smaller and smaller particles you will find that the body consists of atoms that are encircled by electrons.

This movement creates vibration.

Another source of energy is the bio-electric energy when the potassium-sodium pump on every cell-wall is constantly exchanging and balancing the equilibrium of these two minerals. This energy has its own vibration. There is the vibration of the circulation and of the digestion to name only some.

To work perfectly, vibrations have to be in sync. Being alive means that we are vibration and that the energy body (aura) and the physical body are constantly exchanging information.

What do vibrations have to do with healing?

Our physical body is interpenetrated by the energy body (aura). Have you seen the photo of Kirlian's leaf that he cut in half and that the aura picture was still showing an intact aura?

Have you heard about phantom pain where people after an amputation feel their amputated limb as painful or itching?

Putting this information together, I came to the conclusion that the energy body must contain the complete blueprint of the body and that the constant flow of energy between the physical and the energy body enables us to heal from within. So if, for instance, we cut ourselves in the finger, the body knows exactly what to do. It restores finger tissue and not hair or teeth.

The constant flow of energy is vital for our health. It is a permanent exchange of information.

Trauma, inflammation or hyper-function creates excess energy in the body and on the reflex zones.

Hypo-function or loss of body parts creates lack of energy in the body and on the reflex zones.

Both conditions have a negative influence on the flow of energy. If the disturbance is not balanced immediately by the energy body, the physical body falls sick. Then the missing or abundant energy has to be balanced.

Complementary Healthcare has a lot of remedies that balance the energies so that the body can heal itself. Acupuncture, color therapy, homeopathy and foot reflexology to name a few. We heal and renew our body constantly without even noticing.

The feet work like a fantastic remote control with which, from the physical level, you can assess and balance the energy with the energy body.

(Continued from page 24)

On the feet, low energy points feel sluggish, and the skin is dry, whereas hyper-energetic zones feel sharp and hard and can be very painful when touched.

With the system I developed, **European Foot Reflexology**, you balance by stimulating where there is lack of energy and by sedating where there is excess of energy. Thus you enable the body and the energy body to re-connect, information gets exchanged, and healing can take place.

In **European Foot Reflexology** you discern three conditions:

The normal energy zone

indicates that nothing is wrong and it shows it by creating a Reaction Pulse.

The hyper-energy zone

has too much energy which relates to inflammation, trauma or hyper-function. To balance this disturbance the zone gets sedated until the Reaction Pulse arises indicating that the normal condition is reached on the physical and the energy level.

The hypo-energy zone

has not enough energy and relates to hypo-function or loss of body parts (e.g. missing tooth or appendix). To balance that condition the zone gets stimulated by thumb walking or circular motion (adding kinetic energy). When the zone is not painful any more softly holding the spot lets you feel the Reaction Pulse, indicating that the normal condition is reached on the physical and on the energy level.

The Reaction Pulse (a tiny high-frequency light pulsing) indicates that the energy is balanced.

Does this mean that the client is healed now? No! Not necessarily. It only indicates that the body's physical-energetic communication is restored and that the body is working on healing itself. This can happen within seconds or - after a healing crisis - sometime later.

In most cases the balancing sessions have to be repeated to give new impulses to the "healing-from-within" process.

I have worked with this principle for 40 years now and always found it true. I also came to the humble conclusion that I am not a Healer, but that it is the client healing him/herself by using their own innate healing power.

*Ulla Meyerhof was born in Germany 1945. She was licensed as "Heilpraktiker (naturopath) in 1976. After studying Foot reflexology with Hanne Marquardt and Walter Froneberg, she developed "**European Foot Reflexology**" as a complete healing concept. European Foot Reflexology is based on an altered technique and includes new zones.*

*Ulla teaches European Foot Reflexology since 1991 in Europe and USA. She moved to Hawaii in 2009. You can read about the Reaction Point and the Master Points for each body system in her book **Advanced Foot Reflexology**. www.european-foot-reflexology.com.*



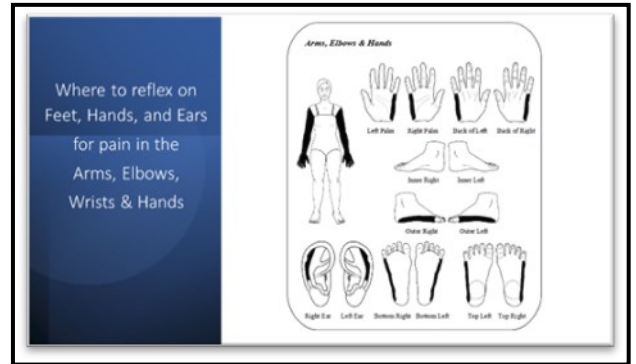


WRF Self-Help Reflexology Workshop

ARMS - Elbows, Forearms, Wrists, Hands

On the 24th of June 2023, the World Reflexology Foundation held its latest Self-Help online workshop focusing on the Arms. One might not realize the importance of this body area; however over 100 viewers from all over the world participated to explore where to perform focused Self-Help Reflexology to aid in bringing relief to this specific region.

