

Reflexology Across America

Fall 2006



In This Issue...

Maternity Reflexology

Research in the USA?

Legislative Updates

Reflexology Footpaths

IMA Announces: Reflexology is not massage!

Reflexology Research: Post operative

A Professional News Magazine

Table of Contents

ARTICLES

- 6 IMA Announces: Reflexology is Not Massage
- 8 Overview — NCCAM
- 10 Legislative Report
- 13 Reflexology Laws and Exemptions
- 15 Spotlight – Stone Institute
- 18 Research Post operative Nausea &
- 21 Reflexology Research in The USA
- 22 Maternity Reflexology

GENERAL INFORMATION

- 9 Have You Seen...
- 17 Toe Reading
- 19 Reflexology Foot Paths
- 20 Sole Speak

RAA NEWS

- 4 Comments
- 5 New Board Members
- 25 Transcript Order Forms
- 26 Ad Rates
- 26 RAA Store

EVENTS

- 14 Global News and Events

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RAA News

President's Message

By Opal Knowles



What can I do to help?

As individuals we sometimes think that our participation could not possibly be important to an organization since we only have the time or desire to work a small portion of the pie. Nothing could be further from the truth. Many of our leaders today asked the same question and then took on some of the smallest jobs until their experience increased and confidence grew. Today these same individuals fill leadership positions on boards and committees across the country.

Individuals can and do make a difference. We have often heard it said that there are no "I's" in team. That is a correct statement when one considers the spelling of the word. However, when one looks at the composition of any team there are many, many "I's" — individuals who have many creative ideas to bring forward and the incentive to follow through. Yes, it takes many "I's" (individuals) working together on committees and boards to make a successful team. You are needed.

Our state and national associations have from five to seven members on their boards — teams. This is a small number of individuals to keep the Reflexology associations and the profession growing toward the future. What part of this pie can you help?

Contributions to the larger effort can be as simple as keeping the eyes and ears open for information about Reflexology. Almost everyone has access to a computer and uses it for many different reasons. Are you one of these people? If so the next time you are on the Internet, please take a few extra minutes to check out the Secretary of State website for your state and look up the massage laws. What is happening within your state laws that may affect your right to practice? If you are more interested in research, look for the latest information regarding Reflexology research. Is there an interesting article in a magazine that caught your eye? If it is interesting news to you, it will probably be interesting to other reflexologists. Pass your interesting "finds" on to your state or national legislative, research, or newsletter committees. Sharing information makes all of us better educated in our profession.

"What can I do to help?" If it is impossible for you to surf the web, or commit to set projects that require a follow through, the next best thing that you can do for yourself and the Reflexology community is to attend as many state and national meetings and workshops as possible. On the national scene . . .

KC Miller, who spoke at the 2006 Conference in Tucson, will teach a two-day "Toe Reading" workshop in Columbus, Ohio on April 14-15, 2007 as part of the RAA biennial fundraising event. This is a fun class that is not your typical Reflexology class. You will learn about yourself and gain insights into why your clients are who they are. KC, a long time reflexologist, will donate all proceeds (after expenses) to RAA. Please see the advertisement on page 17 and decide today to join us in Columbus. The 'Early Bird' gets the better deal — knowledge, a discount, and maybe a raffle prize!

See you in Columbus!

COMMENTS

Conference

The following section of Dr. Whitaker's newsletter was sent to us by Christine Issel. We wanted to share with all of you who heard Dr. Whitaker speak at the RAA conference. Feel free to pass this on. (This newsletter is sent to 1/4 million per month)

Enjoy,
RAA Conference Committee

In the September 2006 Vol. 16, No. 9 issue of Dr. Julian Whitaker's *Health & Healing* newsletter on page 5 he writes:

Reflexology for Health. One of our patients' favorite therapies here at the clinic is reflexology, which involves placing pressure on specific reflex points in the feet, hands, and ears. Studies have proven a wide range of benefits for this therapy including faster wound healing, improved circulation, reductions in sleep and mood problems, and declines in gastrointestinal symptoms, to name just a few. One small study also revealed that reflexology may be useful for hypertension and high triglycerides. A group of patients received two weekly treatments of professional reflexology for six weeks then self-administered foot reflexology twice a week for another four weeks. At the study's conclusion, systolic blood pressure and triglyceride levels fell markedly, compared to a control group, and quality of life improved as well. Although reflexology is not a massage per se, it feels wonderful and has profound healing and relaxing effects. To learn more about reflexology or find a practitioner in your area, visit reflexology-usa.org or arcb.net. To receive treatment at the Whitaker Wellness Institute, visit whitakerwellness.com or call (800) 488-1500.

Conference Transcript

Thank you very much for the message, I appreciate it. Also, at this time I want to comment on what a very complete and well put together Conference Book that you all put together. This copy (if one could not attend) would take a person reading it like they were actually at the conference. I have several in my book shelve but this one tops them all!! Great job!! Archives should put together copies of each convention and have a display at each Conferences as many people even in Tucson was their first RAA Conference??? Organizations which I have belonged to past and present do this??? Thank you again for a truly great conference.

Jennie Cline



**Send us your comments,
and suggestions.**

We'd love to hear from you.

Email to: RAANews@aol.com

Award

Dear Opal & David,
Opal, thank you for your words in the email concerning the RAA award. Communication is a powerful thing :)

Yesterday I received the award. The plaque had somehow found its way to Jeri, the president of the Illinois Reflexology association - RAI. Jeri had not been able to send it to me and had mentioned the state conference as a place she could give it to me.

Yesterday I drove down state, to the conference. Jeri handed me the plaque and I must say I was so surprised to read it. I thought it would be from RAA for my two terms on the board but to see the wording '*work in the field of reflexology*' really touched me. It is nice to receive recognition.

Best Wishes,
Phyllis Garvey, Illinois

Donation

The RAA Board of Directors wishes to thank Susanne Enzer and Judith Nourse of the Enzer Programs-USA for their contribution of \$250 recently made to RAA. The Enzer Programs are the sponsors of the Maternity Reflexology workshops that were presented in August in North Carolina, Arizona and Washington.

RAA NEWS

Meet our Newest RAA Board Members

Debra
Landolfi -
Lightburn



Debra's strong background of working in corporate America consists of 17 years in high level positions in the Sales and Marketing arena with Pfizer and Gillette. Debra is a Board Certified Reflexologist and received Reiki Master level attunement. She is currently working on her Holistic Nutrition Practitioner's certification. Her reflexology practice is located in Annapolis, MD. Debra is on the Board of Directors for the Reflexology Association of America as well as Chair of the Affiliation Committee. She is a member of the Maryland Reflexology Association and the International Reflexology Association. Debra received her Undergraduate degree in Business Management and a Master Degree in Spiritual Psychol-

Geri Karr



Geri's fascination and career in Reflexology began in 2004. A friend referred her to a Reflexologist and the rest, as they say, is history. Geri has truly found her passion. Certified with the International Institute of Reflexology and with ARCB in 2005, Geri works to expand her Reflexology knowledge and education through continuing education seminars and workshops. She is honored to serve on the RAA Board as Chairperson of the RAA Delegate Assembly. She is a member of the North Carolina Reflexology Association where she serves on the Legislative Committee. She has a small part-time Reflexology practice while working full time in the corporate world for a company and position she has held for 25 years. Geri's desire is to see Reflexology grow and be recognized as the wonderful modality she knows it to be. She feels that if we work together, for the good of all, we can make that a reality.

