

# Reflexology Association of Australia

# FootPrints

The Journal of the Reflexology Association of Australia

*Post Conference Workshop  
Dementia, Alzheimer's and  
Parkinson's  
with Lone Sorensen  
17th and 18th October  
2016 – Perth WA  
(see inside for details)*



[www.reflexology.org.au](http://www.reflexology.org.au)

June 2016

Volume 20 No. 2



# POST-CONFERENCE COURSE, PERTH

## Dementia, Alzheimer and Parkinson's

Facial, Foot & Hand Reflexology with Lone Sorensen, Denmark

**Monday & Tuesday 17 & 18 October, 2016**

**Venue: Ascot Keys Resort**

**THIS IS AN EFFECTIVE AND INNOVATIVE CONCEPT FOR TREATMENT OF DEMENTIA, ALZHEIMER AND PARKINSON'S**



The course includes information about the pathology and understanding of the dysfunction of the body and brain when developing illnesses, such as different types of Dementia, Alzheimer and Parkinson's.

You will learn how to incorporate Facial, Foot & Hand Reflex therapy methods into an effective and manageable treatment that you can use daily in your clinic.

You will also learn to instruct family or caregivers to give treatment of the hands at home.

During the course, different base models of Facial, Foot and Hand Reflexology will be taught, giving participants an understanding of how to design a treatment protocol for professional treatment as well as for home treatment for the issues below.

### **DEMENTIA protocols included:**

- Memory loss.
- Concentrating, planning or organizing.
- Difficulties making decisions, solving problems or carrying out a sequence of tasks.
- Language - difficulties following a conversation or finding the right word for something.
- Visuospatial skills - problems judging distances and seeing objects in three dimensions.
- Orientation - losing track of the day or date, or becoming confused.
- Cognitive symptoms.
- Mood changes such as frustrated or irritable, withdrawn, anxious, easily upset or unusually sad.
- Visual hallucinations or believe things that are not true ( delusions).
- Unusual behavior such as repetitive questioning, pacing, restlessness or agitation.
- Changes in sleep pattern and appetite.

### **PARKINSON'S protocols included:**

- Tremor.
- Slowed movement (bradykinesia).
- Rigid muscles.
- Impaired posture and balance.
- Loss of automatic movements.
- Speech changes.
- Writing changes.

**Workshop Dates: October 17 & 18, 2016**

**Hours: 9.30am - 5pm**

**Venue: Ascot Keys Resort**

**Cost: \$545\* Early Bird fee \$495\* if paid in full by July 31, 2016**

**\*see application: [www.lonesorensen.com](http://www.lonesorensen.com)**

**ENGLISH / PERTH POST CONFERENCE**



## From the President's desk

A warm welcome to you all. Here we are again at the end of the business year and moving into another from 1<sup>st</sup> July – it's the busiest time of the year for the RAOA office, with membership renewals due and all the administrative processes that go along with it. As there are currently staff transitions taking place, I ask for your patience during this time.

As you may/may not know by now, Jenn Cooper, originating and long-term staff member with the RAOA has made the big decision to move on to new things in life after 14 years in RAOA administration. Jenn will continue as a Professional Member and I hope you will join me and wish Jenn all the very best for all that she has planned. From the very beginning of my reflexology career, over ten years ago, Jenn made me feel very welcomed as a new member. Over the years I've seen first-hand how Jenn has always been very dedicated to the RAOA and its members – something which I've been very grateful to know, as President. I will be sorry to see Jenn go but I also understand when it's time to move on. When there's an urging in your soul, there's nothing that can stop you.

After all, there is a season for everything and some things are not meant to be forever. We are meant to learn and grow and challenge ourselves, face our fears and do the things we don't think we're capable of doing. A little secret I'll share with you ... you won't know you're capable of doing it until you allow yourself to give it a go, and it's only by practice that we get better at the things we aren't very good at.

**We can do anything!** And it's this attitude that I encourage all members to take to their hearts and live with: for this attitude to be a flame that lives inside you that spurs you on to do great things. Allow yourself to SHINE and you will then be a natural beacon, drawing all sorts of wonderful experiences to yourself. You know how you, yourself, are drawn to magnetic people? All you need to do each morning is to lift your vibration, your magnetism, and you will have incredible experiences and create wonderful achievements that fulfil your heart! Lifting your magnetism simply means to feel good about yourself and your talents: to be confident in yourself and your abilities.

To be noticed in this world is to have a higher magnetism. Imagine if each one of us lifted our magnetism, drawing people to reflexology and the wonderful health and healing benefits we can provide to our communities? Each and every one of you make up the sum total of

the energy of the RAOA and I continue to urge you to help lift the magnetism of Reflexology to become the well-respected complementary health modality that our founding members knew it was capable of being. They had the vision from long ago, and it's time now for us to build on those strong foundations and to *'Develop and promote the quality of our practitioners and advance the safe and beneficial contribution of Reflexology to the health of the community.'*

Many things affect our magnetism: our thoughts, our emotional mood, our state of physical health. Learn to be mindful of every thought and feeling and if you are feeling swamped by thoughts/emotions/energies, all you need to remember is to lift your vibration and you will feel good again and your magnetism will be increased, which in turn lifts the energies of every living thing: a beautiful gift to give yourself and the world ...