The subjects of this non-vocational training included the elbow, forearm, wrist, hand and fingers. Specifics reflex points were demonstrated on the Hands, Feet, and outer Ears.



With the World Reflexology Foundation (WRF) President **Bill Flocco** (left) leading the workshop, a brief history of the WRF was given. The WRF was formed over 16 years ago with the mission that Everyone in the world deserves the healthy benefits of Reflexology.

As a nonprofit organization, the WRF provides Self-Help workshops at no cost to the public. These workshops are led by Volunteer Trainers, reflexologists who have gone through advanced trainings to master the art of teaching people Self-Help Reflexology techniques to help improve their wellbeing and the wellbeing of those they love. These non-vocational workshops are intended to

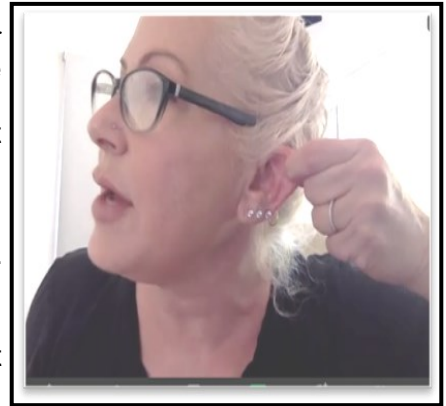
bring Self-Help Reflexology into the local community and home environment.

Our workshop demonstrations began with focusing on where to perform Self-Help Reflexology on the hands. Volunteer Trainer **Jan Grubb** (right) showcased the outer side of the hand, just below the base of the little finger down to the wrist. Jan showed the participants that beginning at the outer knuckle joint of the pinky and working downward toward the wrist covered the reflex points beginning just below the shoulder joint reflex to the elbow reflex (mid point) and concluded with the wrist, hand and fingers reflexes. She explained the different techniques that could be applied including the “inchworm” and “press and circle”, paying attention to hold at sensitive areas. All techniques are effective; however she explained and showed the importance of moving with a slow and steady rhythm. Jan suggested working on the hand that corresponds with the arm in need first, and then to move on and work the other hand.



