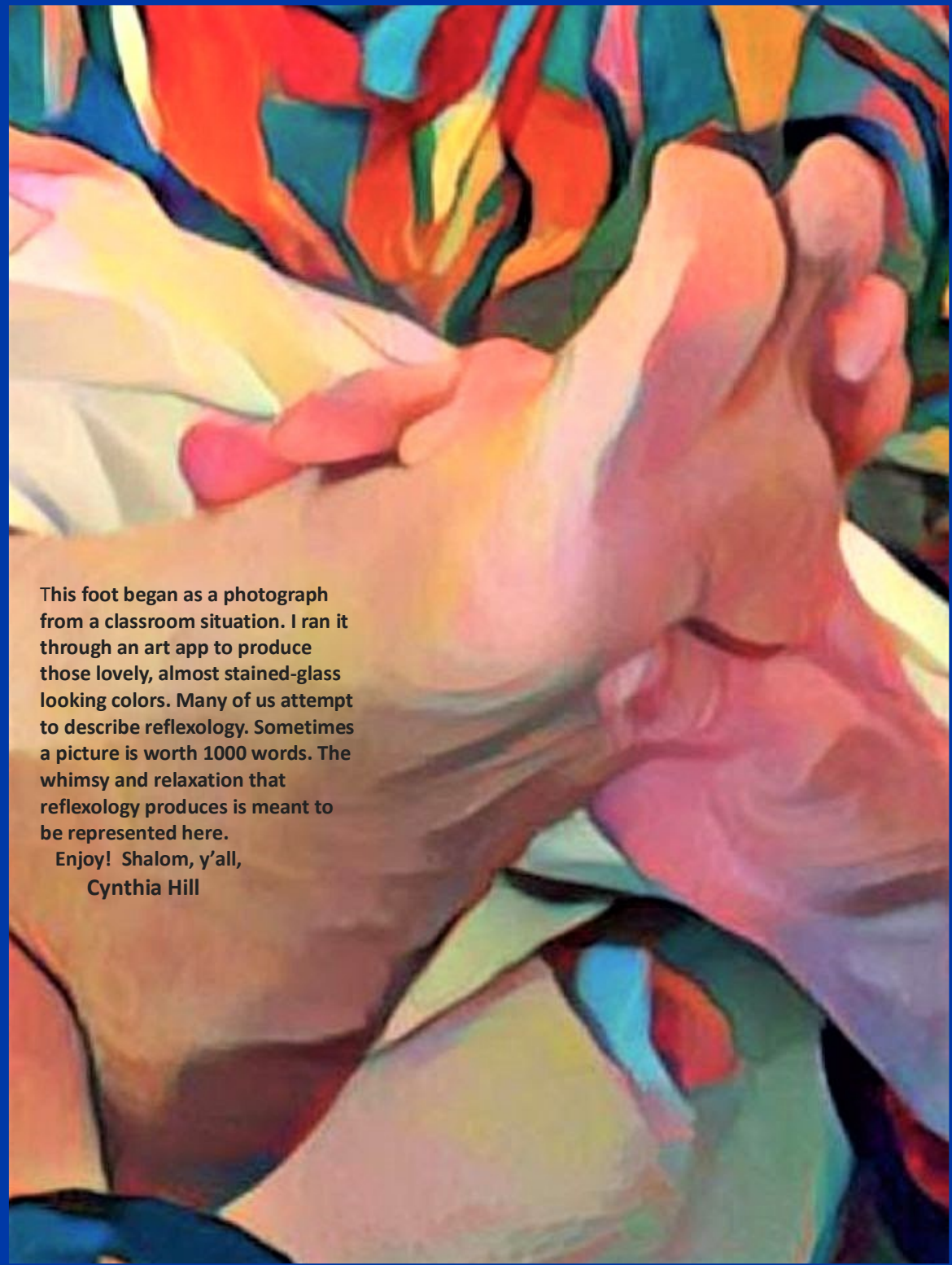


REFLEXOLOGY ACROSS AMERICA

REFLEXOLOGY ASSOCIATION OF AMERICA NEWS MAGAZINE



This foot began as a photograph from a classroom situation. I ran it through an art app to produce those lovely, almost stained-glass looking colors. Many of us attempt to describe reflexology. Sometimes a picture is worth 1000 words. The whimsy and relaxation that reflexology produces is meant to be represented here.

Enjoy! Shalom, y'all,
Cynthia Hill

Laura Norman Reflexology Training Programs

Live, Interactive, Hands-on Classes over Zoom!



Hand Reflexology Certification (32 CE Hours)

Evening: July 12-Aug 14 • Mon/Wed • 6:30p-9:30p

Weekend: Aug 11-13, 18-20 • Fri: 6:30p-9:30p • Sat-Sun: 10:30a-6p

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

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



***IN-PERSON* ARCB Foot Exam Prep Class** (21 CE Hours)

Fri, Sept 8 • Sat-Sun, Sept 9-10: 10:00am-6:00pm

Location: Southington, CT

Join us to review and prepare to successfully pass your ARCB Foot Exam, plus much more!

- ✦ Fun and informative hands-on class
- ✦ What may be covered during your exam
- ✦ Guided, hands-on exchanges
- ✦ How to correctly document for ARCB
- ✦ A&P, conditions, indications, contraindications
- ✦ Plenty of time for Q&A each day
- ✦ Refresh your knowledge and skills
- ✦ Private tutorials available to refine your technique



ReflexAromatherapy (6.5 CE Hours)

October 22 • Sunday: 10:30am-6:00pm

- ✦ Learn how Essential Oils work
- ✦ Get hands-on experience integrating different Oils with Laura Norman Holistic Reflexology techniques
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- ✦ Explore the therapeutic power of scent for physiological and psychological conditions
- ✦ Safety factors in the use of essential oils
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- ✦ Make informed choices when using oils



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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
- ✦ Improves circulation • skin tone • hormone levels
- ✦ Give your clients a new, unique, energizing transformative experience
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REFLEXOLOGY ASSOCIATION OF AMERICA

IT'S MEMBERSHIP RENEWAL TIME...

Hello Valued RAA Members!

Our membership year ends **June 30, 2023** so if it's your year to renew, now's the time. Start by checking the mailing address label on a RAA magazine. It indicates your membership level and expiration date, as **bolded** in the following example:

T1 P1 525 *****SINGLP

Professional EXP: 6/30/2023

Your Name

Your Address

Your City, State, Zip

If you encounter any problems renewing online, please contact our Administrative Team for assistance at inforaa@reflexology-usa.org. RAA is a non-profit and we appreciate every member's willingness to use our electronic resources for cost savings and efficiency.

Your RAA Membership Committee & Board of Directors

Save the Date!

RAA 2024 Conference

April 19-20, 2024

In Portsmouth, New Hampshire



WELCOME!! *New RAA Members!!*

PROFESSIONAL

Kim Ballou, CT
Sandy Harrison, NC
Ralph Richey, AZ
Terry MacIvergan, FL



PRACTITIONER

Cheryl Hainey, OH (Upgrade from student)
Kimberly Hardy, NY
Maria Patuleia, NJ
Giselle Torres, PR



NATIONAL COUNCIL FOR REFLEXOLOGY EDUCATORS

Setting the Standard

July Forum

'Implementation of Policies'

Zoom Thursday, July 20, 2023, 7-8pm EST

August Reflexology Rounds

Zoom Monday, August 14, 2023, 7-8pm EST

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

October Forum

'Establishing an Online Presence'

Zoom Thursday, October 19, 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

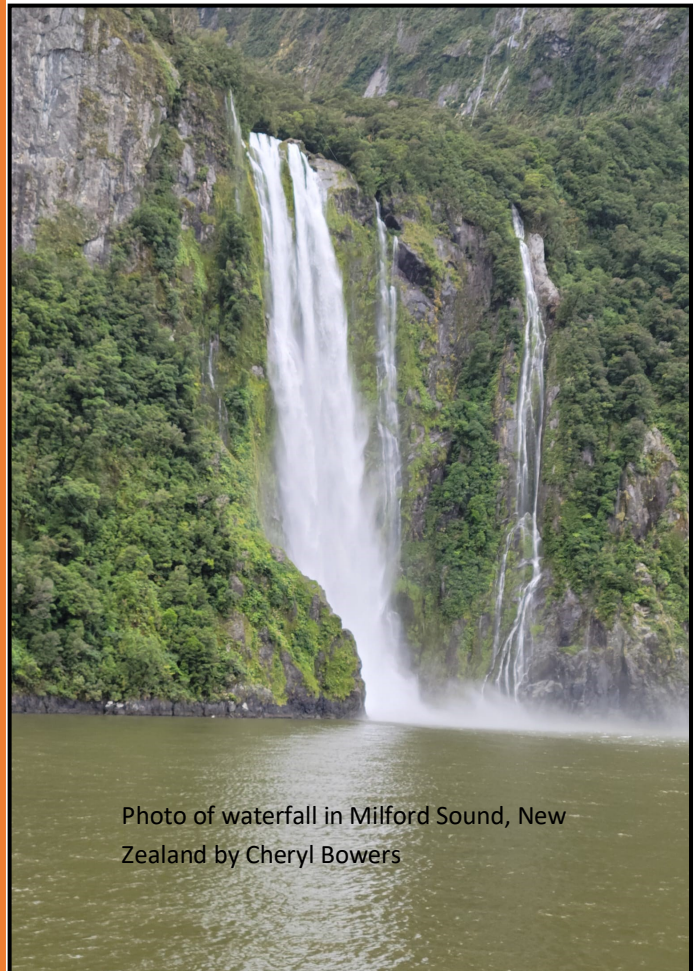


Photo of waterfall in Milford Sound, New Zealand by Cheryl Bowers

REFLEXOLOGY ACROSS AMERICA

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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:

InfoRAA@reflexology-usa.org AND magazine editor

**Send Articles to
RAAMagazineEditor@
reflexology-usa.org**

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Karen Kirts

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.

