



REFLEXOLOGY TODAY

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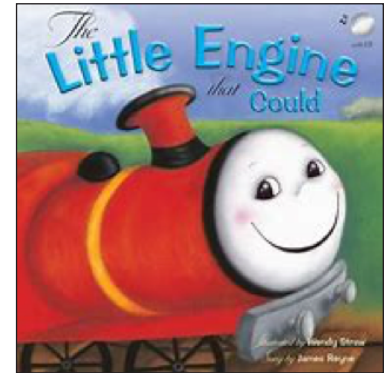
President's Greeting



Another year has rolled by. December marks a full year for me in the role of president for ARCB. In a nutshell, what I have learned so far is this:

Resilience is a muscle, and reflexologists all across this country are flexing or re-flexing that particular muscle in grand style!

Over the past year, I have had the opportunity to talk with many reflexologists. If I were given only one word to express the ultimate trait or collective underpinnings of this profession, I would have to choose this word—resilient.



I have heard testimonies of countless creative ways people are circumventing road blocks, dodging troubles and overcoming difficulties. Issues arise, deep breaths are taken and then stratagems are undertaken. What a wonderful group of people: all of us rising up in differing ways, seeing things through with unique approaches, upholding the profession of reflexology and resiliently chugging on!

Our profession has always faced uphill battles, but now I have had almost a full year of uncovering why we seem to always endure. The Little Engine that Could has nothing on us; reflexologists know they can! I am more grateful and thankful than ever before to call myself a reflexologist.

I often end letters and emails with this sentence: Please contact me with any more questions, ideas, concerns or concepts you may have. The ARCB board and I really mean this. Contact us. We—all of us together—are making this thing work.

It's a grey day, but there are leaves still clinging to the trees as I write this. Their days are numbered. I live in South Dakota, but don't let the 'South' part of that fool you. It is flat cold here in the winter. Wherever you are, I hope you all have a wonderful warm winter.

A handwritten signature in cursive script, appearing to read 'Lyn', written in dark ink.

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MISSION STATEMENT

The American Reflexology Certification Board's main purpose is to protect the public and promote the advancement of the field through the recognition of competent reflexologists who practice on a professional basis and choose to be recognized as meeting basic national standards. The ARCB promotes reflexology and its certificants through a national referral service. It supports certificants through publication of a bi-annual newsletter and other business related materials. The ARCB works for the growth of the entire field by encouraging the ongoing development of reflexology associations and related professional organizations.

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REFLEXOLOGY TODAY

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Inside ARCB

Covid-19 Testing Policy Regarding Vaccine Status

The health and safety of both our examinees and proctors is a priority to the ARCB. The Covid-19 policy is designed in response to the continued challenges presented by Covid-19. Therefore, as a federally recognized non-profit, ARCB abides by state and federal guidance in regards to Covid laws.

In Gratitude to Their Service

ARCB convened a committee to undertake review of the ARCB Continuing Education Manual. Thanks to committee members Cindy Silverlock and Jan Benson who have been working weekly and diligently with Donna Morris, Coordinator of Continuing Education, and Sharon Vermeulen, ARCB Administrator.

Two talented, experienced and dedicated reflexologists have contributed innumerable hours in the pursuit of updating ARCB's Continuing Education Policies and Procedures. We extend our gratitude to these auspicious women—Jan Benson and Cindy Silverlock!

Jan resides in Fargo, North Dakota, where she earned her North Dakota reflexology license in 2006. She was certified in the Ingham Method with the IIR in 2007 and was nationally certified by ARCB in 2014. In addition to maintaining her practice, Jan served as the vice president and president of the North Dakota Reflexology Association (2010 – 2016). Jan's testimony before a North Dakota legislative committee supported passage of updates to the North Dakota law governing reflexology (2011). She also served on the RAA Board of Directors from 2013-2018. Appointed by the Governor to the North Dakota Board of Reflexology in 2020, Jan is currently serving as president of the board.

Cindy, a recent transplant to Oro Valley, Arizona, completed her reflexology training with the West Australian School of Reflexology in 1989. Cindy studied with Robert St. John, the founder of Metamorphosis, from 1989-1996, and founded the Metamorphosis Center in 1990. Cindy has introduced Metamorphosis to students all over the world. She has offered courses as an ARCB approved provider since 2008. She is author of a book, Metamorphosis: Creating Consciousness Through Touch, which won the Living Now Book Award in 2009. In addition to her practice and teaching, she is currently serving as the membership secretary for the Arizona Reflexology Association.

From the entire ARCB Board of Directors, thank you, Jan and Cindy!

In Appreciation

ARCB acknowledges **diane Wedge** and the members of the RAA Delegate Assembly for the opportunity to update the group prior to their monthly meeting on ARCB's activities and thanks the Delegate Assembly for its work on behalf of our beloved profession.

Testing dates are subject to change based on state restrictions due to the corona virus pandemic. For up to date information check the ARCB website at: <https://arcb.net/>

ARCB & Legislation

ARCB, as an *independent, nonprofit* organization offering the *only psychometrically valid** national reflexology certification exam, works closely with legislators and law enforcement across the nation to protect the public from unscrupulous businesses purporting to offer reflexology. In addition, working with local reflexologists, ARCB has been instrumental in the passage of the five state reflexology laws (Washington, New Hampshire, North Dakota, Tennessee and Nevada) and 32 exemptions from state massage laws.



As mandated by state law, ARCB's certification written exam is used in the state of Washington as the pre-licensing state exam, and in New Hampshire, proof of ARCB certification is required for licensing. ARCB certification may also be used to meet the Nevada licensure law and in Utah, ARCB certification is required for exemption from the massage law.

Today, ARCB continues to act as consultant to reflexologists in many states in conjunction with legislative proposals in their area. Several states have bills pending in the current legislative session that will require ARCB certification as a prerequisite for licensing or to obtain an exemption for reflexology from the massage law.

ARCB is available to state reflexology organizations and individuals for consultation regarding legislative initiatives and options on the state and local levels. If you are unsure about the current status of practicing reflexology in your state, contact the ARCB office for the most current information and any assistance you may need in the legislative process.

**The term 'psychometrically valid' can only be applied if all steps/protocol in test development are followed. For example, test development is a complex lengthy multi-component process that includes conducting a job analysis to identify the associated tasks, knowledge, and/or skill which provides a basis for test validation. A valid exam is then the degree to which accumulated evidence supports specific interpretations of all components—education, experience, and assessment of the test and its questions.*

NCRE News



The National Council for Reflexology Educators (NCRE) is an IRS recognized 501(c)(3) nonprofit organization that emerged in January 2016 with the intention of supporting the needs of reflexology teachers, schools and educators. This work will be accomplished by offering educational resources, forums, conferences, online training, webinars, and a voice at legislative proceedings. The mission is to meet the diverse needs of the reflexology educational community by bridging the gap between the individual's desire to teach and evolving standards and give a voice to experienced teachers.

NCRE has been hosting quarterly Zoom Education Forum meetings.

January 2021: Covid and the Evolution of Online Education with Ko Tan

April 2021: Where Reflexology Education and Legislation Meet with Kelly Urso (an e-book to use for curriculum is also available for purchase)

July 2021: Identifying Your Target Market for Students with Claire Guy

October 2021: How to Create an Impactful Curriculum and Syllabus with Ko Tan

January 19, 2022: Introduction to Teaching Adults, For Those Interested in Teaching and Curriculum Development with Christine Issel (an e-book as an introduction to teach adults and curriculum development is available for purchase)

Registration in advance is necessary. To attend, go to the website and under Events, fill out the Registration Forum. NCRE Members: CRed and Advocates is Free; Nonmembers: \$25

For more information about NCRE, visit its website at www.reflexedu.org. Join NCRE to become a Certified Reflexology Educator (CRed) or Advocate. Look for the Curriculum Approval Process coming in 2022.

Legislation 2021

With Covid-19, legislative work is slow again this year. Yet, there is pending legislation in several states that must be monitored. Most states have a two-year legislative session with the introduction of bills occurring in the odd years—meaning this year.

For 2021, most of the work for ARCB's Legislative Committee involved answering emails after researching and reviewing laws and reporting back to the reflexologist inquiring, or writing position papers for bills being heard in committee. With legislative sessions reconvening in January, there will be more work in 2022. (Michael perhaps this sentence should be in a box) If you would like to be involved in monitoring legislation or know of pending bills in your state, please contact the ARCB office.

In **North Carolina**, HB 434 was introduced by sponsoring representatives Dennis Riddell and Harry Warren. The bill passed the House and crossed over to the Senate. It will establish a North Carolina Healing Arts Commission under which reflexology and music therapists will be governed and will require ARCB certification for licensure. ARCB wrote a position paper in support of the bill.

In **Illinois**, the exemption for reflexology from the massage law is set to be sunsetted January 1, 2022. A bill (HB 2431) has been introduced to continue the massage law as written, including the current exemption for reflexology from massage until January 1, 2027. The bill has passed both the House and the Senate. On October 13, 2021, pursuant to Senate Rule 3-9(b)(ii), this bill shall not be re-referred to the Committee on Assignment.

What does that mean? The president of the Committee on Assignment has the power to conduct business by setting deadlines for action (Senate Rule 2-10). Automatically, bills are re-referred to the Committee on Assignment on the 31st consecutive day that the Senate has not convened for session unless the Committee on Assignment has issued a written exception to the Secretary prior to the 31st day. The massage bill has passed both the House and the Senate. On **October 13, 2021**, pursuant to Senate Rule 3-9(b)(ii), **this bill shall not be re-referred** to the Committee on Assignment. Apparently, a written exception for the massage bill has been written. What the exception says is a mystery at this point! It may take a few days for more information to be posted on the legislative website. One can dream—it would be nice if the Governor simply signed the bill since it has already passed both branches. The reflexology committee is headed by **Becky Cobb, Sarah Preusker, Melody Pearson, Michele Melnick** and **Brenda Makowsky**, who are monitoring the situation.