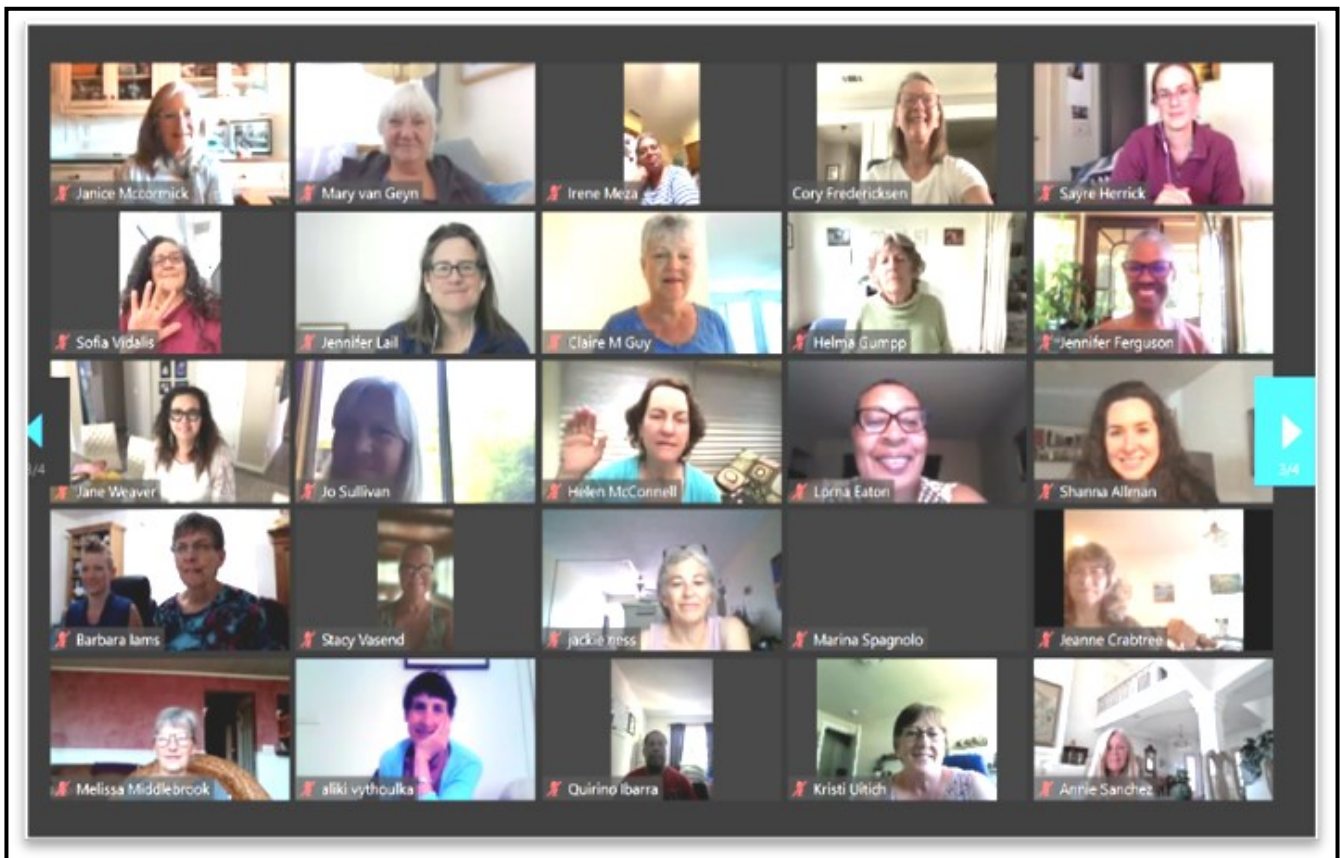
Volunteer trainer **Mitta Wise** (left) explained where to work on the feet. Similarly to the hands, the work is done on the outer edge of the foot. Beginning right below the small toe is where the upper arm reflex could be found. The elbow reflex is found midway, and just at the soft triangle of the outer foot below the ankle bone are the wrist and forearm reflexes. Mitta suggested to work the greater area, and again reiterated the importance of working slowly. She too showed reflexing techniques to help guide the viewers. In addition, Mitta demonstrated where and how to place one's foot while working on it and acknowledged that working the arm reflexes on both feet would be most beneficial.

The outer ear concluded the demonstrations with volunteer trainer **Sara Chameides** (right) demonstrating the areas to work. The outer ear map is reversed / upside down to the hands and feet. With a big plastic ear, Sara defined where to begin on the long valley (just slightly higher than the shoulder reflex) and to work upward toward the top of the ear. To work this area, Sara used her index finger in front with her thumb as a support behind the ear (tip to pad), moving up the long valley, and feeling for any areas of tenderness or sensitivity. She explained to move slowly up the long valley and hold any areas that need attention, and to keep that hold until the sensitivity subsides. As Sara worked her way up the ear, she moved over the elbow reflex (about midway) to the forearm reflex (at the bend) concluding on the wrist and hand reflexes toward the apex of the ear. To work both ears at the same time, it was demonstrated to rest one's elbows on a table which could reduce tension in the shoulder area while holding.



The workshop concluded with a group photo of all the participants, a review done by volunteer trainer **Kathy Reynolds** (left), followed by a Q&A. It was also shared that the World Reflexology Foundation is completely run by volunteers and relies on donations and contributions from the public to continue its mission. It is funding from the public that allows the WRF to continue with cost free workshops. Online workshops from the WRF are done approximately every four months. Past subjects have included: Relaxation and Stress Relief, Spinal Health, Sinus/Headache/Allergies, Digestion, Respiratory/Lungs, Sciatica, and many others.

Please find more information on our website where you can sign up for our newsletter that will keep you informed of upcoming workshops: www.worldreflexologyfoundation.org



STATE NEWS

FLORIDA—FAR

Terry MacIvergan, President, NBCR, LMT



Greetings from Florida! Happy Fall, y'all!!! We hope everyone had a great summer!

In July, we said good-bye to 2 founding Board Members, Gail Lanning (President) and Diane Wedge (Vice President). We have been so fortunate to have their expertise, wisdom, and dedication to our Board, our colleagues, and our field. Thankfully, they are remaining as Committee Chairs: Membership (Gail) and Nominations and Elections (Diane). We are so grateful for their on-going support and availability!