RAA Administrative Offices

1809 Rutledge, Madison, WI 53704-5542

www.reflexology-usa.org

InfoRAA@reflexology-usa.org—Phone: 608-571-5053

PRESIDENT'S MESSAGE



Melody Pearson, NBCR (IL)

It is with many mixed emotions that I write this message which will be my last as president of the RAA Board of Directors. My second term of service will end June 30th, and I must step off of the board. Above all it has been an amazing opportunity to personally contribute to my profession and the greatest lesson in what our profession and community represent here and internationally.

It has been an honor to serve with many skilled leaders on the board, and I thank each one of them for their commitment to RAA and the lessons they taught me. I have met so many people because of my RAA connections. I love our profession and find only the best are attracted to truly commit to doing its work.

There is the other side to my experiences that I also feel moved to share. I had expected to come on the board and work to promote reflexology in my own town, my state and throughout our country. It does not feel like I was able to do this. So much of my time was spent on day-to-day details rather than the goals in RAA's mission statement. It is true that a lot of work was needed in organizing the organization, and I am proud of what was gathered and compiled to make the work of future boards flow more smoothly. But the boards have had so much to oversee along with the learning curves of having 2 to 3 directors leaving and 2 to 3 new directors joining annually (if not more often with resignations). It felt that we never got much beyond RAA 101 if this had been a school.

My background includes over 30 years working in the non-profit arena. Non-profit always correlates to volunteer service. Volunteer service is a different world than for-profit where there is a clear hierarchy and decisions can be made at many levels and often immediately undertaken. The volunteer world requires involvement, commitment, some form of oversight and so much more. It also often needs to move more slowly simply because the work is more consensual and is being done by folks with many other commitments.

It is painfully apparent that at the state and national levels of reflexology organizations including our sister organizations, ARCB and NCRE, it is becoming harder and harder to recruit and retain volunteers in the leadership roles. I am not judging anyone on this fact. All of us that have served in any volunteer capacity know the sacrifice it can be to do this. But it causes me to fear for the future of a profession that currently does not have a strong enough base in the United States to be accepted by the "official" world of wellness and health care. This is in addition to having volunteer entities that struggle to exist without even being able to actively promote the profession.

How do we move forward? Do we need to make more financial commitments to employ persons to handle the day-to-day so boards can focus on goals and growth? How do we support research that will document the benefits of our work and build that base? Is our current organizational structure the best in today's world for achieving our goals? These are questions that concern me deeply and I know are shared by many of you.

So as I say "good-bye" to my current relationship with you, I accept the challenge to myself to continue growing reflexology in the U.S. and ask each one of you to consider these questions and what speaks to you. Then let's each pick one area where we can work to move reflexology forward to the rightful place it deserves in our communities.

Thank you for all I have learned and been able to contribute through my time on the RAA board. It has been a priceless experience.

RAA MEMBERSHIP APPROVED BYLAW CHANGE!

All RAA members should have received an email announcing that the Bylaw to change membership levels was passed in June. The RAA Board of Directors appreciates everyone who contributed to the process. We are very excited about the number of members who were Associates who will now be Professionals with the right to vote, hold certain offices and list themselves as a Professional Member of RAA.

PLEASE NOTE that it will take a month or two to incorporate all these changes into the website, the website directory and membership application and renewal forms. Any members renewing for the 2023-2024 year should complete their renewal just as usual at their current level. When the website changes are activated, everyone will be listed at their proper level and asked to review their profile on the website. Membership fees will remain the same for 2023-2024 even if a level changes.

NEW LEVELS as approved:

Please note that we had accidentally mislabeled the credentials given by NCRE. The line now reads "certified educator" as opposed to the wording in the proposal. This change did not affect any of the intentions of the proposed change.

Professional Membership Levels

- 1. Advanced Reflexology Practitioner:** Open to any person who can show education and experience in the profession of reflexology.
 - Has completed 300 hours or more of foot, hand, and/or ear reflexology training, of which 60% or 180 hours must have been in a face-to-face classroom setting with an instructor.
- 2 Reflexology Practitioner:** must have completed **ONE OR MORE** of the following:
 - 200+ hours of documented reflexology training, of which 60% or 120 hours must have been in a face-to-face classroom setting with an instructor;
 - **OR** be certified with American Reflexology Certification Board (ARCB);
 - **OR** have graduated from a program facilitated by a National Council for Reflexology Educators (NCRE) certified educator.
- 3. Retired Reflexologist:** is a past RAA Advanced Reflexology Practitioner or Reflexology Practitioner member who renews annually at this level of membership.
- 4. Reflexology School:** Your school can be a member of RAA & renew that membership annually
 - School owners must also qualify for and maintain a separate RAA Professional Membership.

Note: Schools do not vote or hold office, but the owner may.

Associate Membership Levels

- 1. Student:** Any individual pursuing an education in reflexology. Applicants must complete a personal profile, and upload documentation of education information as it is earned along with an anticipated date of completion in this online application.
- 2. Supporter:** Any individual, organization or business entity that desires to support the growth and development of the reflexology profession. You must complete a personal and business profile. This level does not include a RAA Certificate of Membership or a listing in the directory.
- 3. Affiliated State Associations** are encouraged to join for free. They must provide Primary Contact information and complete a business profile in this online application.



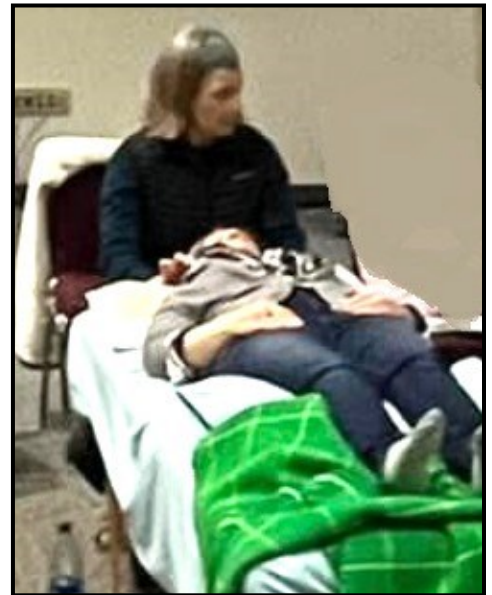
Welcome New RAA Board Member, MAUREEN JENNINGS (VT)

Maureen M. Jennings joined the RAA Board in December 2022 and was appointed Board Secretary in February 2023.

An academic librarian by training, Maureen initially became involved with RAA through volunteering on the Conference Committee and putting her past experience with event planning and project management to good use. It brings her great satisfaction to be able to support RAA by contributing her skills, time, and energy as a Board member and committee volunteer.

Maureen studied under Elysia Bates at All That Matters in Rhode Island. After completing a 300-hour program, she became a Certified Reflexologist in 2020 and is currently working towards ARCB accreditation. Based in South Burlington, Vermont, she is the owner of Green Mountain Restorative Reflexology and Wellness.

Prior to moving back to her native Vermont, Maureen had the great privilege of working for and being mentored by Helen Chin Lui at The Healing Place in Medfield, Massachusetts. She is also a graduate of the Lauterstein-Conway Massage School in Austin, Texas, and has studied the Eden Method with Donna Eden.



In her free time, she loves soaking up the views, sounds, and smells while rediscovering Vermont on her bicycle, and reading/watching classic British detective series where everything turns out OK in the end.



Welcome New RAA Board Member, CHARLES W. BRYNAN, III (MA)

Five AM and a furry paw is poking me in the nose. Time to rise and follow our two cats downstairs to start the day. I take care of Preston's and Riley's needs first, of course, and then do some yoga stretches, glute bridges, twenty pushups, and a thirty second plank. By now the coffee is ready and I and the two cats settle into our reading chair. The first two hours of the morning are the best . . . solitude, quiet, and coffee.

At seven AM, I am off to teach Tai Chi, five mornings a week without fail, as well as some evenings during the year as well.

In my teens, I danced on a TV program called the *Discophonic Scene*, hosted by Jerry Blavat. The show aired on NBC in the Philadelphia region in the '60s. At age eighteen, Uncle Sam tapped me on the shoulder and ended my TV career. After three tours in Vietnam and earning a Bronze Star, I returned to the states and married a girl I'd met at a dance before joining the Army. Barb and I raised two daughters and have two beautiful granddaughters. We'll be celebrating our 54th Wedding Anniversary in October. She's my best friend and the love of my life. Need I say more?