In **Nebraska**, the bill last session died on the floor when a vote was called. The bill to exempt reflexology from the massage law was re-introduced (LB 211) by the Platte Institute and Senator Murman. The latest from Nicole Fox of the Platte Institute is, "The bill is still in committee. The Department of Health and Human Services now has new issues, so we are trying to iron those out first. It's more technicalities, not the concept of the bill, which is good. That being said, we want to make sure they are okay with everything first before we tackle the massage therapists."

There are no developments in **Ohio**. Working with a lobbyist, **Debbie Hitt** has seen the bill re-introduced in the General Assembly this year as H.B. No. 81 and in the Senate as S.B. No. 55.

Melanie Giangreco reports on the passage of Act 178 in **Vermont** that went into effect April 1st and requires anyone in any sort of touch profession to register with the Office of Professional Regulation (OPR). It is not licensure, but a registration process.

Safe Harbor Law (also known as a Health Freedom Law)
Since 1976, ten states (AZ, CA, CO, ID, LA, MN, NM, NV, OK, RI) have enacted Safe Harbor Laws to protect an **individual's right** to access complementary and alternative health services. It **does not license a provider** of CAM therapies to practice, per se; that is, it only protects the right of a CAM practitioner to see clients and not be charged with practicing medicine without a license as long as certain rules are followed. Currently, Connecticut and Massachusetts have such bills pending. ARCB has written testimony in both states generally supporting the bills but stating its concerns and asking for an amendment to the bills. The Massachusetts Association of Reflexology (MAR) also sent a favorable position paper.

The **Connecticut** Reflexology Association (RACT) is monitoring HB 6015, an act establishing a safe harbor for alternative healthcare practitioners. This bill, which specifically mentions reflexology, allows the public access to complementary therapies and, though NOT licensed, allows the reflexologists to practice without fear of being accused of practicing medicine without a license. The bill does have two problems in wording in one sentence that Connecticut reflexologists have requested be amended. The first is to change alternative to complementary; and second, to delete the words "to provide certain alternative health care services **without compensation.**" **Barbara Hodson** of neighboring state of Rhode Island, along with **Melissa Whited** (RACT), is coordinating the effort.



Representative Charles Ferrero, to whom ARCB has been in contact, writes, "I have been submitting a Safe Harbor Bill for the past four sessions. I have had difficulty getting it out of committee. This last session, we made more progress than usual in that I managed to get the deputy speaker of the House to sign on to our bill; however, the bill still got hung up in committee. This session, it is my intention to get with the ranking member of the Public Health Committee, Dr. Petit, and work out the details before we send the bill to the committee."

"With regards to your question regarding reflexology...I have always included reflexology in our list of healing modalities to be covered by the Safe Harbor Bill. If we were to send a bill to the Public Health Committee with just one healing modality, it would go nowhere because many would object to its narrow parameters. I will continue to advocate for a Safe Harbor Bill that includes multiple healing modalities. It is my understanding that a licensing bill for a specific modality is a horse of a different color. Many alternative healers think that giving the state the power to license their particular healing modality will open a door to a slippery slope."

When writing to Issel, Ferrero went on to say, "I agree with your points. It has long been an oversight of mine where I have used the term alternative medicine...a term from antiquity that stuck with me. The better term is without a doubt, complementary medicine, and I will change the language in this year's version of the bill. With regards "to provide certain alternative health care service without compensation"...that was not in the bill...LCO [the legal department that writes all the bills] on a rewrite for whatever reason changed the language and since the bill never got past the committee it stayed in the bill. If it was JF'ed [a term used when a bill is voted out of committee and onto the General Assembly floor] it would have been rewritten and that language would have been removed. It will not be in this session's version." Ferrero was assured that ARCB, RACT and RARI will continue to monitor the bill and act when support is needed.

The **Massachusetts** Attorney General's office is redrafting S.221/H350, An Act Regulating Complementary Healing Therapies (CHT) which will require licensure of CHTs—specifically reflexology—in the Commonwealth of Massachusetts. For over six years **Marilyn Alling, Laurie Hanne** and **Kate Melvin**, members of the Massachusetts Association of Reflexology (MAR) Legislative Committee, have been actively meeting with the Attorney General's office and the sponsoring senator, Montigny's chief of staff, to refine and amend the bill to address the concerns of reflexologists. A public hearing via Zoom was held on December 13th. Members of the MA Committee on Consumer Protection and Professional Licensure heard from 1,100 CHT practitioners through written position papers and 60 signed up to give oral testimony. Marilyn and Kate gave oral

testimony along with Christine Issel, on behalf of ARCB, in addition to presentation of letters and other position papers from MAR members.

ARCB and MAR complimented the revisions made to previous drafts of the bill. Laurie Hanne, MAR president, shared, "Kate, Marilyn and Christine testified and were incredible. MAR is really lucky to have the support of these three individuals." Marilyn Alling acknowledged the hard work of her colleagues by saying, "It's been a busy year, but having been able to work with Christine, Laurie and Kate has been a blessing to me. I appreciate all the hard work of our Legislation Committee and the very valuable time they have taken to do the work."

While Reflexology expressed support of the bill, most other CHT opposed the bill. All wait for the decision of the Committee in the 2022 session that will begin by February 19th. The session, normally beginning the first week of January is delayed by state statute because this will be the first year of a term for the new Governor.

In **Oregon**, bill HB 2493 has taken a different approach. It directs the Health Licensing Office to establish and maintain a voluntary, alternative practitioner registry of individuals who provide alternative well-being care. The bill was assigned to the House Committee on Behavioral Health. ARCB sent written testimony on May 8, 2021. In the testimony, it was pointed out that reflexology clients do not disrobe. Reflexology also does not involve invasive techniques, pharmaceutical substances, nor is it to be used for diagnostic purposes. Hence, a request was made for the committee to provide the data which demonstrates a need for licensing to protect the public. The committee was also asked to amend the use of the term "alternative" to "complementary" in the bill. ARCB encouraged the committee to amend the bill or send it back for a rewrite before it is passed.

Two of the four states without a massage law will introduce legislation this session. The proposed bill in **Kansas** (HB 2400) will include an exemption for reflexology. The AMTA in **Minnesota** has been working for several years on a bill and plans to introduce one. It may or may not include an exemption for reflexology. **Iris Aharonovich** has been working with the AMTA committee and attending meetings for over two years to make sure reflexology is exempt in the bill.

Nevada Massage Board Seeking Reflexologist

The reflexology law in **Nevada**, which places reflexology under the Nevada Massage Board, calls for a certified reflexologist living in Nevada to sit on the massage board. If you live and practice in Nevada and are interested in filling this volunteer vacancy, please contact the Executive Director, Sandy Anderson sjanderson@lmt.nv.gov, for more information and to apply.

Research Study: Foot Reflexology & Interstitial Cystitis

:: Grace Beck LMT (MA87383), RMT, CALC, ERYT500

Introduction

Research is extremely limited on the use of reflexology to bring relief to those experiencing interstitial cystitis (IC) symptoms. Most complementary and alternative method (CAM) studies do not include reflexology as a method of relief. While listed on the IC Association website¹ as a practice that may be tried by those diagnosed and experiencing IC symptoms, studies have not been conducted to show a definitive relief of symptoms through the continued practice of reflexology. In addition, the IC Network, an extensive information and support website for those suffering from IC symptoms, does not list reflexology as a possible treatment for symptom management. Further, current research studies found to address CAM for management of IC symptoms do not include reflexology as a treatment.

Symptoms of IC vary from person to person but appear more prevalent in women, with women being diagnosed more often than men and often having a long-lasting impact on quality of life. The cause of IC is unknown, and many factors may contribute, including a defect in the bladder lining, heredity, infection, or allergy. According to the Mayo Clinic², there is neither a single treatment for IC nor does any single treatment relieve all symptoms. Guided imagery and acupuncture are listed as possible CAM therapies that show promise in helping with symptoms.

Conclusion

Based on subject reporting and indicated ratings of the three areas of concern, there may be value added to include reflexology as a modality for management of anxiety and its subsequent effects on IC symptoms.

Interstitial cystitis/bladder pain syndrome (IC/BPS) affects between 3.2 and 7.9 million women and one to four million men and often begins at the age of 40³. With no single treatment available and only a CAM path of symptom management beginning to be woven for IC sufferers, reflexology may be a modality to add to the growing list of help for those who are dealing with this non-treatable disease.

While a single-person case study may not provide generalizable results for the entire IC population, it may be a starting point in establishing reflexology as another modality of symptom management for those who suffer from IC. The IC community supports research in CAM protocols for help with symptoms, and the lack of research regarding reflexology in this area would indicate future research of reflexology is needed to determine if this modality is viable to add to the list of helpful therapies from which those who suffer from IC and its symptoms may find relief and a return to homeostasis.

For more information on the study protocol and full statistics, Grace may be contacted at: grace@nadiomwellness.org.

¹ ic-network.com

² mayoclinic.org

³ ic-network.com; ichelp.org

The dialogue on the following page took place after Grace's presentation. ➡



The American Reflexology Certification Board is looking for two interns.

