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- Hypoventilation CS
- Quantum Reflexology Matrix
- Reflexology around the World
- 2014 Logo unveiled
  
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**ACARET acknowledges:**

- AAEd Educators in America who have achieved teacher accreditation.

- AARC Accredited Curricula from those AAEd’s whose reflexology certification program has met or exceeded the new standardized 300-hour curriculum criteria.

American Commission for Accreditation of Reflexology Education & Training
www.ACARET.org

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<td>Alaska</td>
<td>Kathy Ungerecht AAEd</td>
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For full contact information, see the AAEd Directory at www.acaret.org

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2 Reflexology Across America Summer 2013
Greetings everyone!

Thank you for opening up this Summer edition of Reflexology Across America. As part of my role on the Board, I want to ensure that there is a return on your investment in RAA. RAA is grateful for your membership which expands not only RAA but the field of reflexology. The Association relies on membership renewals and conference registrations from a revenue perspective. The Association also relies on committee work and other volunteer opportunities for growth as well.

In this issue you will read about the progress RAA is making. This edition covers events throughout the country, case studies from all over the world and RAA Committee reports. These articles give synopses of what is transpiring around us. It is exciting to know and understand how your membership and participation, however you choose to participate with RAA, affects a much larger arena. Stand up and be proud!

Thank you to all our wonderful members for all RAA has been able to accomplish in the first half of 2013. With your engagement, RAA has been able to support the following:

- Lobby Days. Did you know that posters, banners, brochures and other information are shipped to each State Association free of charge for their event? RAA has supported 4 Lobby Days this year. Lobby Days help the state legislators understand what reflexology is and does and the importance of our field. Expert legislative guidance came from Julia Dollinger who has chaired this Committee since 2009.

- Website redesign. The website redesign is not only for members’ benefit but also for potential clients looking for practitioners. Karen Ball has offered her experience by chairing the Website Committee. When finished later this year the design will not only have an updated look but will be much easier to navigate.

- Karen Ball is also chairing the Educational Committee. The challenge for the Committee was to come up with pathways so members can most easily meet a 300-hour criteria for professional membership to be implemented in the future. You will be reading more about this under the Education Committee update.

- The 2014 Conference is in Santa Fe, NM. Fred Coen and Margaret Cesena have lent their support as co-Chairs. The venue and logo are in place. We are close to the speaker selection as the contracts are in process. Details are found within this issue of the magazine and look for more conference news in the Fall edition.

Legislative action, State Affiliation, Website redesign, ways of increasing educational hours, and a conference where ideas are exchanged all lead to an increased awareness of our ever growing field. Your actions matter and this magazine, a membership benefit, is a great tool to keep current on what is going on.

continued Page 6
Reflexology Across America

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

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

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

Affiliated states receive one quarter page ad for free. Unaffiliated states may list events in the Calendar of Events section, however, ads must be purchased.

Deadline Dates
February 20 ..........Spring
May 20 ..............Summer
August 20 ..........Fall
November 20 ..........Winter

Send ads to:
infoRAA@reflexology-usa.org

Send articles to:
RAAMagazineEditor@reflexology-usa.org

Magazine Committee:
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Claire Guy
Administrative/Research:
Nancy Bartlett
Resource Guide:
Darlene QuirinMai
Board Profiles:
Lynn Watson
Proofreaders:
Gayle Brezack / Mary Reimann / Janet Stetser

Front Cover
Circle of healing hands taken at the RAA Board retreat, May 2013.

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infoRAA@reflexology-usa.org

Next deadline: August 20
Dear Readers,

We have a jam-packed wealth of knowledge for this summer edition. Because of this I am sharing my page with a picture of the folks who are working so hard to keep this organization flowing. This was taken at the spring RAA Board retreat.

From left to right and bottom to top: Nancy Bartlett, office admin; Claire Guy, magazine editor; Christine Issel, advisor; Opal Knowles, advisor; Mary Reimann, DAC; Julia Dollinger, VP; Brenda Makowsky, Pres.; Mia Earl, Treas; Alison Gingras, Dir; Karen Ball, Dir; Iris Aharonovich, Admin Secty.

We are grateful to the three board members who have served these many years and will be stepping down. Page 7 has information on the newest members. We wish them well and thank them for the work they are about to do for this great organization. The conference committee ramped up its activity in 2012, preparing for the 2014 conference. Note logo that was approved on the back cover.

In joy & health, Claire

### RAA Affiliates & Delegates

Each state and unaffiliated states may have 2 delegates.

Make sure your state is well represented.

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<td>Alaska - AKRA</td>
<td>Mary Reimann, DAC; Chloe Clark-Berry</td>
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<td>Jamie L. Thompson, Kristine Orcutt</td>
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<td>Kim Jenner, Kasey Quillin</td>
<td>Unaffiliated States</td>
<td>Lynn Watson (TN)</td>
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Some Reminders from the Office...

We are sending E-Newsletters out now with news and information that can’t wait for the next issue of the RAA magazine. Keep this email out of your junk mail. Add nancy-raa@cox.net to your address book.

If there are any changes to your member profile on our website (Name, Address, Telephone, Email), see the Resource Section in any RAA magazine for instructions on making the changes.

Let us know if there are ANY changes to:

- Affiliated States membership form so we’ll have the current copy posted on the RAA website.
- Affiliated State Boards each election year for RAA records.
- Your membership status. When you join RAA as a student and increase your hours to 200, send us a copy of your certificate with the additional $25 to ‘upgrade’ right away, if you want to be recognized as a professional before the next renewal date.
- Nationally Certified? If you have not done so, send a copy of the certificate. We will be pleased to include this information in your profile right away.

And remember the EVENT section of the RAA website for upcoming workshops and conferences around the country and the world.

- Members list their upcoming classes in a town/state near you.
- If you are a RAA Professional, School, or Business member, you can enter your workshop and class information on the RAA website without sending it to the Admin Office. Directions for submitting are in the Resource section of this magazine. Listing your upcoming classes and workshops, makes our event section the “Go To” place to find quality reflexology education.

A number of years ago, the Reflexology Association of R.I. initiated a State Newsletter Exchange. The premise was to exchange newsletters with other state’s Board of Directors. You would have the opportunity to learn more about ideas and activities in other states, participate in mentoring between existing and new state associations, be in-the-know regarding legislative actions in other states as they relate to our field.

RAA and ARCB are included in the exchange as well. This Exchange is not sponsored by either RAA or ARCB but they are in support of the project. If your state would like to be included in this exchange or would like more information, please contact Nancy Bartlett (list owner) at happy_feet@cox.net.

If you have any questions regarding the above information, please contact the office: infoRAA@reflexology-usa.org or TEL: 980-234-0159

President’s message continued from P 3

Progress also brings with it some transitions. It is with a heavy heart that we note these. A very special thank you to Alison Gingras who served as President for two terms, Julia Dollinger who served as Legislative Chair for two terms and Maureen Birchfield who served as Recording Secretary and various Chairs for slightly over a term. Their time in office is now ending. The three of them added the strength and professionalism required in leading RAA, with over 400 members, in a field that is making great headway. Thank you for serving on the Board and leaving the Association in such great shape! We also extend a hearty welcome to our newly elected Board members Jan Benson (ND), Lila Mueller (WI) and Gail Roberts (AR) and our continuing directors Iris Aharonovich (MA), Karen Ball (FL) and Mia Earl (TN).

We hope you are as excited about RAA’s progress as the Board. There’s always room for more hands. Please feel welcome to join us through committee work that interests you and in so doing take an active part in advancing the field.

Brenda
I am a retired nurse who wants to work with clients to maintain or improve their health by encouraging them to eat healthy foods, maintain a healthy weight, exercise regularly, and to make reflexology part of their wellness plan. I have been in private practice for six years at Reflexology for Wellness. I have taken classes from Dwight Byers, George Balut, Lilian Morten, Joy Walterson, Terri Magnan, Karen Ball and attended a Touchpoint Workshop taught by Dorthe Krogsgaard & Peter Lund Frandsen. I completed the International Institutes Certification program and am currently certified with them. I plan to also become ARCB certified in the future.

Currently, I am the President of the North Dakota Reflexology Association. I appeared before a ND legislative committee in 2011 so we could make some minor changes to our Reflexology Law. It was a new experience that taught me several things about the process. I am happy to say we were successful.

My reason for wanting to be on the Board is to work at finding ways to improve our educational standards and make them more consistent across the country so that the benefits of reflexology are more likely to become part of an integrated approach to health care.

GAIL ROBERTS – Arkansas

After having spent over 20 years in the medical field, I consider myself to be a scientist and researcher. Yet when I had reached a point of desperation regarding my own health years ago, it was reflexology that literally enabled me to breathe again, not traditional Western medicine. My own experience has lead me to believe that the human being requires consideration of mind, physical and spirit in order to function at our highest level. My own reflexology practice is intended to be a valuable tool for change and healing…..entirely supportive of conventional care that may be chosen by a client and their physician.

I became ARCB certified in 2010 and still consider myself to be a “researcher and scientist” but a better human being because of reflexology. In my work on the RAA Board, I hope to bring some of my personal and professional experience to service by increasing the recognition of reflexology as a tool that can be proven using scientific methods and one day fully embraced by the health care professions.

LILA MUELLER – Wisconsin

I served on the RAA Board from 2009 to 2012 in a variety of positions and have been again asked to serve. My goal as a RAA Board member is to promote, unite and to ethically serve the reflexology community. My desire is to see reflexology to be fully accepted throughout the USA and to remain a stand alone profession - not massage. In addition, it is important to unite all reflexologists in the USA for the common good of both the profession as well as the practitioner with no prejudice.

From 1985-2010, I served as a Village Clerk-Treasurer for the Village of Belgium, WI and bring government experience to the table. Since the mid 1990’s, I have studied under many qualified reflexology instructors from the USA and abroad and am ARCB Certified, ART Certified and a Certified Temprana Reflex Therapist. As of 2010, I became a teacher of Facial Reflexology, Module 1 and TCM and Neuro Foot Reflexology for Lone Sorensen as well a trainer for KHT (Korean Hand Therapy) for Dr. Dan Lobash, Ph.D, L.Ac.

Last summer I was asked to serve as the Reflexology Preceptor for the Integrative Medical Program at Aurora St. Luke's Medical Center, Milwaukee, WI. In order to have a more complete practice, I have recently become a NES practitioner. At the present time, I serve as the Acting President of the Integrated Reflexologists of WI, Inc. (IRW) and am organizing to open a school of reflexology in Belgium, WI. Currently, I have two office locations - Belgium and Glendale, Wisconsin.

I've been married for 46 years, have two children and two grandchildren. Memberships - The Mercy Seat Church, Belgium, WI.

BRENDA MAKOWSKY – Illinois

Brenda Makowsky joined the RAA Board as treasurer in January of 2012 and began serving as the group’s president in the fall of the same year. Prior to her time on the Board, she was the RAA’s contractual bookkeeper for more than two years. Brenda graduated from the International Institute of Reflexology in 2008 and maintains a practice out of her home. She holds a master’s degree in social work and practiced in the field for 10 years before entering corporate America in 1996 where she remains today. Her tenure in the business world includes management in operations, facilities and purchasing.
By Julia Dollinger

RAA & ARCB (Christine Issel, Legislative Consultant) work very closely together on all legislative issues. We have different skills that complement each other. Over the years we have spent countless hours on phone calls working for legislation and keeping track of what is happening in states across the nation.

SYNOPSIS OF LEGISLATIVE ACTIVITIES

January through March are very busy months in the legislative sector. In most states, new bills must be introduced or old bills re-introduced within the first 90 days of the year. There are only 5 states without massage laws: Alaska, Wyoming, Kansas, Oklahoma, and Vermont. Reflexology is exempt in 28 states and has 4 state laws of its own due to legislative work over the last 20+ years. Those states are:
- North Dakota (1993)
- Tennessee (2001)
- New Hampshire (2009)
- Washington (2012)

In general, any kind of legislative work takes years to see completion! In addition, research prior to writing any legislative position paper is time consuming—a one page letter often takes a whole day to compose. Positions must be researched and then individualized for each state—there is no such thing as cookie-cutter legislation. Luckily most of this work can be accomplished from my desk. Legislative packets were sent to Oregon, Washington, and Texas. We’ve been watching massage bills introduced in Kansas and Alaska. In Ohio, reflexologists are looking for sponsorship of a reflexology bill.

One of the great joys of this job is attending a National Institutes of Health – National Center for Complementary and Alternative Medicine (NCCAM) workshop in Washington D.C. I have done this once a year since I have served on the committee. NCCAM has recognized us as a separate profession and we must attend these meetings at least once a year, remembering we have to be at the table in order to participate in the process. When I attended in February 2011, I met with Dr. Josephine Briggs, NCCAM director, and introduced her to reflexology. RAA has participated with NCCAM surveys and meetings since it’s inception in January 2001 when Laura Jodry was RAA president. In 2012 RAA met with staff to lobby for a portal page for reflexology on the NCCAM web site.

A major project of the committee was researching into national billing codes for reflexology. Hospital codes for reflexology exist, but this is not a way for reflexologists to gain insurance reimbursement. Only a state licensed reflexologist may obtain a National Provider Identifier (NPI) number and use Taxonomy codes.

Christine and I met with a former NY State Assemblyman and Senator to learn more about how to approach the New York legislature. RAA has participated in New York State Reflexology Association (NYSRA) Lobby Days in Albany for three years. The reflexology licensing bill died in committee in 2011 but was re-introduced in 2012. The original supporters and sponsors, George Latimer, in the Assembly and Eric Schneiderman in the Senate have both been “promoted”—Schneiderman to attorney general and Latimer was elected in the fall to replace him in the Senate. Because the bill died the whole legislative process had to begin again in 2013. New laminated posters designed to highlight certain aspects of reflexology (history, state exempt from massage laws across the nation) were displayed on Lobby Days and are available to other states for their use.

Beginning in 2010 both RAA members and ARCB certificants have paid their own way and volunteered their time to introduce reflexology sessions to women state and federal legislators at the National Foundation for Women Legislators (NFWL) annual conference. A resolution for the recognition of reflexology was introduced in 2011 but failed. In 2012 another resolution was presented by Paul Harvey before the NFWL Health & Empowerment Committee at their conference in Atlanta. The resolution called for the recognition of reflexology and encouraged its use as one approach to women’s health care and wellness issues. Acceptance of the resolution was a great accomplishment for reflexology. (Resolutions from national groups, we learned in our March 2011 meeting with the former NY State Assemblyman and Senator, aids legislative efforts when such acknowledgments are gained.) The real importance of the passage of the resolution is in legislative work.

Julia and Christine met in Florida in January 2012 for several days to discuss strategies and work for the year and worked with Lydia Stephens of Washington on a proposed licensing bill. The licensure bill before the State of Washington was passed quickly based on the human trafficking issue. RAA president, Alison Gringas along with ARCB president, Michael Rainone and Christine coordinated efforts to design and print the “Identifying the Legitimate Reflexology Practice” brochure that has since been “promoted” into other states.ATigraphy
been used in other legislative efforts.