*As we build in strength and momentum together, build our connections with the integrative health industry, fulfil our Mission Statement, we will build better reflexology businesses, provide healing and hope to our communities and fulfil our own personal goals.*

You belong to a wonderful Association, which is by definition: *'Group – a group of people or organisations joined together for a purpose'*; *'Connection – a linking or joining of people or things'*; *'Coming Together – coming together and social interaction between people'*. And these definitions are best expressed by the State Committees and their events. I wish to give a huge thank you to all outgoing committee members for your efforts during the past year and to welcome all new and continuing committee members – we can't be an effective Association without your efforts.

Please remember that nominations for State Directors will be called for in September, as Director elections take place at the AGM; if your state requires a Director, nominations can occur at any time.

We have an exciting year ahead with our National Conference and AGM in Perth this year and I'm looking forward to meeting many of you while there. There are also many exciting and varied CPT events on the horizon.

I am very proud to be a part of such a wonderful organisation and hope you too feel the connections and how worthwhile it is to belong to such an inspiring, dedicated group of people, such as we have in the RAOA.

As always, wishing you all the very best in life and success in all you do.

Sonia Bailey

June 2016

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Front cover: Anne Hilarius-Ford (left) and Amanda Barnett Wood (right) at the inaugural Autism Expo in Melbourne, Victoria.

# What is the real difference between a Carrier oil and an Essential oil?

by Deby Atterby

**M**y name is Deby Atterby and I am the Editor and publisher of the journal *Aromatherapy Today International*. Further, I am an Aromatic Medicine practitioner, a Natural Therapies lecturer and the principal of a Natural Therapies college on the Gold Coast.

As a qualified Reflexologist, I have personally found that the integration between reflexology and the aromatic world has afforded me the ability to gain many wonderful outcomes during my clinic treatments: being able to develop prescribed products in order to treat my clients for a variety of ailments such as tinea, fissures, pain issues, along with many other problems that our feet endure.

In the course of my lecturing in Aromatherapy, the very first question that is often asked of me is, “What is the real difference between a Carrier oil and an Essential oil”? So I thought I would clarify this subject for you.

## Definition of a Carrier Oil

Let us look at the definition of a Carrier oil, which is often confusing as it comes under many headings, such as: Vegetable oil, Fatty acids, Carrier oil, Fixed oil and Base oil.

From the onset, Carrier oil is sourced from the fatty portions of plants such as:

- ◆ Avocados;
- ◆ Olives;
- ◆ Seeds;
- ◆ Nuts; and
- ◆ Kernels.

Even though we may not want to believe it, we also see fatty acids coming from animals such as emu and marine life, specifically harvested for the development of certain formulations, massage oil blends and many other cosmetic products.

Unlike Essential oils, the extraction method for Carrier oils is very different, as a particular plant portion is cold pressed to attain the oil, rather than steam distilled.

The chemistry is also very different, as a Carrier oil is made up of a long fatty chain. The molecular structure of a Carrier oil is too large to penetrate the skin, thus the oil remains on the surface of the epidermis and assists to nourish and hydrate this layer of the skin. Because it is a long fatty acid it will not evaporate like an Essential oil.

Carrier oils can turn rancid over short periods of time when exposed to oxygen. A simple way to test if a Carrier oil is turning rancid is to smell the oil. It will definitely have an undesirable odour. You will also note that the oil will become sticky to the touch; further, the lids of the Carrier oil bottle will also have a tacky feeling – so please discard these oils as they can lead to the creation of skin irritations.

They will also soil fabrics: they are thick and heavy, making stains hard to remove from the material.

A very important understanding of a Carrier oil is that the ‘quality’ factor plays a major role. Lower grade oils may not contain the special vitamins and minerals that assist in their healing ability—such as repairing topical skin

issues—or give the product you are making the texture and balance in the formulations that can be produced.

Carrier oils also have a slight aroma and colour which is not detected when Essential oils are added to them.

## Definition of an Essential Oil

Essential oils are sometimes described as the ‘life force of the plant’. They are extracted from many parts of a plant—leaves, bark, roots, flowers, fruits and other botanical products.

The aromas of these brilliant oils can be far beyond belief and are able to generate many unique olfactory experiences. The chemistry of these wonderful natural tools of healing can be either gentle or powerful in their healing abilities.

Unlike Carrier oils, the molecular structure of Essential oils are very minute, being made up of mainly carbon, hydrogen and oxygen to form skeletal chains and aromatic rings. Of course, it is important to have a good understanding of their chemistry and actions in order to be able to formulate products for certain ailments.