June
Atherton



June Atherton (Blue Hill, Maine) has been a Reflexologist for 5 years and has been to the last three RAA conferences. She has also been in the banking world for 20 years and is a grandmother of four wonderful children. June went into Reflexology to help people to relax; to become in balance with their mind, body and spirit, and to enjoy life again. She trained with Myra Achorn "Treat Your Feet" school of Reflexology in 2001, then joined both RAA and the Maine Council of Reflexologists (MCR) shortly thereafter. She is ARCB Certified. June favors strong national and state associations; she realizes we can't have one without the other. She looks forward working on the May 2008 conference and helping wherever she can.



International Massage Association (IMA) writes: Reflexology is not Massage

Below is the letter recently sent out from IMA along with two separate responses to that letter.

Reflexology is not Massage

Several years ago we set up a Movement division and a Reflexology division because we knew that neither could be defined as massage. We assumed that educated individuals would be able to tell the difference. Websters' Dictionary states, "Massage is the rubbing and kneading of muscles to increase circulation and flexibility." Massage requires one of these two criteria: rubbing or kneading. If neither is present, you do not have massage.

My parents were both college professors. They taught me the mastery of fundamentals. A law that calls a brick a stone can not stand. It simply violates truth. Laws must include truth or they are not enforceable. To call Reflexology another name violates truth. Movement is not massage. Reflexology is not massage. Reiki is not massage. Many other massage related modalities lumped under massage laws are not massage.

Over the past 18 years there has been a movement to control Reflexology within the scope of massage laws. It is time to correct this blatant misuse of authority. As of today, we are going to unite and educate both those who practice Reflexology and the legislators who have been misinformed by the lobbyists of this unscrupulous organization. Reflexology is not massage. Reflexology is Reflexology.

There is a group of people who want to control the entire natural health care industry. Their objective is to include every possible modality under an umbrella that they are seeking control of. They have lobbied all over the country, state by state, telling their lie. The lie is that they are the voice of the massage industry and that massage includes reflexology, reiki, movement and more. The truth is, they represent less than 10% of the massage industry. If you include Reiki, Reflexology, Polarity and Movement they represent less than 5%.

The IMA Group just passed the 42,000 member mark. It is time for us to stand up and be heard. Personally, I

am a massage professional with over 30,000 hours of massage experience. I love massage. I also love Reflexology, although I am not a Reflexologist.

I love massage so much, I would do it for free if I had to. Most of you feel the same way about your modality. As a whole, our culture just wants to help people and we are not politically active. The control group is politically active and they want us out of business. If we don't wake up soon, our clients will need a prescription to get a massage, just like physical therapy. Please don't let this happen to us.

The Alexander Technique, the Feldenkrais Technique, Aston Patterning and Rolf Movement are included in the massage laws of many states. How can education in movement be equated to massage? Teaching a person to move in no manner constitutes the rubbing or kneading of muscles. It is time to call the rubbing or kneading of muscles massage and other modalities by their correct names. We live in a free country and we demand our freedom. We should love one another, not try to control one another.

Reiki is on the list of modalities to be controlled by the group of self proclaimed leaders mentioned earlier. I love Reiki and can in no way see how it can be called massage. I enjoyed a great Reiki session after dumping my motorcycle a few years ago. My arm was road burned and could not be touched. A friend administered Reiki and the pain subsided. She did not touch my arm. How can a sensible person call that massage? Delaware has already removed Reiki from its massage law. Other states will surely follow.

To try to legislate Reiki, the energy of Love, is like trying to legislate the Catholic Church. It is my understanding that we honor a separation of Church and State. Why would a group of people that do not show love want to control love?

If you practice Reflexology, Reiki, Polarity or Movement, join us in our quest to educate the legislators who have been deceived by the group mentioned earlier. Laws are fine if they are fair and reasonable. Laws that confuse the public and the legislators need to be corrected or eliminated. Massage laws should cover massage, not Movement, Reflexology, Reiki or Polarity.

Enough is enough. It is time to act and we need your help. Please spread the word. Truth will prevail. Help us unite the Movement, Reflexology, Reiki and Polarity fields.

We need the names and phone numbers of every organization representing each of these abused modalities. It is by uniting that we will set these modalities free and finally have justice for all.

The IMA Group is not against laws, we are against unjust laws. Only the truth will set us free. Contact us with your information at will@imagroup.com.

Responses

Dear Will

Thank you for your open support on behalf of Reflexology and in recognizing that *Reflexology is Not Massage*.

I am the President of the Reflexology Association of America (RAA), the national organization for professional Reflexologists. I, like many RAA members, have been an IMA member for many years by purchasing your insurance. You may be interested to know that the title of your article "Reflexology is not Massage" was actually used in 2000 during the creation of the Arizona Reflexology Association (AZRA) when we were having to "fight" the injustices of a massage coalition that determined that all hands on modalities should be under one roof — theirs. AZRA won its exemption in 2004 and the phrase became the tag line for the AZRA Footnotes Newsletter. It is good to know that the message is finally falling on open ears outside our community.

Yes, it is time for all Reflexologists and all "Friends of Reflexology" to speak out. It's time to act. Let everyone know that *Reflexology Is Not Massage!* Let them know that two states have Reflexology laws and eighteen other states have exemptions. Let them know that in March 2003, the American Massage Therapy Association's Government Relations Committee guidelines to state chapters encourages an exemption for reflexology and many other non-massage modalities in any further proposed legislation. Let them know that Reflexology is recognized nationally by NIH-NCCAM as an integrative complementary therapy. Let them know that Reflexologists are united. Let them know that their national organization, RAA, continues to monitor legislative actions across the country on behalf of all Reflexologists.

Would IMA be willing to share your 42,000 member list to help us reach out to all Reflexologists across the country?

Again, thank you for your support of Reflexology and all non-massage practices. I look forward to hearing what your next step will be.

Sincerely,
Opal Knowles

Will

The reflexology community often refers practitioners to IMA for insurance. Thank you for IMA's support that Reflexology is not Massage.

Since 1990 several reflexology organizations have been working to gain exemptions for reflexology from massage. To date 17 exemptions from state massage laws have been secured. In addition there are two states with reflexology laws. By March 2003, the American Massage Therapy Association's Government Relations Committee guidelines to state chapters encourages an exemption for reflexology and many other non-massage modalities in any further proposed legislation. So, that battle has been won.

While as you know the national massage organization has thousands of dollars annually budgeted to pursue legislation, full time lobbyists on staff, and funds legislative activities in most states, reflexology has accomplished what it has on a shoestring.

Yes, it is time to act. The really difficult task before us is righting the oppressive laws that have been on the books prior to 2000. What specific plans does IMA have to unite the non-massage efforts and change existing laws? With 42,000 members is IMA willing to provide funding to help support non-massage legislation? Is IMA willing to share its mailing list of reflexology practitioners to help us reach out within our own community?