As far as careers go, I worked as a draftsman, then manager for forty years in the civil engineering field. My real career, however, started as a counter-balance to the stress of the job in management. After a long search I found and studied with a Tai Chi Master. Thirty years later (twenty of them teaching Tai Chi) I became a true entrepreneur.

Ten years ago I wanted to expand my Tai Chi practice but remain a sole practitioner. Reflexology was the perfect fit. I found a licensed school, the International Academy of Medical Reflexology, studied, got certified and blended Tai Chi and Reflexology. The two share equally in my weekly schedule.

Tai Chi is an internal art that focuses on movement: muscle, bone, breath and energy.

Reflexology, to me, is the art of sharing, extending from the practitioner to the client, internal movement -- muscle, bone, breath and energy -- through touch. The end result of both modalities are the same -- the improvement of the quality of life.

A few weeks ago, like Uncle Sam fifty-seven years ago, the RAA Board tapped me on the shoulder and asked if I would be willing to fill a recently vacated position on their Board of Directors. With my wife, Barb's, thumbs up, I proudly and humbly accepted.



A Short Note from Jan, NCRE's President:

Blessings, health and happiness. Hope everyone and all you love are journeying with ease this summer. I bet you're wondering what can be a short note!

NCRE serves as a Voice for educators, listens to educators and a facilitator for communication with educators.

NCRE developed Standards for Reflexology education, including a Core Curriculum.

NCRE provides Forums for our associates and anyone can attend for a minimal fee. The Forums are geared for educators but there are pearls of wisdom for most reflexologists.

NCRE has an open chat night – Reflexology Rounds, which is open to all those interested in conversations around reflexology education topics.

NCRE invites you to become involved with us! WHY? Because NCRE promotes education and is a resource for educators. See NCRE website! Join as an Advocate or an NCREd.....
www.reflexedu.org

Have a safe and happy summer,

NCRE Board of Directors



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.

Every Second Monday at 8 pm ET

July 10, 2023

August 14, 2023

September 11, 2023

REFLEXOLOGY ASSOCIATION OF AMERICA

non-profit, state affiliated, member organization

BOARD OF DIRECTORS

The Board members will be changing in early July, 2023. The new officers and chairs will be determined then. In the meantime, continue to use these emails, since they will transfer to the new person automatically.

President

Melody Pearson (IL)
RAAPres@reflexology-usa.org

Vice President

Stefanie Sabounchian (CA)
RAAVP@reflexology-usa.org

Treasurer

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

Secretary

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

Director

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

Director

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

Director

Rory Foster (KY)
RAADirector2@reflexology-usa.org

RAA COMMITTEE CHAIRS

Please see Committee Chair names and emails on page 37.

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)

Summer's here and the pools are open, the tennis courts are bouncing and the golf courses golf carts are buzzing.

One thing I noticed when I recently was fingerprinted to volunteer at my local library, was that it was fairly hard for the lady to get a decent pair of my fingerprints. Maybe from my years of playing the piano and the organ; but, I'd guess it was more because of reflexology, and maybe a bit of expanding years, but my ridges are pretty well erased. Well, if they ever need them, which I hope they don't, they can find them from the records from when I taught school.

As usual, we have a powerhouse magazine full of information and amazing new research projects that hold great promise for reflexology, reflexologists and our clients.

Be sure to let InfoRAA (Sharon) and me know if your state president or delegate assembly members change. That way we can keep the magazine and the website up to date. By the way, the RAA website is full of great information, so check it out when you have time.

Peace, love, joy!
Karen

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.

ADMIN CORNER

Sharon Tower, NBCR (NH)

Membership Renewal is here!

The last few months have had us focused on RAA's transition to Wild Apricot, our new website. We are so excited for you to check it out!

Renewals are happening through the new site. Please check for emails and updates. Just a reminder, to prevent emails from ending up in your spam, please add InfoRAA@reflexology-usa.org to your contacts.

Please note, it will be necessary for members to log in to Wild Apricot to ensure profile information is accurate. While we have done our very best to migrate information correctly, we all know this is easier said than done!

We thank you all for your patience during this transition.

Sharon



REFLEXOLOGY FOR TRAUMA, ADDICTION AND RECOVERY WORKSHOP PRESENTED BY CHANTEL C. LUCIER

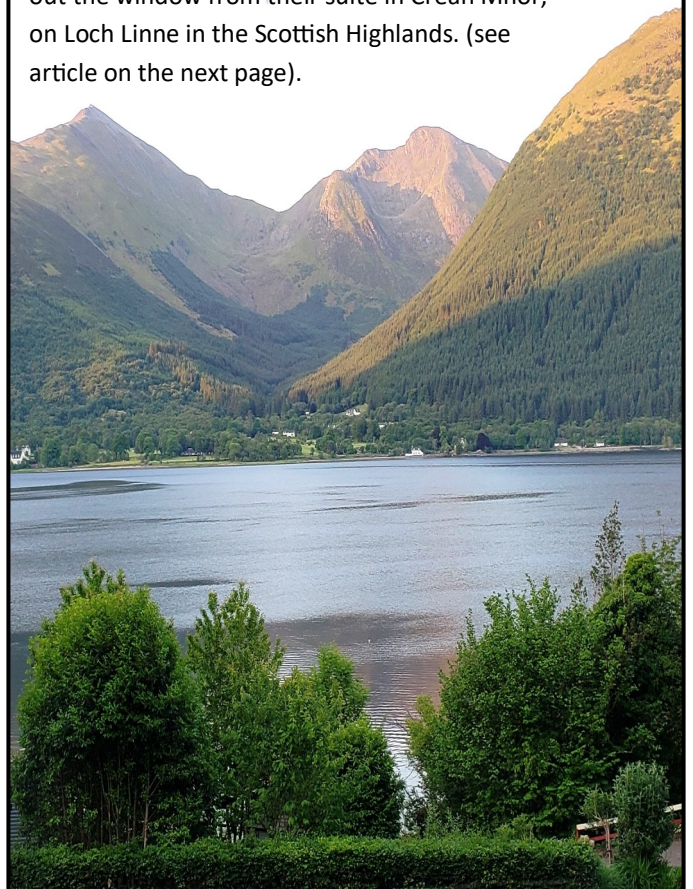
OHIO IN-PERSON WORKSHOP
CHANTEL C. LUCIER, NBCR, RMT, NCRED
September 23 & 24, 2023
9 am to 5 pm each day
Columbus, OHIO

STUDENTS WILL EARN 12 CREDITS WHILE THEY LEARN:

- ◆ Reflexology techniques and methods.
- ◆ Anatomy and physiology of the brain.
- ◆ The parts of the brain responsible for mood, addictive behavior, and emotional processing.
- ◆ Reflexology protocols for trauma, addiction, and recovery.
- ◆ Specific reflexology methods and techniques for a detailed and integrative session.
- ◆ How to evaluate and assess the client using a compassionate intake process to best address the emotional underbelly of what is underneath the symptom &/or diagnosis.

**For more information visit:
[Reflexology-ohio.org/events](https://reflexology-ohio.org/events)**

Linda Frank and Jan Weal-Grubb looking out the window from their suite in Creah Mhor, on Loch Linne in the Scottish Highlands. (see article on the next page).



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.

REFLEXOLOGY TRAINING @ INSPIRA ACADEMY IN WALES

Linda Frank, RF, NBCR, LMT, CRed, (WA) and Jan Weal-Grubb, NBCR (MI)

Orthopody & Duopody classes with Sue Alma Evans & Annie Trigg, authors of *The PodyCharts*

A short account (written whilst still in Wales!) of Linda Frank & Jan Weal-Grubb's life-changing training & adventures thus far.

Day 1: Horseback riding in Iceland for Linda. Unfortunately Jan's flight via Iceland got cancelled. Fortunately, Jan's new flight arrived in London shortly before Linda's so we were able to use our pre-purchased bus tickets to Wales. We were picked up at the Sophia Gardens bus station in Cardiff by Sue & her partner Paul and taken to our Airbnb in Penarth.

Day 2: We met with Sally Kay and Judith Whatley over at Cardiff Metropolitan University where their research was conducted. Had a lovely walk around the charming town of Llandaf and then tea and wonderful long conversation about reflexology research before we headed off to walk through a lovely park by the river back to Cardiff Central train station to return to Penarth.

Day 3: A VERY intense day of Orthopody learning new techniques to work the myofascial lines on the feet with measurable results. Dinner at a seaside restaurant.

Day 4: Starting to get familiar with the techniques, and the bonding with our class colleagues is phenomenal. SUCH lovely people (that includes, of course, Sue, Paul, Annie, & Cath, another of Inspira Academy's educators).

Day 5: We took our day of rest in-between classes to visit St. Fagans, the "museum" of Welsh life. Gorgeous sunny day to walk a few miles into dwellings from the Iron Age to the present. We dined that evening with Sue & Paul at a circa 14th century pub.