At the same time, we welcomed two new Board Members:



*Grace Beck (Secretary) from Ocala is a licensed massage therapist and an ARCB certificant in foot reflexology. She is a 24-year U.S. Air Force veteran, founder and executive director of Nadi Om Wellness which offers yoga and supportive self-care and healing for trauma survivors including veterans and first responders, and is the owner of Elemental Energy Healing offering her clients reflexology, Reiki, and other therapies that focus on relieving the daily stressors of life. She is a yoga instructor, student of Jyotish, and an Ayurvedic wellness professional and offers classes, training, and workshops in the Vedic Sciences.



*Vicky Mood (Treasurer) from Lake Butler is a licensed massage therapist and reflexologist. She has a diverse background and experience in different fields- has been an over the road trucker, insurance agent, securities trader (licensed to sell stocks, bonds, and mutual funds), LPN, and was elected as town treasurer for 2 terms. She tells people she gets bored, but really, loves to learn new things.

The remaining members of the FAR Board have taken on new roles:



*Terry MacIvergan (President, formerly Treasurer) from Ponte Vedra is a licensed massage therapist and ARCB certificant in foot reflexology. She was a mental health counselor (10+ years) and like Vicky, was licensed to sell stocks, bonds, and mutual funds and worked a number of positions for 2 major retirement and investment/finance companies for over 22 years. Now, she is pursuing her passions of reflexology and massage at Halo Spa in Nocatee. She loves facilitating relaxation, ease, and well-being with her clients.



*Louise Richardson (Vice President, formerly Director) from Land O'Lakes began her reflexology journey some years ago when she observed her husband and other family members greatly improve their quality of life after receiving reflexology. She decided to add this modality to her pedicures and manicures and feels privileged to help so many people. She truly believes in the health advantages of reflexology and that, collectively, we can help improve people's quality of life, one person at a time.



*Lena Roberts (Director, formerly Secretary) from St. Petersburg is a licensed massage therapist and ARCB certificant. She worked in the hospital industry for over 25 years and saw how powerful touch was in all stages of healing. She and her husband Scott own Peaceful Warriors Wellness Center and she regularly combines reflexology, massage, Himalayan salt stones, medicupping, and aromatherapy in her practice. In her "spare time", Lena serves as an Ambassador for the St. Petersburg Chamber of Commerce and is an active member of the

"best" (according to her) networking lunch in St. Pete!

We are so grateful and excited for these busy, dedicated, and knowledgeable reflexologists to work together, continue FAR's existence, and do what we can for the field of Reflexology and our membership.

Our monthly Cof-Tea Klatches continue to be well-attended and the conversations are always lively and informative. The day and time for these gatherings has changed to the 4th Monday of every month at 12 noon ET (with the exception of December - no meeting on Christmas Day). Hopefully, we will see even more of our membership with the new day and time.

STATE NEWS

IOWA—RAIA

Amy Petersen



RAIA has had a great year in 2023. We have been able to reconvene our Board in person and gather our members together to remind ourselves why we are committed to our work and the foundation that human touch and interaction creates throughout our lives. We get the privilege of offering those interactions in our client's lives, sometimes helping in ways that our clients say make reflexology a truly unique therapeutic technique in their lives.

We held our spring conference in late April. Its focus for our participants was learning more about therapies that easily compliment what we do with reflexology, to enhance both our client's experience and our own business security. Presentations on Quest 4 Biomats, Healing Touch, Reflexology plantar assessments and exercises, and the Better Business Bureau all gave all our attendees the opportunity to both strengthen and broaden their approach to their reflexology practice.



STATE NEWS

MASSACHUSETTS—MAR

Laurie J. Hanna, RN, MSN, NBCR



The Massachusetts Association of Reflexologists has a new Board. Please see below.

President: Barbara Ann Strassman barbarastrassman1.mar@gmail.com

VP: Wendy Murrell

Secretary: Robyn Burns

Treasurer: Cindy Casella

We welcome them to our Board and thank them for their service.

OHIO—RAO

Cheryl Burke, NBCR



The Reflexology Association of Ohio was inspired by the Florida Association of Reflexologists to begin a membership “Coffee Klatch.” This is a zoom get together of association members where we kick off our shoes, bring our “coffee” of choice and we chat, laugh, ask questions, and get to know one another. Most of us have never met in person, but these times together are helping us to build a unique bond.

It has been so inspiring to hear members share about their lives, their passions outside of reflexology, their families, pets and also, about their reflexology businesses. It is beyond humbling to be a part of the lives of these dedicated, hard-working and committed reflexologists. Cheers to you Beautiful Ohioans (and a few Michiganans too)!