Once again, thank you for your interest in supporting the non-massage field and understanding that we are not massage. I look forward to receiving your responses to the questions posed above.

Sincerely,
Christine Issel
ARCB Legislative Consultant

ARTICLES

Overview - National Center for Complementary and Alternative Medicine (NCCAM)

Laura Jodry

About NCCAM

The National Center for Complementary and Alternative Medicine is the” Federal Government's lead agency for scientific research on complementary and alternative medicine (CAM).” NCCAM is 1 of the 27 institutes and centers that make up the National Institutes of Health (NIH) within the U.S. Department of Health and Human Services. It is the youngest and smallest of the NIH departments. It was established in 1998 with a small group of employees and a budget of \$50 million. It now staffs about 75 full time employees and has been allocated over \$122 million (FY 2006) in funds.

The focus of NCCAM is to explore complementary and alternative healing practices in the context of rigorous science, to train complementary and alternative medicine researchers, and to disseminate authoritative information to the public and professionals, and to support the integration of proven CAM therapies into US healthcare.

NCCAM defines CAM as: a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. NCCAM currently categorizes CAM practices into four groups:

Biologically based practices - use substances found in nature, such as herbs, special diets, or vitamins (in doses outside those used in conventional medicine).

Energy medicine - involves the use of energy fields, such as magnetic fields or biofields (energy fields that some believe surround and penetrate the human body).

Manipulative and body-based practices - are based on manipulation or movement of one or more body parts.

Mind-body medicine - uses a variety of techniques designed to enhance the mind's ability to affect bodily function and symptoms.

NCCAM also studies systems which cut across the other four groups:

Whole medical systems - are built upon complete systems of theory and practice. Often, these systems have evolved apart from and earlier than the conventional medical approach used in the United States.



NCCAM groups CAM practices into four domains, recognizing there can be some overlap. In addition, NCCAM studies CAM whole medical systems, which cut across all domains.

ARTICLES

NCCAM Strategic Plan 2005-2009

NCCAM sees the need to increase research geared to reveal the mechanisms of action underlying CAM practices. The strategic plan states as a guiding principle that "When there is evidence that a specific CAM practice works, it is a high priority to study why it works."

Reflexology is currently located under their grouping titled: "Manipulative and Body-Based Practices".

NCCAM's research goals for this group of CAM are to:

- Elucidate mechanisms of action operative in manipulative and body-based practices
- Determine the disorders and states of wellness for which selected manipulative and body-based practices may offer meaningful benefits and specify the optimal circumstances under which the chosen manipulative and body-based practices are performed
- Study manipulative and body-based practices to determine their potential therapeutic or wellness benefits
- Determine the extent to which patient expectations prior to treatment and satisfaction following manipulative and body-based practices are related to objectively measured biological endpoints

Some research areas of particular interest to NCCAM are: Anxiety and depression, cardiovascular diseases, immune modulation/enhancement, inflammatory bowel disease and irritable bowel syndrome, Insomnia, liver diseases, metabolic syndrome especially with respect to the metabolic syndrome and type 2 diabetes, and respiratory diseases.

NCCAM Research Planning vs. Execution

While large scale plans have been set, NCCAM is fully aware that not all of these plans will be implemented in the current five-year term (2004-2009). That stated, NCCAM does have two areas it is focusing on first.

Biologically based practices which have dominated NCCAM's research portfolio to date and will continue to do so in the future along with;

the practice of **Mind-body medicine**. Reasons cited for these as top priority areas are that the "two domains encompass a broad range of cam practices in widespread use and that some of these practices have considerable research bases, trained investigators and well-defined hypotheses that can be tested.

Laura Jodry

Have you Seen....

Member, Nancy Bartlett (RI), emailed us with a brief excerpt from and article in *Self Magazine*

"A Treat for Feet", by Jean Nessel,

Caption with Picture: Lending weary feet a hand: The Free 10- minute reflexology massage at the Rockport concept store in New York City"

"Even so a shopping blitz can leave your feet pretty beat. At the end of a recent day spent persuing shoes uptown and down, I stopped in at Rockport;s Concept store. There I was thrilled to discover service that goes where no shoe store has gone before. Every Saturday, bone-tired shoppers are treated to a free reflexology foot massage: 10 heavenly minutes, no purchase necessary. I don't think I've ever felt so pampered. Or so light on my feet."

LEGISLATIVE UPDATES

Legislative Report October 2006

Christine Issel

California – Massage Bill Fails

During the final evening of the 2006 legislative session, the proposed California Massage Law, Senate Bill 412, in which there was an exemption for reflexology was defeated in the California Assembly. It was a disappointing conclusion to three years of effort on behalf of the California Massage Therapy Association (CMTA), American Massage Therapy Association (AMTA) and the Associated Bodywork and Massage Professionals (ABMP). The groups had worked together successfully to overcome six other stages in the legislative process and had persuaded city and county organizations to adopt a neutral posture on the bill. However, the California Chiropractic Association, with its political action committee contributions of \$400,000 a year to state legislators, successfully lobbied against the bill. After the elections in November, the massage field will decide what action to take in 2007 and beyond.

California is one of 3 states nationally that has a Health Freedom of Access Act to Complementary and Alternative Medicine (CAM) therapies. Therefore, reflexologists are still able to practice under SB577 (California Health Freedom Act) instead of being licensed at the local level under massage or some other category as long as they fully disclose what reflexology is and does, and their fees before working on the client.

New Hampshire – Back to the Drawing Board

In February 2006 the Executive Departments and Administration Senate Committee, after hearing testimony on SB313 (a bill to exempt reflexology

and other non-massage practices from the massage law initiated by ARCB certified practitioner Pamela Woodburn), voted against the bill. The committee instructed the massage and non-massage communities to work together to come up with compromise legislation.

Liz Malone (RN & RAA member) working on behalf of reflexology represented us through e-mails and at the two subsequent coalition meetings. The 3 member Massage Board working with Chris To-pham, Director of the Department of Health and Human Services (DHHS), sent out a draft of proposed legislation in late July changing the massage law to a somatic practices law and a public meeting was set for August 31st. At this meeting reflexology was represented by Virginia Farwell of the Reflexology Association of America, Andrea Montgomery (ARCB certificant and a LMT of New Hampshire, who is licensed under the current law) and Christine Issel, ARCB Legislative Consultant.

The current massage law has a 750 hour educational requirement. In the draft the Massage Board proposed non-massage would meet the basic 250 hours (150 hours of anatomy and physiology, 50 hours of Business & Ethics, and 50 hours of health services) and then whatever their national certifying board required for training in their specific modality (for reflexology that would mean 110 hours + 90 sessions or 200 hours for a total of 450 hours) plus CEUs would be required. This sounded reasonable however, under the proposal the Somatic Practices Board would control curriculum content, instructor qualifications, minimum number of educational hours, and practitioner testing. This was not acceptable as all non-massage therapies were firm in wanting control over their own educational standards, curriculum, hours, instructor qualifications and testing.