During the May 2012 RAA Conference, “Reflexology in the Circle of Life,” Julia and Christine conducted a presentation on legislation (Why A Reflexology Law). They also met privately with the Florida Association of Independent Reflexologists (FAIR) Board regarding legislation in Florida.

So far this year alone we have had several states with Lobby Days: Maryland, New Mexico, Oregon and New York. Some of these states have asked and received RAA legislative posters as well as brochures from the office in order to enhance the experience of Lobby Day for the state involved. RAA continues to work with Alaska and Texas who have massage bills pending.

While working with drafts on a position paper in New Mexico, Health Freedom Laws were discovered in several states. These states allow the public access to complementary health care legally provided by unlicensed providers (including reflexologists), as long as certain criteria are met before the client receives the first session.

States with Health Freedom Laws:
- 2009 New Mexico
- 2008 Arizona
- 2005 Louisiana
- 2003 Rhode Island
- 2001 California
- 1999 Minnesota
- 1994 Oklahoma
- 1976 Idaho

Colorado currently has a Health Freedom bill before the legislature.

IN CONCLUSION

As the saying goes, all good things must come to an end. So I would like to thank all the people that I have had the pleasure of getting to know and working closely with while holding this position as a member of the RAA Board of Directors, as legislative chair. Thank you for your trust as I have tried to serve RAA well these last 4½ years. Some endeavors have not been achieved but I grant you some were much bigger than I expected.

I may sound like a broken record of sorts, but I can’t say it enough: if you want your profession to be recognized it is up to YOU! Reflexologists have to go out and talk to their legislators, remembering THEY WORK FOR US. Also, talking with an aid of a legislator is also like talking to a legislator, so pick up the phone. Send a brochure telling him/her what reflexology is and tell them what you want to see in your state, DREAM BIG. I think back to a much younger Julia Dollinger, Sue Raskin, Gabrielle Zale and Cristina Lipika standing in the Senate chambers in Albany, New York, and how in awe we were of that place. Now four years later and older, we walk those halls knowing the difference between the Senate chamber office and the Legislative office Building (LOB). All through the process we have gained experience in understanding how laws come into being. Thank you to all who worked on this process.

Most recently I have had the pleasure of answering many calls regarding states considering going for individual state laws. As we know with the federal Affordable Health Care law we are going through a major transition. We have had it said to us that licensure is going to be critical going forward. Clearly, taking on of state licensure process is not for the faint of heart. It’s a very long process.

Just too be clear, I will be stepping down from the RAA Board but not off the legislative committee. I believe it is now someone else’s turn to learn and be mentored for this job. Are you that person? Do you want to be educated and learn to lead RAA in this work? If so, please contact me.

Thank you members for allowing me to do this work and represent the profession. It has truly been a rewarding experience.

Julia Dollinger

WEBSITE COMMITTEE

by Karen Ball

The Website Committee, chaired by Karen Ball (FL) and comprised of Nancy Bartlett (RI) and Opal Knowles (AZ) has chosen SunCloud Design of Gainesville, Florida to create RAA’s new website. The Board of Directors supported the committee’s decision at the May Board meeting and approved a budget to implement the new website. RAA’s new site will be up and running before the end of the year.

At the time this report was written, the Website committee was writing a short survey, a link for which all members will receive by e-blast in June. We respectfully ask for your response to this request. The survey is your opportunity to express your wish list for the new website.
**PUBLIC RELATIONS COMMITTEE**
by Karen Ball

Your Association is pleased to announce that it has reached an agreement with a leading complementary health referral organization to offer free listings to RAA members.

**Jill’s List** is a growing online community of complementary, alternative and integrative healthcare professionals that consumers and doctors alike look to for credentialed practitioners.

Jill's List will display free custom profile listings of all professional members of RAA (and/or your businesses if you operate a multi-practitioner business or more than one location). Your profile will be displayed on a designated RAA page as well as being available through a search in your area of the country. The RAA page will spell out the qualifications of your membership and display your profile to consumers on www.jillslist.com and to employees on the private Jill's List Premium Club for Employees.

A second benefit: in the fall Jill’s List will launch a partnership with Athena Health EMR, giving 40,000 doctors the ability to send referrals to practitioners on Jill’s List. All credentialed RAA reflexologists will be invited to receive referrals on that network. You pay a one-time $9.99 fee per referral if you choose to accept a referral through the network. All RAA members will receive their first referral at no cost. (Jill’s List will also launch an insurance plan in the fall that covers CAM [Complimentary and Alternative Medicine] services, with Jill’s List as the preferred provider network.)

Being part of the RAA page will distinguish you from non-credentialed people on the website naming reflexology as one of their practices. If you currently have a personal listing on the site, please inform PR Committee chair Karen Ball at karen@academ eofancientreflexology.com to get your listing associated with the official RAA page.

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**Registration**

The registration process is very simple. You will need to submit a copy of your RAA membership card in order to have the coveted “Credentials Verified” included in your profile. This verification is what sets you above and apart from unqualified people claiming reflexology on the website. Credential-verified practitioners are who consumers and other healthcare providers look for.

Your profile will include the expiration date of your RAA membership. Thirty days in advance of your expiration you will be sent a notice asking you to submit proof of your renewed membership. Expired credentials will display as such on the website. June is membership renewal month for RAA; a perfect time to submit your profile to Jill’s List is right after you receive your new membership card!

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**Instructions**

Please keep the following instructions on how to create your free listing.

RAA registration page for Jill’s List:


There are five easy steps. Please note below the responses you will want to choose for two of the questions:

**Step 2 Question:** Are there any credentials that you want to list after your name?

~ Type in “RAA Certified Reflexologist.” (If you list an additional credential, such as NBCR or LMT you will have to submit proof.)

**Step 3 Question:** What best describes your relationship with Reflexology Association of America (RAA)?

~ Choose “Professional Member” from drop-down menu.

You will be asked to submit a copy of your RAA membership card. You may upload, fax or email it. Once you have created your Profile, you will receive an email from Jill’s List asking you to confirm your membership. Follow their link to their login page, which will take you through a few easy steps and allow you to upload a photo of yourself, if you wish.
EDUCATION COMMITTEE
by Karen Ball

The new Education committee, chaired by Karen Ball (FL) and comprised of Amy Kreydin (MA), Kay Payne (MO), Susan Raskin (NY), Val Vonner (MA) and Ed Wilson (FL) submitted their proposal to the RAA board in May on how to implement the increase in hours for professional level membership from 200 to 300, as was approved by the Board May 2, 2012. The proposal was unanimously approved.

Beginning July 1, 2014, all reflexologists seeking professional status as a RAA member will be required to provide proof of 300 hours of education in foot, hand and/or ear reflexology. One hundred eighty of those hours must be earned in a live classroom setting with an instructor present.

The above date was chosen for two reasons:
1. To allow individuals currently in training to complete their course of studies and still qualify for professional level status.
2. To give reflexology schools and teachers time to assess and adjust their curriculums so as to be able to provide adequate training for their students to qualify as RAA professional members.

All current professional members in good standing will be “grandfathered” into the new status, with no further hours of study required.

The Fall edition of this magazine will outline the various pathways that applicants, whose training falls short of 300 hours, may acquire the additional credits so as to qualify as a professional member. Stay tuned!

NOMINATIONS (Elections) COMMITTEE
by Iris Aharonovich

As your Admin Secretary I want to share with you some of the latest items that I’m working on:

Election 2013

I want to thank all of you who took time and made it happened. We have 3 new RAA Board members. (In alphabetical order)

Jan Benson (ID)
Lila Mueller (WI)
Gail Roberts (AR)
Brenda Makowsky (IL) (remains on the Board)

I want to take this opportunity to thank Kim Jenner and Cheryl Ferraro for helping with the election process and seeing it through to completion. It was a pleasure to work with you both. Thank you.

RAA Members

I have a dream to make RAA the largest organization for reflexologists in the US, that every practitioner will want to join and be part of making a difference in our Field. To make it happened we need all the reflexologists in the USA become a members. I want to ask your help in three areas:

° It is time to renew your membership - Don't forget! Go online - infoRAA@reflexology-usa.org or use the hardcopy in the Resources Guide in this magazine.

° If you know a reflexologist or a student of reflexology that is not a member - please persuade them to join us. I can help

° We want the Association to work for you - please help us to do so. Take the time to think about what you want RAA to do for you which will in turn advances our Field - please write to me at ahiris@gmail.com.

Please join us in leading RAA into the future.

Nothing is Impossible
The word itself says I'm Possible
Audrey Hepburn

2013 Board retreat—visiting Megiddo—Eunice Ingham’s home
CONFERENCE COMMITTEE
RAA Conference 2016

Is your State Association interested in hosting? It is also not too early to begin thinking about the 2016 RAA conference. All Affiliated and Non-Affiliated states have an opportunity to apply. This is a great opportunity to bring reflexologists from across the United States and abroad to your city.

Host State Responsibilities:
The Host State has a voice and may provide assistance to the RAA Board and Conference Committee with these specific items:

- Selection of hotels or venues for any site visits. The actual venue selection for the conference rests with the RAA Board of Directors.
- Contacting local vendors for goodie bag donations and/or raffle items
- Stuffing goodie bags the night before the conference
- Organizing resources for the Share
- Planning a special event or activity

Application Process:
Nominations shall be accepted by email or sent as hard-copy to the RAA administrative offices and must include the Host State Application. The Host State Application is available by contacting the RAA office. Missing items on the application may result in delays, thus the location being excluded from the selection process.

The list of the Board approved nominations will appear in the issue of the RAA magazine before the upcoming conference.

A representative from the nominated host state association will have up to 10 minutes to present their location at the Santa Fe conference. Depending on how many approved applications, the time at the podium may be reduced.

Nominations for the next potential location must be submitted to the Board by February 1, 2014

It is important to read the Biennial Conference Policy and Procedures. When you request an application from the RAA office, you will automatically receive a copy of the Policy. It gives more detail than what is being expressed in this article and goes along with the application process.

Which State Association has an interest in hosting? It is exciting to think about the possibilities.

All interested state associations should send their requests to infoRAA@reflexology-usa.org

2014 Conference Logo Decision

The above is our new logo, thanks to the efforts of Fred Coen. More information on the design and meaning behind it can be found on page 35.

Be thinking about and preparing for May 2-4, 2014 in Santa Fe, New Mexico.

Volunteers are always needed. Please contact: Contact Brenda Makowsky brendamakowsky@gmail.com.

Did you Know?

- The foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles.
- 1/4 of all the bones in the human body are in your feet. When these bones are out of alignment, so is the rest of the body.
- There are 250,000 sweat glands in a pair of feet. Sweat glands in the feet excrete as much as a half-pint of moisture a day.
- About 60-70% of people with diabetes have mild to severe forms of diabetic nerve damage, which in severe forms can lead to lower limb amputations. Approximately 56,000 people a year lose their foot or leg to diabetes.
- Walking barefoot can cause plantar warts. The virus enters through a cut.
- The two feet may be different sizes. Buy shoes for the larger one.

from Foot.com
As your Education committee has been working on writing a new policy regarding the approved increase in professional membership requirements, it came face-to-face with some misunderstandings as to what RAA can and cannot legally do within its bylaws. We thought that perhaps others within the RAA membership would benefit from reading the results of our exploration into what we can actually do to further the advancement of reflexology in the United States.

The roles of the Reflexology Association of America (RAA), the American Commission for Accreditation of Reflexology Education and Training (ACARET) and the American Reflexology Certification Board (ARCB) are quite different and yet all are critically needed to develop and maintain standards for reflexology in the United States.

Like a team of horses, RAA, ARCB and ACARET must each operate with blinders on, so as to pull its own weight without influence or distraction from the others. All must work in unity to pull the wagon (reflexology) forward, while remaining independent. Independence satisfies legal obligations and avoids conflict of interest.

In the event you have ever felt unclear about the roles and limitations of each of these agencies, they can be described, in a nutshell, as follows:

~ ACARET’s focus is the educator. ACARET creates the teaching tools by which the learning of reflexology can be expected.

~ ARCB’s focus is the practitioner. ARCB tests the outcome of learning methodologies by having applicants demonstrate their knowledge of reflexology.

~ RAA’s focus is the field of reflexology. Its role is to further the interests of its member practitioners, reflexology itself and the public’s knowledge of and access to reflexology.

American Commission for Accreditation of Reflexology Education and Training (ACARET) is a non-profit corporation. ACARET is an independent accrediting body not affiliated with any school, instructor, business or association. Its mission is to provide reflexology schools and training programs with professional guidelines that will advance the standards of reflexology education. ACARET accredits programs and teachers that voluntarily meet its standards.

* ACARET has the right to set its own guidelines for education standards. ACARET has the right to make a policy decision based solely on the decision of its seven Board members.

American Reflexology Certification Board (ARCB) is a non-profit independent testing agency not affiliated with any school, instructor, business or association. Its primary aim is to protect the public through certifying the competency of those reflexologists who meet certain standards and who wish to practice professionally. Since ARCB is testing the knowledge of its applicants, it is incumbent on ARCB to maintain distance from the educational delivery systems. A second objective is to act as a national referral board for its certified practitioners. ARCB is not a membership association. One cannot “join” the ARCB. After successful completion of the examination process, one is awarded the credential of a certificant.

* ARCB has the right to set prerequisites for sitting for the exam. However, their prerequisites are dependent on job analysis surveys. If a job analysis survey shows that over 50% of those responding have a certain number of hours of education, then, and only then, can ARCB raise its prerequisite to that indicated number of hours. In order to comply with legal examination protocol ARCB must conform to this statistically based process.

Reflexology Association of America (RAA) is a non-profit corporation. As a membership association, it is open to reflexologists from all schools and others outside the field that wish to support reflexology. RAA’s primary goal is to advance its members’ interests. Holding a biennial conference, acting as a national referral board for its member practitioners and educating the public on reflexology and its benefits all serve to accomplish this goal. RAA acts as a clearinghouse for information about reflexology to the federal government, the public and the field.

* RAA has the right to set its own standards for membership levels. As a membership organization, RAA has the right to make a policy decision based solely on the decision of the seven Board members elected by the membership to manage and direct the affairs of RAA.

Part 1: The First Two Stages:
Assess and Clarify Goals
Part 2 in next issue will cover stages 3 and 4: Therapy and Follow-Up

Part 1
The quality of the entire interaction between you and your potential client can enhance overall wellbeing even before the touch begins. When does a session begin? I believe it is in the initial interaction or first connection that our ‘service’ begins, before the hands-on intervention. This is what I call a Session EVENT.

The 4 stages of a session event is a concept of bringing a new client into your business and moving them through a process, from beginning to beyond—follow-up, rebooking, gaining referrals and ongoing client loyalty. Think of these stages as a checklist to consider what areas could be strengthened or added into your experience.

The initial connection with a potential client starts from the moment you first speak, commonly by phone, or it could be as you are ‘out and about.’ This time is often overlooked as a crucial opportunity to make a first and lasting impression, to begin building rapport and to start the creative process of a heart-centered relationship...and potentially the healing process. The phone call inquiry is exactly the time that a quality connection begins—or not. Missing this opportunity typically results in not booking the caller for an appointment.