Day 6: Our first Duopody class (working through the systems on both feet simultaneously). This method of working feels very balanced and impresses the tissue quite differently than working one foot at a time. We are over the moon about this work!

Day 7: One more Duopody class today and then we leave our lovely flat in Penarth, Wales to motor off to Scotland.

Photos and more are on Linda's Facebook page at <https://www.facebook.com/reflexologyforbetterhealthUSA>



THE BENEFITS OF DATA COLLECTION AND ANALYSIS FOR REFLEXOLOGY

by **Sally Kay, UK**



Earlier this week Judith Whatley & I had the pleasure of meeting up with Linda Frank & Jan Grub in Wales, (UK) for afternoon tea & talk about all things reflexology. I first met Linda & Jan at the RAA conference in Alaska, when I gave a presentation on Reflexology Lymph Drainage (RLD). Judith is co-author of the RLD research.

Much of our conversation focused on the benefits of data collection & analysis for our profession. Linda invited me to share some of these thoughts with RAA members. Here are some of my thoughts on how this has the potential to enhance reflexology practice.

When it comes to running a reflexology clinic, there are many challenges. Your initial qualification is just the beginning! As sole practitioners, we need to fulfil a wide variety of roles along with the hands on work. We must also be proficient with administration, accounts, reception, marketing, social media, information technology, first aid, health & safety and auditing our services... to name but a few. Sound familiar?

It's been quite a steep learning curve since 2004, when I took the first tentative step on to my own reflexology pathway.

In that time reflexology has taken me to places I could only have dreamed of in my past life. By this, I mean before reflexology. It's been a journey of self-discovery, in a parallel world of professional and personal development. I have risen to the many challenges, learned new skills and have overcome obstacles along the way. The catalyst in my career was data collection, ensuring to develop an evidence-based practice.

In general, and compared with conventional medicine, there is a distinct lack of evidence for reflexology and the benefits that we, as practitioners see day to day in practice. Historically, reflexology has been around for thousands of years and as qualified reflexologists, we know it works!

So, why do we need data? Data collection and analysis promotes and nurtures reflective practice and innovation. It drives decision making.

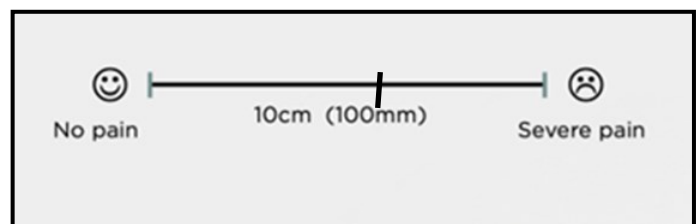
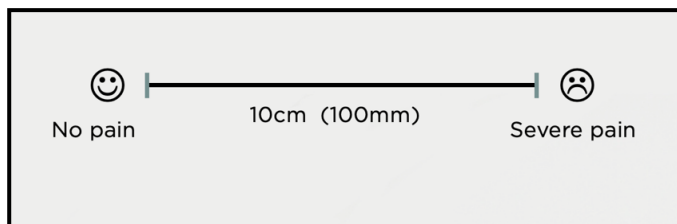
Doesn't apply to you? Think again! Data provides verification and validation on what you do and helps to build confidence in your reflexology practice.

It's best to start small and keep it simple, or it can feel overwhelming. To begin with, introduce a simple outcome measure into your practice such as a Visual Analogue Scale (VAS), which is subjective. Use it as part of the consultation in summary for what your client would like help with. Use a separate VAS for each concern, and one for wellbeing.

VAS is a 10cm line, with a smiley face at one end and a sad face at the other. The example below is for the client pain score.

The simplicity of VAS means the client doesn't have to overthink or hesitate and choose a number. They just mark the line to represent how they feel.

To lift the data, place the ruler over the VAS, 10 cm is 100mm, measure and record this. Over time you can evaluate progress.



Accuracy of the 10cm line is essential for this to be effective.

(Continued from page 14)

There are many advantages of using an outcome measure as part of your consultation and client records system. Typically, this would be used at first consultation, can be reviewed the next appointment, or after a course of treatments. Do what works best for your cohort of clients.

Advantages for the client

Documenting change helps clients to recognise improvements, and the results are more likely to be attributed to the reflexology. How often do clients forget the severity of the pain they were in or how stressed they were at their first appointment? It can be difficult to pinpoint when they first began to feel better, or when they stopped taking pain killers, or had a good night's sleep. Problems are conspicuous in their absence, and too often it's not an immediate response to reflexology, which causes doubt and uncertainty.

Phrases such as, "was I getting better anyway?" or "When did I last take my painkillers?" are common. When a client can see their own scores in black and white, the improvements can be attributed to the reflexology. Results are a return for their investment in time and money involved in seeing a reflexologist.

Advantages for the reflexologist

When clients attribute improvements and wellbeing to the reflexology treatments, they are likely to spread the word and tell others because there is confirmation that it has helped.

Results and information like this is useful for advising perspective clients as to how many sessions they might need. Although no two clients are the same, it helps with managing expectations of treatment outcomes for some presenting conditions.

Advantages for the practice

Data can be used to audit your client services. You may notice a pattern with a particular cohort of clients. This is what happened when I measured the arms of patients living with breast cancer related lymphoedema, using a standardised Limb Volume Circumference Measurement (LVCM).

If you are asked to give a talk about reflexology, it helps to speak from your own data. For example, if your data has shown that reflexology helped several clients with conditions such as Fibromyalgia, you could offer to go and give a talk to a local support group with your findings and introduce Reflexology to others who may also benefit.

If you work in the charity or voluntary sector, data collection is a valuable tool. When results show service users benefit from reflexology, it can help to support funding applications for the organisation.

Sally Kay, internationally acclaimed reflexologist and best selling author, creator of Reflexology Lymph Drainage (RLD), researched & developed from first principles through extensive clinical practice. This innovative approach to reflexology has attracted national and international awards and wide spread recognition.

Website: <https://www.reflexologylymphdrainage.co.uk>

Email: sally.kay@live.co.uk

Book is available to order from Amazon

Right: Sally Kay and Judith Whatley in the room where the RLD research happened at Cardiff Met University in Llandaff, Wales.



Judith, Sally, Linda, Jan at Cardiff





RAA editor's note: I've been trying to determine how best to share with you this amazing new research that Kevin and Barbara Kunz developed and are bringing to fruition. This hopeful research that shows promise of finally pinpointing exactly what effects reflexology has on people. Reflexologists will have proof of what we all already know: Reflexology is good for people and animals. Let's begin with part of an explanatory letter from Ireland and other posts found on Kevin's Facebook page.

Reflexologists' Institute (CLG) - Ireland May 5, 2023

K. and B. KUNZ

Dear Members,

You may by now have read or heard about the exciting developments coming from New Mexico that renowned authors Kevin & Barbara Kunz have embarked on an MRI study of the brain while the body was undergoing a reflexology treatment. The project started some years ago and has now completed Stage I where about 3000 Magnetic Resonance Images have been taken. Stage II of the project will involve the evaluation of these images, which will take some time. According to the neuroscientists who have already viewed some of the images, the results are incredible and ground-breaking in terms of what they can tell us about brain activity and reflexology. We have no doubt that the visual impact of this MRI study using qualitative images will raise the profile and integrity of our amazing therapy, on all levels but especially medically and scientifically, and so this project has the potential to bring reflexology to a whole new level of recognition.

Kevin Kunz- Facebook 5/23/2023

Dear Fellow Reflexologists,

I have been sitting here thinking about all you wonderful reflexologists out there. The amazing efforts you all make each and every day keeps us going.

The fMRI study is just the beginning of a journey into becoming a trusted and recognized science.

There is a lot of research out there on reflexology. Good research. But so far little or no reaction from the medical or scientific communities.

But for some reason this study seems to be a tipping point. It has fired up the reflexologists' imaginations. It has even gotten attention from the medical and scientific communities. We feel momentum worldwide like we have never felt before. Exciting!!!

On the other hand, I feel the impatience of reflexologists to get their approaches or techniques recognized. They are coming to us as though our opinion matters.

We need to move away from opinion and towards facts. That is how we become a true science.

We have our own biases. That is why it is important to test and retest. It isn't just one approach. And it is important to look far and wide at as many approaches as we can. And some

(Continued from page 16)

will make the cut and some frankly won't. That's science.

It should not be our approach alone. That would curtail innovation and creativity. There could be widespread use of technology to validate and verify different approaches. Many universities and many researchers could be involved.

There are very strict rules when testing subjects. We need to mirror these concerns with our approaches.

We need to develop ethical standards to embrace safety to the public as our highest priority. So, each new approach should be looked at for safety, efficacy, mechanism of action and cost effectiveness.

Someday hopefully you will be sitting in that chair at the fMRI scanner waiting to start your own adventure.

For me it was a great privilege and honor to be a part of this. (I have to admit hearing Barbara's voice calling out the time over the headphones and seeing Stefan at the controls helped steady my nerves.)