Politics is all about the art of compromise. The Massage Board knows non-massage does not have the numbers to warrant their own law. The next best thing is to compromise so that reflexologists, who must be licensed under the law, have control of re-

LEGISLATIVE UPDATES

flexology and their own autonomy. The Massage Board then suggested for those modalities with less than a 750-hour educational standard instead of being licensed, they be registered with the State. A registry could be set up, so practitioners register by providing full and fair disclosure, pay fees, and then are given a certificate by the state to practice. The certificate would indicate what specific modality they are eligible to practice. All non-massage therapies said they could support that, as long as they had control over their own educational standards. More public meeting will follow once a new draft is written.

New York – Moving Forward

Members of the New York State Reflexology Association (NYSRA) met in Albany in the office of Assemblyman Joel Miller in late September. This was the result of the work of NYSRA member, Linda Schwarz, of the Poughkeepsie area. Linda's co-worker and fellow nurse at Vassar, Marlene Gallo put the Poughkeepsie group in contact with their Assemblyman, Joel Miller. (Miller, a Republican, was a dentist before getting into politics, he is a high ranking member of the Higher Education Committee where licensure is actually made.) The reflexologists met with Miller about gaining an exemption for reflexology from the massage law that was passed in 1967. Miller offered to set up a meeting between the reflexologists and the State Education Department (SED) for the purpose of creating direct dialog and finding out what the process would be to licensure. Miller informed the group what kind of information needed to be shared at the meeting and that licensure was doable.

For the meeting on September 27th, Gabrielle Zale, NYSRA president put together a very professional 15 page bound booklet with introductory cover letter all about reflexology, its history, etc. for everyone. Opal Knowles, RAA president from Arizona and Christine Issel, ARCB legislative Consultant from California, came prepared with position papers. Patti Vucic (RN, Director &

teacher of the Meadow School of Reflexology—Buffalo) came with a paper discussing the scientific energy base of reflexology. All this was referred to during the 2+ hour meeting and left for Frank Nunoz, Executive Director of Professional Responsibility (i.e., licensing of professions within the Department of Education) and Kathleen Doyle, Executive Secretary of the Massage Therapy Board—one of the Boards directly beneath her in SED, as future reference.

The first thing learned at the meeting was that SED consider certification and licensure to be the same. The second was the fact SED does not want any new licensing laws. The pros and cons of exemption were discussed, why reflexology couldn't get an exemption, and finally what it would take for reflexology to gain an exemption. Miller concluded the meeting by addressing Doyle and the reflexologists saying, "You guys work this out!"

In essence the next steps are:

1. Gather a copy of the licensed professions who touch (out of 47 that's probably at least a dozen). Wendy Coad, ARCB director and teacher in NYC, has a student who works as a paralegal and will approach his firm about doing pro bono work for reviewing the laws.
2. Write to the professions and obtain their approval of reflexology being exempted from the massage law. Why? If they do reflexology, because they can touch under their scope of practice, and someone is harmed they can be disciplined and their license could be yanked, but if reflexologists are exempt they become exempt from disciplinary action by the state.
3. In the meantime gather a list of professionals, support groups, hospitals and other programs where reflexology is used, and where the difference between reflexology and massage is acknowledged. Everyone can help with this task.
4. Write to them and have them state in a letter their use of reflexology and why, why there is a demand for reflexology, that's it's effective,

LEGISLATIVE UPDATES

safe and cost effective. NYSRA member Annalise Evenson has crafted a sample letter that waits NYSRA approval.

5. Have another meeting. (Doyle refused to allow reflexology to address the public massage board meeting coming up in November, stating #2 must be accomplished first).

In spite of the work ahead, the group is encouraged. This is the first time reflexologists have gotten so far as to have an interested legislator and a face-to-face meeting with Kathleen Doyle. Zale shares, "I've come to the conclusion that we need to be as water. Water always finds a way either through, over or around an obstacle. Water is creative and so must we be. I do feel that we will prevail in the long run. This is what will keep me going at any rate."

Pennsylvania – One More Try

Legislation is never easy. Jonna Boyd, RAA member, reports for the past 14 years the AMTA has been in pursuit of licensure with an exemption for reflexology. The AMTA began the journey by organizing a grassroots organization, Pennsylvania Licensure Coalition (PaLC), with the primary goal of writing a bill that would define a scope of practice for practitioners of massage therapy, somatic practices and reflexology. "The massage bill HB 1643 is held up in committee and will most likely die there again! The problem seems to be some massage therapy wording that is receiving a great deal of objection from the physical therapists here in PA. The AMTA/PA chapter is working hard to make adjustments, but the two professional groups seem to be at odds at this time," says Boyd. Earlier the chiropractors had issues with massage therapists checking joint mobilization restrictions. This was one of their issues in California where they were successful in blocking the passage of that massage law.

Montana – A Reluctant Course in Legislation

The Business League for Massage Therapy and Bodywork (BLMTB) keeps abreast of the legislative issues in the state sending out legislative alerts

to people who may be affected. Sue Benjamin, past president of the Reflexology Association of Montana was notified that the AMTA-MT is in the process of writing a massage bill to be introduced in January 2007. In 2002, Mary Zoellner was a representative for reflexology on the Montana Coalition for Massage Therapy and Bodywork (MCMTB). Benjamin was an alternate for Mary and participated in a few of the meetings. Benjamin was recently contacted Rachel Romanelli, AMTA-MT Government Relations Committee (GRC) Chair.

In an e-mail to RAA, Benjamin probably speaks for most of us when she writes, "I really do not understand this whole legislative process (I am so not into government and politics), even though I was somewhat involved in 2002. The AMTA-MT tried unsuccessfully again in 2004. I feel like I'm hanging out here alone on this legislation issue, and would really appreciate some advice before I go any further in representing Reflexology in Montana." RAA president, Opal Knowles responded by saying, "Please keep RAA informed when the next meeting will take place, and we will write letters, attend meetings, whatever it takes to gain an exemption for Reflexology." Concludes Benjamin, "I would prefer not having legislation for massage, but in some ways I wish it would pass (with reflexology being exempt, of course), so we could just relax and not worry about it anymore. It seems AMTA won't give up until they get their law."

The lessons in Montana are that no one is alone and never underestimate what one person can do. Continues Benjamin, "Rachel was very glad to receive an official reflexology position statement from me and says she will honor reflexology's position for exemption. She is wanting to work with me on wording for the exemption." All of us need to remember to ask for the help we need as we're all in this together. What affects one reflexologist anywhere affects us all.

Christine Issel

LEGISLATIVE UPDATES

Other News from New York

While the meeting with Assemblyman Miller was going on Patti Vucic reported Bonnie Heintzman a reflexologist in Buffalo received a complaint call from the Office of Professional Disciplines The Massage Board said Bonnie was practicing massage without a license. Bonnie spoke with Gail Swanson, the supervising investigator for the Office. Gail knew nothing about reflexology. Verbally, Gail was convinced she wasn't practicing massage and told Bonnie when she received written proof she [Gail] would forward it to the Massage Board and she didn't think they would have a problem with it (Gail probably hasn't dealt with the massage board vs. reflexology before!)