Internship is a great way to see how ARCB functions, meet and talk to reflexologists all over the country and engage in a meaningful way helping propel the profession forward.

The interns receives 12 CE's on completion of the years work. Interns will attend ARCB board meetings, have weekly or bi-weekly calls with a board director, who will guide you through the various projects.

Contact the office (info@arcb.net) for an application.

Dialogue & Questions About Research

Following Grace Beck's presentation, an email dialogue ensued:

To: Tish and Grace
From: Christine Issel

Thank you for your presentation last night. I was pleased to see so many were interested in research.

There are several thoughts I'd like to share that may need addressing for any research to be valid.

1. How do we resolve the issue of the different charts so that there is an agreed-upon foundation for research—that is, we are all talking about the same area for the same reflex?
2. Is it the singer (meaning the therapist) or the song (meaning reflexology as the intervention)? I do have an idea on this if one wants to conduct a double-blind study.
3. The University of Minnesota—Center for Spirituality and Healing (www.takingcharge.csh.umn.edu) has a good website listing research if you are not aware of it.

To: Christine and Grace
From: Tish Gilmore (SD)

The two questions Christine brings up are the questions! Resolving the issue of different charts will be difficult as copyright laws protect so many of the charts. What Grace says is true. It is research and science that in the end will help us to address these types of questions.

To: Tish and Christine
From: Grace Beck (FL)

Let me offer my two cents about Christine's questions...

1. Without giving up any copyright information, a general agreed-upon hand and foot (and ear for those practicing ear reflexology) picture can be used to identify the areas of the reflexes used. In Bill Flocco's *Reflexology Research* book, he uses generic pictures and identifies placebo and appropriate reflex points. (Great research to see if the appropriate reflexes had an impact on the hypothesis— $n = 35$.)

This may be something the ARCB research evaluation committee comes to an agreement on and then posts on the website for consistent use in research studies (TOPIC: Research Support). If there is discrepancy on where the reflex point is identified—that is why we have peer-reviewed research, so it can be identified and discussed before the research is posted/published.

2. I believe for now, we need to focus on the "song." While this is fascinating and I wouldn't mind being part of a study, if we focus on "the singer," this will pit school and technique against each other and it may lead to an implosion of what we are trying to do (in-fighting amongst practitioners—my technique is better than yours; my intention is better than yours). It would be valid research, if done properly—and maybe we need that as well.

For now, though, we have standard techniques (thumb walk, hook in and back up, finger walk) that ARCB has identified in their certification process that I feel should be the focus. Additional techniques (or client offerings—music, blankets, foot soak) need to be stated in the research so it can be replicated. Good research is repeatable so it can be used by the collective to support good health. Think about how doctors treat patients - they have standard protocols they follow and while not every protocol works for every single person, a majority is served by the standard (does every doctor do things in the same order? Maybe not; does every doctor have a great bedside manner? Definitely not) –we are being measured against the science of medicine.

I have recently completed another eight-week research project regarding concussion recovery that I will be writing up, and you'll see some differences as I advance my research practices. Maybe I can share with you both to get your input before I submit for publication.

To: Cyndi Hill (NC)
From: Christine

At last night's research presentation, you made a comment that I'd like you to expound on further if you would. You said working with a PTSD client, you did not ask him about his experience because it would have been "negative reinforcement." Why would that be negative reinforcement?

To: Christine
From Cyndi Hill

It forces them to recount a negative experience, thereby embedding it further in the brain. One difference between the limbic brain and the frontal and prefrontal cortex is the option of language. When we are trying to break a habit, you don't go back to the old playground. Telling me not to think of a pink elephant, well you know where that goes. My work was done in the area of disconnecting the stimulus that caused an unnecessary production of adrenaline. Recounting the event would've been counterproductive. It seemed to work well—so well, in fact, that my first client shared his experience with fellow ex-military.

Research Team Building

:: Tish Gilmore

Traditionally, the profession of reflexology has not lent itself well to the corporate world. In fact, many practitioners have left business careers to join reflexology. That said, one of the great ideas stemming from the corporate world is "team building."

ARCB strives together with its certificants to strengthen the professional reflexology community through research. ARCB has instituted Research Zoom Forums (RZF) that are meant to improve communication, increase morale, expose hidden talents, foster connections, stimulate creativity and more. ARCB uses the Research Forum to provide focus and highlight expertise in the area of research.

These research forums are designed to be team-building events that cultivate and heighten professionalism within our field (see the opening dialogue below). The presentations are not a training. ARCB does not under any circumstances offer training. RZF is a professional forum whereby colleagues collaborate to share information. There is no charge for these events, there are no CEs available, and they are meant to be inspirational and motivational. However, in order to attend, you must be ARCB certified.

Attendance will be an ongoing benefit of being ARCB certified as Research Zooms are already planned well into 2022. If you have an idea for a Research Zoom, please contact ARCB at info@arcb.net.

Research Zoom Forums

The first ARCB Research Zoom was held in May of this year and featured Grace Beck. Grace is a graduate of the Academy of Ancient Reflexology (www.AcademyofAncientReflexology.com). Read the abstract of Grace's research below.



Rebecca Sundeen and Barbara Brower

In September, ARCB featured Sarah Preusker in ARCB's second Research Zoom. Sarah's 30-minute presentation was centered around clinical research and why knowing specific terms and processes involved in clinical research is important. This information assists reflexologists to effectively express information about research to clients, colleagues and other healthcare professionals. Reflexologists benefit when we share important research work that has already been conducted within our profession.

In November, Barbara Brower and Rebecca Sundeen's 30-minute Research Zoom Forum, "Cadavers Don't Lie," focused on research conducted in a cadaver lab. This research looked to confirm visual reflex congestion that many reflexology chart locations agree upon, with physical congestion in the body. Thus began the adventure into what cadavers have to say.

Barbara Brower, NBCR, is the founder of Branch Reflexology Institute, a licensed school in the state of Michigan. Barbara selected the nine steps and the frequency after being given the parameters of the study from Gwen Wyatt, Ph.D., for the Michigan State University (MSU) grant to study the effects of reflexology on breast cancer patients going through chemotherapy funded with a \$3 million grant from the NIH Cancer Institute. Barbara traveled by invitation to Washington D.C. to present her role in the reflexology study (2008), and speaks regularly at nursing conferences on why she chose the nine steps and why she feels they were beneficial. Barbara has been in full-time practice since 1981.

Rebecca Sundeen, NBCR, is the lead trainer for Branch Reflexology Institute. Rebecca trains extensively with Barbara, traveling off-site as requested and training on-site at Branch Reflexology Institute. Her passion and dedication to expanding awareness of the benefits of reflexology is unparalleled. Rebecca has been in full-time practice since 2005.

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The Relationship Between Pain, Anxiety & Depression and How To Rewire The Brain

:: Vera Krijn, NBCR (NJ)

Life's a rollercoaster, and I'm incredibly grateful for the highs and grateful for the lessons learned during the lows. I acquired simple survival skills at a young age. One of them is "There is always something to look forward to" and the other is "Gratitude has the power to energize and bring hope." Both have endowed me with positive emotions which I believe are partially responsible for my overall health and well-being. It might surprise you that these are skills that are in reach of everyone, if they consciously make a choice to do so. Being a reflexologist has been the gift that keeps on giving.

Though most clients and colleagues associate me with Perinatal and Childbirth Reflexology, among medical practitioners, I am known to be contacted when there is trauma and chronic pain. Whereas the relationship between pain, anxiety, and depression was once thought to be mainly a result from psychological rather than biological factors, new research links chronic pain with impaired neuroplasticity of the brain. In other words, our brains are great at learning useful skills, but they are just also great at learning bad habits, like pain. When the brain experiences pain over and over, the brain gets better and better at feeling pain. If a brain gets too good at experiencing pain, the condition can become chronic. The good news is that the brain is malleable and can be rewired to manage pain. The application of traditional reflexology with its technique of applying alternative pressure doesn't work the same way for chronic pain and trauma. That's why I developed Conditioned Response Reflexology (CRR).

No matter how excited or happy most of my pregnant clients are, there is much more going on. With compassionate listening skills, you will discover that most of the time the common denominator among pregnant women and people with chronic pain are fear, anxiety, and stress. This is the reason to make this the starting point of my first sessions. CRR combines Pavlovian learning of repetition with Effortless Diaphragmatic Breathing guided by sound (EDB). EDB provides people with autonomy when hands-on reflexology is not accessible; for instance, during childbirth, anxiety attack and chronic pain. EDB is a skill that is also mastered by repetition. To motivate people to practice EDB, I apply the Golden Rule:

Educate: I send research materials after the first session so that clients understand the relevance of EDB which is based on sound research.

Keep it simple: Most people don't comply if there are too many instructions, and there is no stronger motivator than instant gratification that EDB delivers.

Practice what you preach: Taking care of yourself shows. If your energy or enthusiasm doesn't shine through, motivating others sounds false. The objective is to establish trust and give hope at the end of each session, as this supports a positive outcome. It is as powerful for me as for my clients during childbirth, pre- and post-op, anxiety, and chronic pain.

During a recent hospitalization for acute diverticulitis with a micro perforation, one of the nurses asked me my "secret." Puzzled, I asked, "What secret?" Apparently, patients with this condition suffer from severe pain and ask immediately for pain medication. I explained that during the scans and tests, I had implemented EDB. That same night, while hooked up to an IV and other monitors, I taught the day-time nurses EDB, and the next morning I repeated the demonstration for the night nurses, sending them a demonstration video and some educational materials on "why and how it works." That was also the moment that I realized that EDB truly has become the vital force of my life.