The initial heart contact (phone or live) begins the event; the initial touch contact begins the therapeutic touch session! The follow-up contact keeps the fire stoked and allows the client to know you care as you continue the therapeutic process (seeing it as an ongoing event).

The end goal is not to simply book a session, but rather to weave the therapeutic experience into the other elements that build client relationships. As we think about the natural flow of welcoming a new client, there is a PRE-session, IN-session and POST-session. In this context, session refers to the actual timed therapy in your therapy space.

Solid relationships are built on trust, admiration, confidence, loyalty and appreciation. This takes time but it also requires honing certain skills. It requires a mindset shift from thinking that a session begins and ends on the treatment table. Read through these four stages with this new mindset.

The stages are named with action words meant to transition seamlessly. They may overlap or be most appropriate at other times in your experience. Choose what applies. There is no cookie cutter method for this process, nor is it mechanical or a 10-step protocol but rather a conscious intention.

4 STAGES in the new client process to build a relationship:
1st stage is Assess
2nd stage is Clarify Goals
3rd stage is Apply the Therapy
4th stage is Re-evaluate, Validate, Follow-Up (includes the closing, call-to-action and booking follow-up visits)

Imagine a four legged table or desk where you do business planning. On this table you have placed 5 folders labeled Where, What, How and Why. These represent all the elements for building your ideal practice. The folders are stuffed with valuable information, step-by-step how-to’s, class notes, tips, forms, charts, scripts, eBooks, templates & techniques. So, you have it all and now plan to take action. BUT WAIT... How strong is the table? Is it sturdy enough as you begin the work? These legs are the foundation for your workspace and must be strong enough to support all your plans.

Creating Relationships are the LEGS to your business!
If any of the legs are weak, wobbly or missing, the table won’t stand properly and all the tools you’ve gathered to grow your practice will come tumbling down! Imagine each leg of the table is numbered 1 to 4. What if leg #4 is weak on your table or it’s too short? (Stage 4 Follow-up). You have tried to ‘fix it’ by propping the other legs. It becomes a constant struggle to keep balance until you strengthen that leg. Where could you tighten some bolts and screws? Where does your client process bog down or feel least effective?

Stage One - ASSESS: this phase includes all things that might take place in an initial contact (phone or in person): intake, consultation, dialogue, observing your client with all senses engaged to ascertain their needs and goals, gathering clues on verbal and non-verbal levels. This stage may begin on the phone inquiry and continue when they arrive at your office. Although it is PRE-session, this phase can be therapeutic and enhance your client’s overall experience. Words are a powerful tool. Listening skills are part of intervention. Creating and holding a space for expression is healing. Avoid the idea that this is the time to “fill out paperwork.”
Initial Contact Goals: (this can be accomplished by phone, using the Phone Inquiry Form*)

- establish rapport (a must on the phone)
- set a foundation for the beginning of a relationship (on the phone)
- gather information; use a Pain Scale Assessment tool (also on the phone)
- give brief profile of your expertise (your Signature Services) (by phone)
- reduce any anxiety the client may be feeling (by phone)
- establish how your service can be of benefit ...move to Stage Two

Stage Two - CLARIFY GOALS: Client goals. These may be included in stage one but done more often in person. By now, you know the reason for their visit, major complaints or concerns. It is your job to set realistic expectations about your service(s) and what they can expect while receiving your wellness care. Essentially, an agreement occurs as to where you plan to go from here. Ideally, this is the phase where you would explain your fees, options and wellness packages or therapeutic programs (however you have created your menu of services). Based on the information you have gathered at this point, and if appropriate, you may suggest the best service to achieve their goals (is it relief for a 3-year migraine or plantar fasciitis?). You may just explain their options and continue in the post-session (next Stages). Typically, this is still PRE-session but can move into the IN-session time.

- explain the potential benefit of reflexology for ‘them’ (& cumulative effects)
- intake time: health history, listening to their needs, assess with Pain Scale*
- awareness of verbal and non-verbal clues during the initial ‘sit-down’
- explain the treatment session (what to expect), fee options, packages
- explain their participation based on the method

•The next two stages are: (3) Application of Therapy and (4) Re-evaluate/Follow-up and will include how to incorporate a Pain Scale tool into your practice, your intake forms and how to use them in long-term re-evaluation) Stay tuned! Meantime, email Linda to request information on the coaching program: Top 3 Essential Systems Every Practitioner Needs: *Pain Scale, New Client System and Follow-Up System.

Linda Chollar, AAEd, is a certified business success coach and accredited educator who has maintained a private wellness practice and taught reflexology for 20 years. Owner of The Reflexology Mentor, she provides continuing education and business coaching services exclusively for reflexologists. CE Classes via tele-class, webinars and live. Contact: linda@reflexologymentor and www.ReflexologyMentor.com

Four Reflexologists Recognized by Dr. Jesus Manzanares, MD

Four reflexologists were presented a Certificate of Proficiency in the Manzanares Method of Reflexology at the training class on May 11th in Chicago. Reflexologists attended from 7 states and Canada.

The four recipients were Mary Ehle from Wisconsin, Sarah Preusker, Renee Settels and Natalie Tsagaroulis from Illinois. This certificate signifies a completion of 96 classroom hours of continuing education, written exam and practicals in classes taught by Dr. Manzanares.

This is the first group of U.S. students in training with the Manzanares Method of Reflexology to receive certificates of attendance for six classes of 16 hours each. Each of these women have traveled to classes in the U.S. since 2010 to learn alongside Dr. Manzanares and gathered together in Chicago at their 6th class.

Congratulations to each of them for their commitment and dedication to advancing their education. They each look forward to continuing their training and inspiring others to advance their knowledge and skills with the science-based education and research in the Manzanares Method of Reflexology.

Graduates of the Manzanares Method of Reflexology l-r: Sarah Preusker, Mary Ehle, Dr. Manzanares, Renee Settels, Natalie Tsagaroulis

Chicago, Illinois Class - May 11, 2013
A CALL-TO-ACTION

ACARET is asking for your help to educate and inform others about ACARET. All reflexology leaders, teachers, school owners, practitioners and students have a responsibility to understand the purpose of their industry organizations. The acronym for ACARET is pronounced like, "a-carrot." ACARET’s mission is to promote, advance and uphold educational standards for the profession of reflexology in America. Within that mission is the scope of awarding the status of Accreditation for individual teachers of reflexology and for their reflexology curriculum.

As Board Members of ACARET, we continually encounter reflexologists who are not aware of the industry organizations and often say that they did not receive information from their reflexology school or teacher. Granted, not all practicing reflexologists are in the loop of communication via trade newsletters, memberships, etc. and there is a personal responsibility for professionals to be plugged in. But we must wonder how a student can complete a reflexology training course without knowledge of their national community organizations (i.e., ARCB, RAA, ACARET).

If you are a school owner, teacher or leader and are not personally aware of the purpose and scope of ACARET we invite you visit the website at www.acaret.org. We extend a call-to-action to educators to inform your students about teacher Accreditation. Our unified goal in the reflexology profession is to uphold quality education. The foundation for this is our future teachers. If new graduates are uninformed of their options for professionalism, where was the ball dropped?

ACARET offers a downloadable, ready-for-print, comprehensive information .pdf file on its website. We suggest adding this to a student packet or distributing as appropriate to current or previous students. You may add the link to a newsletter, blog posting or website.

WHO IS ACARET?

ACARET is an independent accrediting organization which awards accreditation to:
(1) individual reflexology educators who meet or exceed the established criteria
(2) reflexology curriculum submitted by an accredited educator that meets the criteria for a 300-hour core certification course. (For clarification, ACARET does not accredit a school, only individual teachers and/or curriculums that meet the criteria.)

Accreditation by ACARET signifies that educators and curriculum have met the highest standards in the industry established by peer review. An educator first becomes accredited as an individual, receiving the designation of AAEd (ACARET Accredited Educator). The AAEd can then submit a curriculum for accreditation to receive the designation of AARC (ACARET Accredited Reflexology Curriculum).

A basic criteria for educators applying for accreditation is documentation of certification with ARCB\(^1\) (American Reflexology Certification Board) or ITEC\(^2\) (International Therapy Examination Council). ITEC has recently been accepted by ACARET as an examination board. For further criteria and details on the accreditation process, you can view and download the "Accreditation Guidelines" at www.acaret.org.

WEBSITE UPDATES

The ACARET website has added a new feature for accredited educator photos and expanded information about their AARC curriculum. Also, the application process for new applicants and renewals has been streamlined including adding on-line payments through PayPal.

ACARET SEEKING BOARD MEMBERS

ACARET is now accepting applications to serve as a member on the Board of Directors or as a committee member. Applicants considered will be dedicated to supporting high educational standards within the reflexology community. ACARET is an active, working team of directors. We are looking for two ideal candidates to contribute expertise with data entry, spreadsheets, website, Constant Contact, social media, research, article writing and other skills you feel would be an asset. Email acaret@acaret.org and request the fact sheet: Serving as a Board Member and/or an application.

Ref:
2. http://www.itecworld.co.uk/students/diplomas.aspx?
The phone rang. It was a young lady asking if I could go to see her friend who was recovering in a psychiatric clinic. She was suffering from hypoventilation and panic attacks and no doctor could find the cause. Maybe reflexology could help.

I arrived at the clinic to find a beautiful young Italian girl of 27, very distressed, very tearful and, I noted, very bloated. She told me that for the past few years she had been suffering panic attacks whenever she went out. She could not walk any distance without feeling as if she was suffocating. She would have to stop and find somewhere to sit. She had consulted numerous doctors and specialists but none of them could find anything wrong with her. She had had every imaginable analysis, X-rays, scans, ultrasounds, but nothing showed up on them.

The last specialist she had seen told her there was nothing wrong with her and that the feeling of suffocation was “all in the mind.” He had put her on very strong medicinal drugs and checked her into the psychiatric clinic – amongst drug addicts, alcoholics, manic depressives, etc. Due to the drugs she felt very sick and could not eat, and she was bloated.

Luisa was adamant that she was not imagining the feeling of suffocation when she walked any distance. She was extremely distressed that she had been admitted to the clinic. She said reflexology was her last chance at finding a solution.

I sat at the end of the bed and started working on her small feet, going over every reflex very carefully, searching for blockages. I was aware that because of the drugs her nervous system would be deadened and there would probably be no response from the reflexes. In fact, after finishing both feet I could not find a single painful reflex. I was really concerned about this. As I sat looking at the dorsum of her two feet trying to think what to tell her I noticed two small red, swollen points on both big toes.

Somewhere I had missed these when working on the plantars. They were located at the nose reflexes. So I told her that I could find nothing wrong on any of the reflexes but the nose reflexes were red and swollen. I suggested that her nose could be the cause of her feeling of suffocation and that she should see a plastic surgeon. She begged me to find one and make an appointment for her.

Once home, I started phoning some of the big hospitals. I was directed to a plastic surgeon who was experienced in surgery to the face of victims of motorcycle and car accidents. I made an appointment for Luisa and some days later her friend drove her to the surgeon’s consulting office.

When I saw her again at the clinic she told me what a kind, understanding man he was and that he perfectly understood her panic attacks. I asked what kind of a nose he had. “Huge,” she replied, and we both laughed.

He had examined her nose and found that there was a serious overgrowth of the septum. The right side of her nostril was completely blocked, the left side was 50% blocked. He said that this distortion was due to a childhood injury and asked her to think back to when it could have happened. She remembered that when she was 5 years old she had fallen down the trap door to the cellar in the family home in northern Italy. Her forehead was badly cut and her parents had rushed her to hospital where the gash was stitched up. The scar was still visible. No one, however, had thought to X-ray her face and head, and the fracture of the septum went unnoticed. As the years passed the fracture healed but because the septum was crooked the new bone growing over the fracture gradually obstructed both nasal passages. The surgeon told her he could remove the overgrown part of the septum, opening up the nostrils, and that it was quite a simple operation.

Shortly after the consultation Luisa discharged herself from the clinic and had the nose operation. I saw her a week later at her home. She had made a good recovery and was beginning to breathe easier. I lent her my ionizer so that the air she breathed would be totally free of pollution. She said this made a big difference to her breathing and that she also slept much better.

Because of all the drugs she had taken, her body was very weak. She was under-nourished, she had no appetite, and the bloating took a while to reduce. I brought her some good quality vitamin/mineral supplements but it took two more months for her body to completely detoxify. At the third month she started eating and drinking fruit juices. She was able to go out for a few hours at a time with her boyfriend and not feel suffocated or fatigued.

I continued to give her weekly reflexology treatments until eventually she returned to good health. She was able to walk as long as she wanted, she ate regularly, she could at last breathe properly, and was happy to be alive!

Janice Robertson, President, Reflexology Association of Oregon.
The world of reflexology is continuing to grow and expand as people turn to reflexology to enhance their own care and also as a subject that more and more people want to learn. Over my travels with teaching and offering treatments in Gentle Touch Reflexology (GTR), I have found that there is a wealth of talent as well as widely differing laws, expectations and ways of offering reflexology.

It all can be so varied and I have found it fascinating how different countries operate differently. I have found that in the UK we have clearly defined levels of training that allows people to choose where and how to study, but only if the potential student knows where to look for the information on what the implications of these choices are. There are short courses, general interest courses and in-depth long courses. Interestingly, there are places all over the world (including the in the USA and UK) that offer training in reflexology as a correspondence course. Most reflexology associations of the world (including South Africa and Australia) will not accept members for full membership if they have done their training via a correspondence course. From my own personal experience of lecturing at a UK University, I know that the three-year Holistic and Complementary Therapy degree course at the University of Derby includes research and reflexology and is a level six course with degree level tuition and expectation of the students. Yet another location in the midlands (UK) is offering a two day diploma course to become a practicing reflexologist. The level of training and standard of practice varies widely and can be confusing to the public. This is also my experience when I have travelled around to teach in other countries as well.

In America, I have found that some of the people who come for advanced reflexology classes have high levels of knowledge, training and qualifications whilst others have only had a few days training and are still able to practice. However there is increasing (and much applauded) pressure for reflexologists to upgrade their education and become professional level members of the Reflexology Association of America (RAA), the national membership organization and become nationally accredited (ARCB) certified practitioners. ARCB is an independent national testing agency not affiliated with any school, instructor, business, or association, whose primary aim is to protect the public through certifying the competency of those reflexologists practicing professionally who meet certain standards. RAA’s primary goal is to advance member’s interest. In addition, RAA acts as a clearing house for information about reflexology to the federal government, the public and the field. The American Commission for Accreditation of Reflexology Education and Training (ACARET) formalizes reflexology educational standards and accredits those teachers and curriculums meeting its’ standards.