Laws Across the USA

Reflexology Laws and Exemptions Across the USA				
States without a Massage Law	States with a Massage Law		States Exempting Reflexology from the Massage Law	States with a Reflexology Law
Alaska California~ Colorado Idaho Indiana Kansas Michigan Minnesota~ Montana Oklahoma Pennsylvania+ Vermont Wyoming	Alabama Arizona Arkansas Connecticut Delaware Florida* Georgia Hawaii Illinois Iowa Kentucky Louisiana Maine Maryland Massachusetts Missouri Mississippi Nebraska Nevada	New Hampshire New Jersey New Mexico New York North Carolina North Dakota Ohio Oregon Rhode Island~ South Carolina South Dakota Tennessee Texas Utah Virginia Washington Washington D.C. West Virginia Wisconsin	Arizona Georgia Illinois Iowa Kentucky Maine Maryland Massachusetts Missouri Nevada New Jersey New Mexico North Carolina North Dakota South Dakota Tennessee Texas** Washington Washington D.C.	North Dakota (Licensing Law) Tennessee (Registration Law) ----- ~ Health Freedom Law *Pending legislation with Exemption *Taken out of massage law rules and regulations -- cannot work in spas unless massage licensed ** Depart of Health ruling © ARCB 11/06

STATE NEWS AND EVENTS

ARIZONA

2007 Calendar

Sunday, January 21, 2007 (1pm-3pm) Speaker
Nickie Miller/ Speaking on Lymphedema and
Reflexology in Tucson
Location to be announced

Sunday, April 15, 2007 (1pm-3pm) Speaker Jen-
nifer Taylor/ Speaking on "How exploring death
& dying enriches life and living"
Location: Tempe SWIHA

Sunday, July 15, 2007 (1pm-3pm) Speaker to be
announced/ Tucson

Sunday, October 21, 2007 (1pm- 3pm) Speaker to
be announced/ Tempe SWIHA

Jocelyn Shields-Ross, President for AZRA
AZRA has a new address:
10645 North Tatum Blvd. #200-437
Phoenix, Arizona 85028
(602) 867-3717

OREGON

Janice Robertson of Astoria reports that "Bill LC 55 will be presented to the Senate early in January by Senator Betsy Johnson. It is right at the top of the list, and thank goodness, as the Senate has 4,000 bills to consider during 2007...!" Right now she is working on the last obstacle, the Massage Board's insistence that they regulate reflexology "to protect the public". Janice asks reflexologists across the nation to contact their own insurance company and ask if there has ever been a claim for malpractice against a reflexologist in their State and report back to her. "I feel that by having this information direct from all the insurance companies is the only way to counter any claim from the Massage Board that they must 'protect the public'. If there have never been any claims, they have no one to protect," argues Janice.

Janice Robertson
439 McClure Ave
Astoria OR 97103
PH/FAX: 503-325-8458
E-mail: janellicott@earthlink.net

NATIONAL EVENTS

RAA L.O.T Workshop

2007

Leadership training and organizational
development workshop

October 6&7, 2007
Washington State.
Stay tuned for details!

INTERNATIONAL EVENTS

ICR

International Council of Reflexologists

Conference
'Simply The Best'

September 14-16, 2007
Cairns, Australia

ATTENTION STATE ASSOCIATIONS —

**PLEASE DON'T FORGET TO SEND US YOUR EVENT LISTINGS —THIS SPACE IS
HERE FOR YOU !**

SPOTLIGHT -The Stone Institute LLC

Reflexologists Certified from The Stone Institute Practice Unique Skills throughout Missouri

Graduation is a transition time – an event that celebrates the completion of a part of a journey and the beginning of the next. The graduates of the class of 2006 at The Stone Institute LLC were excited to join the ranks of nationally certified reflexologists, making them among the few in the state of Missouri to be certified.

“The diversity of those who choose to train in reflexology and go the distance toward certification is touching,” says Paula Stone, founder and director of The Stone Institute LLC. “Each one is called to do this work and has a story to tell.”

Students came from throughout Missouri to attend a series of trainings held in the St Louis area. Focused study and independent work followed, preparing students for examinations and real life situations. People of all ages with tight and achy feet, arthritis, sinus, headaches, and just plain fatigued or stressed out were some of the situations students worked with.

After graduation with certificates freshly in hand, the now-certified reflexologists entered advanced reflexology studies at The Stone Institute. So far they have worked with people with hammer toe, bunions, plantar fasciitis, diabetes, among other situations, and will add carpal tunnel soon.

“It is rewarding to observe students undergo transformation from novice to professional in less than a year,” says Ms. Stone. “Many will be the first certified reflexologist in their area. Each of them offers unique personal skills to help people.”

Sandra Horton is an experienced licensed massage therapist who incorporates reflexology into her relaxing and therapeutic practices in Cape Girardeau.

For Collette Kutz, reflexology blends seamlessly with her healing touch practice established in Washington, MO. Kayte Nickelson realizes a life dream in training in reflexology, which she incorporates into her St Louis-based Reiki practice. Bill Payne enjoyed a longtime interest in reflexology and encouraged his wife, Kay Payne, to take the course with him. Kay is a nurse and the two will practice reflexology on mission work and build a practice near Russellville, MO.



Certified Reflexologist Graduating Class of 2006:

Back row: Sandra Horton (left), Kay Payne (center), Bill Payne (right), Front row: Kayte Nickelson (left), Paula Stone (center), Collette Kutz (right). (c) 2006 Soft Touch Technology, Inc. All rights reserved.

The reflexologists are the first to be certified in Missouri in the Stone Method of Reflexology®, a specialized type of reflexology that focuses on therapeutic work to meet the challenges of contemporary life.

The Stone Institute LLC is an educational organization dedicated to providing wellness training to help individuals achieve better health through balance. The company provides training in reflexology for self-help and certification for professionals, stress-relief seminars, among other offerings. The Stone Institute LLC is located at PO Box 1800, St Charles, MO 63302-1800. (636) 724-8686, www.thestoneinstitute.org.

MINISIDEBAR: (Stone Inst.)

Definition of Reflexology

“Reflexology is the scientific study of reflexes and the application of specific techniques that work the reflexes in a particular way to produce a specific outcome. The chief outcome is to relax the body in order to improve the flow of blood, nerve impulses, and bioelectrical energy throughout the body to allow the body to normalize, balance and heal itself. Reflexologists do not diagnose, prescribe, treat, nor cure.”

Certified Reflexologists Treat YMCA Members and Guests to Fancy Footwork

St Charles County (Missouri) Family YMCA members and guests were tickled pink to have trained reflexologists work their feet at the YMCA's annual open house held Saturday, September 8th. Guests were immediately inclined to recline in comfortable professional chairs while reflexologists from The Stone Institute LLC (in St Charles) soothed tired feet.

Kayte Nickelson and Sherry Shull - both recent graduates of The Stone Institute -- volunteered their time to give people a taste of reflexology and educate the public about what reflexology is and how it can help them. "One of my greatest joys," said Kayte, "is spending time with people discussing their situations and how these techniques can help them."

The other side of the coin is the value of training. Sherry Shull, a nurse who is licensed and certified in several areas of healing, elected to train for certification in reflexology at The Stone Institute LLC. "It is important to be trained and certified to represent ourselves as a profession to the public. The more knowledge I have, the more I can help others."