Unlike those fatty acids, these precious Essential oils will definitely evaporate quickly and leave no oil residue. Their healing abilities are amazing. For example, if we were to address two Essential oils, such as Tea Tree (*Melaleuca alternifolia*) and Lavender (*Lavandula angustifolia*), we could find that there would be benefits beyond belief.

Tea Tree’s anti-fungal and anti-bacterial actions have been tested and proven beyond a doubt. Lavender Essential oil has the same qualities (in that it is also anti-bacterial), along with anti-inflammatory actions and excellent calming effects. The list goes on, with amazing research outcomes in relation to the abilities of many other Essential oils.

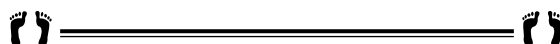
The Essential oils blend into the Carrier oils perfectly so that a formulation can be prepared to assist with what’s required. For example, in a reflexology treatment, a client may present with a problem such as oedema. So, as a therapist, we may choose a fluid reduction Essential oil to add to their reflexology treatment plan.

Good quality Essential oils are of the utmost importance as, often, cheap Essential oils are not considered to be 100% pure and are more likely to be adulterated with cheap fillers. This can lead to a non-productive formula, or more than likely, skin irritations.

Storage of Essential oils is also of great importance. The best and most common suggestions are to store in a cool, dry place, avoid direct sunlight and always cap the Essential oil after use, in order to prevent oxidation.

I would be happy to assist you with questions on reputable Essential oil suppliers, as the most important thing is to source therapeutic grade Essential oils. I invite any of you who would like an answer to any question concerning aromatherapy and foot care to ask, as I would love to share them with you.

*Aromatic Blessings,*  
Deby



# Essential oils and brain injury—What you are not being told

<http://www.healthandlovepage.com/essential-oils-and-brain-injury/#ixzz452WPam1e>

Did you know that the sense of smell is the only sense that is linked directly to the limbic area of your brain: so when essential oils are inhaled, the brain is where they go to? Immediately they are inhaled, tiny nerves send a signal to your brain. The nasal cavities have direct access to the brain; therefore this is the most direct method to use these oils.

Essential oils have many properties to them that include **calming, sedative, balancing, and stimulation**. When we smell them, they enter the limbic system, which is responsible for controlling the physical, emotional, and psychological responses. This is what makes them essential to treating many different health ailments. Smelling essential oils will send a signal that is immediate to the brain, which will signal to the system in your body to help moderate it.

Studies on essential oils have been done at both Berlin and Vienna Universities. They have discovered that sesquiterpenes, a compound that is naturally found in essential oils such as Cedarwood, Patchouli, Frankincense, Sandalwood and Vetiver, can help deliver 28% more oxygen to the brain. This may create effects that are quite dramatic on the learning, attitude, and physical processes of the body, such as energy levels, hormonal balance and the immune function. High levels of this natural compound are also found in Myrrh, Melissa and Clove oils.

Now don't get us wrong. Essential oils can really help the body; they can assist many forms of illness and are very therapeutic. However, essential oils are now being evaluated for *brain treatment* injuries as they affect both the physical and psychological functions in the body. Injuries to the brain could be from simple concussion to severe head trauma.

Brain injuries are typically slow to heal, but the essential oil Frankincense can help to speed this up. It has a molecular makeup that is able to cross the blood and the barriers. It will help to bring more oxygen to the brain, which will be absorbed effectively. This essential oil will deepen the breathing and also slow it down.

Frankincense oil is not only antiseptic, but also an astringent. It is a good diuretic, wonderful for the digestive tract, a great tonic and awesome as an expectorant. Other properties include being a carminative, cicatrisant, cytophylactic, emmenagogue, and vulvenary.

This essential oil, as well as others, can provide healing and balance at the cellular level.

Essential oils can be diffused or inhaled right from the bottle: doing either offers a new therapy that can be used with other therapies. While essential oils are still being explored, it is exciting to know that they are therapeutic and are offering a new 'take' on medicine.

## Benefits of Diffused or Inhaled Essential Oils

- ◆ Help with weight management.
- ◆ Relieve [headaches](#).
- ◆ Relax the entire body, mind and also help relieve tension.
- ◆ Improve the digestive tract.
- ◆ Stimulate neurotransmitters.
- ◆ Stimulate growth hormone production and receptivity.
- ◆ Improve concentration and mental clarity.
- ◆ Improve alertness of the mind.
- ◆ Improve [hormonal balance](#).
- ◆ Reduce bacteria, fungus, mould and odours.

It does matter what kind of essential oil you purchase, i.e. the therapeutic grade does matter. The purity of an oil and its therapeutic value will depend on many varying factors. These include what type of soil the plant was grown in, as well as what the condition of the soil is. Other factors include whether the fertilizer used was organic or chemical, the climate that the plant was grown in, as well as the distillation process used.