STATE NEWS

Rhode Island—RARI

Tami Goulet, NBCR, RARI President



RARI has been quite busy this summer. We transitioned to our new Board of Directors, and want to thank our outgoing members Claudia Wojcik for serving as President and Pat Salzillo for serving as Secretary. We welcome Tami Goulet (President), Geri Marandola (VP), Stephanie Mills (Treasurer), Kimberly Cole (Secretary), Claudia Wojcik and Dee D'Atri (Directors). We also have two directors in training, Dana Moriarty and Pat Benoit. We are so excited to begin this new term.

Things we have done this summer, include a member gathering at one of our member's lake house (pictured below). We also had a lovely Board transition dinner with the outgoing and incoming Board.

Things we are looking forward to:

1. We have a member meeting in September, in which we have a speaker coming in to help guide us with some upper body stretching and massage techniques to keep us in our prime and pain free so we can continue doing what we love and helping others.
2. RARI will also be participating in a charity walk, The Crate Escape, in October for Save One Soul, which is an animal rescue in RI. <https://sosarl.org/the-crate-escape/>
3. We will also be participating in RIHHA Expo, "Connect and Unify." RARI will have an informational booth set up and will be doing demos to educate the public and bring reflexology to all.

<https://rihha.org/expo-2023/>

RARI is excited for the future of reflexology.



RAA EMAIL CONTACTS

Role	Email Address	Contact Person
General/Admin Asst	Inforaa@reflexology-usa.org	Sharon Tower
President	RAAPres@reflexology-usa.org	Rose Samaniego
Vice President	RAAVP@reflexology-usa.org	Maureen Jennings
Treasurer	RAATreasurer@reflexology-usa.org	Sheri Price
Secretary	RAASecretary@reflexology-usa.org	Renita Murrell
Director	RAADirector1@reflexology-usa.org	Linda Frank
Director	RAADirector2@reflexology-usa.org	Vacant
Director	RAADirector3@reflexology-usa.org	Charles Brynan III
Bookkeeper	RAABookkeeper@reflexology-usa.org	Beth Kennedy
Magazine Editor	RAAMagazineEditor@reflexology-usa.org	Karen Kirts
Delegate Coordinator	RAADelegateCoordinator@reflexology-usa.org	diane Wedge
Committees		
Conference/Events	RAAEvents@reflexology-usa.org	Maureen Jennings
Education	RAAEducation@reflexology-usa.org	Charles Brynan III
Legislation	RAALegislation@reflexology-usa.org	Renita Murrell
Membership	RAAMembership@reflexology-usa.org	Renita Murrell
Election	RAAElection@reflexology-usa.org	Rose Samaniego
Ethics/Grievances	RAATreasurer@reflexology-usa.org	Sheri Price
Public Relations	RAADirector1@reflexology-usa.org	Linda Frank
State Affiliation	RAAPres@reflexology-usa.org	Linda Frank



THE ARCB ENSURES

EXCELLENCE AND INTEGRITY

TO THE PROFESSION OF REFLEXOLOGY THROUGH

CERTIFICATION



@ARCB.net

P.O.Box 576, Braddock Heights, MD 21714-0576

p.303.933.6921 ARCBoffices@gmail.com www.arcb.net

REFLEXOLOGY ASSOCIATION OF AMERICA

ADVERTISING, ARTICLE AND PHOTO INFORMATION.



• Photos submitted to accompany articles must be provided as 300dpi.

Magazine publishing dates:

Summer issue – mailed first week of July

Fall issue – mailed first week of October

Winter issue – mailed first week of January

Spring issue – mailed first week of April

ADVERTISING RATES:

Members:

Full page: B/W \$150 – Color - \$180

Half page: B/W \$75 – Color - \$90

Quarter page: B/W \$40 – Color - \$48

Business card: B/W \$25 – Color - \$30

Flyer Insert - \$155/1 side - \$280/2 sides

Non-members:

Full page: B/W \$195 – Color - \$234

Half page: B/W \$98 – Color - \$118

Quarter page: B/W \$52 – Color - \$62

Business card: B/W \$33 – Color - \$40

Flyer Insert - \$364

Deadlines for Submission of Articles and Advertising:

Summer issue – May 20

Fall issue – August 20

Winter issue – November 20

Spring issue – February 20

Articles and/or ads received after the submission deadline for the intended issue will appear in the following issue, if it is still timely for the advertiser's needs. Ads must be in camera-ready format in tiff, Jpeg, or png format by publication deadline. No pdfs.