Unlike massage in which most states (including Missouri) require licensing in order to practice, anyone can claim to practice reflexology. "Reflexology is the current buzz word, and people are riding the wave," says Paula Stone, director of The Stone Institute and Certified Master Reflexologist.

"The general public does not know that in Missouri anyone -- with little or no training -- can set up shop as a reflexologist and charge for that service. Our goal is to introduce people to reflexology - what it is, what is not, and the value of skilled touch by trained and certified reflexologists," Stone said.

The trio worked the feet and hands of children and mothers, sports enthusiasts, walkers, and families dashing in and out between soccer games. Y guests and members enjoyed complimentary fruit as they visited volunteers presenting ways to better one's health and wellness.

Paula S. Stone, Missouri



Reflexologists from The Stone Institute LLC take a load off their feet at the end of a busy Open House held at the St Charles County (MO) Family YMCA on Saturday, September 8. Pictured: Paula Stone, Director and Certified Master Reflexologist, The Stone Institute LLC (left seated), Kayte Nickelson, Certified Reflexologist (center), Sherry Shull, reflexologist with advanced training (right). (c) 2006 Soft Touch Technology, Inc. All rights reserved.

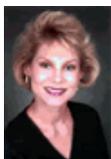
Toe Reading with KC Miller

Virginia Farwell (520) 722-1649

RAA Fundraiser to be held in
Columbus, OH—April 14-15, 2007

**Cost: early bird \$250
After March 15—\$300**

**Location to be announced!
Space is limited so sign up early!**



You saw her in Tucson and now she is back to help RAA with this year's fundraiser. KC will join RAA in Columbus, Ohio and hold a two day workshop (course) on Toe Reading—Walking Your Path.

KC is owner and director of the Southwest Institute of Healing Arts, voted Best school of the Year by Arizona Private School Association. KC has been long time reflexologist, licensed massage therapist, teacher, Polarity Practitioner, Life Coach and Ordained Minister. Of all the titles, she could claim she prefers – Instrument of Spirit.

Date: 04/14-15/07
Time: 9:00– 5:00 both

See you in Columbus!

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone: _____
 E-mail: _____

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RESEARCH

Dr. Shewta's Second Research Study: Efficacy of Reflexology in Prevention of Post-Operative Nausea and Vomiting – Abridged

Note: The following is an abridged version of the *Efficacy of reflexology in prevention of Post-Operative nausea vomiting* by Dr. Shewta Choudhary, the second research study conducted by Dr. Shweta. For review of full version of this and other work by Dr. Shewta, please go to the Reflexology Association of America's website www.reflexology-usa.org.

Efficacy of reflexology in prevention of Post-operative nausea vomiting.

Shweta choudhary Ph.D.*(Dept. of Biophysics, AIIMS), Dr. T.P.Singh (Dept. of Biophysics, AIIMS), Dr. Anurag srivastva (Dept. of surgery, AIIMS), New Delhi, India.

PURPOSES: To find out the efficacy of reflexology in patient with post operative nausea and vomiting after general surgery.

METHOD: 60 patients of general surgery from The All India Institute of Medical Science have been included in this study over a period of 2002-2004.

Patients were divided randomly into two groups.

Group I: Reflexology group (Hand reflexology + required quantity of standard drugs).

Group II: Control group (standard quantity of standard drugs),

Standard Drugs were such Emeset, Pro-methazine, Metaclopramide.

Nausea and vomiting was measured in Group I and Group II at the time scale of 0, 2, 6, 24 hrs, 0, 1, 2, 3, numerical value has been used for nausea and vomiting.

0-free from nausea and vomiting

1-Only for nausea

2-Nausea and vomiting both

3-Severe vomiting

(0 hrs has been defined as the time at which patient was shifted to the recovery room)

RESULTS: The results show a very significant decrease of nausea and vomiting score in Group I in comparison with Group II.

CONCLUSION: The effect of reflexology causes a very significant reduction of nausea and vomiting to Group I in comparison with Group II in post-operative patients of general surgery.

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*****In this work, we have used foot reflexology for pain and hand reflexology for prevention of post-operative vomiting and nausea.*****

RESEARCH

Biography:

Dr. Shweta Choudhary was born in a district named Muzaffarnagar of Uttar Pradesh (India). Her father, Mr. Suresh Pal Verma, a former agriculture engineer, devotes his life to spirituality. Her mother, Mrs. Mithlesh Verma, a former teacher, prefers to stay at home with family and study reflexology. Dr. Shweta completed her undergraduate studies in Biology and Chemistry and completed post-graduate studies, with Honors, in Physical Chemistry from Meerut University, Uttar Pradesh in 1998. In 1999, she began teaching in their Chemistry Dept. to graduate and post-graduate students.

In the following year, she qualified for Junior research fellow (JRF) in Dept. of Biophysics and began studying reflexology. She entered the PhD program at All India Institute of Medical Science (AIIMS) in New Delhi and was registered in the Dept. of Biophysics in 2001. She studied 'the efficacy of reflexology for prevention of post operative nausea vomiting and related pain'. Dr. Shweta worked in the general surgery Dept. with Dr. Anurag Shrivastva, Prof. of surgery and learned the application of Reflexology with him. She studied reflexology under the guidance of Mr. I.P. Bahl, Founder President of All India Acupressure Reflexology.

But as a famous saying goes 'there are no roses without thorns', such has been Dr. Shweta's journey. She had to face many difficulties in her research work due to her former guide Dr. Krishna Dalal and overcome great obstacles. But with the support of her H.O.D. Dr. T.P.Singh and President of India, Dr. A.P.M. Abdul Kalam, she completed her research work. Now she is interested in Physico-chemical study of reflexology, and is looking forward to study the efficacy of reflexology in cancer patients.

Note: Congratulations to Dr. Shewta and Randeep Singh Surjewala, Minister in Haryana State, India, who have decided to be life partners. Randeep likes to work for humanity and Dr. Shewta is continuing to prove Reflexology's value to all humanity.

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Reflexology Path Opens in Redmond, WA

A 2005 study by the Oregon Research Institute found that senior citizen's balance, circulation and blood pressure all improved from walking on cobblestone paths.

The study peaked the interest of a King County Executive in Washington State looking to find ways to implement health practices and outlets in the workplace..

Reflexology paths are now being installed at several locations in the state: south of Seattle at White Center Park, and another at Marymoor Park. This joins an existing path at the Water works Garden in Renton.

All paths have signs and handrails and were installed with the help of Paths of Health, Inc., a well known group that took part in the first reflexology path at Bastyr University.

SOLE SPEAK

This column, will appear in each issue and will offer the replies of the previous edition's topic. It will also ask a question for the next issue. Members, please offer your replies at RANews@aol.com. When sending your thoughts, opinions and the like, please offer up your name or a pen name and your state., Also, please feel free to submit a question that we can perhaps ask members in a future edition.

In our last issue we read.....

Q. DEAR Dr. GOTT - Is reflexology acknowledged as a legitimate practice by the American Medical Association? Does the law require that reflexologists be licensed by the state? What is your opinion of the good or harm they do to the "patients"?