When purchasing an essential oil, look for those that are labelled as 100% therapeutic grade essential oil. While certain oils may be labelled as 100% organic essential oil, they may not be pure. Those that are labelled as therapeutic are tested in a lab, and also certified to be free from any impurities. They are complete in chemical compounds, as well as having a rich aroma, can restore normal function in a body and will restore balance as well. If any of these are compromised, the oil cannot be called therapeutic grade oil.

## Sources and References:

[Living Traditionally](#) | [NCBI](#) | [Researchgate](#) | [Brain Balance Centers](#) | [AltHealth Works](#)

Ballard, C.G., O'Brien, J.T., Reichelt, K., Perry, E.K. (2002). Aromatherapy as a safe and effective treatment for the management of agitation in severe dementia: the results of a double-blind, placebo-controlled trial with Melissa. *Journal of Clinical Psychiatry*, 63, 553–8.

Hirsch, A.R., Inhalation of Odorants for Weight Reduction, *Int J Obes*, 1994, page 306 LeDoux, J.E., Rationalizing Thoughtless Emotions, *Insight*, Sept. 1989.



Tuesday, 1 September 2015

## Taking it as a complement: most alternative health consumers also visit the doctor

**Over 1.8 million Australians pay for alternative health services in an average four weeks—but over half of them also see a doctor, research from Roy Morgan shows.**

Whether it's acupuncture or cupping, reiki or shiatsu, hypnotherapy or aromatherapy, iridology, reflexology or kinesiology, almost 1 in 10 Australians 14+ (9.4%) paid for some type of alternative health service in the last four weeks, Roy Morgan Single Source data for the year to June 2015 shows.

Government health departments and medical research organisations often now prefer to describe many of these services as 'complementary' rather than 'alternative'—an optional add-on to conventional medical treatment, not a replacement. And it seems Australians are inclined to agree.

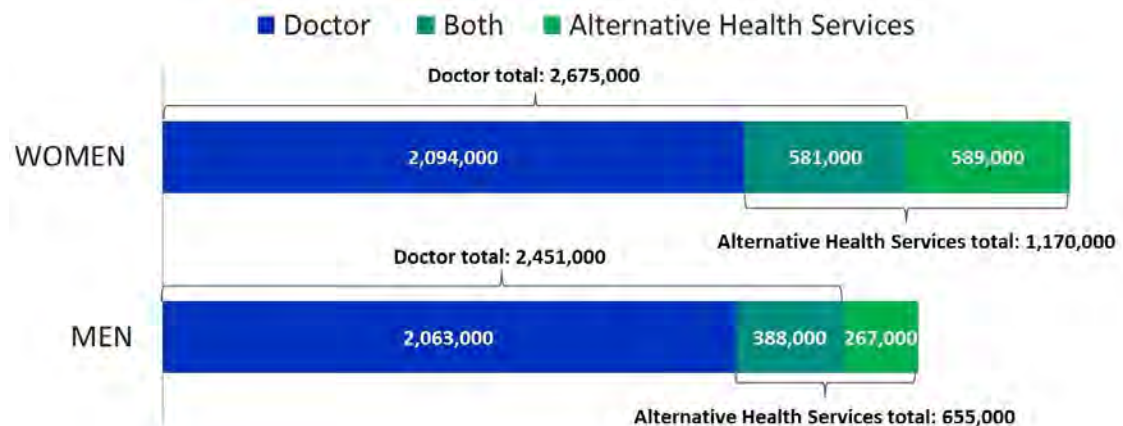
Of the 1,825,000 Australians 14+ who paid for alternative health services in the last four weeks, 969,000 (53%) also paid for a doctor's visit during the same period. The overlap is especially prominent among men: of the 655,000 who paid for alternative health services in the last four weeks (7% of all men), 388,000 also paid for a doctor's visit (59%).

Women are more likely than men to pay for alternative health services in an average four weeks—however there is less overlap with doctor's visits: of the 1,170,000 women (12%) who paid for alternative health services, just under half (581,000) also paid for a doctor's visit.

Of course, the converse is the proportion of doctors' visitors who also consume alternative health services: 5,126,000 Australians (26%) pay for a doctor in an average four weeks—just under 1 in 5 of whom (the 969,000) also paid for alternative health services.