I was also in the unique position to work with a doctor who was admitted to the ICU with the permission from her surgeon and doctors. The natural reaction from someone who survives a major accident or illness is not gratitude. Usually, they are traumatized and scared. Reflexology supported by EDB is powerful with cultivating self-confidence and changing perception, and I am so excited that this doctor just started working with her own patients again.

Especially at this turbulent time, reflexologists have a huge opportunity to fill the gap that medical doctors no longer can put into practice due to time constraint, namely "compassionate listening skills." To resolve anxiety, fear, or chronic pain, it's essential to understand a client's needs beyond the obvious. In addition, reflexology with specific stress-reducing techniques, combined with strategies to provide autonomy, helps with the essence of true healing.

Vera works daily with a high-risk obstetric practice in New York City seeing patients including A-list celebrities for pregnancy-related conditions and postpartum trauma. She supports an average of 84 women each year towards an easy and effortless birth and has the privilege of working in the ICU of Mt. Sinai hospital.

Are Your CE's Due?

:: Julia Dollinger, NBCR, (FL)

Policy Regarding Online Courses for Continuing Education

There are Internet, DVD, and video programs that purport to teach reflexology skills, but ARCB believes some interaction with a teacher is absolutely necessary in learning a kinesthetic skill like reflexology. One simply cannot learn techniques, pressure, depth of work, and flow by reading a book, viewing a CD, or taking a course over the Internet. An experienced reflexologist must critique and assess the application of reflexology and give appropriate feedback to entry-level students as they hone their skills. Books and videos can, however, be used as **complementary sources of continuing education**, involving the expansion of new techniques, which are appropriate for the experienced practitioner.

Continuing education is a planned learning experience, designed to expand the scope of current skills and knowledge needed to promote a reflexologist's technical and professional development beyond the basic preparation for professional work. It builds on the education gained in an initial reflexology training program and helps to ensure continued professional growth. The goal of continuing education is to assist reflexologists in providing the highest quality of service to the public.

Certificants are required to complete 12 hours of continuing education units every 24 months through ARCB-approved activities or ARCB-approved independent study.

Independent Study

During this time of Covid-19 restrictions, a certificant may find Independent Study is a way to fulfill their CE requirements in an area that holds a special interest for them and then write up a report on the activity. The first step is to contact the office and apply for approval of an Independent Study by filling out the required form. An example of Independent Study was submitted by **Beth Schroeder** of Centennial, Colorado. Below is how she successfully answered the three reporting questions:

1. What's the Study Plan
2. Instructor and School
3. How this course will help a reflexologist

Study Plan: I chose the on-demand webinar education session "Mind-Body Interactions and the Stress Inflammation Connection" which was grouped into four segments covering a multitude of topics related to the course objective. This course is especially valuable to a reflexologist because it examines scientific physiological reactions in the body, mind and emotions, which are the result of inflammation caused by stress.

My plan was to determine if the many theories of why reflexology "works" could have a direct and positive effect on the reduction of stress and inflammation in the mind and body.

Instructor Name Qualification and School: This course is sponsored by the Institute for Brain Potential (IBP) entitled "Mind-Body Interactions and the Stress Inflammation Connection" presented by Lisa E. Goehler, Ph.D., lecturer in nursing at the University of Virginia. After completing the course, a test is administered to obtain the CEUs earned with a passing grade. I passed and received six CEUs.

Detailed Explanation of How This Will Help as a Reflexologist: Dr. Goehler teaches that what is going on in the mind profoundly affects what happens in the body, and what happens in the body is critical to brain function and mental health. Often clients seek our relaxation—particularly reflexology—to help them cope with the negative effects of stress. Many reflexologists have training in practices that enhance and promote healthy lifestyles, and a healthy lifestyle is quite beneficial in the reduction of chronic stress that creates inflammation. Specifically, a well-done reflexology session can address the impact of stress.

Impact of Stress: Chronic inflammation contributes to pain and chronic pain.

Benefit of Reflexology: Chronic inflammation can be reduced with reflexology. The body responds physically and mentally to the benefit of relaxation, including reduction in pain—the "Analgesic Effect Theory," which decreases pain by application of direct pressure, which interrupts sensory transmissions, "closing the gates," short circuits and confuses the nervous system.

Impact of Stress: Chronic inflammation can lead to Metabolic Syndrome, cardiovascular disease, Chronic Fatigue Syndrome, mood disorders and much more.

Benefit of Reflexology: Reflexology sessions elicit the "Relaxation Response," a group of positive physiological changes first described and recognized by Dr. Herbert Benson, an American MD, cardiologist, and founder of the Mind/Body Medical Institute at Massachusetts General Hospital in Boston. The Relaxation Response includes increased parasympathetic activity which calms down the body by way of lowering blood pressure, heart rate and respirations, while increasing peristalsis. The body is put in a state where healing can occur.

Impact of Stress: Chronic inflammation creates imbalance (dysbiosis) in the gut microbiome. Our microbiome produces nutrients, keeps other microbes in check, and collaborates with the immune system.

Benefit of Reflexology: The immune system is often considered the "2nd brain." Reflexology stimulates the nerve connection, making organs like thymus and spleen work more effectively.

continued on **next page** ➔

Hand and Foot Game Rules

:: JoAnn Welland, NBCR, (OH)

Did you know there is such a game? You will now!

Posted by John Taylor on October 04, 2019 <https://playingcarddecks.com/blogs/how-to-play/hand-and-foot-game-rules>



In 1939, Canasta was invented by Segundo Santos and Alberto Serrato who wanted to create a quicker game than bridge. Canasta in Spanish means “basket” and refers to the basket Santos and Serrato normally put their cards in. The game was an instant success in their local card clubs but became a global sensation in the 1950s. Countless books were written on the game then, specialty decks were sold and Canasta overtook Bridge as the popular pastime. While the exact origins of Hand and Foot Canasta are unknown, the game first came about in the 1970s, with its own specialty decks arriving in the 1980s.



Hand and Foot is a popular variation from the rummy-type game of Canasta. It can be described as a simpler, easier version of Canasta for beginners. Hand and Foot uses about five or six decks of standard playing cards and is played with two to six players. The objective of Hand and Foot is to be the first to get rid of all of your cards and for your team to have the most points. To learn the specifics of how to play Hand and Foot game, follow the link above.

✈️ FLIGHT 2022 🛫

Good morning and welcome to Flight 2022. We are preparing for an on-time departure into the New Year.

Please make sure your Attitude and Actions are secured and locked in an upbeat and upright position. All self-destructive thoughts should be turned off at this time and remain off forever. Any negativity, hurt and discouragement must be turned off at this time and remain completely stowed.

In the unlikely event we lose Altitude while under pressure, simply reach up and pull down a prayer. Prayers will automatically be activated if you have Faith. With Faith you will be able to assist other passengers.

There will be NO BAGGAGE allowed on this flight. If there is anything we can do to make your flight more enjoyable, please do the same by paying it forward. Before you deplane, don't leave any of your Hopes and Dreams behind. Once these are lost, they cannot be reclaimed.

We wish you a pleasant flight. Our Captain has cleared us for take-off.
Destination – Greatness!

➡ CE's continued

Increased blood flow can lead to increased lymph flow which leads to increased immune function.

Impact of Stress: Stress impairs healing. Studies done on caregivers of Alzheimer patients show they heal more slowly. Dental health is directly related to inflammation. Studies show there is a connection of inflammation to mental distress and that stressed people can develop Irritable Bowel Syndrome (IBS) or Leaky Gut Syndrome, and oral inflammation is common.

Benefit of Reflexology: Reflexology promotes homeostasis. By stimulation of organ and gland reflexes, blockages are released and point in the control of chronic inflammation.

Impact of Stress: The Mind-Body interactions + mood are the key points in the control of chronic inflammation. Both negative and positive mood states influence inflammation!

Benefit of Reflexology: The reflexology theory of “Emotional/Mental Release” applies. Touch enhances cellular memory, which helps one get in touch with emotions. Most people find reflexology contributes to improved mood, an overall sense of well-being and even happiness.

Conclusion: A reflexology session can address the impact of stress.

Self-Care Antidotes for COVID-19

:: Christine Issel, NBCR, CA

Are you feeling exhausted, anxiety ridden, depressed? You are not alone.

There's no denying Covid-19 has, for many, resulted in adding stress, anxiety, depression, suicide, increased consumption of alcohol and drug use to our lives. Studies have indicated working from home causes major stress and keeping children out of school has been a detriment to them academically and socially, creating all kinds of challenges.

Is there an antidote to the problem? I've asked myself this question and found, yes. Self-care is one idea for us to ponder, or action to take, to cultivate answers to the challenges we face in our lives and lift us out of the doldrums. That said, self-care priorities will be unique to each individual.

To serve others is a wonderful ideal but not at the expense of our own health and wellness. For if we don't take care of our self, who will? And in a depleted state, how can we serve? Therefore, in serving, our first responsibility is to take care of our self. That is, on all levels: spiritual, mental, emotional and physical. Meeting the requirements of these levels often overlap. For example, exploring complementary therapies such as reflexology assist the body to balance. Beyond the physical level, of touch and caring, simultaneously taking this time to reflect creates the mental space to sort out challenges, emotionally to see such challenges objectively, and through the accompanying relaxation process discovering solutions and come to peace within. Relaxing by taking a hot bath infused with essential oils and letting your mind drift creates a similar atmosphere.

Paying more attention to our diet is helpful. We all have a tendency to want to eat comfort food when under stress, but this is counterproductive. If we want cookies, let's take the time to bake them first.