The USA also has had to face the increasing ramifications of the massage laws. They are having a big impact on the field of reflexology as massage laws vary from state to state and are sometimes affecting who can and cannot practice reflexology. I notice that it is not universal and that there are now over 40 states with massage laws however, a large number of these have exempted reflexology from massage. I was concerned when I recognised the fact that in the remaining states a reflexologist currently cannot practice reflexology legally unless the reflexologist is also an appropriately qualified massage therapist. The discussion that I have heard at conferences acknowledges that there is a potential threat from underhand dealings with massage that denigrates reflexology but also the lack of distinction of who is a fully and appropriately qualified reflexologist. The overall aim of a massage law is to protect the public from seedy massage parlours where some sectors of the community are reported to have used the term reflexology to get round specific laws. It is an issue to be aware of and to continuously uphold high standards of training and qualifications.

When I made contact with my colleagues in Canada, it opened another wealth of information. One of my students, who has trained and qualified here in the UK with over 200 hours of contact training (numerous case studies and was also a working theatre sister (nurse), found that she had to retrain with a Canadian school in order to be allowed to work in that country. She had to undertake another course of five months to be approved to work in Canada.

One of the people I taught in New York has now moved to Australia and so is in the process of finding out about the process required to be able to practice there. In Australia, there is a similar system to that in the USA. A reflexologist in Australia is suitably qualified if they fulfil the requirements of the Australian Traditional Medicine Society (ATMS) or the Reflexology Association of Australia (RAoA). Both of these associations’ minimum requirements for practitioner status is Certificate IV level. A reflexologist has to have achieved a Certificate in Reflexology or Diploma at a Registered Training Organisation (RTO), and as in other countries, the RAoA do not accept students who have studied via a correspondence course. The RAoA now have a signed reciprocal arrangement with Association of Reflexologists (AOR) in the UK stating that members will receive full membership with the RAoA when they relocate to Australia. The same works with RAoA members moving to the UK. The RAoA are working on a similar arrangement with TSARS.

In Europe, there are a variety of different approaches and attitudes to reflexology. In France, there are a number of conditions to practice as most modalities in the complementary
field are closely linked to the medical domain. My partner is from France and travels with me when I teach. We had hoped that I would be able to practice there but found out that one has to be very careful on how one goes ahead, otherwise you can find yourself inadvertently infringing on the law. Anything that is seen to be remotely linked to massage (!) (as in the USA) is only allowed to be practiced by a physiotherapist (Kiné). If you work on a self-employed basis you can register as an “auto Entrepreneur” (sole trader), however most people who practice have trained via beauty therapy roots as the professional reflexology route is still a ways away due to the restrictions placed by the government. I have had many discussions with people who live in France and gather it is all a bit jumbled but the basic message I get is that it may be possible to work within the “remodelage de bien être” route – literally “remodelling for (be) good.” In general, complementary therapies are a tough area to get approval for under the government regulations.

In South Africa, the reflexology training is to become a Therapeutic Reflexologist. The training consists of a two-year diploma course that is intensive and students have to complete a wide range of studies. However, they are not allowed to practice in locations where modalities such as reiki or yoga are practiced. They can only practice on the same premises as other registered health professionals such as homeopaths, chiropractors and medical doctors.

I am writing this in the UK and yet spend a great deal of time also enjoying teaching in other locations. I feel that we are lucky in the UK to be able to make our own choices about where we wish to practice, that we have widely acknowledged high levels of training and can practice as a reflexologist without having to train in massage therapy first!

I have noticed that since I first started teaching in the US, the standard of training that people are generally seeking in reflexology has increased and I am asked more in-depth questions. People are more interested in widening their skills and are increasingly interested in other ways of doing reflexology and also working energetically. There is an increased awareness of legislation and the importance of working together.

As the whole world of reflexology comes closer and closer in its passion and desire to help others, it is imperative that we conduct as much research as we can and every reflexologist can contribute to that by keeping detailed case notes. I am currently working with hospitals in Ohio to evaluate what benefits can be established for our youngest possible recipients of reflexology. As a global community of reflexology practitioners, we help each and every other practitioner by getting the highest quality training possible. It is essential that we continuously update our skills through continuing education. Our professional bodies do so much to support and assist us by being seen to be self-regulating, increasing standards and adopting professional codes of conduct and ethics.

If we all do our best, I believe that we will continue to thrive as a community of safe, effective and professional reflexologists.

Organisations such as the ICNM, AoR, RAA, RAoA and TSARS across the world are making it easier for us all.

ACARET - American Commission for Accreditation of Reflexology Education and Training  www.acaret.com
AoR, Association of Reflexologists (UK)  www.aor.org.uk
ARCB – American Reflexology Certification Board  www.arcb.com
ICNM, Institute for Natural and Complementary Medicine (UK)  www.icnm.org
IRIL - Irish Reflexologists Institute Ltd  www.reflexology.ie
NRRI - National Reflexology Register of Ireland  www.nationalreflexology.ie
RAA, Reflexology Association of America-  http://www.reflexology-usa.org/
RAoA - Reflexology Association of Australia -  www.reflexology.org.au

Please note that this information is provided by me, Sue Ricks, and is the best belief that I have about everything I have written about. I have checked my information as far as is possible and I believe it to be correct at the date of writing (June 2013).

*Sue Ricks provides training and treatments in Gentle Touch™ Reflexology, advanced reflexology skills, Reflexology for Babies and Children and other therapies through her School in the UK and internationally. Sue is the Reflexology lecturer at the University of Derby and is also a broadcaster, writer and speaker. Her books and DVDs are available through her website  www.suericks.com or Amazon.com.*
Cranio-sacral reflexologists are trained to feel the impulse of the cerebrospinal rhythm. The cranio-sacral impulse is strongly felt in the feet and hands. Cranio-sacral reflexologists believe that this impulse exactly reflects the quality of the energy/health of the patient. An assessment is made of that energy by listening to the cranio-sacral impulse in the feet. A Cranio-sacral reflexologist can be aware of its movement and judge if it is unusual. This method brings cranio-sacral therapy into reflexology, specifically targeting the central and autonomic nervous system - especially the cranial nerves, limbic centre and cortex. To understand the interrelation between the cranium and sacrum as a unit is fundamental to this method. No other reflexologists are trained this way. As such, there may be some terminology and points mentioned in this article that are specific to cranio-sacral reflexology (CSR) protocol, which you may wish to look up if you are not familiar with the technique.

In this article, we explore a very unusual case of Post Concussion Syndrome with Fascial Neuralgia using CSR.

I have been seeing RJ for the last three years. The type of treatment I chose to apply in this case was CSR.

A CSR practitioner believes that the therapy helps trauma and stress related conditions by balancing the distribution of the cerebrospinal fluid (CSF) within the four ventricles of the brain.

"As the lungs breathe and the heart beats with a rhythmic alternating expansion and contraction, the central nervous system (CNS) also has its own involuntary rhythmic motion. Dr Sutherland described this inherent activity of the CNS as a respiratory motion with 'inhalation' and 'exhalation' phases."

http://www.cranialacademy.com/cranial.html

This motion is known as Primary Respiratory Movement (PRM). According to CSR theory, pressure applied to the specific points on the feet stimulates and re-harmonises the PRM.

The movement of CSF can be felt in the feet as a pulse or a wave and is quite distinct from the pulse of the heart. A CSR practitioner believes that CSR accesses the CSF from a point in the foot, the hand and the head.

On the medial side of the foot where the spinal column reflexes run, the points to access the CSF are between the base of the skull on the point of Spheno-Basilar Synchondrosis (SBS) and the Sacrum and Coccyx.

CSR may have a profound effect on a variety of system dysfunctions, particularly in the sphere of trauma and whiplash. Whatever the origin – physical, emotional or mental – a CSR practitioner believes that torsion of the meningeal membranes (membranes which envelope the brain and spinal cord) occurs.

**Case Study:**

RJ was born a twin at 31 weeks gestation. Mum had an epidural during labour. He had a difficult and traumatic birth as his twin brother took a long time to be born before him.

At 15 months, he suffered his first convulsion after receiving a measles vaccination, which lasted 45 minutes and led to him receiving a lumbar puncture.

RJ had further convulsions which were diagnosed as febrile (pertaining to or marked by fever); his last convulsion was at the age of 7. An EEG was carried out. He remained on Epilim until age 10 and was advised not to engage in contact sports in the future.

On 7th February 2000 RJ was injured; a blow to the nose and left eye socket by an elbow occurred in a game of football. He fell and was unable to stand unaided. The following day RJ was taken to casualty, diagnosed with a suspected broken nose.

Over the course of the next fortnight, RJ was diagnosed with Post Concussion Syndrome (PCS) following three visits to his GP and a further one to casualty. A CT scan took place a month or so later which showed no bleeding.

RJ’s Neurologist confirmed PCS with post traumatic headaches of migrainous content and advised his symptoms would resolve in time.

RJ returned to school unable to sit his exams, having previously been an excellent student.

When he was 18 years old, he had a clear MRI scan and EEG, but he also suffered
migraine-like headaches with symptoms similar to Raynaud’s phenomenon, concentration/memory problems, light sensitivity, dizziness, difficulty balancing when tilting his head, facial twitching/dropping, pins and needles in the face, slurred speech, insomnia, hot flushes, exhaustion, clumsiness, anxiety and heightened aggression and sensitivity to low pressure weather fronts, especially rain.

Over the next 9 years RJ had tried everything. His response to medication proved either useless or with debilitating side effects. In one year, RJ lost a total of 11 weeks of work due to these problems.

The following year, RJ had a problem with his neck and wondered whether it may be connected to the headaches. He received physiotherapy for some weeks before arriving at CSR.

On his first visit for CSR, RJ also showed signs of slurred speech and memory problems. Acute pain in the hip and side of thigh added to muscular cramps in the neck and shoulder. The drop of the left hand side of his face was visible. RJ felt like someone was sitting on the left hand side of his face, twisting muscles and bones in the inside corner and under the left eye. His jaws were tight, causing pain in the temple area.

At the first touch of his feet I noticed that his body was stuck in extension (as in flexion/extension) and detected long term blockages on the left hand side at many of the CSR specific points.

Looking at standard reflexology points, on the medial side of the left foot the points for the spinal vertebrae (T4, T12, L1, L4-5; S2), the Sacro-Iliac Joint and Coccyx points were also tender to the touch.

RJ felt exhausted and emotional after the first treatment, but the pain in his coroner suture, temporal bone and occipital bone had eased. I asked him to keep a diary of his physical and emotional state.

The Cranio-Sacral Protocol encourages the nervous system to heal itself holistically rather than focusing on the headaches alone.

In the following months, weekly sessions of Cranio-Sacral Protocol were used with the intention of modifying nerve reactions, easing pressure on nerves and blood vessels in the head and neck and reinforcing the correct flow and rhythm of CSF.
Although RJ believed that his problems related to his sporting accident, my feeling was that some of his injuries related to his birth and when he was vaccinated.

Road traffic accidents are not the only times when whiplash can occur. It can happen with a fall, a sudden break or a blow.

CSR theory also holds that vaccinations, epidural anaesthesia, x-rays, viral infections like flu and meningitis, watch batteries, mercury fillings and some heavy metal jewellery can also cause a specific kind of whiplash by disturbing the Primary Respiratory Movement (PRM).

Even if the patient has forgotten the incident, CSR practitioners believe that the fascia records a memory of it within itself.

CSR teaches that both kinds of whiplash create a disturbance of the PRM and that the resulting spasm of the fascia and dura mater traps the energy in the tissue. Symptoms can begin to appear a month later, which are very similar to those exhibited by RJ.

CSR may bring great improvements and relief to these patients who have been traumatised by the spasm of the fascia and dura mater.

To understand how RJ’s seemingly not relating symptoms do indeed relate to each other, we have to understand how the fascia works in the body.

The fascia is a connective tissue which forms a continuous sheath throughout the body from the top of the head to the soles of the feet enveloping every organ, nerve, blood vessel, muscle and every structure throughout the body.

CSR teaches that the effects of cerebro-spinal fluid are transmitted to the periphery of the body along the pathways formed by the overlapping of the meningeal membrane and the epineurium (the outermost layer of connective tissue surrounding nerve cells) at the point that the nerve exits the central nervous system.

According to CSR, rhythmic cranio-sacral motion is expressed in every tissue throughout the body. In the peripheral regions, this expression is seen as being reflected particularly through the fascia. The fascia also reflects and transmits the pulls, twists, restrictions and resistances throughout the body.

Now that we’ve seen the connection, it is easy to see the reason why the facial blow to his eye socket has had an effect on the nerves, shoulders, pelvis and intestine. All the symptoms that are seemingly non-related originate from the trauma at birth and the vaccination disturbing the PRM, while the blow to the face caused the fascial torsion. At the point of the accident, the trauma was so great that the whole autonomic nervous system broke down. The time lapse between the accident and start of treatment meant the trauma had set very deep in the tissue resulting in almost untreatable neurological damage.

CSR in this unusual case was extremely valuable because I believe I was able to modify certain reactions in the brain and autonomic nervous system. After many treatments, we have still not achieved a complete success. RJ is still experiencing some symptoms, but he estimates the improvement he’s achieved so far to be around 90 per cent.

Whether we can clear RJ of all his symptoms only time will tell.

For the relative success of this unusual case it needed the iron determination of RJ and I. There were times when only this determination kept us going, trying to read and understand his body’s messages, where to clear the next energy cyst still remaining in the tissues or balance the flow of CSF following the evolution or involution of an illness (symptoms evolve from the outside toward the inside as the illness worsens, then heal from the inside toward the outside as the patient gets better). Also, the resurgence of symptoms from a past illness may indicate improvement, in accordance with Hering’s Law.

Dr Martine Faure-Alderson has been practising for over 40 years. She includes osteopathy, cranial osteopathy, cranio-sacral reflexology, homeopathy, acupuncture and medical herbalism in her method of practice.

Dr. Faure-Alderson set up the RTTFA School of Reflexology in 1974 and founded CSRI Academy of Excellence in 2010. She lectures in Cranio-Sacral Reflexology (CSR) all around the world.

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We all hear this same question. How does reflexology work? In order to answer that question we need to understand how our bodies work.

All living beings and matter exist in a quantum universe. The DNA molecule within the nucleus of every cell in all living organisms is a hexagonal crystalline structure. A single cell of a human being is an encoded replica or hologram of the whole person. All 50 to 70 trillion cells in our body function through an intracellular coherent continuum of a liquid crystalline matrix that operates as our body consciousness or innate intelligence. From conception, our life force energy, (also known as Chi or Prana) operates at or close to the quantum speed of light within a magnetic, bioelectrical and energetic field of potentials.

**PHOTONS AND BIOPHOTONS**

Photons are the basic unit of energy and cosmos. Light is a current of particles called photons, which are single particles of light virtually without mass, but having momentum. Biophotons are biological radiations or frequencies of light that are quantum energy (also massless and having momentum) that are present in every cell of all living organisms, including insects, plants, birds, fish, mammals and humans. This light energy is the life force energy that exists in all bodily cells, fluids, organs, bones, tissues and all the systems in our being. Biophotons are an invisible force that operates on a different level or dimension and does not mix with cells, fluids, tissues, etc. This purely quantum light force permeates every human cell from its nucleus, cytoskeleton, organelles, plasma and cell membrane throughout our body. Low emissions of this light emanate from all living organisms.