Page dimensions:

Full Page: (9.75" x 7")

Half Page: (4.75" x 7")

Quarter Page: (3.5" x 4.75")

Business Card: (2.25" x 3.5")

Requirements for ads:

• **Ads must be camera-ready in png, Jpeg, or tiff format.**
Minor changes to existing ads are charged a \$25 design fee.

• Forward ads to InfoRAA@reflexology-usa.org

• RAA reserves the right to edit any and/or refuse any advertisements for any reason without explanation.

RAA Returned Check Policy ~ All returned checks will be charged a \$25 processing fee. Complimentary ¼ page B/W ads are extended to ARCB, ICR and Affiliated State Association conferences and events; and workshops conducted in conjunction with the above organizations, wherein the workshop presenter donates a portion of the receipts to the Association.

Active State Reflexology Association		
Email Contacts		
State Association Presidents	Name	Email
Alaska Reflexology Association (AKRA)	Chloe Clark-Berry	cclarkberry@gci.net
Arizona Reflexology Association (ARA)	Diana Stinemetz	pointofinteresttherapy@gmail.com
Reflexology Association of California (RAC)	Patricia Thaxter	consulting@aleyamarketing.com
Reflexology Association of Connecticut (RACT)	Melissa Whited	nrgyhlr17@gmail.com
Florida Association of Reflexologists (FAR)	Gail Lanning	GailLanning.FAR@gmail.com
Georgia Reflexology Organization (GRO)	Sarah Eiler	saraheiler22@gmail.com
Reflexology Association of Illinois (RAI)	Becky Cobb	Beckycobb@gmail.com
Reflexology Association of Iowa (RAIA)	Kathy Petsche	Klpetsche@gmail.com
Maine Council of Reflexology (MCR)	Nancy A. Butler-Smith	reflexologyworks2012@gmail.com
Maryland Reflexology Association (MDRA)	Kasey Buhl	kaseybuhl@gmail.com
Massachusetts Association of Reflexology (MAR)	Barbara Strassman	barbarastrassman1.mar@gmail.com
New Hampshire Reflexology Association (RANH)	Lisa Grondin-Danault	reflexologyassociationNH@gmail.com
North Carolina Reflexology Association (NCRA)	Cynthia Hill	CyndiHill@att.net
North Dakota Reflexology Association (NDRA)	Annette Bethel	RestorationthruHealing@gmail.com
Reflexology Association of Ohio (RAO)	Mary R. Porter	pmport37@gmail.com
Oregon Reflexology Network (ORN)	Casey Perry	ORNcaseyp@gmail.com
Reflexology Association of Rhode Island (RARI)	Claudia Wojak	info@southcountyreflexology.com
Texas Reflexology Association (TRA)	Amy Kreydin, Interim Pres	barefootdragonfly@gmail.com
Washington Reflexology Association (WRA)	Gretchen Mokrani	president@washingtonreflexology.org
Integrated Reflexologists of Wisconsin (IRW)	Lila Mueller	reflexWI2012@gmail.com

You can't use up creativity. The more
you use, the more you have.

Maya Angelou

RAA Affiliates & Delegates

*Affiliated states may have two delegates representing each of them. Unaffiliated states may have two delegates representing all of them.
If you would like to learn more about the Delegate Assembly (DA) and/or becoming a delegate, please contact: RAADelegateCoordinator@Reflexology-USA.org.*

STATE	DELEGATES	STATE	DELEGATES
Alaska - AKRA	Chloe Clark-Berry Marta Tuck	North Carolina - NCRA	Bill Moore Mary Margaret Steele
Arizona - AZRA	Looking for delegates	Ohio - RAO	Jan Weal-Grubb Cheryl Burke, DA Secretary
Georgia - GRO	Anne Roberts	Oregon - ORN	Looking for delegates.
Iowa - RAIA	Kathy Petsche	Rhode Island - RARI	Dana Moriarty Kimberly Cole
Maine - MCR	Lisa McNeil Holly Aguilo	Wisconsin - IRW	Linda J. Utecht Renee Gielow
Massachusetts - MAR	diane Wedge, DAC Laurie Hanna	Unaffiliated States	Seeking Unaffiliated States Delegate
DA Advisor	Alison Gingras (ME)	Unaffiliated States	Caroline Klem (CA) (MD)
		RAA DA Liaison	TBA

The Reflexology Association of America has been serving the needs of its members since 1995 when forward thinking leaders came together to form a non-profit member association dedicated to unifying all reflexologists for the recognition, excellence and professional strength of Reflexology.