Self-care also involves doing things you enjoy more often. This may include engagement in arts and crafts. The focus on a project will help block out negative thoughts and assist us in staying in the present moment. Music, whether that means attending a concert, listening to your favorite recorded pieces, playing or learning a musical instrument, helps lift our moods.

Every problem has a solution and we just have to be creative enough to find it and have the courage to take action. The few suggestions above have little cost associated with them and are simple but not easy to act upon when you are in the throes of depression or are feeling overwhelmed. Just choose one action for today and see if it makes a difference for you.

7 Blessings & Treasures of Reflexology

:: Fr. Josef (Taiwan)



Reflexology is...

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2. The health method of the poor.
3. The best health method of the hopeless and desperate.
4. The most environmental-friendly health method.
5. The most human-friendly health method.
6. One of the best methods to prevent diseases.
7. The health method which can be applied from the first to the last day of one's life.

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HAND CERTIFICATION

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Robert Myers
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WRF's Free Online Self-Help Reflexology Workshops

The World Reflexology Foundation (WRF) is a 501(c)(3) nonprofit. For notices of future free online WRF Self-Help Reflexology Workshops, you are invited to go to: www.WorldReflexologyFoundation.org. For a free e-newsletter, to learn more and to contribute, go to: <http://worldreflexologyfoundation.org>, info@worldreflexologyfoundation.org.


On June 5, 2021, the WRF presented another online self-help reflexology workshop for the public on headache and sinus allergy. WRF continued with its 4th Self-Help Reflexology Zoom Event on September 25, 2021. This free online workshop highlighted Self-Help Reflexology techniques for keeping our digestive system healthy. The program was presented by WRF Volunteer Trainers, along with WRF Board Members, who showcased where and how to work the corresponding reflex points found on the feet, hands and ears. Our team includes WRF Board Members who are also Volunteer Trainers - Bill Flocco, Stefanie Sabounchian, Mitta Wise, Kathy Reynolds, and Tina Meyer. We also had Quirino Ibarra, a WRF Volunteer Trainer at the June event.

The program began with a general introduction to reflexology and a brief explanation of the nonprofit services that the WRF provides. With the pandemic hitting in early 2020, the WRF has taken its in-person Self-Help Reflexology Workshops to the Zoom format which has continued to provide the gift of health to an online audience. Previous Zoom Workshop subjects that WRF has covered include Spinal Health, Headache/Sinus Issues, and Stress Reduction. The demonstration and participation section began with two relaxation techniques on the ears. Participants were encouraged during the workshop to work on their own ears using long, slow and gentle movements. The second demonstrated area was Zero Point, held between the upper and lower valleys, which support the solar plexus for relaxation of everything inside the chest and abdomen.

The feet were the next to be showcased. Using a plastic foot to demonstrate, reflex techniques for encouraging a healthy digestive system were shown. This began with the reflex points at the base of the big toe which indicate the upper torso (esophagus), and encourages relief for acid reflux and GERD. Transitioning down the foot to the soft sole, below the ball and pad, the stomach reflex point (mainly on the left foot) was pointed out, continuing with the intestinal reflex points on the lower soft sole and heel. It was recommended for the participants to use the demonstrated touch techniques on their own feet as the routine was being explained. For best results, both feet should be reflexed.

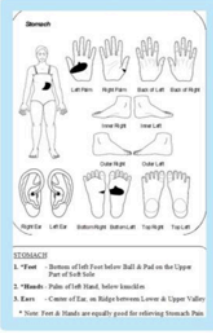
As the tutelage moved to the reflex points on the hands, it was suggested that the viewers follow along on their own hands. Instruction protocol was similar to the feet. The ear was the final area of focus discussed, and it was recommended to follow along on one's own ear during the instruction. All the digestive reflex points can be held for one to three minutes or longer if time permits. The ear reflex maps work unilaterally, and both ears can be simultaneously worked on. It was explained that placing one's elbows on a table while holding ear reflex points can help to relieve any tension that might build in the shoulders.

There was a final quick review of all the areas covered in the workshop after which questions were welcomed and answered on the material presented. The WRF will continue to hold free online workshops featuring different topics relating to the body, as they carry out their mission of bringing Self-Help Reflexology to everyone in the world.



Teaching Self-Help Reflexology to the World

Where to work for Digestive Health on your Feet, Hands & Outer Ears




Stomach

1. *Foot - Between 1st & 2nd toe on the Upper Part of the Sole

2. *Heels - Pads of Left Hand, Below Navels

3. *Ears - *Cross of Ear, on Ridge between Lower & Upper Valleys

*Note: Feet & Hands are equally good for relieving stomach pain

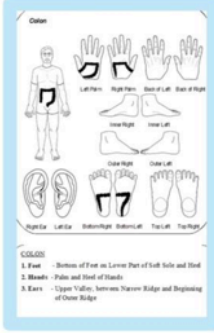


Small Intestine

1. *Foot - Between 2nd & 3rd toe on the Lower Part of the Sole and Heel

2. *Heels - Pads and Heel of Hands

3. *Ears - Upper Valley, between Narrow Ridge and Beginning of Outer Ridge




Colon

1. *Foot - Between 3rd & 4th toe on the Lower Part of the Sole and Heel

2. *Heels - Pads and Heel of Hands

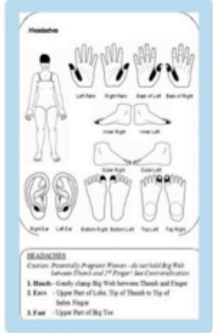
3. *Ears - Upper Valley, between Narrow Ridge and Beginning of Outer Ridge

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Teaching Self-Help Reflexology to the World

Where to work for Headaches, Allergies & Sinus Issues on your Feet, Hands & Outer Ears




Headaches

1. *Foot - Between 1st & 2nd toe on the Upper Part of the Sole

2. *Heels - Pads of Left Hand, Below Navels

3. *Ears - *Cross of Ear, on Ridge between Lower & Upper Valleys

*Note: Feet & Hands are equally good for relieving stomach pain

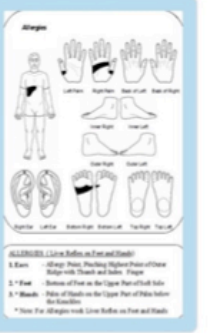


Sinus

1. *Foot - Between 2nd & 3rd toe on the Lower Part of the Sole and Heel

2. *Heels - Pads and Heel of Hands

3. *Ears - Upper Valley, between Narrow Ridge and Beginning of Outer Ridge



Allergies

1. *Foot - Between 3rd & 4th toe on the Lower Part of the Sole and Heel

2. *Heels - Pads and Heel of Hands

3. *Ears - Upper Valley, between Narrow Ridge and Beginning of Outer Ridge

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RAA Conference - Bridging Connections Through Reflexology

:: Jan Weal-Grubb, NBCR (OH)

The Reflexology Association of America is the one conference I very much look forward to attending. I have looked forward with anxious anticipation to the event ever since my first experience on May 1, 2008 in Portland, Maine. That event in 2008 was such a fun, inspiring conference. It overflowed with wonderful information. The speakers shared so graciously, enthusiastically, and completely. I have attended every conference since 2008, and so I was looking forward to the 2020 conference. I even volunteered on the RAA Conference Committee.

Well, as we know, Covid came, and the 2020 conference was rescheduled to 2021 and sadly would be virtual. There would be no meet and greets, hand shaking, no hugging (which if anyone knows me, I AM A HUGGER). Not having in-person human touch and interaction can never be replaced by virtual interaction. I love our reflexology community, and not to be together another year was disappointing.

But I was part of the RAA Conference Committee, and as such, I had things to present or facilitate. I was skeptical about a three-day virtual Zoom conference, since I had been at two one-day conferences and they were not so good, but virtual was better than not having a conference at all! Most of the speakers were pre-recorded, and it was distracting to have the spoken word not match their lip movements.

When it was RAA's turn to take a swing at the virtual plate, I was ready for the adventure, and it was a wonderful adventure! The speakers were phenomenal. The fabulous speakers were

from all over the world, and they were live and in person on our Zoom platform. As always, I enjoyed the speakers enormously. Having said that, being able to experience these wonderful people in person would have been fantastic.

The IT person did a wonderful job coordinating all the speakers, breaks, breakout rooms and the comings and goings of everyone through the conference. From where I sat, things seemed to go very smooth. The breaks seemed to be timed well and there was enough time, at least from my perspective. What a splendid job by the IT person in the background making the virtual conference an extremely enjoyable experience.

A few of the speakers are dear friends, a few I have heard of and then there were some I knew nothing about. This was very exciting. I always learn something, even if I have taken a speaker's course in the past. I was honored to be the facilitator in the breakout room for Greg Irwin. This was a wonderful, expansive experience. I learned more about Zoom's capabilities and was able to maximize the speakers' time with others, all while being able to enjoy the presentation myself.

As a facilitator, the downside was I was unable to experience any of the other speakers one on one. I certainly hope others took advantage of the breakout rooms for the opportunity to chat with each speaker more personally.

What I missed the most was the chance to hug, chat and gather with our like-minded people over a meal, coffee, cocktail or just passing in the hall. My fervent hope and wish is that the next RAA conference is in person.

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ICR Conference In Your Home Via Zoom

:: Janet Stetser, NBCR (AZ)

I had the honor of attending the 18th International Council of Reflexologists (ICR Conference) on September 18th - 19th. It was supposed to be in Berlin, Germany, but due to the Covid issue, it was Zoomed from South Africa, by Liza Thomas' wonderful tech crew. It was not totally without some hitches, but in-person conferences have their technical issues as well.