**THE EXTRACELLULAR MATRIX (ECM)**

The superficial, deep visceral and axial fascial or connective tissue matrix is essentially a biosystem of micro-tubules. The ECM is a continuous unified field that moves between all the body cells and connective tissue or fascia. A quantum bioelectric field arises within this liquid crystalline fluid-tissue matrix connecting all our bodily cells, DNA/RNA, nucleus, organelles, cytoplasm, cytoskeleton, cell membrane, cell receptors, fascia and all connective tissues throughout the body. Biophoton light energy is present throughout all nerves in the central nervous system and moves through collagen fiber micro-tubules within all connective tissue. In a holographic sense, every cell in our being is a replica of the whole person or any living organism. The life force energies are interwoven in an incredibly exquisite tapestry of a quantum living matrix.

As reflex therapists we stimulate reflexes that communicate with all the cells of our clients’ beings within this holistic quantum field of a living liquid crystalline matrix of connective tissues and fluids. Traumatic physical, emotional, congenital, genetic and even environmental forces affect our health, wellbeing, healing and survival. As reflex therapists,
we palpate reflex areas and points, reflective of all bodily systems. Various micro-maps access all bodily life force energies and systems. Our observations reveal lesions, deposits, blockages, energy cysts, crystals, etc., within the connective tissue fluid matrix of those reflex points and areas. The aforementioned micro-maps through which we are able to detect energetic disruptions in the tissue include our feet, hands, ears, face, neck, scalp and all of the long bones in the body.

**A Biodynamic Life Force**

In ancient wisdom, in the Ayurvedic tradition, **Prana** is the *life force energy* of health, spirituality and the cosmos. This purely quantum perspective is engrafted within eastern philosophy. We may or may not recognize from our western perspective that there is much more to us than what we can see or even call tangible. Our body is 2% matter and 98% space. It is the energy within this space or void that deserves our consideration. This ratio is the same for the Earth. The biosphere, ionosphere and our brain resonate at the same frequency. The ancients understood the true meaning of quantum mechanics. It is modern scientists, cellular biologists, and quantum physicists who are turning an old paradigm of Newtonian Physics upside down.

The Vedic chakra system has been understood in the realm of medical and spiritual practice in India for thousands of years and is an ancient model of quantum mechanics. Chakras are quantum spinning energetic vortexes in our core being, below, within, around and above us. There are 7 chakras of the physical body that are associated with 7 glands and a number of transpersonal chakras outside of the physical body. Extending from our physical body are numerous layers of energy bodies that make up our aura. Our core being is grounded in the Earth by our 1st or base chakra and below our feet, by the earth star chakra. We are connected to the cosmos through our 7th or crown chakra and above the head through the soul star and stellar gateway chakras.

The **Caduceus** (Hermes staff of life) is an ancient Egyptian and Greek esoteric symbol of life essence and reflects the Ayurvedic Nadis system. Nadis are energetic systems that transduce universal creative life energy into the physical body. The staff of the Caduceus represents the ultrasonic core channel of the subtle energy body, called the Sushumna nadi (fountain spray of life), which passes through the spinal cord. It starts at the base chakra and ends at the crown chakra where it splits into two streams. The anterior stream passes through the brow chakra, called the **Cave of Brahma** or the **Crystal Palace** (Chinese) – the seat of **Supreme Consciousness** - which lies between the two hemispheres of the brain and the crown chakra. The posterior stream travels behind the skull before reaching the **Cave of Brahma**. The Sushumna distributes prana to the subtle energy organs (nadis) and the chakras.

From this central core channel, the nadis emanate out into an intricate network of energetic pathways that circulates prana throughout the body and eventually become the more dense meridians (called the gross nadis). The right pole of this channel, called the Pingal nadi, is a positive centrifugal force and the left pole of the channel, called the Ida, is a negative centripetal force. The two intertwining ‘serpents’ of the Caduceus, or central channel, symbolize kundalini rising as a double helix of crossover currents over each oval cavity of the body. The polarity changes produce alternating currents that intersect at each Chakra. The chakras act as a transducing mechanism for bringing higher (positive) energies into and releasing lower (negative) energies from our bodies. The two wings emanating from the central knob of the Caduceus, represents the two hemispheres of the brain. The central knob at the top of the Caduceus represents the Pineal gland or crown chakra, which is at the top of the Sushumna nadi or central channel.

**Love and The Heart**

The language of love is expressed in all ancient wisdom through the quantum energy field of the 4th or heart chakra. Our **Heart Brain** has profound healing intelligence on a cellular level. The heart’s electromagnetic field is 5,000 times stronger than that of the brain. Sixty to sixty five percent of the heart’s cells are neural and identical to those of the brain. The **Heart Brain** has a separate intelligence from the brain and has a powerful impact on our well being and healing.

Current research in **HeartMath** reveals astonishing discoveries. In a Phantom DNA experiment from the Institute of HeartMath, DNA is communicating within a quantum field in the universe. A strand of DNA is extracted from a human subject’s cell and the DNA is placed in a vacuum. The subject is 400 miles apart from his DNA cell. The subject is now connected electronically to a monitor and computer. Negative emotions of fear and anger, as well as positive emotions of love, peace and joy, are instilled upon the subject. At precisely the same moment in time of the subject’s negative emotional feeling or response, the DNA’s coherent response was reflected by the double helix shutting down, shriveling into contractions. Upon the subject’s positive emotional response the DNA’s coherent response was an immediate opposite reaction to expansion and opening. This experiment suggests that our heart’s emotional response and brain’s consciousness or unconscious behavioral response is beyond time and space and capable of quantum behavior within the realm of the collective consciousness.
Studies have shown that during meditation, the heart can emanate a sustained light of 100,000 photons per second. The heart’s electromagnetic field emanates to a 10 - 12 foot radius. Feelings derived from meditation, music, dance, rituals, healing or spiritual practices, etc. affect our capacity for love and our intrinsic need to be loved. Feelings of our heart affect our individual perspective and the collective consciousness.

The heart is considered to be an endocrine organ gland. At least five major hormones are produced by the heart that impact physiological functions of the brain and body. Recent HearthMath studies indicate that information is captured in the hormonal pulses which coincide with heart rhythms. Negative emotions disturb the heart rhythm and positive emotions create coherent or functional patterns. Negative feelings or emotions and trauma create tension in the fluids and tissues within the Liquid Crystalline Matrix, producing chemical changes within all of our bodily systems.

Our thoughts, emotions and feelings are expressed through attitudes and beliefs that affect our wellbeing and healing. Within our being, there is no separation of mind, body, spirit and emotions. Our thoughts are energy and absolutely do matter to our health. For a developing child, love is critical to ensure and stabilize a healthy heart and nervous system. The “hard wiring” in our central nervous system determines our cognitive functions in conscious thinking and our unconscious drives our motivations and behavior. This programming is derived from early precognitive perceptions, social programming and may start prior to conception. Our perceptual limitations determine who we become in our conscious awareness.

Reflex therapy holistically supports mind, body and spirit, clearing physical blockages that may be created by trauma, physical or emotional wounds and negative mind sets or limiting beliefs.

**Cerebral Spinal Fluid (CSF) – The Water of Life “Omnipresent head to toe”**

CSF is a clear colorless luminescent fluid that is considered, in osteopathic circles, to be a “liquid light nerve” and the “water of life” that is present in every cell in the body. This is crucial for our health and wellbeing. CSF maintains our ancestral primordial intelligence. Biophotons are the coherent light energy within the CSF and all bodily systems, but biophotons operate separately and do not mix with the water of life.

CSF is produced from arterial blood and enters the two lateral, 3rd and 4th ventricles through the choroid plexi 24/7 and turns over about 140 ml. about 3.5 times a day. CSF bathes and circulates the brain and the entire cranial sacral system. Most of the CSF is returned to the heart by the venous system. The production and circulation of CSF also functions as an immunological system in the brain and entire cranial sacrum system and eliminates bacteria and toxins. CSF or water of life feeds the lymphatic system, moves with the entire central nervous system and is in constant motion from the cranium through the dural tube in the spinal cord to the 2nd segment of the sacrum.

**The Cranial Sacral System and Cranial Diaphragm**

- **The Reciprocal Tension Membrane (RTM)**
  The meninges are a triple layer of membranous connective tissue that encloses the entire brain, central nervous system (CNS), CSF and spinal cord. The dura mater is the outer and toughest membranous layer directly attached to the cranial and spinal bones. The arachnoid mater is a fibrous, thicker, middle layer where CSF circulates. The pia mater is a softer inner layer that protects the CNS. The cranial dura mater and spinal dura mater are fascia.

  The cranial diaphragm is derived from the dura mater and consists of a vertical component that divides the left and right brain hemispheres and a horizontal component that divides the upper and lower areas of the brain. The entire diaphragm is attached to all 7 cranial bones. The inherent unrestricted diaphragmatic motion of these cranial bones, along with the bones and tissues of the visceral cranium (face bones), is crucial for our entire body’s function and homeostasis.

- **The Primary Respiratory Mechanism (PRM) – “Breath Of Life”**
  The PRM includes all the fluids and structures found within the RTM and is directly attached to the cranial and spinal bones. The cranium and dural tube contains CSF. The PRM is an involuntary mechanism that reciprocates 2 respiratory phases of inhalation and exhalation. This facilitates the continuous fluctuation and circulation of the CSF through the cranial-sacral system from the cranium through the dural canal to the 2nd segment of the sacrum. The rate is subtle and is about 10 to 14 times/minute. This is called the breath of life.

  There are five well documented, important cranial sacral biodynamic aspects to the primary respiratory mechanism (RTM) that express the potency of the “breath of life.” These aspects involve

  - an inherent potency fluctuation of CSF,
  - inherent motility of the brain and spinal cord,
  - the reciprocal tension membrane system,
  - the articular mobility of the cranial bones,
  - the involuntary motion of the sacrum.
Fred Coen  Continued

- Cranial Rhythmic Impulse (CRI) - The Cranial Wave
  The *breath of life* generates the bioenergetic life force that transmutes our cells and tissues to their natural state at the time of conception. The *Original Matrix* is born from stillness and embryonic development and becomes the *Original Motion* of form and function that is continually being created. Out of stillness comes motion and form and then returns again to stillness. This interplay is within the tai chi of ying and yang. The tai chi is present everywhere as in every living cell and throughout the universe. From *wu chi* (nothing) comes the ultimate tai chi (something). This is the *Way* or the *Tao* of all living beings and all things.

  The *breath of life* tidal phenomena has different qualities of potencies:
  
  - CRI 8-14 cycles/minute – the CRI is not consistent and fluctuates and varies in its rhythm. In reflexology, the reflex therapist’s consciousness in stillness resonates with the cranial wave
  - Mid-tide 2.5 cycles/minute – it is a stable rhythm, expressing a quantum level of organization within each cell, fluid and tissue in our body
  - Long tide 100 second cycles – this is alive and intelligent quantum-level organizational life force energy. It is the *Original Matrix*, from a *Dynamic Stillness to the Original Motion* around an axial vortex of energies within a great whirling wind of polarities. Centripetal and centrifugal energies stabilize the bioelectric matrix of a profound but subtle life force, the *bioenergetic light*, from embryonic development, throughout life. It is around the *primal midline axis* (*Sushumna*), the primitive streak and notochord that the embryo forms and develops. Within this bioelectric field, uplifting polarity forces develop within the *Liquid Crystalline Matrix*. Throughout life this is the creative energetic life force of form and function, it is the *Genesis* that never stops.

  The endocrine and central nervous systems are well documented and understood communication and governing networks in our body’s organization and regulation. Both of these systems exist within the *Cranial Sacral System*. The production and fluctuations of Cerebral Spinal Fluid (CSF) within a quantum field of light is the *life force energy* permeating the CNS and the entire Endocrine system.

**THE PINEAL ORGAN/ EPhiphYSIS – “THE 3rd EYE OR SPIRIT GLAND”**

  Bathed in CSF, centrally located between the lateral ventricles behind the limbic brain, this small pineal organ gland has enormous ramifications for the entire endocrine system and quantum being. It consists of glial (*light*) cells that are the same cells that are in our eyes. One of its well-known functions is the secretion of the hormone *melatonin* to the pituitary master gland and the other glands. The pineal communicates within the CSF through the hypothalamus, connecting *stalk* (infundibulum) and diaphragm of the posterior pituitary gland.

**Melatonin**

- Peak production of melatonin is at night
- Repairs body cells (about 5 billion cells are lost daily)
- Known as our body’s most powerful anti-oxidant, it is 5 times more powerful than vitamin C
- Reduces cortisol output at night to improve sleep
- Governs the sleep/wake cycle and control for the hypothalamus
- Anti-aging agent for skin and complexion
- Low frequency waves or electro-magnetic frequencies (EMFs) disturb cells in the pineal field and suppress all aspects of melatonin production. EMFs are created by cell towers, cell phones, remote phones in home and offices, computers, electric grids, etc. Metabolic reactions in the brain promote free radicals that can cause many illnesses such as leukemia, autism, brain and colon cancers, and more.

**THE PITUITARY GLAND/ HYPOPHYSIS AND THE PITUITARY DIAPHRAGM**

  The master gland has two lobes, the anterior lobe that produces hormones and the posterior lobe that releases hormones. The pituitary gland is seated in the lower cavity of the anterior forebrain on a small cavernous shelf called the *sellae turcica* behind the bridge of the nose on the sphenoid bone. Enclosing this cavern is the *sellae diaphragma* or pituitary diaphragm. Sealed and penetrating the posterior pituitary is the *infundibulum* or stalk that descends from the hypothalamus. Any disruptions to the coherent *cranial rhythmic impulse* (CRI) and mobility of the sphenoid bone articulations with 12 adjacent cranial and visceral cranium (face) bones can create disturbances within this *pituitary-hypothalamic axis* and could have serious consequences within the endocrine and cranial sacral systems and elsewhere throughout the body. The *breath of life* has a bioenergetic effect on the pituitary diaphragm, the pituitary gland, its function and with the entire endocrine system.

**SUMMARY**

  Two hundred years or so have passed from Sir Isaac Newton’s Gravitational Theory to Albert Einstein’s Law of Relativity and Quantum Mechanics. For almost 100 years of scientific advances in science and medicine, we, in the practice and study of reflexology view zone theory and micro maps in all reflexology systems, as our guiding
principles. Five thousand year old Ancient Egyptian carvings are accepted as evidence of reflexology as a healing practice. Today we have a bounty of literature, schools and organizations that are passionate about their work and witness the effectiveness of reflex therapy treatment.

We know through our practice of reflex therapy that we are able to reach our clients at the core level of all energetic and bodily systems. The belief that reflex therapists are working through the nervous system’s proprioceptors within the central nervous system (CNS) may be a partial truth. This may be based on an outdated and old paradigm of Newtonian Physics. The re-iteration of reflexes and cell differentiation from embryological development and our subsequent understanding of zone theory, chakras, polarity and 5 element theory in meridianology support the practice of reflexology.