RAA MEMBER SCHOOL LISTINGS

RAA does not endorse or favor schools attended by Professional members. When researching schools please ensure you choose a program that provides the level of education you are seeking (initial and/or continuing education). Requirements for Professional membership in RAA can be found on our website at <http://reflexology-usa.org>.

State	School Name	Email	Website	Phone
FL, NY, MA	Laura Norman Reflexology	classes@lauranorman.com	lauranorman.com	(561) 272-1220
OR	Jill Fox Healing Arts	jill@jillfoxhealing.com	jillfoxhealing.com	(541) 261-4204
PA	Brauer Institute for Holistic Medicine Reflexology	dorit@doritbrauer.com	www.brauerinstitute.com	(412) 489-5100
WA	Reflexology Academy NW	Linda@reflexologyforbetterhealth.com	ReflexologyAcademyNW.com	(253) 576-9541
WI	Ray of Hope Academy	ROHES2011@gmail.com	rayofhopereflexology.com	(414) 531-2587

"RAA's phone and email
(infoRAA@reflexology-usa.org) will be answered
 Monday through Friday
 except for national holidays.
 Messages received over the weekend or a
 holiday will be answered the next business day."
 608-571-5053

Looking for something new?
Fall into



Reflexology
The Foundation of Wellness

Classes focus on each Body System
New Reflex Areas & Techniques
Essential Oil Applications
Live and Home Study CEU Courses
Free for 2024 Hosts
Contact@reflex-oil-ogy.com



The Foot Ladies

Foot Reading Workshop On-Line

Learn the fascinating secrets of your feet. Feet reflect personality and emotions. Gain insight into what's going on with your family friends and clients ...



This is a DIY on your own time workshop. Easy, short modules & downloadable workbook.

When all the modules are complete, you will receive your Foot Reading 101 Certificate and 8 CEU's. Based on the book...

www.TheFootLadies.com

Bobbi Warren, NBCR
Reflexologist for over 40 years
IIR Seminar Leader since 1984
Past RAC VP



The Foot Ladies, SA00112 is approved as a provider of CE by the American Reflexology Certification Board—8 CEU's upon completion of all modules. Hours are comparable to an 8-hour workshop.

World Reflexology Foundation



EMPOWERING The World to Better Health Through Self-Help Reflexology


Invite Your
Family
Friends
Neighbors

For FREE Zoom Self-Help Workshops
Sign up today for
Workshop notices and newsletters

WRF is a non-vocational, not for profit organization

www.WorldReflexologyFoundation.org
+1.818.754.4777
info@WorldReflexologyFoundation.org

RAY OF HOPE ACADEMY
BELGIUM, WI USA



2024 LIVE CLASSES

Auxiliary Classes open to the public.

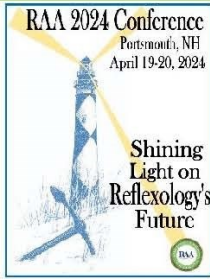
Reflexology with Oriental Reflexology Teachings, Essential Oils, Gemstones, etc. will be taught.

Most classes have ARCB CEU's

In 2024, the Core Curriculum Class will not be taught.
Introduction to TCM for Reflexologists and Natural Healers will be a required prerequisite for the Core Class in 2025 and ALL Oriental Reflexology classes in 2024

Check us out on Facebook, www.rayofhopeacademy.org, and the RAA website for Auxiliary Classes as they become available.

MAIN INSTRUCTOR:
Lila M. Mueller, CRR, ART (Regd), NBCR, CREd
634 Main Street, Belgium, WI 53004
ROHES2011@gmail.com



2024 RAA Conference

April 19 & 20, 2024

Portsmouth, New Hampshire



Name*: _____

Member: Yes ___ No ___

**As you would like shown on your certificate of attendance*

Address: _____ City: _____ State: _____ Zip: _____ Country: _____

Contact Phone: _____ Email: _____

<u>Cancellation Fees</u>	<u>Conference Schedule</u>	<u>Conference Fee Includes</u>
Time of payment until March 19, 2024: Full Refund minus \$50 Administration Fee.	Thursday, April 18 Welcome Reception 5:30 pm - 7:30 pm	1. One Conference Book 2. All Presentations April 19 & 20
On or after March 19, 2024: 50% of your conference fee cost.	Friday, April 19 8:00 am - 5:30 pm Saturday, April 20 8:00 am - 5:30 pm	3. Six Presentation Recordings 4. 12 ARCB Continuing Education Credits