Greeting from the President: The body's own innate wisdom and healing capacity remains as it was a thousand years ago and is manifest through ancient principles passed down from generations and still in use today. How precious is that! May we all continue together on our journey, reminding people everywhere of the awesome gift that is in our hands, especially when connected to our hearts and minds. ~~~Carol Faguy, ICR President

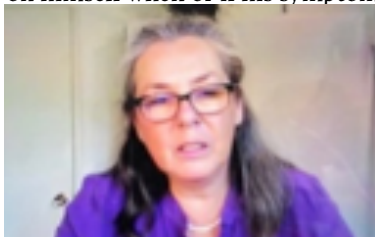
The theme of the conference was Reflexology and Trauma. All six speakers were very good and took trauma from a different perspective, but I had my special preferences of topics that affect me.



Paul Harvey

Paul Harvey (USA) spoke on Parkinson's Disease protocol, using ear reflexology. It was not only informative, but his handouts were both easy to follow and visually made it easy to learn what he had done to aid a young man with PD. It

took several sessions over a few weeks, but it meant that the client was able to return to his work adequately functional. However, even better, the client had been taught how to work on himself when or if his symptoms began to return.



Stephanie Sabounchian

My other favorite was Stephanie Sabounchian (USA). Her topic was using ear reflexology for trauma of many different types. Her protocol was different but contained many of the same points

on the ear. The part that was most impressive to me was the fact that both made a point of teaching the client how to do this for themselves. It is wonderful that reflexologists know what to do and can obtain wonderful results, but the fact that we also teach the client to do it for themselves is most valuable. The more people who know how to care for themselves, the less chemical medication will be needed.

There were breaks, where you could go into breakout rooms and talk with authors of books on reflexology. It was set up for both days so that you could ask the authors any questions you might have and to learn more about their approach using reflexology, with the other side being that the authors got a chance to sell their books. It benefited both the author and the reflexologist.

Helga Dittman of Germany spoke on Emotional Release Reflexology. She talked about the importance of letting go of emotional experiences and how reflexology could help. She had a very viable approach, but I would want to do more work with her to see how it works and how the ordinary reflexologist could handle this issue without more training.

While the rest of the conference speakers' presentations were in English, unfortunately the lecture by Joaquin Munoz from Spain was in Spanish, and there was a technical problem with the translation into English. That said, his video was beautiful. All speakers included a case history and demonstrated where to work. Orlando Volpe (Italy) spoke on trauma and its effect on the brain.

Mariann Freed of the United Kingdom spoke on domestic violence and reflexology using Dr. Martine Faure-Alderson's Craniosacral Reflexology. From my experience, this is a topic that could almost be a theme for a future conference. It is very real and needs far more attention than we're currently giving it.

There were over 100 participants from 40 countries. As a total, I enjoyed this conference. It was wonderful as far as seeing and hearing the speakers, but I very much missed the human contact of seeing and being with people from around the world. I did see many of my friends and sent chats, but seeing in person is far more satisfying, but also more expensive. From this experience, I am looking forward even more to the next conference, wherever it is to be.

ICR is Looking For Country Coordinators

The coordinators are representatives of ICR in their respective countries. They support ICR in organizational tasks, in coverage on social media and public relations in their languages and in the developments of networks and partnerships with national and regional reflexology institutions in their country. Please visit <https://icr-reflexology.org/country-coordinators> for contact details for the coordinator in your country or to become a coordinator yourself.

National Business Conference for Reflexologists and Body Workers

:: Kate Melvin, NBCR (MA)

Business skills tend to be the weakest part of our skill set for a majority of reflexology practitioners. With a goal to advance our confidence within ourselves as business people and to advance our comfort level with the computer tools we need to have visibility in the marketplace, the presenters went to considerable lengths to tailor each session to the needs of the people attending. Also included was a presentation and Q&A with professional financial planners pointing out the importance of well-informed financial planning as the very best way to empower ourselves with options during our active business years and on into retirement—i.e., making a retirement possible.

Participants, during session time if we had not already done so, registered our business with Google Business. Playing with various elements, we made up new business cards with online templates; then we entered the world of self-website design. Emotional baggage showed up for me and fears, though I kept trying to hang in with the assignment. By lunchtime, I was seriously depressed and had cast myself again in that famous classic, “Miss Inadequate.” Uncomfortable as they were, those feelings were exactly the wall I needed to hit and—following yet another delicious lunch at the conference—that wall vaporized away and I slipped into new territory in myself. By the end of our nighttime work session, I was plugging away at website components when Jen, our primo techno-master, climbed over the seat next to me and wham, we were off into a simple, tailored-to-my-needs template that was a dazzling combination of instruction and nimble, direct creation. I came away from our computer workday with far more than what seemed possible at lunch break.

Caroline Klem and **Brenda Makowsky** of *Epistatera* formed a team of professionals to produce this conference who all embody the core values of the event: heart-centeredness, authenticity, a simple honesty, careful listening, spontaneous humor and fun, great skill in their fields. The coffee chats at the end of each session piece were unique in my conference experience, ending the sessions with relaxed, honest



exchange between presenters and attendees—those both in-person and online. Sam Belyea and Jennifer Klem Schwab, our lead presenters, were each outstanding individually and were enormously entertaining as a team. I am so grateful for all the time we got to spend with them.

I was someone who, when hearing of the intention to hold this conference the first time three years ago, my first

response was to leap to a protective stance about RAA, which is an organization I consider vital to our field's long-time goal of being nationally recognized as a profession. The name of the conference triggered a fear that an organization was forming which would compete with RAA and that was not okay with me. Now I know this conference event is not an organization in the sense that RAA is and only makes us stronger as professionals and should not be regarded as a threat to RAA's strength. During this event, I wished that the RAA board had been able to take a break from the wonderful service they give us for our national membership organization to experience the value for our profession that has been actualized by Epistatera's vision, and to literally enjoy the strength that upscaling our business prowess brings to our profession.

In the section on how to network with other small businesses, participants were encouraged to join organizations that align with their goals and can offer mutual benefit and be active in them. For example, this includes Community Facebook Groups, NextDoor, your HOA, local school organizations and boards to name a few. Plus sit for national certification with ARCB and be involved in legislation. All that said, make sure to decide on the best organizations for you. Don't overdo it or you'll tire yourself out.

I look forward to encouraging our state organization to be one of the sponsors of this event when they next produce it, and I hold the vision that RAA leadership will be happy to do the same.

How To Overcome Exhaustion By Practicing The Seven Types Of Rest To Balance Your Energy

:: Daniel Colombo

Published in Epoch Times' Entrepreneur September 14, 2021. (Entrepreneur® Empowering People in the Business of Changing the World | Entrepreneur® is dedicated to fueling the world's visionary leaders compelled to make a difference through their innovative ideas, businesses, and points of view. https://www.theepochtimes.com/how-to-overcome-exhaustion-by-practicing-the-7-types-of-rest-to-balance-your-energy_3996363.html)

I'll tell you a secret: sleeping, taking breaks and resting are not the same. It is scientifically proven that you can close your eyes and stay in bed for many hours, and also wake up physically and mentally exhausted. It is that the accelerated and vertiginous pace of today's world sometimes leads to extreme demands in order to perform and obtain results; and that tension does not allow you to recover.

I am convinced that the most important thing a person can do for their health is to take time and have a quality rest. Yet many struggle to do so, be it out of guilt, insecurity, fear of the unknown, or for any other reason, and so people postpone the rest they need.

The Seven Types of Rest

I have found that it is not always easy to know what is the best type of rest for the body, mind and spirit. To know it, it is necessary to recognize the difference between the seven types of rest, and that each serves a different purpose.

We have always been told that you have to sleep at least between seven and eight hours a day to replenish energy; however, this is not the only way to rest, because, as you will see, we can do it with our eyes open. Based on the research of Dr. Saundra Dalton-Smith presented in her Ted talks and on CNN, let's review the seven types of rest so that, combining them, you get the maximum energy benefit in your favor.

First Type: Physical Rest

Within this category, we find two forms: passive or active.

Passive physical rest consists of sleeping and napping. The active one, doing activities such as yoga, mindfulness, stretching, meditation, reiki, massages, among other disciplines.

Second Type: Mental Rest

Mental rest is taking moments to unplug the mind as much as possible. You will achieve this by changing your focus, abandoning tasks, worries and problems momentarily. For example, the stresses of the workday creep like a heavy backpack in and out of the workday; and that is why, despite sleeping or taking breaks at home, you still feel tired and do not fully recover.

The suggestion is that you take breaks of at least 20 minutes every two hours in the workday, and if you do it virtually, every hour and a quarter approximately. Move your body, stretch, take a little walk, and incorporate a healthy habit, such as always having a notebook at hand to dump the ideas that come to mind—work or personal issues—to free the head and lower it to a system of organization.

If possible, do not divert your mental rest into occupying your mind with something else, such as watching television, as you will put it back to work.

Third Type: Sensory Rest

Although it is not possible to turn off the senses with which we connect with the world, you can reduce the brightness of an environment, screens such as cell phones, computers or the noises that interrupt and exhaust.

To do this, in addition to taking the pauses suggested above, you can close your eyes for a minute and breathe deeply, taking air through your nose and slowly releasing through your mouth. Do it repeatedly throughout the day.

You could also consciously disconnect so many screens, and use only one at a time; and set a deadline in which you will silence the cell phone. This will allow you to have intentional moments of sensory deprivation.