FOR IMMEDIATE RELEASE

**Number of people who paid for doctor and/or alternative health service in last four weeks**



Source: Roy Morgan Single Source (Australia) July 2014 – June 2015, n = 51,371 Australians 14+

Continued on page 5



*Discover your edge*

Article No. 6434

Available on [www.roymorgan.com](http://www.roymorgan.com)

[Link to Roy Morgan Profiles](#)

**Michele Levine, CEO, Roy Morgan Research, says:**

*“There is a clear correlation between going to the doctor and an alternative health practitioner, with someone who visits one around twice as likely to visit the other in the same period.*

*“The only way to know for sure this kind of combined, exclusive and total consumption is through Single Source methodology, where the same person is asked two or more—or, in our case, thousands—of questions.*

*“This core research principle is the same whether it’s to find out how many doctor’s visitors also pay for alternative health services, how many Coles shoppers also shop at Woolworths, how many viewers of a TV show also listen to breakfast radio and read a particular magazine, or who uses Facebook across their mobile phone and tablet and computer.*

*“Of course, this means we know how many and which types of people pay for alternative health services, shop at Coles, watch a TV show and use Facebook across multiple platforms.”*

**To learn more about Roy Morgan’s extensive health data, contact:**

Vaishali Nagaratnam

Telephone: +61 (3) 9224 5309

[Vaishali.Nagaratnam@roymorgan.com](mailto:Vaishali.Nagaratnam@roymorgan.com)

Please click on this link to the [Roy Morgan Online Store](#)

#### Related Research

View our ready-to-download profiles of people who pay for [Alternative Health Services](#) or [Doctor’s Visits](#).

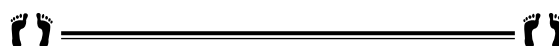
#### About Roy Morgan Research

Roy Morgan Research is the largest independent Australian research company, with offices throughout Australia, as well as in Indonesia, the United States and the United Kingdom. A full service research organisation specialising in omnibus and syndicated data, Roy Morgan Research has over 70 years’ experience in collecting objective, independent information on consumers.

#### Margin of Error

The margin of error to be allowed for in any estimate depends mainly on the number of interviews on which it is based. Margin of error gives indications of the likely range within which estimates would be 95% likely to fall, expressed as the number of percentage points above or below the actual estimate. Allowance for design effects (such as stratification and weighting) should be made as appropriate.

Sample Size	Percentage Estimate			
	40%-60%	25% or 75%	10% or 90%	5% or 95%
5,000	±1.4	±1.2	±0.8	±0.6
7,500	±1.1	±1.0	±0.7	±0.5
10,000	±1.0	±0.9	±0.6	±0.4
20,000	±0.7	±0.6	±0.4	±0.3
50,000	±0.4	±0.4	±0.3	±0.2



FOR IMMEDIATE RELEASE

# MindBodySpirit Joy

by Carolyn Stone

**M**indBodySpirit Festival, Brisbane—March 11 to 13—was a huge success again this year. Yoko Takada and I managed to find over 40 volunteers who gave up their time to not only promote the great benefits of reflexology, but to show people how it relaxes the mind to enable the body to start its healing process. Over the 3 days I was very impressed with all of the volunteers who were not just there to collect CPT points, but to meet like-minded reflexologists and share stories regarding their personal experiences and journeys.

It was lovely to see quite a few volunteers put up their hands for another shift when we realised our emergency list had dwindled to nothing. The stand that we had was a good size, thanks to the event management team who gave our Association another metre at the last minute. This meant our volunteers weren't working elbow to elbow.



I would like to thank Yoko for all her hard work as it was only the two of us on the events team this year. There was so much more to do than we had originally thought. A big thank you to Jenn Cooper from the RAOA national office, for emailing the volunteers their welcome letter, etc; also to Vera Emmi for her very persuasive letter which generated quite a few more volunteers. Another big thank you goes to Sonia Bailey

and her hubby, Brad, who helped us to move the equipment to the Brisbane Convention and Exhibition Centre on the Thursday beforehand.

Finally, Yoko and I will be stepping down from the events team for next year. I would like to encourage someone who has not considered taking this role on, to give it some thought. It is a terrific way to meet other members and contribute new ideas and ways that we can promote reflexology in our community.



## Brisbane MLD workshop synopsis

by Sonia Bailey

**J**an Douglass presented such an informative and interesting overview of the Lymphatic System that I felt like I wanted to learn more about it!

Jan talked about:

- ◆ The lymph vessels—how they work and why we want to stimulate them; also the difference between the initial lymph vessels, lymph collector vessels, lymph nodes and lymphatic ducts.
- ◆ The principles of lymphatic drainage and the treatment plan.
- ◆ Drainage of the lower limbs.
- ◆ Case studies and clinical integration.

One of the first things Jan said to us was that *she's learnt how important the lymph*

*system is to the body and that by the end of the day we would know more about it than most GPs!*

Jan also said, "It's unfortunate that some will suggest to their patients a lymph drainage massage, when it's the last thing a person needs in certain situations." Jan talked about contraindications—and I must admit that I was surprised, only because I didn't fully understand the lymphatic system myself, to the degree that Jan explained it.



This was only a basic course; there is so much more to learn. I thank Vera Emmi for making contact with Jan to organise these workshops on our behalf. Jan is a knowledgeable and engaging teacher.