Conference Fees

Member Early Bird Price until February 1, 2024: \$ 425 \$ _____

Member Price: February 2, 2024 and subsequent: \$ 470 \$ _____

Non-Member: \$ 550 \$ _____

** Lunch Free to Conference Attendees (\$65 for Guests/Family Members)

** Meal preferences Conference Attendees and/or Guests: None ___ Vegan ___ Gluten-Free ___

Guests Name/s: _____

Total Number of Guests Lunch: _____ X \$65 \$ _____

Additional Conference Books: _____ X \$25 \$ _____

Total number Friday GALA Dinner (Entertainment included): _____ X \$65 \$ _____

TOTAL Due: \$ _____

How to Pay Conference Fees: Easy online registration at www.reflexology-usa.org

or mail your application and check or money order payable to RAA **by April 1st, 2024:**

1809 Rutledge, Madison, WI 53704

Sheraton Portsmouth Harborside Hotel

250 Market Street, Portsmouth, NH 03801

Nightly Room Rates for Single & Double \$219

Please make your own reservations by calling (888) 627-7138 or (603) 431-2300

or register online at <https://reflexology-usa.org/raa-2024-conference>

In order to receive the preferred rates, you need to identify yourself as an attendee of the Reflexology Association of America 2024 Conference. Reservation must be made by March 18 to receive preferred rate.

Conference "Speaker Time"

On Saturday, April 20th, you will have the opportunity to meet with two (2) of your favorite conference speakers in individual breakout rooms.

The breakout rooms will be assigned with the goal of creating equal size groups across the session.

Please list three (3) speakers you are most interested in. We will do our best to honor your choice.

1. _____
2. _____
3. _____

Socially Engaged Reflexology Includes Reflexology for Animals

An Invitation to Participate from New York

Birgit Nagele, ARCB, LVCY, TCTSY-F, she/her

I hope this finds you and your animal friends well. Greetings from New York. This is the first time I am sharing details surrounding *One Minute Reflexology for Animals/ICRPaws* with RAA for their newsletter. Perhaps this is of interest to some of you. We have found that we are not the only ones who dig this - sorry could not help it - and that is why it became a thing.

NYSRA/ARCB - MEETING MY LOCAL COMMUNITY

After my ARCB certification (2007) and joining NYSRA, I started joining and co-coordinating NYSRA-initiated efforts during *ICR World Reflexology Week* with Catherine Stapleton, Yardena Engel, and others, and in a way, I have never stopped doing outreach. I also like the term *socially engaged* which my friend Thom McGinley brought up in a recent conversation.

The official RAA definition of reflexology (2019) was used on the *One Minute Reflexology for Animals* pdf. It also says: PLEASE SUPPORT YOUR LOCAL CERTIFIED REFLEXOLOGIST.

Here is the link: <https://icr-reflexology.org/wp-content/uploads/2023/03/Paws.pdf>

INVITATION

You are welcome to participate at home, and/or in your community (including shelters, rescuers you know) to extend this reflexology practice to our fellow sentient beings, our animal friends.

A donation-based event could be a way to raise funds for your local shelter during World Reflexology Week (the last full week of September) or any other time that might suit you; it could entail general education about reflexology, your service, offering specials.

Here are some hashtags I have been using. #oneminutereflexologyforanimals, #icrpaws, #reflexologytreatsareyum

- We have a [3-page kit](#) for sharing which includes some notes of supports we received. You can find the practice itself on the *International Council of Reflexologists (ICR)* website under PROJECTS in case that is of interest to you. *ICRPaws* is in good company there. Respectively, feel free to share [One Minute Reflexology for Animals/ICRPaws](#), the PDF, to use it on your letter-heads, or share the link within workshops, newsletters, and similar.

Please be in touch in case of questions. birgitanagele@gmail.com

Please note, the practice is seen as an extension of self care comparable to how we might offer a client some "neuro pathways" (aka reflexes) to use on themselves.

"Dogs are not our whole life, but they make our lives whole."

Roger Caras (Animal Welfare Advocate)

Birgit Nagele, ARCB, LVCY, TCTSY-F, she/her, Reflexology & Yoga (chair), Trauma-Informed Care

□ One Minute Reflexology for Animals/ICRPaws
<https://icr-reflexology.org/wp-content/uploads/2023/03/Paws.pdf>



Published by:
Reflexology Association of America
1809 Rutledge, Madison, WI 53704-5542
InfoRAA@reflexology-usa.org



Wild turkey by Dan Hanrahan.

RAA 2024 Conference
Portsmouth, NH
April 19-20, 2024

**Shining
Light on
Reflexology's
Future**