A. "DEAR READER - Reflexology, a pseudo-science, is not recognized by the AMA. Proponents claim to cure a variety of medical disorders by massaging the soles of the feet. "This method has never been shown to be effective in treating anything. State laws differ in the licensing of reflexologists. No matter: Stay away from them.

One members' response to Dr. Gott was as follows...

Dear Dr. Gott:

This week one of my clients forwarded to me an article you wrote relative to Reflexology that was recently published. Please note my commentary to that article.

To preface my remarks, I would like to give you a little history as to why I became a Reflexologist. In 2001, I was diagnosed with acute Fibromyalgia. The pain was constant and severe. I sought relief from medical doctors, chiropractors, rheumatologists, physiotherapists, massage therapists, and physical therapists with no relief from my pain. In fact some of these treatments intensified the pain. I was led to a reflexologist. After six months of reflexology, with a one time per week treatment, my pain totally disappeared and has not returned.

Currently I am certified through the International Institute of Reflexology, St. Petersburg, Florida, (2003) and am one of ten Reflexologists in the USA certified in ART (Advanced Reflexology Training) from London, England (2006). In addition, I am studying Chi Reflexology from Australia.

It is important to seek out a Certified Registered Reflexologist from a qualified school or ACRB (national certification). Many massage schools offer a class or two in Reflexology that is not ample training. Some states require licensing but usually link it with another natural modality of which Massage Therapy is the most common. Massage Therapy is **not** Reflexology or similar to it.

Reflexologists are not doctors and we **do not** diagnose nor claim cure. Reflexology helps the body relax, stimulates circulation and nerve impulses that in turn brings the body to homeostasis (balance). Reflexology is a "complementary" modality that aids medical, chiropractic or other treatments. It does not replace them. In fact, I have a medical doctor and several chiropractors that refer clients to me.

You may want to check my website for the testimonials I have from my clients—www.rayofhopereflexology.com. They too have found relief where no other medicines or modalities were helpful.

In closing, I would encourage you to seek out a Certified Registered Reflexologist in your area for a treatment to experience its' benefits. Hopefully you too would see the benefit and retract the negative connotations in your article.

Sincerely,
RAY OF HOPE REFLEXOLOGY, LLC
Lila M. Mueller, CRR, ART (Regd)

Sole Speak Question :

How do you approach the subject of efficacy with your clients?

What do you think?

Send answers to RANews@aol.com

Reflexology and Research

Laura Jodry

Reflexology and Research

RAA member Geri Karr sent us a copy of an interesting article written by Shirley Vanderbilt for the November 2006 issue of *Massage & Bodywork*. The article published under the Somatic Research section, entitled *In Step, Reflexology Around the World* notes that “reflexologists at home and abroad have been doing their own ...research over the past five years. And that...’the vast majority of studies come from the medical realm –either nursing and medical schools or hospital settings.” Vanderbilt basically cites several studies conducted over the past five years which she found during an online search on PubMed (the National online Library of Medicine). The article presents research studies from various countries such as Italy, Scotland, and Korea along with one study from East Carolina University’s nursing school. The studies were small and some were simple preliminary pilot studies on reflexology’s effect on patients with certain cancers, hypertension, menopause, herniated disks, and irritable bowel syndrome; all showed reflexology helpful to patients in some way.

While it is good to have reflexology noted for its advantageous role in healthcare, especially in a magazine with a decent circulation; this article and others like it can serve to remind us that research on reflexology is still in its infancy in America. While there is a plethora of various phases of research on reflexology to be found worldwide, very little of that research would be reviewed in the United States by leaders in science and healthcare. That is not to say that these global studies can’t help us as a field to coordinate, design and implement future studies. They certainly serve to show us what challenges we may encounter when designing for more rigorous science-based studies in America.

USA Based Reflexology Research

Most of us would like to see some formalized validity offered to our work. It is often wondered by reflexologists here in the US. why it is that many other countries have research studies conducted on reflexology (some even promoted and endorsed by those governments) while here in the U.S., the birthplace of modern reflexology, we have so little. We do, however, have a federal agency working

specifically on complementary and alternative medicine’s research: The National Center for Complementary and Alternative Medicine (NCCAM). Let’s take a look at this agency and just some of its information to better help us understand why the issue of large-scale, grant-funded reflexology research remains somewhat elusive to us here in the states.

Reflexology Research: Where are we in all this?

Below are some points to consider that are offered by NCCAM to those looking for research grants. Following each point are some basic questions to ponder along with this some late-night musings all designed to illuminate our current position in the realm of formalized research

Characterization

1. *One of the most baseline points to consider before applying for research, according to NCCAM, is what they call the ‘Characterization of the Treatment Modality or Product’. In other words, has the product or treatment modality been well defined or characterized?*

We have all heard reflexology defined many times and in many ways. Some define it for specific audiences such as definitions that favor or fight a particular piece of legislation or a definition that describes a particular method of reflexology. We have definitions we use for specific clients such as definitions that suggest potential outcomes or benefits. We have definitions that more describe our actions (the practitioner’s scope of practice) and we have definitions that describe how reflexology works within the body (theory).

So if by well-defined, NCCAM means have we covered all potential bases as to how reflexology may work, what it may do, and the various ways it may go about doing it – some would say, we have that. We have come a long way as a field by coordinating our efforts behind legislation by adjusting our definitions slightly to still define us in simple easy to understand terminology while struggling to maintaining our autonomy as much as possible. Our practitioner numbers have grown due to our offering various reflexology programs that tailor programs according to differing theories and applications. These many chameleon-like characteristics of reflexology have been important factors in its growth thus far.

But NCCAM is seemingly looking for a clearer illustration of reflexology. They are looking for one definition that encompasses all reflexology’s characteristics and potential. That many not be attainable - Simply put: Because of our ever-evolving character, we have not been able to fully establish our boundaries and therefore are unable to precisely define or characterize our work on a collective level.

It appears evident at this point that to come up with a

ARTICLES

definition that would work in every state or with each legislative body, reflexology program or even each practitioner would be impossible. Perhaps in the years to come, we would do well to determine what elements of reflexology define reflexology for research purposes and attempt to find a collective acceptance of that so that we may in fact clearly define and characterize ourselves for research purposes.

2. Because Reflexology will be tested on people, before an NCCAM funded clinical trial can start, there needs to be some evidence to its efficacy. This can come from studies on animal subjects or from reported information on its use by people.

This statement gives hope because it says that evidence to efficacy can come basically from clients and anecdotal evidence. Here is where it may benefit us to have a large collection of anecdotal studies and perhaps small pilot studies like those cited in Vanderbilt's article. The trouble here, of course, is the issue of our working from the many different maps and methods of reflexology that we use in the United States. These varied methods, while adding to our ability for growth as a field over the years, subtract from our ability to design a nationally recognized research protocol. Who is to say which style of reflexology should be used for large scale studies? If all styles seem to work, then what is our mechanism of action? Are we prepared to research whether it is simply just working the feet in general that creates desired outcomes or that one method, pressure or technique may be superior to all others?

In countries such as China and Denmark, there is only one method used by all reflexologists, therefore research design at least from this end of things is much easier. Again this shows us how in the United States we may perhaps have a larger challenge when it comes to coordinating large clinical trials.