# Overbreathing: A recipe for unwellness

A yogic perspective

by Kendra Boone [www.kendrahealingarts.com](http://www.kendrahealingarts.com)

Complementary Health Care Practitioner



Do you experience sleep apnoea or sinusitis? Do you feel like you're chest breathing when you're anxious? Are you the deep, loud breather in your yoga class? Do you have a child who suffers from asthma or a constantly blocked nose? Ever find yourself wanting to strangle your partner for snoring? Is sighing a regular response to your daily activity? These are all signs that dysfunctional breathing has settled in.

*90% of humans are dysfunctional breathers and therefore create a carbon dioxide deficit, or habit of overbreathing.*

Luckily for us, science has come along to confirm the benefits of yet another yoga technique: when it comes to longevity and wellbeing, actually breathing less, not more, is proving to be more beneficial.

For those of you who haven't hit the yoga mat yet, Pranayama is one of the 8 limbs of yoga that focuses on the cessation (or slowing down/directing flow of) our breathing. I know when I have done a great yoga practice, because my breathing almost ceases to exist and slows down to a rate of about 5 breaths per minute (it's normally about 8–12 breaths per minute). It brings a profound state of calm to my mind and leaves me feeling so much less 'needy'.

I recently attended a course with Canberra's own breathing educator Tess Graham of [breatheability.com](http://breatheability.com). According to studies, we have developed bad breathing habits due to periods of high stress levels, poor posture, mouth breathing, poor nutrition, chronic coughing, overheating, and the list goes on. The good news is that it's fairly easy to correct with more awareness and practice.

## What is normal breathing?

- ◆ Breathe through your nose, not your mouth, if comfortable (day and night).
- ◆ Have an upright posture to give the diaphragm space to soften and open. The diaphragm under ribs (not belly) has a small movement.
- ◆ Breathe silently in a regular and smooth rhythm.
- ◆ Breaths are soft and gentle, and only deep under strong exertion.

Making small, regular changes during the day will set you up for good breathing habits at night and may save your marriage! And by simply retraining yourself to breathe 'normally' you will be able to put yourself back to sleep when you wake up at 2 am – what a revelation! You can also reduce muscular tension and stimulate the release of natural antihistamine in spring. It also helps to:

- ◆ reduce sinus congestion
- ◆ avoid snoring

- ◆ cure restless leg syndrome
- ◆ avoid ADHD and sleep apnoea
- ◆ dilate your arteries.

## Deep yogic breaths: not so yogic after all!

For years, modern yoga has taught us to take deep breaths and blow off our CO<sub>2</sub>. But has modern yoga forgotten to relate back to traditional texts?

*So long as the (breathing) air stays in the body, it is called life. Death consists of passing out of the (breathing) air. It is therefore necessary to restrain the breath.* Hatha Yoga Pradipika

Original yoga manuscripts (Hatha Yoga Pradipika, the Gheranda Samhita and the Shiva Samhita) do not have any referrals to 'deep breathing'. They suggest the opposite: to restrain, keep in, calm and hold the breath. Yet many modern yoga texts claim deep breathing, particularly deep exhalations, expel toxins like CO<sub>2</sub>.

As we move through asanas (yoga postures), and we feel our metabolism demand increase, it makes sense to allow the deeper breath to naturally arise, and let it naturally quieten as a response. It also produces a relaxation response. Synchronising movement and breath brings deeper levels of awareness to our ability to observe the mind during asanas, or postures.

You may have heard of many having reversed asthma with the Butekyo breathing technique. Doctor and physiologist, Dr Butekyo, focused on Hatha yoga and the main Hatha yoga breathing exercise, Pranayama, particularly promoting breathing cessation (under supervision).

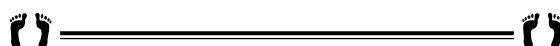
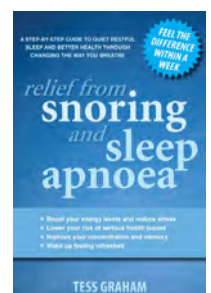
*Yoga pose is a steady and comfortable position. Yoga pose is mastered by relaxation of effort, lessening the tendency for restless breathing, and promoting an identification of oneself as living within the infinite breath of life.* The sage Patanjali

## CO<sub>2</sub> eliminates mental chatter and promotes easier meditation and mindfulness

Breathing retraining has a strong effect on reducing mental chatter, as well as anxiety levels. Most meditation and mindfulness techniques naturally lead to slower and easier breathing. And remarkably, CO<sub>2</sub> is a natural muscle relaxant. Voila!

If we can observe our own breathing habits when treating others, we can find ourselves connecting to our clients with deeper wisdom and awareness.

If you would like more information on breathing retraining, or would like to study more, visit Tess Graham's website—[www.breatheability.com](http://www.breatheability.com). I can highly recommend buying her book 'Relief from Snoring and Sleep Apnoea'.