We all can be players in the validation of the power of reflexology. You too could be adding your discoveries to the systematic body of knowledge called Reflexology. And giving your gifts to the world. Thank you for your service. With love and respect, Kevin

Left: The Research Team members Right: Kevin Kunz working on client's feet while Barbara is in the controls room along with Dr. Posse.

**Neural Pathways of Applied Reflexology
Proof of Concept and Clinical Application/Stroke**

Research Team



**Barbara and Kevin Kunz
Reflexology Research Project**



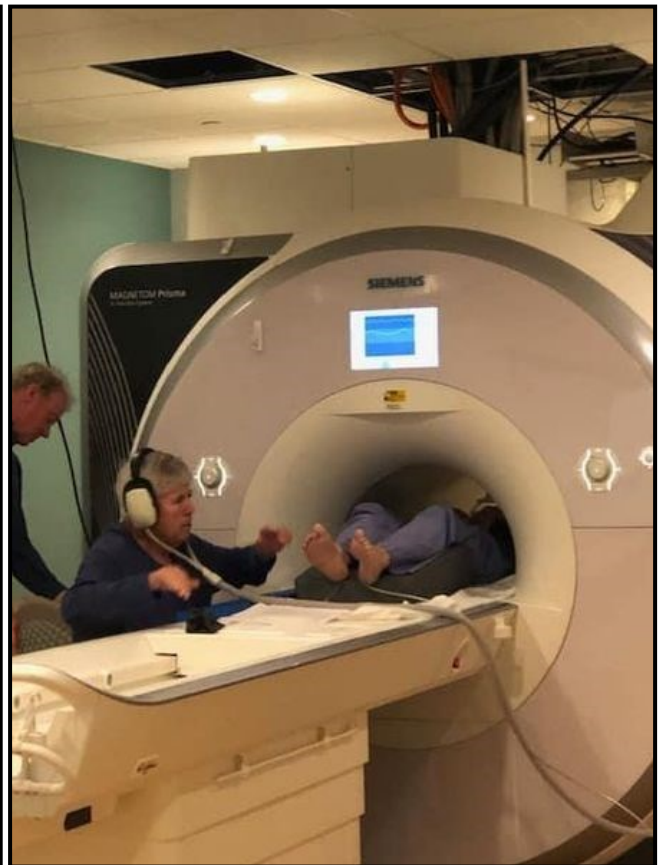
Dr. Stefan Posse
Director of Human MR Imaging Research Laboratory
School of Medicine, University of New Mexico



Dr. Essa Yacoub
Medical physicist, fMRI research
School of Medicine, University of Minnesota



Dr. Ann Van de Winckle,
Director Brain Mind Body Lab
Department of Rehabilitation Medicine
School of Medicine, University of Minnesota



(Continued from page 17)

Kevin Kunz's Facebook June 2, 2023

Dear Fellow Reflexologists,

The last 48 hours have been amazing. The response to helping us fund the analysis of the data from the first round of brain scans while performing reflexology has been tremendous. The [Irish Reflexologists' Institute](#) has made it almost to 2/3 of the way to their goal of 3000 Irish pounds on their GoFund Me campaign. And the UNM Fund is giving us a report shortly so we know how far we have gone.

If everyone who has committed to this fundraising effort delivers, we are all set.

We now get the feeling this research effort could be ongoing. Why can't we keep testing more disorders? Stroke is a good starting point but where could we go from there? What would you like to see tested?

I know the team would like to look at spinal cord injury. But it is more expensive to do this and has technical issues.

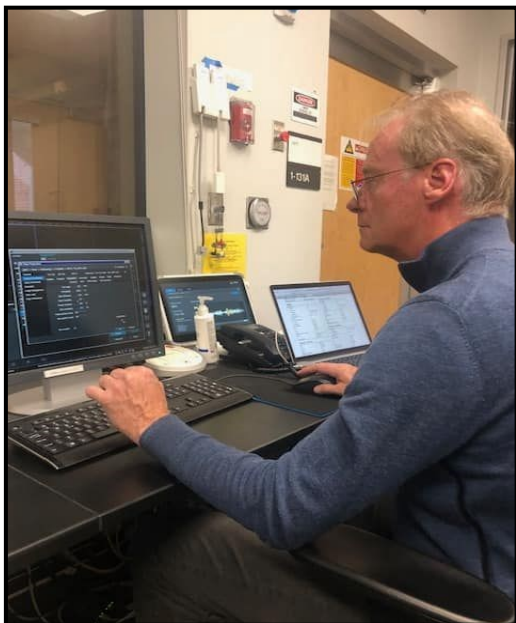
We would like to look at PTSD, Parkinson's and heart issues. But there are more disorders on our wish list. The idea that we can continue to look inside the brain is fascinating to us. What answers could we obtain? It fires up my imagination.

What also fires up my imagination is a worldwide database of reflexology research. I know there are several countries already maintaining research databases. What if there were interlinking networks? How can we achieve this? Thoughts?

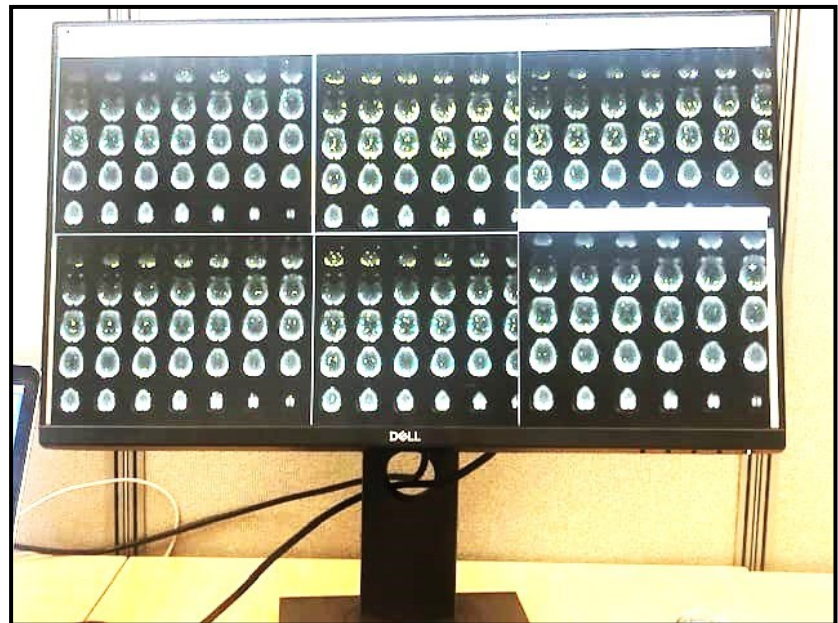
We have done four books on reflexology research because we believe research is our strength. But because of language differences and accessibility problems, we are only looking at the tip of the iceberg. Thousands and thousands of research projects exist.

Reflexology research is our strength!!!

Much love and respect, Kevin Kunz, Neural Pathways of Applied Reflexology, UNM



Dr. Stefan Posse, UNM, in the control room



Actual brain scans.

RAA editor's note: If you are so inclined, here is where you can help:

Neural Pathways of Applied Reflexology <https://www.unmfund.org/fund/npar-fund/> goes directly to the UNM Foundation which is nonprofit. It is for raising money for the analysis of the 2000-3000 images already done.



Excerpts from

Touchpoint's Full Moon Newsletter of Science and Technology

June 2023

SHOULD WE USE PAINFUL PRESSURE...OR NOT?



"Karina, today I will hook you up to a computer showing your body's "fight & flight" - and "rest & digest" response during this treatment. Please tell me when the pressure feels painful".

We started out. The computer started by showing smooth shifts between sympathetic (red) and parasympathetic (green) activity.

"Now it is painful", she said. I had already seen the program shifting into higher red. "But it is a good pain" she continued shortly after - and immediately the program changed into high green and it stayed there as long as I worked the painful reflex.

When she decided that it was a good pain, there was an immediate shift from sympathetic to parasympathetic activity.

Interesting to see.