Fourth Type: Creative Rest

Fundamental in any process of innovation and generating ideas, it is stimulated by awakening curiosity, critical thinking and the appreciation of situations from different perspectives in order to better evaluate them. It also occurs when you need to process information, you are short of inspiration and you need to get out of the usual environment to clarify yourself.

To get creative rest, you can take breaks to enjoy the outdoors, walk aimlessly, enjoy art in all its forms, read, listen to music, adapt your workspace to create a favorable climate, use aromas and view images of memories, gratos [grateful experiences] of your life.

All these small actions contribute to reposition your mind and stimulate the creativity that we all have. This way you will feel that there is a state of flowing with situations, instead of forcing them (which is precisely what depletes energy).

Fifth Type: Emotional Rest

Attachment to what is happening, seeking approval, and being aware of the external gaze are part of the exhaustion that many people suffer.

Emotional rest is about starting to work internally on self-awareness to get to know yourself better, explore and process

An East Indian Fable

:: Christine Issel, NBCR, CA

For generations around the world, Aesop's fables from the Greek culture have been read and have taught morals and life's lessons to us through their short narratives. At one point or another, you will have heard of at least one of Aesop's fables. Perhaps it was The Tortoise and the Hare.

A Hare is boasting about his speed to the other animals and challenges any one of them to race him. A Tortoise accepts his challenge. At first the Hare thinks it is a joke, but the Tortoise is serious so soon they begin the race. The Hare runs full speed ahead and to make fun of the Tortoise decides to take a nap while he waits for the Tortoise to catch up. The Tortoise slowly keeps going and going. When the Hare wakes up, he notices the Tortoise is crossing the finish line and he fails to win the race.

The fables always end with a very short sentence encapsulating the moral or lesson of the story. In The Tortoise and the Hare, we learn that slow and steady wins the race, and to never give up. It is important to keep moving forward, and one day you will get there.

Another of my favorites is The North Wind and the Sun.

The Wind and the Sun were arguing over who is stronger when they see a traveler coming down the road. They decide to settle their argument over who is stronger by getting the traveler to take off his coat. The Wind blows hard as it can, but the traveler draws his coat tighter around himself. The Sun gently shines its rays on the traveler, who grows too warm and removes his coat. The lesson is a kind, gentle manner is always better than cold threats and force, and if you want someone to do something, use kindness when you ask rather than yelling at them.

Here's one you may not know about regarding The Plague that seems quite appropriate for our time.

Years and years ago, The Plague sped through India killing everyone in its wake. As it was nearing a small town, the village Elder went out to meet The Plague. "Please spare my village," the Elder pleaded. "I cannot do that," replied The Plague, "but I promise to only take two people."

The Plague swept through the village and most everyone died. In the end, as it was leaving the village, the Elder once again went out to meet The Plague. Confronting it, the Elder accused the Plague, saying, "I thought you said you were only going to take two people." To which The Plague responded, "I did. The rest died of fear."

The lesson of the story: FEAR is False Evidence Appearing Real. How often do we stop to question events, look behind what we are told, and agree to stop worrying about things that probably never will happen, but without using critical thinking cause them to happen? Don't choose to give into the fear and destroy yourself. ●

➔ Seven Types of Rest *continued*

the challenging aspects of your current and past life, and be able to focus on building and strengthening a more balanced feeling and being.

A fundamental step is learning to say no, and to avoid wanting to satisfy everyone. It is not about selfishness, but about healthy self-esteem.

By abandoning what weighs on you from the past, which is sometimes measured in tons of guilt and resentment, pain and anguish, you will feel a greater inner strength and a lightness to face situations, which will facilitate a better rest by developing your emotional intelligence to the maximum.

Sixth Type: Social Rest

Linked with the previous type, social rest implies being able to become aware of the relationships that you maintain and that exhaust you, versus those that nourish you and help you grow. We also include here your link to social networks, which can often become dependent.

Surrounding yourself with positive, understanding people, with whom you can share your goals, desires and your way of being with authenticity and without prejudice, is a first step to begin to rest in this way.

Also, give yourself priority in choosing what things you want to do and which ones you will say no to according to how you honestly feel. This implies avoiding those unnecessary social obligations or that you have no genuine interest or desire, to focus on living experiences in accordance with what you do want to do.

With social media, determine specific times in the day where you will connect to watch. There are some applications on the phones that allow you to configure rest hours for apps.

Seventh Type: Spiritual Rest

We come to the moment of the soul spa. This instance of rest allows you to connect with something higher, beyond your physical body and mind. A deep space with you, with acceptance, forgiveness for your mistakes, and focused on a greater purpose to guide you.

The state of spiritual rest can be achieved, among other ways, by doing service to someone in need, connecting with a volunteer task or helping with awareness. That energy charges your batteries and helps balance daily wear and tear. As you may have ever experienced, doing so fills your soul.

Although it may seem like you don't have time to rest more, researchers have found that people who do it regularly are happier and have more vitality. Practice these types of breaks and you can do it too. ●

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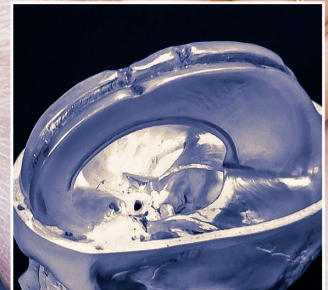
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Email: izreflex@videotron.ca



Interview With Dr. Anthony Mandour

:: Christine Issel & Julia Dollinger

Everyone has a story regarding first learning about reflexology and what it has meant in their life. Dr. Mandour, a urologist from upstate New York, is no exception. Enjoy his journey.

ARCB: *What's your background?*

AM: I have been practicing medicine for 45 years. My specialty is urology. I have retired from my New York practice and in Florida I am only doing volunteer work at the local Omni Health Clinic in Naples for the working poor. That is, a clinic for those that fall through the cracks—they are working but don't have insurance or qualify for government assistance like Medicare or Medicaid. I run a urology clinic there once or twice a month.



Dr. Anthony Mandour

ARCB: *When and where were you first exposed to reflexology?*

AM: I retired from my New York practice about five years ago. Two years before that, I was reading an article in the *British Medical Journal of Urology*. They were referring to a group of patients, in Britain, with bladder dysfunction: basically bladder frequency, urgency, incontinence and those kinds of symptoms, and they had failed all kinds of Western medical care therapies. They couldn't tolerate medication or they didn't do well with the medication, or they just didn't do well in general. So the researchers decided with this particular group they were going to try a holistic modality.

I don't know why they chose reflexology, but they did. It may have been because it was a multi-specialty group and perhaps in their building, or in their unit there was a certified reflexologist. It is my understanding from reviewing the reflexology podcasts that come out of Britain that there is a much closer relationship between Western physicians and massage therapists, acupuncturists, and reflexologists. Reflexology is much more accepted as a legitimate modality. For whatever reason, they took this group of neurological patients that failed everything else and the subjects had a 60% improvement in this group after they underwent reflexology!

That was my introduction to reflexology. As with most Western practitioners, I was an "eye roller." But I decided to learn more and did an online reflexology course. Most of the CME courses I had taken to maintain my medical license were similar to the ones required in the online course. I had the basic knowledge from my medical program of A&P, etc. so taking the reflexology exams was a breeze.

ARCB: *Was reflexology something you personally experienced first and then decided to pursue?*

AM: No, I just decided to pursue it based on the article in the *British Medical Journal of Urology* and the follow-up reading I did. Subsequent to that, I have had treatments and have benefitted from them, but that was after the fact, not before.

ARCB: *What first impressed you about reflexology?*

AM: Number one was the success rate. Number two, as I pointed out to my clients and continue to do so when I lecture, is that reflexology is totally noninvasive. The clients have nothing to lose, absolutely nothing to lose. You could argue acupuncture, which is more accepted by Western medicine now than it had been in the past, is very safe but it still involves needle insertion. Reflexology is totally noninvasive, so there's no downside and there's only the possibility of an upside. I keep trying to present this rationale to patients.

ARCB: *How did you use reflexology in your practice?*

AM: I decided to try reflexology on a small group of 20 of my patients who were not doing well with conventional treatments. I told them reflexology was "a little out there," but if they were willing to try it, they had nothing to lose and it wouldn't cause them any harm. I don't know if the results would be sustainable in a larger group, but I had a 40% success rate. I thought, "This is not a bad thing!" I don't know if part of it was a placebo effect, but I really didn't care. As long as the patient was feeling better and doing better, that was all that mattered to me. No matter how success comes to be, you can't beat success.

From there, I took it further and put together a lecture series both for individuals who might be interested in reflexology, or had no exposure to reflexology or any Eastern modality, to try to show them how Eastern and Western therapies could work hand in hand. That's why I call it complementary medicine, not alternative medicine. I presented the lecture both to Western practitioners as well as the general population. The public loved it, but colleagues rolled their eyes.

ARCB: *Did you apply it yourself or make a referral to a reflexologist?*

AM: I actually physically applied reflexology to my patients in my practice. True, it is very time-consuming to apply reflexology, and as a result, in the little experiment in my own practice, I insisted the patient should be the last appointment of the day so it wouldn't interrupt my schedule which was important for me.

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ARCB: *What's the efficacy you find?*

AM: I only had 20 patients in my cohort, so it was really small, but I had a 40% success rate.