Chi or Prana are life force energies understood and practiced by the Ancients. These energies exist everywhere in the universe. We are a microcosm of the macrocosmic universe and a human cell is a microcosm of the human. From a quantum mechanical perspective there is no separation of any part of a human being. Every part of our whole self is connected and self aware. Each and every cell in our body communicates with each and every other cell in a quantum energetic matrix. We are all connected to the earth star and to the universe. From the perspective of a quantum universe, as reflex therapists, we are connected to all of life and especially to our clients within a quantum field and vice versa.

Our effectiveness as reflex therapists in facilitating a healing process for our client is within our ability to connect into higher and lower realms of our awareness, within the feeling of dynamic stillness in our heart and heart chakra. Within the realm of dynamic stillness comes a deep listening before we even touch our client. The moment of touch is deep, profound and powerful. The dynamic motion follows within our self and within our client. Every part of our being and our client’s being down to a soulful cellular level within the Liquid Crystalline Matrix senses this touch immediately at, or close to, the speed of light. This is impossible through the speculation of communication within the CNS. The essence of chi or prana is everywhere in our body, our aura and in the cosmos without any separation of time and space.

Fred Coen, C.Ped.(Certified Pedorthist), C.R., President, New Mexico Association of Reflexologists www.fredcoen.com. Fred operates a full-time reflexology practice and Foot Comfort Center in Santa Fe, New Mexico, specializing in reflexology, orthopedic footwear, shoe modifications and foot orthotics.

Food for Thought:
Ionic Foot Baths
by Suzanne Girlando

Many of us have heard about ionic foot baths. There are many sellers’ sites claiming that these devices are effective in detoxification. There are also sites which seem more scientifically-oriented and emphatically state that these machines do not do what they claim. These experts explain the presence of clouds of colors and debris seen in the water after twenty minutes of ionization with submerged feet, stating that the same clouding effects would occur even if you placed, say, a zucchini in the water! Some reflexologists are offering the treatment to their clients and charging a pretty penny for the service.

Admittedly there are those who think our practice of reflexology is likewise a kind of snake oil, but we have all had reflexology confirmed by experience and study. We have also been well educated in anatomy and physiology and most likely continue to keep up with emerging information in our field. There is reflexology research ongoing worldwide—you can find reports on these studies on both Bill Flocco’s and Kevin Kunz’ websites. There is the work of the Spaniard, Dr. Jesus Manzanares to consider. He has been scientifically studying reflexology for thirty years and proving its efficacy as well as refining the theories upon which our practice is based. Therefore we stand on firm ground when we can tell a client that “Reflexology works.” All the reasons for, and processes whereby it works, have yet to be discovered, but it is clear that our field of reflexology is developing a core knowledge that is dependable. Paula Stone’s Therapeutic Reflexology is a good example of how far our profession has advanced.

So back to ionic foot baths. Because it involves putting the feet into ionically-charged water, involving electricity and water(!), perhaps it is a good idea to take a long and careful look at these devices. This is not to posit that they do not work, but question where is the solid research, the proof, and the experience of the years? There is not yet the level of exposition and evidence as I saw when I first researched reflexology and decided on my own that it was legitimate. We are independent thinkers and we will decide for ourselves and surely time will tell. But with reflexology we have a wonderful proven therapy in our hands and hearts.

The field of reflexology is rapidly being elevated to a more professional level and gaining the public trust. Should we not use discretion in any claims we make? Is it wise to “cloud the waters” (pun alert!) with these devices before they have a proven track record?
NORTH DAKOTA

Members of the North Dakota Reflexology Association met in Jamestown, ND on a snowy day in April. In spite of predictions of bad weather and poor driving conditions, we still had 16 people from areas around the state. One of our members, Brenda Haugstad, visited Thailand in 2011 to learn about Thai Reflexology and Thai Massage. This class introduced members to Thai Reflexology.

Everyone had a great time and were able to get home before the snowstorm arrived later that night and following day. We are now looking forward to attending a 2-day class with Karen Ball to learn more about Thai Reflexology, at the end of September.

RHODE ISLAND

The Reflexology Association of R.I. (RARI) sponsored a Cadaver Workshop in February. This workshop has been well attended for the past 3 years. RARI member Dalia Pucci arranges these workshops for us through the University of Rhode Island’s Physical Therapy Department. It was a hands-on opportunity to feel and see all the muscles and organs of the body, understand the depth and layering of the abdominal cavity and to see the layers of the muscles and fascia. All bodies are donated for research and education - for just this type of program. Doctoral candidate Physical Therapists were there to advise and answer our questions.

In May, Understanding Energetic Boundaries in Healing Work was presented by Christina Sokoloff, MS, RN, Reiki Master, Light Worker. Healing practitioners need to understand the role boundaries play in their work and their healing space. We learned the basics of these essential skills through lecture, meditation and energy practice techniques.
Massachusetts

Deep Gratitude

It is with deep gratitude that the Massachusetts Association of Reflexology (MAR) www.MassReflexology.org Board wishes to thank outgoing director Geni Drobnis for her hard work. Along with her administrative duties, Geni leads the MAR Newsletter Committee and produces our quarterly Footnotes publication. The MAR team welcomes back re-elected directors Danielle Lenhard and Rosalie Cryan and looks forward to working with our newly elected first-term director, Allyson Nolan. Ally will chair the MAR Fundraising Committee and brings her exciting and new ideas to our state association board.

Wellness Clinic for Veterans

On April 25, 2013, There & Back Again (TABA) and the Veterans Northeast Outreach Center (VNOC) partnered to offer a no-cost joint Wellness Clinic for veterans at VNOC’s Reed Street location.

The clinic featured an educational and experiential component of mind/body therapies such that veterans could learn about the benefits of each, as well as experience a hands-on session. In addition to reflexology, veterans were able to experience acupuncture, massage and Reiki and learn about homeopathy. Approximately 30 veterans experienced treatment from the 13 volunteers present at the clinic.

Veterans who were present recommend the services they received to other veterans. Veterans described their experiences during the clinic as: “[I] feel so much better. My mood is looking up.” “Reflexology was relaxing and cleansing to the body.” “Amazing!” “I feel very relaxed.” “I enjoyed the entire experience.” “I feel relaxed and no pain!” “So soothing to the body.” “Thank you!!!!”

TABA hosts several wellness clinics throughout the year, in addition to their monthly clinics held at their Charlestown, Massachusetts location. This past October, TABA provided a wellness clinic for the soldiers of a Massachusetts National Guard unit who had just returned from a deployment. “When [TABA] gets the call, we mobilize our network of holistic practitioners and get ready to deploy our forces,” TABA’s Executive Director Sue Lynch stated. TABA’s holistic practitioner network is comprised of certified mind/body professionals dedicated to giving back and empowering combat veterans. “It is because of the amazing people in our network that we were able to fulfill the Unit Commander’s request and provide wellness services to over 100 soldiers on site with less than a 10 day turn around,” said Lynch.

The Veterans Northeast Outreach Center was founded in 1985 to address the needs of Veterans and their families throughout the Merrimack Valley. The Center offers information, referral, advocacy and support to the Veterans who live in the valley. The VNOC provides more than 10,000 units of service to veterans and their families per month. In 1997, the VNOC expanded its services to veterans by opening a permanent housing program to serve homeless veterans.

There & Back Again’s NE Regional Program Coordinator, Whitney Willman, spearheaded the event. She has been teaching yoga to veterans at VNOC for the last two years and now also teaches for There & Back Again.

If you would like more information about There & Back Again or about joining their practitioner network, please email Liz Thompson at LThompson@thereandbackagain.org or visit their website www.thereandbackagain.org.

Workshop—Reflexology for Combat Veterans

On August 11, 2013, the MAR is hosting Sue Lynch, JD, E-RYT, Gulf War Veteran and Executive Director of There & Back Again, when she presents her workshop, “Building a Healing Mind-Body Partnership with Combat Veterans to Manage the Symptoms of PTS.” Attendees will earn four ARCB CEUs. We are working very hard to develop the relationship between TABA and the MAR – and between US Veterans and Reflexology – and are currently partnering with TABA to provide volunteers for wellness clinics for veterans. The workshop being held in Boston, will provide specific information to holistic practitioners related to working with veterans and PTS, and will foster greater sensitivity in working with Armed Forces personnel.
Licensing Question

Our two MAR Delegates to the RAA came away from their monthly conference calls to reemphasize that the whole country is talking about whether or not to license reflexology in their own state. To the MAR, this means we must do everything we can to educate as many reflexologists as possible about the pros and cons of licensing in our state. This will permit our personal choices to come from full knowledge based in the facts well in advance of any state legislation that might come our way. To that end, we sent out a Licensing Questionnaire prior to our Annual Spring Meeting in April, published Letters to the Editor in the MAR Footnotes newsletter about many aspects of licensing reflexology in our state, and are keeping the conversation open. In addition, the owners of two reflexology schools certified by the Department of Education in Massachusetts are both MAR members and will work with our professional associations’ Legislation Committee to keep abreast of this important topic. The MAR will continue to provide a forum for all reflexologists in Massachusetts to come together to continue this conversation.

Reflexology Walking Path

Currently a Reflexology Walking Path is in the works. We are involved with conversations with a Harvard research scientist, and World Reflexology Week is just around the corner. The MAR membership: committed to the advancement of reflexology in our state.

Wisconsin

Two awards were given for a video, The World of Reflexology, made for the 2012 World Reflexology Week. The World of Reflexology received two merit awards at the Wisconsin Community Media Video Fest and Awards Banquet - one for documentary and the other for instructional. Cable access channels from eight Midwest states competed for awards.

Maureen Birchfield of Janesville, Wisconsin created, wrote, produced, and participated in the program. Four other Wisconsin reflexologist also produced and participated in the video. They are Lila Mueller of Belgium, Lori Thomas of Burlington, Jeanne Hughes of Janesville and Maryann Minor of Brookfield. The program gave an explanation of reflexology - what it is, why someone would want to see a reflexologist, and what to look for to receive good reflexology services. There were demonstrations of foot, ear, and facial reflexology. Copies of the DVD will be available for sale. Contact Maureen at bedereflexology@yahoo.com. Proceeds from the DVD sales will help with the cost of starting a new reflexology association in Wisconsin (Integrated Reflexologists of Wisconsin).

TCM and Neuro Foot Reflexology (Introduction Class) was held in Belgium, WI, on March 9-10th. This class, part of Lone Sorensen's teachings, introduces students to using TCM (Traditional Chinese Medicine) and Praxis Vertebrales with Foot Reflexology techniques. Attending the class were (L to R) Tiffany Maxfeldt (WI), Theodore Rick (MN), Mary Karls (WI), Lila Mueller (USA Instructor - WI), and Crystal "JoJo" Backhaus (MN).
MAINE

For our spring 2013 meeting of the Maine Council of Reflexologists (MCR), we held a special meeting to discuss whether or not our association would like to explore the legislative options for licensing the practice of reflexology. This special 2+ hour meeting was conducted by Facilitator Larry Lemmel, who helped the members through a discussion which included Benefits, Costs and Risks of licensure versus non-licensure. In the state of Maine, reflexology is exempted by the massage laws.

Many of MCR’s members had attended the workshop on the legislative process which was presented by Christine Issel and Julia Dollinger at the RAA 2012 conference. This was followed up with a Skype Q&A session with Ms Issel at a subsequent MCR meeting. Since it is a volatile subject which can bring on vibrant discussions on both sides of the issue, we decided to hire a facilitator to assist with the debate. Mr. Lemmel was able to keep the debate orderly, friendly and on topic. The results of the vote were: YES 20, NO 19. Can a vote get much closer than that!

The afternoon portion of the meeting brought on entertainment disguised as education. Besides our fun auction which helps raise funds for our loan program, Kate Winant discussed how we can gain ceu’s. You can see in the picture she is one fun person to have on your team.

Book Review

Reviewed by: Nancy Bartlett

Amanda at the Reflexologist
by Dorte Vilhelmsen
ISBN: 9788771143942

The RAA Office received a children’s book (4-10 yrs) from Dorte, a reflexologist in Denmark. It is the story of a little girl, Amanda, who has a stomach ache. Her mom brings her to a reflexologist. She has questions about how working on her feet will help her stomach ache. The reflexologist explains what happens to food, where it starts (by eating) and its progress through the body’s digestive system and how reflexology can help. Amanda has a great imagination and fantasizes little workers residing in her body to help to process her food every step of the way from top to bottom. The reflexologist presses different areas in her foot to help them move along smoothly.

The book was translated into English with some interesting results. It can be purchased at www.amazon.com as an e-book. Dorte can be reached at www.clinic-dortev.dk.

Next deadline: August 20

Have you Moved? Changed Your telephone number, address, email?

If you are a professional reflexologist, listed on the RAA website, and your information is not accurate, RAA won’t be able to find you, and even more importantly—CLIENTS can’t! You can make these important changes yourself:

Go to www.reflexology-usa.org

- Click on member login
- Type in your RAA username and password. If you don’t know this information, click on forgot password. You’ll be prompted for your email address. The system will send you an email with your username and password.
- Enter your name under Enter your search terms
- Click Search button
- Click My profile then edit profile
- SAVE

For more information, contact the RAA Administrative Office, infoRAA@reflexology-usa.org, or 980-234-0159
Getting Acquainted With Your Board Members
Featuring Maureen Birchfield

To help you become better acquainted with those who serve all of us by their participation on the RAA Board of Directors, each issue will highlight one Board member. These stories truly are "as told to us" more than "written by us." Enjoy getting to know a little more about the dedicated people serving the reflexology community.

In this issue, you will get to meet Maureen Birchfield from Wisconsin. We take this opportunity to thank Maureen for her service on the board. June is her last board meeting -- at least for now. You will enjoy getting to know her better as she shares below about herself and some great ideas for the future for reflexology.  ~~Lynn Watson

How often do YOU receive reflexology sessions?

Not as often as I should. I have trouble finding times to connect with fellow reflexologist. Hopefully, that will change once we get our new state association up and running (Integrated Reflexologists of Wisconsin). Then I should be able to find reflexologists that are in my area.

What kind of session is your favorite to receive? To give? (i.e., light, deep...)

I like to receive light, and I love having my hands done. I believe that light to medium is all we need to give, and it certainly saves my thumbs.

What is your favorite type of client?

Most of my clients are 70 years of age and over. I work at 3 senior centers in the area and look forward to it every week. Even in my office most of my clients are older. Most of them have been to doctors and have not received the relief they need. They find that, what they have always thought was alternative, is really a viable means to help them with better health.

Do you have a specialty within your practice?

Geriatrics.

What lead you to that specialty?

It just seemed to be what I was called to do. I was certified as a geriatric nursing assistant and worked in nursing homes. I also have a voice that just naturally carries. You have to be pretty deaf not to hear me when I talk. Even in my day job at the local public library, part of my job is helping homebound patrons have access to materials though a program that partners volunteers with patrons who are unable to come to the library.

Is your practice full time or part time?

My practice is part-time for now. I work very hard to increase my clientele so I can quit my day job.

What book or books on reflexology and related topics are you currently reading?