# How inspiring!

by John McLean

*"The meaning of life is to find your gift. The purpose of life is to give it away."*

Sometimes a simple quote like this can inspire us to change the way we look at things, behave, and live. Sometimes a few well chosen words from someone we respect can inspire us to great change or courage. Sometimes a piece of music, a landscape or a building will inspire our thoughts above the mundane and everyday so we contemplate things like love, beauty, hope and wisdom.

Inspiration is an important part of life, because inspiration challenges us to do more, to accept challenges, to hang tough. But it also stimulates us to learn and grow. It can provide new insights, open up new possibilities and create new ways of thinking and being.

## What is inspiration?

The dictionary describes inspiration as the process of being mentally stimulated to do or feel something, especially to do something creative. It also means, and has its origins in, the idea of divine influence.

Writers, musicians and artists talk about inspiration – about seeking it, finding it and responding to it in their work: work that in turn can inspire many others. Designers, architects and chefs seek inspiration for their creations. But inspiration is not reserved solely for “creative” types; after all, to be human is to be creative. All of us seek inspiration for the work we do and the lives we lead.

So where do we find inspiration? How do we experience it? And how can we share it? Consider these sources and how each influences your mindset, spirit and energy – and how our own lives can, in turn, inspire others.

## Nature

Perhaps the most common, familiar and shared experience of inspiration in our human experience is our response to the beauty, the power, the gentleness of the natural environment. Whether it's the ocean or a river, mountain or the desert, a forest or a park, many people find natural environments provide space for reflection, meditation and regaining a sense of appreciation, peace and wonder.

But nature inspires in other ways, too. For example, nature has provided inspiration for inventions and design. Velcro was invented based on observing how burrs would cling to dog hair. Green buildings have been inspired by termite mounds and wind turbine design has been formed by the detail of whales' fins and tails. It's known as “biomimicry”. Inspiration is not simply an emotional or psychological experience but a practical one too.

“Those who look for the laws of nature as a support for their new works collaborate with the creator,” said Antoni Gaudi, the 19<sup>th</sup> century Spanish architect.

## The Arts

Human history is told through story. From oral histories and traditions, to pictures, music and dramatic renderings of events, we learn and share through stories, song, performance and imagery.

Many of us have had the experience of watching a performance like *Les Miserables* and coming away

exhilarated by the passion and courage of characters in a story. Or perhaps we've gazed at a painting and been inspired by the beauty or conviction of the subject. Sometimes a piece of music will inspire us to run faster, be bolder, or simply to be resilient.

## Built Environment

Just as the natural environment can inspire, so too can structures: from bridges to cathedrals, skyscrapers to monuments, landscaped gardens to railway stations.

In part, this is because our built environment is inspired by nature, culture and experience. The builder becomes a translator and an artist. “Every great architect is – necessarily – a great poet,” said Frank Lloyd Wright. “He {sic} must be a great original interpreter of his time, his day, his age.”

We know that the environments in which we live, work and play can have a significant influence on our thinking, our creativity, our productivity and our relationships. Creating pleasant and inspiring spaces for people to live, work and connect in is important to bringing out the best in each other.

## Faith

However we experience it, our faith is an interactive experience throughout our lives. At times individual, at times shared and at times collective, our faith is inspired in many ways. Not everyone's journey and experience of faith is the same; not everyone's faith is inspired by the same words, the same songs or the same experiences. But our faith is inspired by our experiences and it can also be an inspiration to others.

Stories of faith, journeys of faith and expressions of faith are varied by experience, personality, culture and time. But, just as faith can be challenged so too can it be inspired. And of course, faith in itself can be an inspiration.

## People (including us)

All of us have experienced the inspiration that comes from another person. Parents and grandparents, teachers and coaches, pastors and mentors are typical sources of encouragement and inspiration through their presence and personal expressions of belief in us. So too, famous figures can be sources of inspiration, from those who have faced adversity to those who challenged things that were wrong in the face of opposition.

And that reminds us that each one of us has the potential to inspire others. This is true whether we are parents or children, managers or team member, teachers or students, coaches or players. Each of us can, through our words, our behaviour and our presence in the lives of others, be sources of inspiration to others. Never underestimate the potential you have to inspire someone else to take up a challenge, to be strong, to be compassionate, to try something new, or to simply do what is right.

This article was originally published in *GCI Today*, Winter 2015 and is reproduced with permission.