More About The Pain Measurement Experiment

(Continued from page 19)

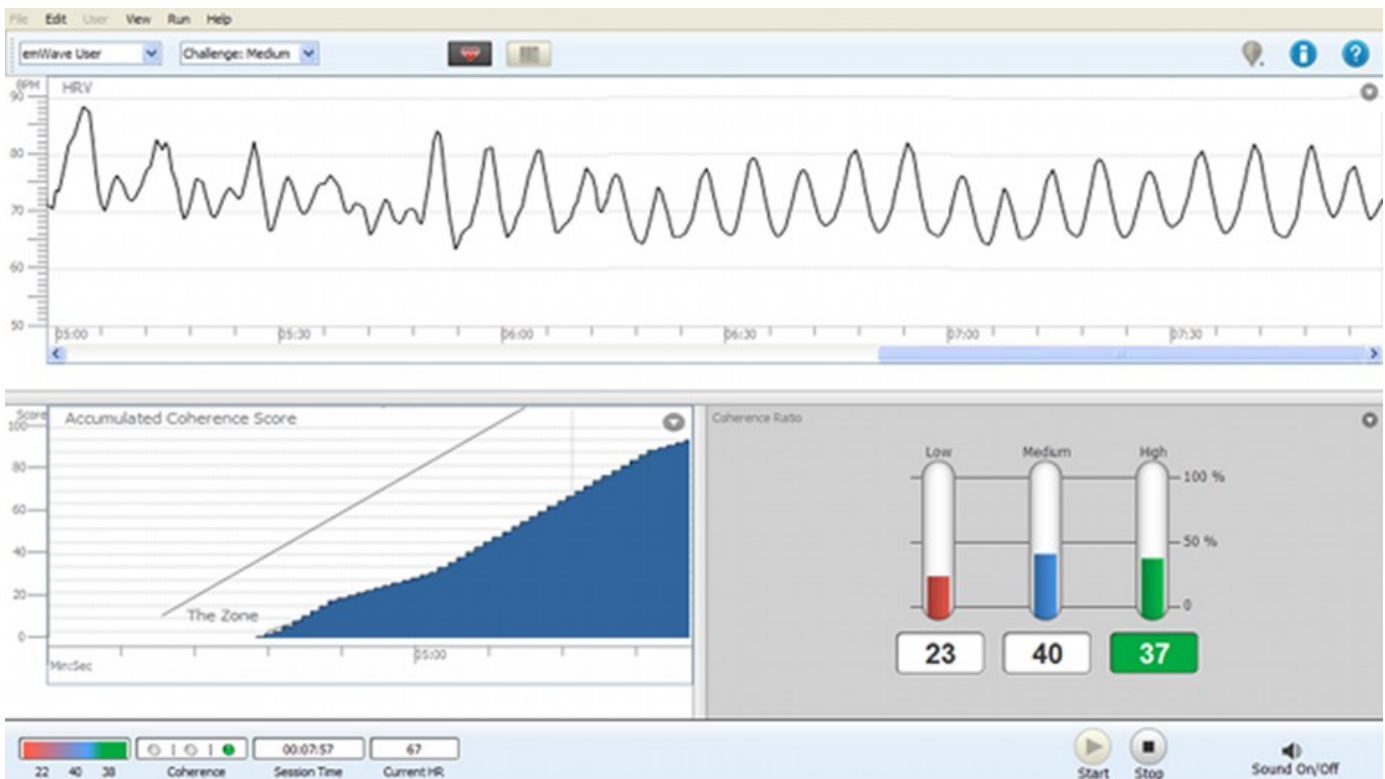
During one week's treatments we hooked almost all clients up to a computer program (emWave Pro from Heart Math Institute) showing the changing activity of the sympathetic and parasympathetic nervous system.

Via a small sensor placed on the client's earlobe, the computer registered the variation of the heart beats (Heart rate variability). The more smooth the variation the more parasympathetic activity.

Does Painful Treatment Stress The Body?

Our idea with this pilot project was to find out how clients react to different techniques. Especially how the body reacts to painful pressure.

It seemed in this experiment that if clients don't respond to the pain, but just quietly tolerate it, sympathetic activity goes up. But if they evaluate and express the pain in a positive way, then the activity is parasympathetic.



No Pain - No Gain, Or What?

No pain, no gain was absolutely “the headline” in my reflexology training 40 years ago. In the first 10-15 years of practice, my treatment was very painful.

The change in pain culture during these 40 years has been in the direction of less painful treatments. A benefit for both clients and therapists.

“Good Pain” Can Turn On The Repair Process

(Continued from page 20)

40 years later we think it is still valuable with deep pressure, but as a “good pain”. Clients like to follow the changes in the painful spots, it is satisfying to feel the pain decreasing - the feeling that something has changed for the better. This little study indicates that a good pain can turn on the repair process because it activates the “rest-digest-repair” response.

Conclusions Of The Pilot Survey

We were surprised by the significance of how clients deal with the impulses we provide. Pain is a picture created in the brain. As therapists we have a huge influence on that picture. The survey indicated:

- that an accepted and expressed pain activates parasympathetic activity
- that if my focus left during the treatment, sympathetic activity went up
- if the client talked during treatment the sympathetic activity went up
- that subtle touch techniques stressed some and relaxed others
- that subtle touch needed time before a change from sympathetic to parasympathetic occurred
- that focus from the client and the therapist was essential for parasympathetic activity

3 Important Take Away Points:

- Focus & intention from both client and therapist are crucial
- Deep touch: Agree on the intensity of “good pain”. Stay a longer time at each point and work it until the pain subsides. Work slowly when using with deep and painful touch.
- Subtle touch: Stay longer at the point, until the client feels a response in the body.

More To Come

We continue our pilot project with many more clients and aim to present more in future Newsletters. To sign up for Touchpoint's newsletter: <https://int.touchpoint.dk/side.asp?ID=72613>

“If you can't get a seat at the table, make your own table.”

Jena Antonucci, first female trainer to win the Belmont Stakes, June 10, 2023



Introducing
Lara Westdorp
ARCB's new
President of the Board
From an ARCB email

Lara Roholt Westdorp has a Masters in Public Affairs and over 25 years' experience in public policy, budget, and non-profit management. Lara started her career as a Presidential Management Fellow in the White House's Office of Management and Budget (OMB).

She continued at OMB as a budget and policy analyst for such programs as the Social Security Administration, Defense Finance and Accounting Service, and the Department of Defense discretionary budget. Lara left the White House to join the U.S. House of Representatives' Armed Services Committee Professional Staff on the Readiness Subcommittee, later working as a registered Federal Lobbyist, and policy consultant.

Since leaving the federal sector, Lara has worked as the Chief of Staff for a Maryland General Assembly Senator, chaired both the Frederick County Board of Appeals for Zoning and the Board of Social Services, along with serving as the Vice President and Legislative Chair of the Maryland Association of Social Service Boards.

She has also been a member of the Board for local non-profits Chau Xi Loi, the Asian American Center of Frederick, and Freedom Hill Fellowship. Her knowledge of complementary and alternative health care started as a way to find balance in high powered, high stress, long hours work environments.

Over the last 20 years she has studied with Buddhist and Taoist meditation masters as well as indigenous leaders and shamans. She is experienced in Acupressure, Reiki, energy work, essential oils, meditation, and is a certified Maryland Master Naturalist in addition to ARCB certified in foot and hand reflexology

ARCB elects new Officers



Lara R. Westdorp
President

Evie Fleming
Secretary

Mark Jafari
Treasurer

Gretchen Maelle
Board Member



Evie Fleming is ARCB's new Secretary of the Board of Directors. She has a flair for marketing. In the last year she has launched ARCB's Facebook and LinkedIn pages and has been paramount in designing and then helping to launch our website.

Mark Jafari is the new ARCB Treasurer. With an MBA and Chief Financial Officer, he is so accomplished it is difficult to sit in on the same zoom call without being a bit intimidated.

Gretchen Maelle is a Seattle superstar and ARCB board member. She has been an integral part in redeveloping ARCB's approach to analyzing test results and standardizing the Documentations part of the ARCB Exam.



Exciting New Reflexology Research

By Linda Frank, NBCR, NCREd

Exciting new research using fMRI machines to document what happens in the brain during reflexology is now in its analysis phase.

The project is conducted by Kevin & Barbara Kunz & Dr. Stefan Posse at UNM, the University of New Mexico. Kevin & Barbara are internationally-acclaimed speakers, reflexologists, and writers who've authored dozens of reflexology (and other) books. Dr. Posse is a tenured Professor of Physics who works with neuroscientists at UNM .

The team is raising funds to complete the analysis of what Dr. Posse has preliminarily deemed remarkable results.

You can be a part of reflexology history-making by donating any amount, large or small, to the **Neural Pathways of Applied Reflexology Fund (203379) via the University of New Mexico Foundation** <https://www.unmfund.org/s/1959/lq22/form.aspx?sid=1959&gid=2&pgid=478&cid=1147&dids=2816&appealcode=11551>

There's a lot of good information about the project on Kevin's Facebook page <https://www.facebook.com/kevin.kunz>

As former RAA President and longtime reflexology educator Karen Ball wrote in her article about the Neural Pathways Project: "The first goal of the project, like all pilot studies, is to establish a proof of concept; in this case, obtaining evidence that reflexology's claims are even feasible and worthy of future research. Strong positive results of the pilot study will allow the authors to advance to the second stage, which hopes to look at how pressure applied to specific reflexes affects the brains and spinal cords of people living with complicated conditions such as Parkinson's disease, stroke, and PTSD." <https://mcusercontent.com/ad345158debe157a54d701527/files/deb4365c-36e1-da8e-ba6a-6ba9dde37e60/FAR.pdf>

Continued donations will help not only in the analysis of the Neural Pathways fMRI images, but also to launch Stage two, The Paralysis Project.

This Neural Pathways of Applied Reflexology research project and The Paralysis Project should make great strides in furthering the respect the public has (or doesn't know they have!) for reflexology as well as bolstering any burgeoning regard for our work within the medical community.

We do have several existing good smaller studies that command attention, like the three pain studies cited on my webpage "For My Medical Professionals" [For Medical Professionals \(reflexologyforbetterhealth.com\)](http://reflexologyforbetterhealth.com). Those studies, independent of each other, all showed a reduction of pain in the 40-43% range.