I always have several books going at any one time:

- 50 Things You Can Do Today to Manage Stress – by Wendy Green
- Eunice Ingham: A Biography – by Christine Issel
- Maverick Startup: 11 X-Factors to Bootstrap from Zero to Six Figures and Beyond – by Yanik Silver
- Hands On Healing Remedies: 150 Recipes for Herbal Balms, Salves, Oils – by Stephanie Tourles

What are your other interests and passions?

Interests: sewing, crafts and gardening (when I find the time). Passion: natural health, which my Franciscan Spirituality really is part of.

What led you into the field of reflexology?

I’ve studied herbs for almost 30 years (not professionally) and enjoy learning about all aspects of traditional natural healing. When I decided that I wanted to do something professionally in the CAM arena I looked around. I had never even heard of reflexology at that time, but I was so intrigued that I signed up for the first course thinking I could stop if I thought it was silly. Well, to say the least, I was hooked. I completed my education and took the ARCB test. Reflexology has really opened up the field of natural healing even more.

Share a little about your family.

Husband David of 22 years and Gus Rex the wonder cat, who walks on a leash and greets us at the door when we return home after being gone even a short time.

What would you like members to know about you?

I would like to know you. Give me a call some time and we can talk about reflexology and other things. There is nothing better then to become better acquainted – when I know you better I know myself better.

Is there a particular way in which you hope to contribute to reflexology by serving on the R.A.A. Board?

I have served as the Recording Secretary since I joined the Board January of 2011. It has suited me well as I like to organize, and nothing is more satisfying to me then a job completed (minutes typed, voted on, and filed). I am also interested in people and how all our members can feel they have a say in the direction of the Association. June 2013 will be my last meeting (I was not reelected to the Board). I have 2 projects that I hope to see completed in the next year or two: 1) seeing Eunice Ingham inducted into the National Women’s Hall of Fame and 2) finding a way to start a museum of reflexology. We need a place to store our history.

Lynn Watson, ARCB certified reflexologist and certified aromatherapist, encourages her clients to find tranquility and increased health and wellness at her private practice, Footsteps in Eden Reflexology, Bartlett, TN.
2014 Conference in Santa Fe, New Mexico

The theme for this conference is *Pilgrimage of Wellness Through Reflexology*. When we meet in 2014, we will be in a country that is riddled with history. It will be a privilege for us to enjoy this region and soak up the culture. We appreciate our host, New Mexico Association of Reflexologists, for this opportunity.

For 5,000 years, reflexology has been utilized across time and cultures to promote health and healing. The practice of reflexology has been continually evolving and supporting wellness. Santa Fe has long been considered to be a pilgrimage in pursuit of healing by Native Americans, as well as early pioneers at the end of the historic Old Santa Fe Trail. This pilgrimage to the high desert, in the heart of the Sangre de Cristos Mountains, continues to attract modern day people from around the world in search of wellness. This journey to the Land of Enchantment in 2014 promises inspiration, education and new, practical skills on our pilgrimage in supporting health for our clients with reflexology.

The Santuario de Chimayo
Chimayo, New Mexico

The town of Chimayo is famous for its weavers and the adobe Plaza del Cherro, which is the Southwest’s only surviving fortified plaza. A short distance away is the Santuario de Chimayo which was built between 1814 and 1818. The Santuario has become known by many names, including the “Lourdes of the Southwest.”

Many stories are regularly told of miraculous cures attributed to the dirt from the floor of the Santuario. The story of how the Santuario came to be built on the spot it now stands is an inspirational tale that has been passed down from generation to generation.

Hilton Santa Fe conference location for 2014

Hilton Santa Fe is located on the original Ortiz family hacienda. Nicholas Ortiz, his wife and 6 children, along with 66 other families, walked from Mexico City to Santa Fe in 1674. There is a rich history around this family which became one of the wealthiest families in New Mexico.

Drawing by David Straud
Once upon a time in the not so distant past, in a galaxy far, far away, there lived the king and queen of Reflexland. Now the king was under a lot of stress from a lot of changes going on in his life that he had no control over. Revenues were down because of the economy. He had made all the budget cuts he could and was still not balancing the budget. Prices of basic necessities were up, his wife was out of work due to an injury, the environment was being polluted, he had a castle to maintain, and to top it off, his surrogate father had just died. This death brought up a lot of emotional issue from his own father’s death many years previously. And so the stresses piled up in the king’s life.

One day the king began to experience debilitating headaches. The headaches were severe, with blinding pain and nausea—almost like a migraine. They would begin in the morning when he woke up. If the headache went away with aspirin, it still was there always there lurking in the background all day long. This led to a general lack of enthusiasm for life and depression which was contrary to his unusually sunny disposition.

One of the king’s duties was to go out to train others in this wonderful discipline of reflexology for which the country was known. He noticed that when he was away from the castle he didn’t have headaches. At home he always woke up with one. The headaches were waking the king up in the early morning hours. He didn’t know what to do so he would walk around the castle, drink water to flush his royal system and work on his own imperial hands. Still the headaches were there every morning when he woke up. This led the king to self-treat. Since the headaches occurred at home he thought, “Oh, it has to be the mattress! A new mattress is the solution.” The royal couple bought a new mattress, but the headaches continued. “It’s the pillow!” he shouted one day. They bought new pillows, but the headaches persisted. Nothing seemed to work and the king was slowly going mad.

One day the king was discussing the headache situation with his best friend in all of realms of consciousness who was also a reflexologist. Tongue in cheek, the friend mentioned the king should try reflexology because she had heard it was good for stress reduction! Well, now you would think this would have been obvious to the king.

But suddenly a light bulb went off in the king’s head—it was one of those ahhh moments. He said to the queen, “Rather than working on the headache in the morning after it has formed, could you work on me before we retire for the night.” So that night she did. The queen didn’t give the king a full session, she just spent about 15 minutes working the key stress related areas, like the endocrine system, with lots of relaxation techniques thrown in for good measure.

The next morning the king woke up for the first time in nearly three months headache free! The second night they had had a busy day and forgot. The following morning the headache was back as severe as before. On the third evening, the queen gave the king another session and again, no headache in the morning! This was amazing to the king. He was one of those people who feels energized after a reflexology session, so the idea of having one before bedtime was not wise for him. However, all the compounded stresses in his life at that point had changed his body and now he was able to relax in the evening following a session and could sleep all night and wake without a headache. This was a miracle!

The king sent for the town crier. He composed an official announcement to be delivered throughout all of Reflexland. First, the king wanted everyone to know that for a reflexologist to work on him or herself, the reflexologist has a fool for a client! Self-help is OK, but not a substitute for having a fellow practitioner work on you. That simply makes a huge, huge difference. Secondly, he wanted everyone to remember that we need to see the individual trees in the forest. The king knew reflexology worked, but had forgotten it for his own stress reduction! And finally, we’re never too old to learn something new about ourselves. Our bodies are constantly changing and we need to be aware of it.

Now that the king has learned how to manage his stress with reflexology, he and the queen look forward to many happy years ahead.

The End.

This Resource Guide is provided as a handy reference for information about schools, workshops, and other products and services. The appearance of advertising in RAA publications in no way implies an endorsement or approval by RAA of any advertiser, their services, or products. Please contact the individual advertisers for information on their services. For additional advertising space and rates information contact: infoRAA@reflexology-usa.org

Email ad submissions to: infoRAA@reflexology-usa.org
Make checks payable to RAA indicating the size and cost of your ad(s) on the check, and mail payment to:
RAA – Admin. Office, P.O. Box 714, Chepachet, RI 02814
**Late advertisements received beyond the deadline for the intended issue will appear in the following issue if it is still timely for your needs.
**RAA reserves the right to edit any and/or refuse any advertisements for any reason without explanation to the submitter. Payment will be refunded.

~ FREE ADVERTISING ~
ARCB, ACARET, ICR and Affiliated State associations-sponsored conferences and events will receive FREE ¼ page B&W advertising space and website listing.
Workshops conducted in conjunction with associations listed above, wherein the association will benefit by receiving a donation from the workshop presenter, will also receive FREE ¼ page B&W advertising space.
ALL state associations will receive a FREE calendar listing and RAA Website listing of their events and workshops.

ALL state associations are invited to send information regarding their Calendar of Events and to also submit news for the State News section of the magazine to RAAMagazineEditor@reflexology-usa.org
 Ads must be in camera-ready format in .doc, .pub, .tif or .jpg format by publication deadline.

EVENTS Section of the RAA Website for Member Events
If you have an event to post: Go to the RAA website and log in. After you log in, the site will bring you to another page. Look to the right side of the page & click on community and select event list. Another page will open; scroll to the bottom and click submit to fill in the information for your event.
Fill out the “Event Name” line with state listed first, then date, name of workshop, name of presenter (RI, December 12, 13, 2011, Name of my event, Presenter’s name.). If you are offering a Tele-class or Online Course, put that instead of a state name at the beginning of the Event Name Line; eg: Teleclass, June 5, 2012 . Fill out the remainder as indicated. Click the save button at the bottom to submit. It will appear on the RAA site as soon as the website administrator gives permission.

RAA Member’s Advertising Rates (B&W)
All rates are in $US dollar amounts.

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Note: The rates for 2nd, 3rd and 4th times are for multiple runs of the same advertisement. The total amount for these must be paid in full with your first ad submission.

Returned Check Policy ~ All returned checks will be charged a $25 processing fee.
Color ads – Limited space available at an additional cost of 20%.
Non-Members – ads are an additional cost of 20%.
Flyers - Full Page at $140/1 side & $280/both sides, printed on either white or colored paper.
Reflexology Association of America
Admin Office: P.O. Box 714
Chepachet, RI 02814
Phone: 980-234-0159, FAX: 401-568-6449
www.reflexology-usa.org

Residents of Affiliated States, AK, AZ, CO, CT, FL, GA, IA, MA, ME, MD, MO, NC, NM, NY, OH, OR and RI, can obtain an application at www.reflexology-usa.org for both your state and RAA.

(Please print legibly)
Name: ___________________________ Email: ___________________________
Mailing Address: ________________________________ City ________________________ State ____ Zip ________
Office Address: ____________________________________________ City ________________________ State ____ Zip ________
Website Address: ___________________________ Office Phone: ( )_________ Home Phone: ( )_________

Please Note:
Your mailing address is for RAA communications, your office address will be used for the RAA online and print directory. Complete all information as you would like it to appear in the directory. Please check the following box if you do not wish your name to be added to the directory.

☐ No, I do not want to be included in either online or print directories.

NOTE: Renewals can be paid with a credit card on the RAA website
Membership Year: July 1 – June 30

Check Membership Type and Dues:

Professional Membership
☐ New ☐ Renewal  Prorated Last 6 mo NEW Member Only
Membership ☐ $75 one year  ☐ $140 two years ☐ $55 for January 1- June 30
Website Link (Please reciprocate) ☐ $15 one year  ☐ $30 two years

Professional Membership requires completion of a 200 hour reflexology-only certification course, or 110 hrs and certification by a national non-profit reflexology testing board. Professional members may vote, hold office, and be eligible for a listing on the on-line directory. Documentation of this training by a school, accredited teacher, or national board certification, is required. Proof of 200-hour training or national board certification must be attached to process NEW applications.

(Please print legibly.)
School Name: ___________________________ Teacher’s Name: ___________________________
Office Address: ____________________________________________ City ________________________ State ____ Zip ________
Website Address: ___________________________ No. of Hours ________ Date of Completion: __________________________
Office Phone: ( )_________ Email: __________________________
Are you nationally certified by a non-profit reflexology certification board?  ☐ Yes  ☐ No  Certification #: __________________________
Name of Board __________________________

Associate Membership
☐ New ☐ Renewal  Prorated Last 6 mo NEW Member Only
(Circle Membership Type)
Membership (School/Business/Other) ☐ $50 one year  ☐ $90 two years ☐ $35 for January 1- June 30
School/Business Website link ☐ $15 one year  ☐ $30 two years

Associate Membership is open to non-certified reflexologists not meeting the Professional member level standards, clients, interested parties, agencies, schools, businesses, or other entities concerned about, and desiring to support the field of reflexology.
Associate member schools/businesses are eligible for a listing in the on-line directory.

☐ I want to be a RAA volunteer:  ☐ Conference  ☐ Legislative  ☐ Membership  ☐ Magazine  ☐ Public Relations
☐ Standards & Ethics  ☐ Education  ☐ Other: __________________________

I verify that I have met the requirements for the level of membership which I am applying and I have included all required documentation. I understand that if any of the above information is found to be incorrect or invalid, my membership will be denied.

Signature: ___________________________ Date: __________________________

RAA reserves the right to verify all credentials.
NOTE: Check your state laws/requirements regarding your reflexology practice.

Make checks payable to RAA and mail to address listed above.
Email Contact: infoRAA@reflexology-USA.org

For RAA Use Only
Received by:

Check #
Volunteer follow-up:

Amount: $  ID Number: __________________________

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How Do I Increase My Reflexology Training Hours?

If you need to increase the number of training hours in reflexology, such as: advancing from an associate level to a professional level RAA membership, or if additional training hours ever become needed, you have options:

1. Accumulation of in-class or event reflexology CEUs, to be verified by copy of certificate/letter of completion, with your name, date, the subject and number of training hours included.
2. Take an ARCB CE approved course/workshop that is specific to reflexology training with a letter of completion.
   - Examples: Learn another method of reflexology. Take a reflexology review class.
   - *Workshops not qualified in #1 & 2 would be a class teaching an entity or profession in itself, i.e. aromatherapy, ear candling, etc.
3. Become a nationally certified reflexologist through a qualified non-profit national certification board.
4. Take adult learning classes in a classroom or online. Leave with a letter stating your name, date, the subject and hours of training. Subjects such as: Anatomy, Physiology, starting a business, or marketing your business qualifies.
5. If additional reflexology education has come in any other form than listed, contact the RAA Education Committee - RAAEducationChair@reflexology-usa.org for assistance.

DO NOT FORGET: When you have completed your continuing education, make a copy of your certificate or letter of completion, which states the subject of the class and number of hours. Send that copy to the RAA Administration office to be included in your membership file.

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<td><a href="http://www.alternativebalance.net">www.alternativebalance.net</a> 1-800-871-3848</td>
<td><a href="http://www.abmp.com">www.abmp.com</a> 1-800-458-2267</td>
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Anyone participating in a workshop or certification program needs to find out if the course content & number of hours offered is acceptable to their state requirements in practicing reflexology. RAA requirements are: Professional Members must have at least 200 hrs of reflexology training. The RAA Scope of Practice, Code of Ethics, and Standards of Practice consist of working on the feet, hands and outer ears. If other parts of the body are to be worked on in addition to the feet, hands & ears, students need to find out if their state laws permit them, as a reflexologist, to work on those areas.