3. Funding grants

NCCAM is only interested in funding institutions (hospitals, universities, foundations) and not individuals. Also funding institutions must have 501C3 status. One way to circumvent these restrictions is to work with support groups for chronic diseases like American Cancer Society, American Lung Assoc., etc. These groups may in fact be our way into the research realm as they have stated at several NCCAM strategy meetings that their members (meaning disease sufferers) are the ones demanding that research be done so that they can decide which CAM therapy may best help.

So, like the many other challenges we encounter on our road to a profession, we are far better off knowing our challenges and our limitations as we embark on our future. Let us look to these as signposts helping to steer us in the right direction on our path.

Maternity Reflexology: Safe, Responsible Practice

Judith Nourse

Last summer when I was taking registrations for Susanne Enzer's Maternity Reflexology certification course, one certified reflexologist called and said she was interested, but that an instructor had told a recent class, "You don't need to take a maternity reflexology class – you know all you need to know." She asked what I thought about that statement. I replied that a basic reflexology course doesn't provide the experiences of a woman who used reflexology in her midwifery practice for 20 years, and I thought it would be invaluable. She signed up, and after taking the course, we both agreed that it is.

I was saddened by that instructor's perspective. The field of reflexology has grown tremendously since the 1930's, with many bright and skilled practitioners adding their own experiences to the unquestionably valuable basis Eunice Ingham mapped out for us. Learning from each other, learning from colleagues' collective experiences, means that we can share the treasure of those experiences for the benefit of our clients and our students.

I was asked to summarize the Maternity Reflexology course for the RAA newsletter. I'll attempt to do that in the format used in the British AoR journal, without giving away some of the surprising and delightful antics and teaching methods which make some of the



Susanne Enzer

ARTICLES

course material absolutely unforgettable!

The course is taught in two parts, two days each. Thirty of us from the U.S. and Canada took Part 1 in three cities: Asheville, Tucson, and Seattle. It was a wonderful gathering of committed, experienced reflexologists, some leaders in our field, some with their own schools of reflexology, some having waited years for the opportunity to take this class.

Participants were asked to come with basic knowledge and understanding of the anatomy and physiology of the female reproductive system, the endocrine system and hormones. The course began with anatomy of the pelvis, and an awesome comparison of the bones of the pelvic region with the bones of the feet. In each of the three classes, there was an audible hush when we suddenly saw/perceived how the pelvis is replicated on the bones of the feet.

Susanne teaches a different reflexology map of the pelvic organs, which she developed based on “direct somatic representation.” Applying this map gives us, among other things, a technique to help relieve the pain from pressure on the pelvic nerves when the baby “drops” at the end of pregnancy. I have already used this with one pregnant client – she waddled into my house in significant pain a week before her due date, and walked out with relative ease which lasted the 8 days until she delivered.

One of the numerous valuable segments of the course is a discussion of the concerns of reflexologists working with pregnant women, and the concerns of the pregnant client considering reflexology during her pregnancy. Susanne confirmed that there most definitely are points to be avoided, which are actually acupuncture points known to stimulate uterine contractions and abortion. They are: Spleen 6, near the medial malleolus, Bladder 60, near the lateral malleolus, and Bladder 67 at the lateral aspect of the 5th toenail. You can consult an acupuncture book or chart, or see page 49 in Susanne’s Maternity Reflexology Manual for more detail. She writes, “These points are traditionally forbidden to use during pregnancy as they may cause interruption of a pregnancy.” She

also teaches that in her experience you cannot dislodge a healthy pregnancy, and you cannot stop a miscarriage in progress. But knowing and avoiding the “forbidden” points is wise.

***Important Note: Spleen 6, four fingerwidths (one hand-width) above the medial malleolus in the depression at the margin of the tibia; Bladder 60, in the depression between the lateral malleolus and the Achilles tendon; and Bladder 67 at the lateral aspect of the 5th toenail. Do not use deep and/or sustained pressure at these points, as they are used to cause uterine contractions and may cause expulsion of uterine contents.**

Susanne presented the female life cycle of hormones in a delightfully original way. We had practice sessions learning her method for endocrine balance and also the reflexology lymphatic technique, a method that uses direct somatic replication of the lymphatic system which she found very helpful for her clients with foot and ankle edema. She developed and used both methods with her pregnant clients over years. Some of us have already found that both are helpful for our menopausal clients as well.

I think one of the most important parts of the course is Susanne’s review, one by one, of a multitude of symptoms experienced by pregnant women. These are all listed in her Maternity Reflexology Manual, and also in her Quick Reference Cards. She teaches which symptoms can be helped by reflexology, and which we shouldn’t touch. One that could save a client’s life is the ability to differentiate between a spasm in the calf (the complaint the client may present with), and deep vein thrombosis. She said pregnant women are prone to forming blood clots due to a natural thickening of the blood as the pregnancy progresses, and the pain from a clot in the calf can feel like a spasm. The symptoms are swelling, redness, heat and pain. She taught us to dorsiflex the foot **ONCE** to check for the positive Homan’s sign – increased pain on dorsiflexion. If it is positive, to keep her absolutely still and call 911. Any further movement could mobilize the clot, possibly causing rapid death for her and her baby.

ARTICLES



Photo: Susanne Enzer demonstrating the difficulties of pregnant woman using the LeFuma chair.

In reading the many thoughtful responses on the evaluation forms filled out by the 29 other reflexologists who took Susanne's course in August, I was struck by the feeling of relief we all shared, summed up in this comment: Now I feel free of the fear and tension I have felt working with pregnant women; now I know and understand what is safe, what I can do to help, and what is not in my domain and needs medical attention.

Susanne will be back in 2007 to teach two Part 2's and two Part 1's March 23-26, and March 30 – April 2. One of the many things that I learned in organizing these classes is that the expense of holding small classes (maximum 12 per class) in different cities across the country is not financially feasible. We will keep the classes small – Susanne won't teach larger groups, and participants commented that they appreciated the smaller, intimate class size. So as long as there is interest, classes will be offered in Charlotte, NC, at 6 month intervals to give participants the required time to gain experience and prepare a presentation of their work for Part 2.



All eyes on Suzanne's Demonstration.

Because of my education and experience in nursing, I knew there was more I wanted to know to work safely and responsibly with pregnant women. So far the course has provided what I was looking for. One participant emailed me, "Susanne answered all my questions, and I knew [my client] was pregnant before she told me!"

Judith Nourse, RN, LMBT
Board Certified, ARCB

To get more information on the Maternity Reflexology courses or to get a manual, contact Judith at 828-698-8036, or by email at judith@healingarts9.com.

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with British midwife/reflexologist
Susanne Enzer

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Reflexology Across America is the quarterly news magazine of the Reflexology Association of America, a non-profit state affiliated and member association. The material contained in this newsletter is educational in nature and not intended as medical advice or treatments.

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

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Seasonal Publication

Spring –Summer –Fall –Winter

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Thoughts from the Editor

Member Spotlight

Please offer me some information on your practice or your school. I'd love a chance to spotlight you in a future issue!

Please send me a press release of an event you've been part of, or any bit of news you think would be valuable to share with other RAA members.

Send to: RAANews@aol.com

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