That's significant. I recently read an article in the *New York Times Magazine* about Virtual Reality for pain reduction getting about 40% pain reduction. Those researchers and pain specialists were over the moon about that percentage (opioids come in at about 50%, but as we know all too well, too often with devastating negative side effects).

I urge you to take a look at the **pain studies** as well as the additional studies on my **For Medical Professionals** webpage. For instance, there are links to the three studies funded by the NIH (National Institutes of Health) for QOL (Quality of Life) improvements in cancer patients. The protocol for that study was designed by reflexology educator Barbara Bower, conducted by Dr. Gwen Wyatt, and team-led by NCRE Board Director Sarah Preusker, NBCR.

And no conversation about research would be complete without mention of Dr. Manzanares, the physician & researcher who through his biopsies of foot tissue and deposits brought us the documentation that we are working through the nervous system [Home \(manzanaresmethod.com\)](http://manzanaresmethod.com) Dr. Manzanares told me his “Improvement of oxygen saturation in CPOD patients with reflexology” study is ready for publication, so we’ll watch for those results in the hopefully near future.

Here’s a nice, easy to read account of **Dr. Manzanares’ study for ADHD** [Working with Children with ADHD - Academy of Ancient Reflexology](#)

We also have access to hundreds of small qualitative studies compiled and posted by Bill Floc-co, <http://reflexologyresearch.net/Research380ReflexologyResearchAbstracts.shtml> Bill’s own study with Dr. Terry Oleson was the only study to be published in a US Medical Journal, The *American Journal of Obstetrics & Gynecology* <http://americanacademyofreflexology.com/wp-content/uploads/2014/12/Full-Study1.pdf>

Knowing about and citing these studies to clients can’t help but to bolster your clients’ opinion of you, as well as their, and the wider public’s, opinion about reflexology.

Another great reflexology success story to share with clients and friends is that of ARCB founding member and author of *Feet First* Laura Norman’s miraculous session with former host of The Today Show and Who Wants to Be a Millionaire Regis Philbin. Laura had worked on Regis on the Today Show. Years later, when Regis was suffering from a kidney stone that his doctors insisted would have to be surgically removed, Regis asked Laura to come to Lenox Hill Hospital to help alleviate his excruciating pain. I don’t want to give away the outcome, because I’d rather you have the delight of watching Regis tell it. It’s a tale that’s delightful to share, especially with folks who are old enough to remember Regis on either of the shows that made him so very famous. You can watch Regis telling Kelly about his travails and encounters with Laura and reflexology via this link (Regis & Kelly Live Oct 22, 2010) https://www.youtube.com/watch?v=agKczQvZO_0

Our profession has some good research, but like most, if not all, CAM modalities, we struggle to fund them. That has left the wealthy pharmaceuticals to essentially corner the market on research (although according to the research I did a few years ago for an article I titled “*The Future of Integrative Medicine May Be in Your Hands*”, 50% of drugs readied for market never made it because they couldn’t beat the placebo. A heftier 90% of potential drugs for the treatment of e.g. neuropathic and cancer pain couldn’t beat the placebo! <https://www.integrativepractitioner.com/practice-management/news/future-integrative-medicine-may-hands>

So the future of reflexology being seen as a viable, respectable integrative modality may indeed be in our hands. Let’s make sure we robustly fund our researchers and their research to further that outcome.

Linda Frank is a WA-state and National ARCB Board Certified Reflexologist and Founder of the Reflexology Academy NW where she serves as an NCRE-accredited Educator.

Epistatera, who we are and why we do it.

By Brenda Makowsky, NBCR (IL) and Caroline Klem, NBCR (CA)

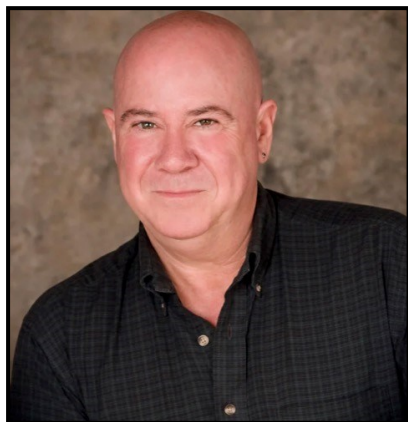
Epistatera is a 501(c)3 organization co-founded by Caroline Klem and Brenda Makowsky in 2019 after hosting a two-and-a-half day business Conference for reflexologists and bodyworkers. Epistatera is the formation of two words, *Epi* and *Statera*. Epi comes from the Greek word for above. Statera comes from the Latin word for balance. The words together take us beyond our current state to find greater balance. The body, mind and spirit alignment will radiate us toward success, strength, and health.

This business came into being out of one intention: How to make the field of reflexology stronger. The Epistatera conferences and events are about assisting the practitioner in broadening their scope in their role as a small business owner. Reflexology and all the techniques that come with each practitioner is important. Being a business owner is just as important. Both need to present to maintain and grow a practice. Caroline and Brenda believe that being a strong reflexologist and business owner will in turn strengthen the field.

Epistatera since its inception has included a team of people who wish to serve all participants. It started with nine amazing reflexologists from seven different states. The Conferences also highlight existing resources such as ARCB, RAA, NCRE and the local state associations. Epistatera is meant to complement what already serves. All of us belong to each other when it comes to promoting the field.

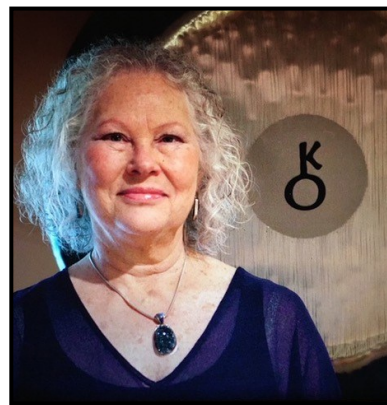
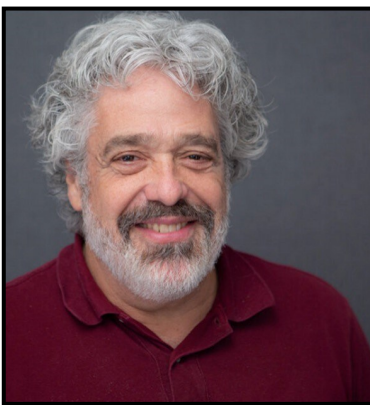
Epistatera's Conference in 2023, Good Vibrations continues to center around entrepreneurs, but presenters will focus on the body, mind, & spirit connection and address the science behind it and how it directly impacts their business. Participants will have the opportunity to learn about frequency and sound, gut health, directing their destiny and so much more.

You do not have to be an entrepreneur to participate. All who are drawn are welcome. We look forward to seeing you October 14th and 15th at the Maritime in Baltimore. For more information on the Good Vibrations Conference, please visit www.goodvibrations2023.com.



Top: Bob Wolfe, Jennifer Ray, Ken Skrzysz

Lower: Jennifer Schwab, Michel Ungar, Maren Good



STATE NEWS

IOWA—RAIA

Renita Murrell, NBCR



WELCOME TO TWO NEW IOWA BOARD MEMBERS



New Board Members



Introducing Kathy Petsche our new Interim President and Delegate Assembly member. Kathy is a retired Reflexologist and is currently a Aromatherapy Specialist. She has a banking and corporate background. She has stepped into the Presidents position until the new fulltime President will be able to join the RAI A Board. Kathy is keeping up with the legalities of Reflexology by being on the Delegate Assembly .

I believe that Kathy will keep us up to date on the issues facing us in this changing profession. Kathy is very knowledgeable on the current affairs of reflexology and will help Iowa to become the top State.



Introducing Paulette Canney our new Vice President and Recording Secretary. She was offered the position of Secretary first and accepted it then was offered the Vice President and graciously accepted it. We are happy to have her and her experience that she brings. She has many levels of knowledge and different modalities to her business. She has a family which keeps her busy but still has time for ideas for Reflexology that will help Iowa to be more productive and will help members to be informed of new techniques and topics.

Thank you Ladies for being a part of the RAI A team.

STATE NEWS

MASSACHUSETTS—MAR

Laurie Hanna, RN MSN NBCR



Massachusetts Association of Reflexology invited **Chantel C. Lucier** to teach her class, ***Reflexology for Trauma, Addiction, & Recovery***, on May 6th & May 7th.

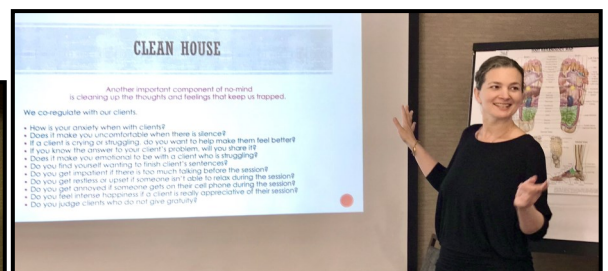
The two-day class involved education, reflection, and hands-on reflexology for those with a trauma and/or addiction history. Chantel provided education around trauma and addiction while also offering opportunities for students to discuss and share experiences they had with this client population. Students were also guided through exercises to best support a healthy client-practitioner relationship. Chantel taught us what she refers to as the No-Mind Approach to Reflexology, so that the practitioner's desire to "fix" or "heal" the client is placed aside, allowing the client's natural healing process to unfold without interference. Students learned hands-on reflexology techniques focusing on the brain regions responsible for mood, addictive behavior, and emotional processing, as well as the HPA Axis and energetic holds and subtle movements which help calm the nervous system and put the client into a parasympathetic state.