Some Important Reflexology Websites

- RAA (Reflexology Assn of America) www.reflexology-usa.org
- ARCB (American Reflexology Certification Board) www.arcb.net
- ICR (International Council of Reflexologists) www.icr-reflexology.org
- ACARET (American Commission for Accreditation of Reflexology Education & Training): www.ACARET.org
- Research:
  - Bill Flocco: www.americanacademyofreflexology.com
  - Kevin & Barbara Kunz: www.reflexology-research.com/ebooks.htm
- Reflexology Forum: reflexologymcircum@yahooogroups.com

www.reflexology-usa.org 37
RAA MEMBER SCHOOL LISTINGS

For additional schools, check [www.arcb.net](http://www.arcb.net) or [www.acaret.org](http://www.acaret.org) websites as well as [www.reflexology-usa.org](http://www.reflexology-usa.org) for updated information.

We also have school Professional Pages: [http://www.reflexology-usa.org/member_pages/index.html#professional](http://www.reflexology-usa.org/member_pages/index.html#professional), scroll to bottom half of page.

RAA School Associates are listed on the RAA website and in the magazine.

If you’d like to participate, go to [www.reflexology-usa.org/membership/index.html](http://www.reflexology-usa.org/membership/index.html) for a membership application.

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<th>School By State</th>
<th>Email and Website</th>
<th>Telephone</th>
</tr>
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<tbody>
<tr>
<td>In Health, AK</td>
<td><a href="mailto:kungerecht@gci.net">kungerecht@gci.net</a>, <a href="http://www.inhealthalaska.com">www.inhealthalaska.com</a></td>
<td>907-278-4646</td>
</tr>
<tr>
<td>American Academy of Reflexology, CA</td>
<td><a href="mailto:reflexologyedu@aol.com">reflexologyedu@aol.com</a>, <a href="http://www.americanacademyofreflexology.com">www.americanacademyofreflexology.com</a></td>
<td>818-841-7741</td>
</tr>
<tr>
<td>Just For Health School of Reflexology and Healing Arts, CO</td>
<td><a href="mailto:justforhealth7@gmail.com">justforhealth7@gmail.com</a>, <a href="http://www.justforhealth.net">www.justforhealth.net</a></td>
<td>303-320-4367</td>
</tr>
<tr>
<td>Academy of Ancient Reflexology, FL</td>
<td><a href="mailto:karen@academyofancientreflexology.com">karen@academyofancientreflexology.com</a>, <a href="http://www.adamofancientreflexology.com">www.adamofancientreflexology.com</a></td>
<td>904-553-4067</td>
</tr>
<tr>
<td>Laura Norman Reflexology, FL, MA &amp; NY</td>
<td><a href="mailto:info@lauranorman.com">info@lauranorman.com</a>, <a href="http://www.lauranorman.com">www.lauranorman.com</a></td>
<td>561-272-1220</td>
</tr>
<tr>
<td>Reflexology Plus, IA</td>
<td><a href="mailto:pbarrance@juno.com">pbarrance@juno.com</a>, <a href="http://www.reflexology-plus.org">www.reflexology-plus.org</a></td>
<td>319-373-0345</td>
</tr>
<tr>
<td>Healthy Soles, IL</td>
<td><a href="mailto:swofhealthysoles@gmail.com">swofhealthysoles@gmail.com</a>, <a href="http://www.healthysolesschool.com">www.healthysolesschool.com</a></td>
<td>815-979-5117</td>
</tr>
<tr>
<td>New England Institute of Reflexology &amp; Universal Studies, MA</td>
<td><a href="mailto:vvoner1357@comcast.net">vvoner1357@comcast.net</a>, <a href="http://www.walkinbalance.com">www.walkinbalance.com</a></td>
<td>508-317-3044</td>
</tr>
<tr>
<td>Baltimore School of Reflexology, MD</td>
<td><a href="mailto:kaseyq@baltimoreschoolofreflexology.com">kaseyq@baltimoreschoolofreflexology.com</a>, <a href="http://www.baltimoreschoolofreflexology.com">www.baltimoreschoolofreflexology.com</a></td>
<td>410-213-1010</td>
</tr>
<tr>
<td>Reflexology Center of Maine, ME</td>
<td><a href="mailto:myra@treatyourfeet.com">myra@treatyourfeet.com</a>, <a href="http://www.treatyourfeet.com">www.treatyourfeet.com</a></td>
<td>207-623-4552</td>
</tr>
<tr>
<td>Association of America Nationwide, NE</td>
<td><a href="mailto:nationwidereflexologydb64@yahoo.com">nationwidereflexologydb64@yahoo.com</a></td>
<td>712-355-2679</td>
</tr>
<tr>
<td>The Stone Institute, MO</td>
<td><a href="mailto:stoneinstitute@yahoo.com">stoneinstitute@yahoo.com</a>, <a href="http://www.stoneinstitute.reflexology-usa.org">www.stoneinstitute.reflexology-usa.org</a></td>
<td>636-448-5579</td>
</tr>
<tr>
<td>Reflexology Certification Institute, OH</td>
<td><a href="mailto:justfeetaway@aol.com">justfeetaway@aol.com</a>, <a href="http://www.reflexologycenter.com">www.reflexologycenter.com</a></td>
<td>614-565-1047</td>
</tr>
<tr>
<td>Reflexology Science Institute, OH</td>
<td><a href="mailto:BeritNils@aol.com">BeritNils@aol.com</a>, <a href="http://www.reflexologyscience.com">www.reflexologyscience.com</a></td>
<td>614-457-5783</td>
</tr>
<tr>
<td>Dorit Brauer Holistic Reflexology, PA</td>
<td><a href="mailto:dorit@doritbrauer.com">dorit@doritbrauer.com</a>, <a href="http://www.doritbrauer.com">www.doritbrauer.com</a></td>
<td>412-489-5100</td>
</tr>
<tr>
<td>The Center for Universal Reflexology, RI</td>
<td><a href="mailto:footlady99@verizon.net">footlady99@verizon.net</a>, <a href="http://www.reflexologyschoolri.com">www.reflexologyschoolri.com</a></td>
<td>401-474-1457</td>
</tr>
<tr>
<td>Nashville Academy of Reflexology, LLC, TN</td>
<td><a href="mailto:nashvillereflexacademy@gmail.com">nashvillereflexacademy@gmail.com</a>, <a href="http://www.nashvilleacademyofreflexology.co">www.nashvilleacademyofreflexology.co</a></td>
<td>615-837-8833</td>
</tr>
<tr>
<td>Cayce/Reilly School of Massotherapy, VA</td>
<td><a href="mailto:Sharon.davis@caycereilly.edu">Sharon.davis@caycereilly.edu</a>, <a href="http://www.Caycereilly.edu">www.Caycereilly.edu</a></td>
<td>757-428-3588 X7134</td>
</tr>
<tr>
<td>Seattle Reflexology &amp; Massage Center, WA</td>
<td><a href="mailto:lhensell@netzero.net">lhensell@netzero.net</a>, <a href="http://www.seattle-reflexology.com">www.seattle-reflexology.com</a></td>
<td>206-297-6019</td>
</tr>
<tr>
<td>The Reflexology Mentor, Online</td>
<td><a href="mailto:Linda@reflexologymentor.com">Linda@reflexologymentor.com</a>, <a href="http://www.reflexologymentor.com">www.reflexologymentor.com</a></td>
<td>310-318-3353</td>
</tr>
<tr>
<td>Cranio Sacral Reflexology International (Workshops will come to your state)</td>
<td><a href="mailto:csreflexology@yahoo.com">csreflexology@yahoo.com</a>, <a href="http://www.craniosacralreflexologyinternational.com">www.craniosacralreflexologyinternational.com</a></td>
<td>508-529-4310 office</td>
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# RAA Order Form

## Publications/Pictures:

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<td>Conference Group Photo of Attendees</td>
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<td>Conference Photo DVD (taken during conference, including state group pics)</td>
<td>_______</td>
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<tr>
<td>Leadership Education &amp; Organizational Development Manual</td>
<td>_______</td>
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<td>2010 Version</td>
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<tr>
<td>Legislative Work &amp; Guidelines</td>
<td>_______</td>
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<tr>
<td>Guidelines to Setting up a Reflexology Association</td>
<td>_______</td>
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<tr>
<td>How To Organize a Conference</td>
<td>_______</td>
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<tr>
<td>How to Publish a Newsletter</td>
<td>_______</td>
<td>$5.00</td>
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<tr>
<td>How do Reflexologists Make a Living</td>
<td>_______</td>
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## Brochures:

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<td>50 copies</td>
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<tr>
<td>100 copies</td>
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<tr>
<td>Total Enclosed</td>
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Free download

**Identifying the Legitimate Reflexology Practice Brochure**

Mark your Quantity. Include your name and ‘Ship To’ address. Make checks payable to “RAA”

Mail To: RAA – Admin Support
PO Box 714, Chepachet, RI 02814
infoRAA@Reflexology-usa.org Tel: 980-234-0159

[To view: reflexology-usa.org/brochures.html](https://reflexology-usa.org/brochures.html)
National Certification

It is every reflexologist’s option to become nationally certified in reflexology. It is a reflexologist’s decision to choose a certification board that will best benefit them. RAA does not favor one Board over another.

Below is a chart of national certification boards and their requirements as reported to RAA.

Guidelines in making your decision which to choose:

In order to meet recognized professional standards, a certification board must be national in scope, non-profit (existing for the good of the profession, not for financial gain), and must be independent (i.e., not affiliated with any school, teacher, educational program, membership organization, or other entity) so there is no conflict of interest or perceived conflict of interest. The criteria is set by NCCA--National Commission for Certifying Agencies and NOCA--National Organization for Competency Assurance (NCCA’s membership body to which any party interested in, and supportive of, national certification can become a member by paying a fee). Neither NCCA nor NOCA are governmental agencies--they are independent non-profit organizations that exist because people want them to--NCCA certifies agencies meeting its psychometric standards.

### Certifying Bodies

<table>
<thead>
<tr>
<th></th>
<th>American Reflexology Certification Board (ARCB) Est. 1991</th>
<th>Natural Therapies Certification Board (NTCB) Est. 2005</th>
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<tr>
<td>Legitimate</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>Non-Profit</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>Independent – doing own testing</td>
<td>Yes</td>
<td>Yes - Member of NOCA. Accredited by Natural Therapies Accreditation Commission <a href="http://ntaccreditation.com">http://ntaccreditation.com</a></td>
</tr>
<tr>
<td>Board Members Reflexologists</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Board Members own Schools</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Open to All Reflexologists</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Criteria</td>
<td>110 hrs minimum from a certified school. 90 post-graduate case studies. Pass ARCB Test</td>
<td>Must have certificates of completion from Reflexology School and be instructor-recommended.</td>
</tr>
<tr>
<td>Services Provided</td>
<td>Certificate and pin. Use of ARCB logo. Continuing Resource for Certificants as well as RAA and state associations on various reflexology issues. Works with the Federal government &amp; insurance agencies to promote recognition that reflexology is separate from massage. Promotes certificants via website directory. Electronic magazine.</td>
<td>Certificate, electronic newsletter</td>
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<tr>
<td>Requires ongoing CEU</td>
<td>Yes (12 every 2 yrs - reflexology workshops)</td>
<td>20 CEUs yearly.</td>
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<tr>
<td>Reflexology Only</td>
<td>Yes</td>
<td>No - see website</td>
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<tr>
<td>Cost of Certification</td>
<td>$299</td>
<td>$65 plus $200 exam</td>
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<tr>
<td>Duration of Certification</td>
<td>Lifetime as long as CEUs and annual fee are current.</td>
<td>1 year</td>
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<td>Submission of School attendance</td>
<td>Yes, from School</td>
<td>Yes, verified with school</td>
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<tr>
<td>Annual Fee</td>
<td>$55 a year</td>
<td>$65 a year</td>
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<tr>
<td>Website</td>
<td><a href="http://www.arcb.net">www.arcb.net</a></td>
<td><a href="http://www.ntcb.org">www.ntcb.org</a></td>
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<td>State Incorporated</td>
<td>CA</td>
<td>NV</td>
</tr>
<tr>
<td>Levels of Classification</td>
<td>Professional NBCR</td>
<td>3 levels</td>
</tr>
</tbody>
</table>
REFLEXOLOGY
Continuing Education Correspondence Course
Approved for 12 CEUs by the NTCB & ARCB
For information, please contact
Dr. Howard D. Van Orden
Board Certified Reflexology Instructor
480-334-1049

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Personality & Emotional Analysis Thru' the size & shape of the feet & toes
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Reflexologist since the 70's
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For more detailed Information:
Tami Goulet, Tel: 401-374-7515
Email: tamigoulet@yahoo.com

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Nonmembers before 10/1 $325, after $350
Sponsored by the Reflexology Association of R.I. (RARI)
www.ReflexologyRI.com

Businesses who are Associate Members of RAA

<table>
<thead>
<tr>
<th>Business Name by State</th>
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<tr>
<td>Metamorphosis Center, Santa Rosa, CA</td>
<td><a href="mailto:cdsilver11@gmail.com">cdsilver11@gmail.com</a>, <a href="http://www.metamorphosiscenter.com">www.metamorphosiscenter.com</a></td>
<td>707-537-5911</td>
</tr>
<tr>
<td>One Tribe Herbals, Englewood, CO</td>
<td><a href="mailto:steven@onetribeherbals.com">steven@onetribeherbals.com</a>, <a href="http://www.onetribeherbals.com">www.onetribeherbals.com</a></td>
<td>720-347-8527</td>
</tr>
<tr>
<td>Golden Flower Health Clinic, Pueblo, CO</td>
<td><a href="mailto:goldenflowerhealthclinic@gmail.com">goldenflowerhealthclinic@gmail.com</a></td>
<td>719-542-9210</td>
</tr>
<tr>
<td>Glorious Mountain Energy Work, CO</td>
<td><a href="mailto:akindt@gloriousmountainenergywork.com">akindt@gloriousmountainenergywork.com</a>, <a href="http://www.gloriousmountainenergywork.com">www.gloriousmountainenergywork.com</a></td>
<td>970-667-8796</td>
</tr>
<tr>
<td>Diana Smith, Fruitland Park, FL</td>
<td><a href="mailto:dianasmithlm@comcast.net">dianasmithlm@comcast.net</a>, <a href="mailto:dianasmithlm@massagetherapy.com">dianasmithlm@massagetherapy.com</a></td>
<td>352-728-6688</td>
</tr>
<tr>
<td>Hands on Feet, South Portland, ME</td>
<td><a href="mailto:handsonfeet1@gmail.com">handsonfeet1@gmail.com</a>, <a href="http://www.handsontfeet.net">www.handsontfeet.net</a></td>
<td>207-767-5776</td>
</tr>
<tr>
<td>Isle LaMotte Reflexology &amp; Wellness Center, ME</td>
<td><a href="mailto:reflexologyofvermont@gmail.com">reflexologyofvermont@gmail.com</a>, <a href="http://www.reflexologyofvermont.com">www.reflexologyofvermont.com</a></td>
<td>802-928-3040</td>
</tr>
<tr>
<td>Angel Feet LLC, NY, NY</td>
<td><a href="mailto:info@angelfeet.com">info@angelfeet.com</a>, <a href="http://www.angelfeet.com">www.angelfeet.com</a></td>
<td>212-924-3576</td>
</tr>
<tr>
<td>Shawn Shannon-Missal, Fairport, NY</td>
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