ARCB: *Do you couple your intuition with what you find with reflexology?*

AM: As a physician, you always kind of pair your intuition or inner feelings (kind of a gut response) with certain modalities and how they work, and if they work. I combined the two. My emphasis with my presentation is to point out it is a hand-in-hand type of work. It is not saying give up Western treatments, throw your pills away, reflexology is going to take care of everything. I would never suggest that to anyone. It is more the idea that perhaps reflexology will enhance the Western treatment that they are getting so they are functioning better and they will need less or fewer medications, or fewer Western treatments, because reflexology can work hand in hand with what they are already doing. My gut feeling and based on my experience tells me that is true. Reflexology is not an alternative but a complementary therapy.

ARCB: *Were any of your patients diabetic and needed to monitor their insulin levels?*

AM: I did have diabetic patients. In retrospect, I wish I had started reflexology sooner, because other patients in our practice may have had co-morbidities and they would have benefitted; for example, the cancer patients going through chemotherapy and experiencing some of its side effects. I would love to have tried reflexology on them to see if I could improve some of the unfortunate side effects.

ARCB: *How do you think reflexology works?*

AM: There are numerous pathways in the body. I think the general transmitter is the nervous system. Everyone will have to admit—no matter whether they are ticklish or not ticklish—the bottoms of the feet and palms of the hands, less so the ears, are very sensitive areas. I think a lot of nerves are in these areas. I think by stimulating areas that have been mapped out—I have to defer to thousands of years of mapping and studying how this all began—by stimulating these spots triggers, in a fashion, a reflex response. It is like a reflex arc that goes back to the solar plexus. The response is through the nervous system. That stimulates other areas to either become more balanced or to function better than they were functioning. I think that is how it works. Do I have any proof of that? No. That's the reason most Western docs will not accept it, because there's no real scientific proof that that theory is correct, in spite of the fact that Dr. FitzGerald, an ENT guy, used to do surgery after reflexology without any anesthesia or need for other medications.

As an aside, three of my patients were medical professionals (two doctors, one dentist) who all had skeletal issues. Two of them had very bad back situations. I told them, "You've got nothing to lose, you've tried medications, let's try reflexology," which I did, and all three did well. After the fact, they thought, "Yeah, it might have been the reflexology," but weren't sure. But my clients who were not medical people, when they had a response, "Oh my god! Reflexology really did work. Thank you very much." I never got that from my medical friends. I think it also frightens them to accept a modality that they don't really understand. If they don't understand how it works, that scares them. And they aren't in control of it. Fortunately I got beyond that, but it took me awhile.

ARCB: *Do you have an opinion on its scope of practice?*

AM: I just focused on the feet, because in training, basically that's what I learned. I explain to other people, if you think about it, the body truly is mapped out on the hands, outer ears or feet. You want to apply pressure where you have the most room and most people's feet are bigger than their hands and ears.

ARCB: *Are you currently performing reflexology?*

AM: I am currently involved with two holistic practices; one in Naples called the Omi Balance Life Center that offers all the holistic therapies—reflexology, massage therapy, meditation, counseling, acupuncture, chiropractic, etc. It is really an all-encompassing practice. It is nice to be affiliated with it.

Up north in the summer, I work with an acupuncturist at From the Heart Holistics in Utica, New York. Utica College, a liberal arts college, is putting together an integrative medicine program. They were inviting the community to come to a science fair with lectures on various modalities. Many practitioners, both Western docs and acupuncturists, massage therapists, nursing staff were asked to put together presentations. I gave a lecture and slide show on reflexology. It turned out that one of the attendees was an acupuncturist. She came up to me afterwards. She said, "I am an acupuncturist and we don't have a reflexologist. Would you consider working with us?" I said, "Sure."

ARCB: *What do you see as the biggest challenge facing reflexology?*

AM: The thing that is a little frustrating for me, having crossed over and accepted reflexology, is that even in groups that are very holistic oriented, particularly like the program at Utica College, I just got a newsletter from them asking for input from massage therapists, acupuncturists, and other modalities, and never once was reflexology mentioned. I sent them an email saying, "I am an M.D. and was involved in your initial kick-off for the

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potential program you are developing and lectured on reflexology and yet you never mentioned reflexology. It is a very legitimate modality that stands alone and should not be thrown in with massage therapy, because it is not massage.”

People have to understand the difference between massage and reflexology. I don’t think even holistic therapists really get that. People just assume reflexology is some type of a foot massage, and it isn’t. I’m not knocking massage therapy, there clearly is a role for massage therapy, but I think the two should be separate entities. Recognizing the difference isn’t happening, especially in the medical profession for sure. And it isn’t even happening in the complementary/holistic world. Until it is, it is never going to be accepted as a legitimate therapy.

ARCB: *Do you see other challenges?*

AM: When I was in practice, it got to the point where insurance companies were partially covering acupuncture, whereas ten years before, they’d say, “Are you kidding me? We aren’t covering any of that.” So headway has been made there. Until the insurance companies, particularly Medicare, accepts reflexology as a legitimate modality, even pays partially for it, it won’t have a leg to stand on. Legislation is a key.

Education and legislation go together. I have certification through ARCB, but I cannot practice reflexology in either Florida or New York without my medical license. I was told in New York, “The only way you are allowed to do reflexology is because you have a medical license.”

ARCB: *Thank you, Tony, for taking the time to speak with us today.*





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What's Your Elevator Speech?

:: Christine Issel, Newcastle, CA

An elevator speech is a clear, brief message used to describe what you do in 30 seconds (the time it takes people to ride from the top to the bottom of a building in an elevator) or less that piques people's interest and motivates them to continue the conversation. Usually, when most people are asked for their elevator speech, they are either tongue tied or can't be concise.

Joleen Blue, NBCR of Landsville, Pennsylvania has a great one when asked about what she does: "I get on people's nerves!" is her response. Explains Joleen, "This takes the person's mind away from reflexology being massage to reflexology working with the nerves. It intrigues them to ask for more information."

In a similar vein (though not as good), Christine Issel says, "Reflexology is like acupuncture without the needles." Do you have an elevator speech? If so, please share it with ARCB. Email it to christinec.issel@gmail.com. We'd love to print responses in the next issue.

Reflexology In The News

Reflexology Contributes to the Latest Royal Birth

Yahoo News! June 25, 2021 by Rachel Hosie <https://news.yahoo.com › megan-markles-pregnancy-guru-coached-151237063.html>

Lilibet Diana Mountbatten-Windsor (born June 4, 2021) is the daughter of Prince Harry, Duke of Sussex, and Meghan, Duchess of Sussex. Meghan Markle's pregnancy guru, Dr. Gowri Motha, a holistic obstetrician and doula, coached her through Lilibet's birth over the phone from London. Dr. Motha's "Gentle Birth" method involves reflexology, massage, breathwork, visualization and yoga in preparation for an intervention-free labor. The birth attendance service costs \$2,090.


Motha also worked with Markle when she gave birth to her first child, Archie Harrison, in May 2019. After labor, Motha advises eating a vegetarian diet for two weeks and suggests new mothers use a soft cotton tummy wrap.

Practice Tip

Wearing Flip-flops Can Cause Pain in the Lower Legs.

If your clients complain of pain in their shin or leg, look to see if they are wearing flip-flops. When people wear flip-flops, their toes grip the soles, forcing the muscles at the front of their shins to work harder than they do when they walk barefoot. The decreased cushioning from the thin soles on most flip-flops also results in increased pressure on the foot, causing lower-leg pain.

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USA Reflexology Organizations at a Glance

Who?

What do they do?

What are their goals and objectives?

American Reflexology Certification Board (ARCB) Founded 1990

Certify practitioners through testing.

Non-profit independent testing agency not affiliated with any school, instructor, business, or association. ARCB's primary aim is to protect the public through certifying the competency of those reflexologists practicing professionally who meet certain standards. A second objective is to act as a national referral board for its certified practitioners & support legislation.

Where can I contact them?

2586 Knightsbridge Rd SE, Grand Rapids MI 49546

p: 303-933-6921 f: 303-904-0460

e-mail: info@arcb.net

website: www.arcb.net

Who?

What do they do?

What are their goals and objectives?

Reflexology Association of America (RAA) Founded 1994

As a membership organization it looks after its members' interests.

Non-profit corporation. As a membership association it is open to reflexologists from all schools, and others outside the field who wish to support reflexology. RAA's primary goals are to hold a biennial conference, act as a national referral board for its member practitioners and educate the public as to what reflexology is and its benefits. It is the spokesperson to NIH and conducts leadership workshops.

Where can I contact them?

Admin Office: 1809 Rutledge, Madison, WI 53704

p: 608-571-5053

e-mail: info@reflexology-usa.org

website: www.reflexology-usa.org

Who?

What do they do?

What are their goals and objectives?

National Council for Reflexology Educators (NCRE) Founded 2016

Accredit educational programs and teachers.

ACARET is a non-profit corporation. It is an independent accrediting body not affiliated with any school, instructor, business, or association. The mission is to meet the diverse needs of the reflexology educational community by bridging the gap between the individual's desire to teach and evolving standards and give a voice to experienced teachers. It also accredits programs and teachers that voluntarily meet their standards.

Where can I contact them?

e-mail: info@reflexedu.org

website: www.reflexedu.org

Who?

What do they do?

Where can I contact them?

State Membership Associations

Represent reflexologists at the state level. The majority of reflexology concerns regarding practice occur within the state.

Call or visit the RAA or ARCB websites for state associations.

Who?

What are their goals and objectives?

Where can I contact them?

International Council of Reflexologists (ICR) Founded 1990

An international membership organization modeled after the United Nations, is not incorporated in any country and exists only because its membership wishes it to. The primary purpose of ICR is to provide a global forum for the exchange of ideas and information through a quarterly newsletter and biennial conference.

142 Edmonds Road, Glenwood, South Africa

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