Chantel emphasized the importance of the reflexologist's presence during the reflexology session. She educated the students on her Compassionate Intake Process, which helps support the reflexologist to enter the session with this client population in a safe, non-threatening, supportive manner. This was illustrated in her teaching approach as well.

As a reflexologist and psychiatric nurse with current and past clients suffering from addiction and trauma, I found this class extremely educational. I learned new techniques on how to be a better reflexologist.



28 Reflexology Across America



Summer 2023

STATE NEWS

New Hampshire

Sharon Tower, NBCR, RANH Secretary



Now THIS IS WHAT REFLEXOLOGY LOOKS LIKE!



Last month three members of our board attended the Evolution Expo in Concord, NH. The event was sponsored by Holistic Pros, an alliance of holistic and complementary care professionals organized to develop awareness of holistic practices.

We offered mini foot and hand sessions and this little guy decided he wanted to check it out. His mom had to wake him up!!

We are so grateful for this opportunity to share reflexology and its many benefits with others.

Nearly 1000 attendees witnessed reflexology in action! Some had never even heard of it but were eager to hop in a chair and check it out.

Not only did we share our services with 40 potential new clients, we also raised over \$900 for our state association!

STATE NEWS

NORTH DAKOTA—NDRB

(NORTH DAKOTA REFLEXOLOGY LICENSING BOARD)

Jan Benson, LR, NBCR

North Dakota State Legislative News



The Legislative process varies in every state. The following is shared to both help explain the process of changing an existing law in North Dakota and increase the awareness of how licensing may, or may not, change the way things are done in states with licenses, versus those without. I think RAA will one day need to deal with how to support Licensing Boards and the laws passed in states with reflexology laws, which do have different concerns than State Associations' Boards. Unlike reflexologists in states that do not have a law, the ND reflexologists have been unable to legally do techniques such as Thai reflexology and facial reflexology since the law limited the ND reflexologists to working on just the ears, hands, & feet.

In 1993 members of the North Dakota Reflexology Association, worked with Christine Issel to help create and pass the first reflexology licensing law in the U.S. The law, which is part of the ND Century Code, established a licensing Board of Reflexology, which is separate from the Reflexology Association. It has three licensed reflexologists, who are appointed by the Governor for three-year terms. Since the Board is considered a government entity it is allowed to submit a bill to the Legislative Council on its own. The Board worked with an attorney from the ND Attorney General's office to prepare a bill for the 2023 Legislative session. The Board shared the proposed changes with the licensed reflexologists, some of which are also licensed massage therapists, for their questions and comments before submitting the final bill.

The bill was accepted by the Legislative Council in December and assigned to the Senate. It became known as SB 2065. It was assigned to the Senate Workforce Development Committee, which scheduled a hearing for the bill on January 6, 2023. Two of the ND Reflexology Board members, were able to attend the committee hearing to testify in support of the bill and answer any questions the committee had. The Board had also submitted amendments to the bill to correct a wording change made by the legislative council and to clarify the date a license expires. No one testified in opposition to the bill. The committee passed the bill and sent it to the Senate floor with a "do pass" recommendation. The bill passed unanimously on the Senate floor and was then sent to the House, where it was assigned to the Industry, Business, & Labor Committee. That committee then passed it to the Human Services Committee, which scheduled a hearing. A member of the Board testified in support of SB 2065 and answered questions from the committee. There was no testimony against the bill. The bill passed in the committee and was sent to the House floor with a "do pass" recommendation. It passed in the House with 85 yeas, and 7 nays. It was then signed by both the President of the Senate, and the Speaker of the House and prepared for the Governor, who signed the bill on April 4, 2023. It was registered with the Secretary of State on April 5, 2023, and will become law on August 1, 2023.

The main purposes of SB 2065 were to remove or update wording related to the Century Code, to broaden the definition of reflexology by eliminating the use of only ears, hands, & feet, so those licensed to do reflexology, but are not licensed massage therapists, are able to have more flexibility to do techniques such as facial reflexology and Thai reflexology.

The North Dakota Reflexology Licensing Board now has the ability to establish, adopt and enforce Administrative Rules, which can be changed without legislative approval, to clarify requirements for licensure, renewals, continuing education, etc., as well as adding a penalty to those who are practicing reflexology for pay without a license, and establishing rules necessary for any other Board responsibilities that may come up.

STATE NEWS

OHIO—RAO

Mary R Porter, NBCR



The RAO Board had its first in person meeting in over three years on March 24, 2023. We met at Cheryl Burke's home in Celina, OH on Grand Lake St. Mary's.

Photo L to R:

Mary Porter, President;

Debbie Yoho, Director;

Jan Weal-Grubb, V. President;

Debbie Hitt, Director;

Cheryl Burke, Secretary.

Not pictured,

Teresa Evans, Treasurer.



In May, Karen Kirts (OH) and Kim Novatny (PA) were invited to their third, annual Spa Day event in Maryland. The hostess and many guests were former Social Security friends of Karen's from the Baltimore area when we lived there.

In addition to two reflexologists, there was a masseuse, a jewelry sales table, a wineglass painting room, and lots of great food. We had a good time, Kim got a few new clients, since she lives close, and we made some money. Here are a few photos of the event and some of the thirty people.

L-R: Wine glass painting table, Wendy and Alanna (masseuse & her mom), Leechelle and Debbie, Jenny and Karen. Right: Karen and Kim



STATE NEWS

Rhode Island—RARI

Tami Goulet, NBCR



Reflexology Association of Rhode Island (RARI) is excited to be participating in the annual Rhode Island Holistic Association (RIHHA) event at the Crowne Plaza in Warwick, R.I. On October 28, 2023.

RIHHA's mission is to inspire, educate, and empower people, build awareness while advocating for increased access to holistic modalities, connecting practitioners with each other and making holistic healing more accessible in or around Rhode Island through education, public awareness, and community.

For more information, go to <https://rihha.org>. The more we get the message out, the better we are as humans.

RARI will be there to educate others and bring awareness to the public about reflexology. We will be offering sample sessions of hand, ear, foot, and facial reflexology.

I HAVE FOUND THAT IF YOU LOVE LIFE,
LIFE WILL LOVE YOU BACK.

Arthur Rubinstein, Polish American classical pianist.

STATE NEWS

WISCONSIN—IRW

Lila Mueller, CRR, ART (Regd), NBCR, CREd



Integrated Reflexologists of Wisconsin hosted a **Structural Reflexology Class** with Geraldine Villeneuve in Port Washington, Wisconsin on May 18-19-20, 2023.



Active State Reflexology Association		
Email Contacts		
State Association Presidents	Name	Email
Alaska Reflexology Association (AKRA)	Chloe Clark-Berry	cclarkberry@gci.net
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Reflexology Association of California (RAC)	Patricia Thaxter	consulting@aleyamarketing.com
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Washington Reflexology Association (WRA)	Gretchen Mokrani	president@washingtonreflexology.org
Integrated Reflexologists of Wisconsin (IRW)	Lila Mueller	reflexWI2012@gmail.com

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
Arizona - AZRA	Looking for delegates	Ohio - RAO	Jan Weal-Grubb Cheryl Burke, DA Secretary
Georgia - GRO	Janice Healy	Oregon - ORN	Looking for delegates.
Iowa - RAI A	Kathy Petsche	Rhode Island - RARI	Dana Moriarty Kimberly Cole
Maine - MCR	Lisa McNeil Holly Aguilo	Wisconsin - IRW	Linda J. Utecht
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	Melody Pearson (IL)

“Even an ordinary secretary, housewife or teenager can, in their own way, turn on a small light in a dark room.”

Miep Gies, who helped hide and feed Anne Frank and eight others when the Nazi’s took over the Netherlands in WWII. She found and hid Anne Frank’s diary papers and years later gave them to Anne’s father, Otto, who was the only survivor of the Attic group. He organized and published them into the book we know as *The Diary of Anne Frank*. Miep lived to 100, gave many speeches especially to young people, and usually ended with the above sentence. *“A Small Light”* short series on National Geographic Channel.

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
OH	Reflexology Certification Institute	Debbie@ReflexologyCenter.com	reflexologycenter.com	(614) 565-1047
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

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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
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(Reiki for Bodyworkers Courses also available!)

Course information and registration
can be found at:

OcalaElementalEnergyHealing.com

All classes taught @ Nadi Om Wellness
in Ocala, Florida



Contact: 352.433.3697
grace.elementalenergy@gmail.com

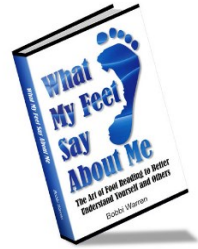


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The RAA Board wishes you a Happy Fourth of July and summer.