# Can Reflexology assist in behavioural change of an Asperger syndrome sufferer?

## A case study of Asperger syndrome and Reflexology—Part 2

by Ni Putu Wiwik Suartini

### Treatment Response Graph

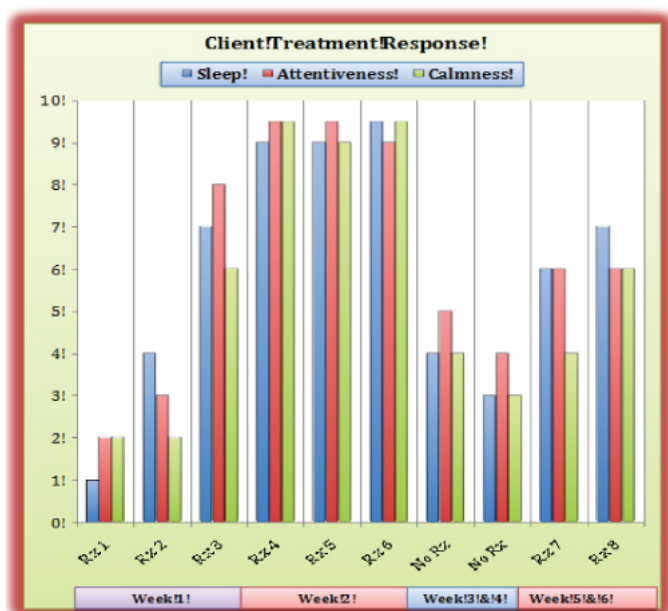
From the graph below we can see the response that my client had to her Reflexology treatment in three key areas that affect sufferers of Asperger syndrome and ADHD. They are sleep, attentiveness and calmness.

We can see the gradual positive response over the course of the treatment up until weeks 3 & 4 when treatments were stopped for a two week period. I had chosen to make this break in treatment to see if there was any noticeable change in my client's behaviour.

During the period of non-treatment, my client was having difficulty falling asleep which added to a rising level of inattentiveness. Her mother said that she found my client was being easily distracted. All of these factors brought about a state of frustration for her. As soon as the treatment recommenced, her behaviour in all three key areas began to improve.

My conclusion is that the timing of treatment is very important, in order to maximize the effectiveness of any treatment that we provide. The decline in my client's behaviour in the three key areas over the weeks of non-treatment was more severe than I had initially thought, yet the return to positiveness was rapid once treatment had recommenced.

Treatment Response Graph



### Scale References

#### Sleeping:

0 = Extreme difficulty falling asleep and waking unrested.  
10 = Falling asleep easily and waking well rested.

#### Attentiveness:

0 = Inability to concentrate for even small periods of time; easily distracted.  
10 = Focusing very well on the task at hand with full attentiveness.

#### Calmness:

0 = High level of anxiety and tension.  
10 = Calm and serene in manner.

### Referral to other practitioners

If my client had come to me as the first type of treatment, I suspected autism and she had not been to a GP, I would recommend her parents take her to GP. If the diagnosis had already been received, I would refer her to a psychologist.

As my client had been seeing a psychologist and an occupational therapist once a week for 18 months, I would then refer her to an osteopath who practices Craniosacral Therapy. This is because Craniosacral therapy is a gentle, non-invasive, manipulative technique which helps to improve the functioning of the central nervous system and eliminate the negative effects of stress.

I may also refer her to a Chinese Medicine practitioner because in the study *Scalp Acupuncture Effect on Language Development in Children with Autism*, by Hemat Allam et al, it says that "Scalp AP is a safe complementary modality when combined with LT and has a significantly positive effect on language development in children with autism."

### Other modalities or techniques that I would use

As I am qualified in other modalities such as relaxation massage, Aromatherapy and Remedial therapy, I can combine these techniques to help my client reach the relaxed state that she needs. For example, providing Lavender, Sweet Orange or Chamomile essential oils, either in a massage treatment, or to use at home in an oil burner or a drop on her pillow.

### Client Diary

03/08/2012

#### First Treatment

Beforehand she was a little bit anxious, both about the treatment and a couple of things at school and friends (her first ever sleepover party with new people, specifically). She had an argument with the girl who's party it was and the invitation had been 'withdrawn' a couple of times, so tension levels were a bit high. However very early into the treatment she relaxed so much that she nearly fell asleep.

After we came home, C was very quiet, but in her own words 'felt very good and relaxed'. We had a quiet and peaceful night and all was good until her bedtime, when what would normally be a small incident turned into a major meltdown. I think she wanted to wear some pyjamas that were being washed and she sobbed and cried for over an hour. After much soothing she finally slept. I felt it was almost a cathartic release in that anything could have created a reaction like that, it just needed to get out (it was also a full moon). I sent a message to Wiwik just to let her know this initial reaction - who of course reassured me. But I do think - in fact very much believe - that the melt down

Continued on page 10

was a very healthy release and one that may have taken all sorts of ways, and far longer, to manifest if it hadn't been for Wiwik's treatment.

The next day my child went off to her sleep over party a very relaxed and happy little person and had a great time.

6/6/2012

### **Second Treatment**

Wiwik came here for the second treatment. My daughter was again very relaxed, and probably would have fallen asleep if there hadn't been power tools starting up loudly. After this treatment my daughter told me that she loves the relaxing feeling she gets after a treatment and is looking forward to more.

8/8/2012

### **Third Treatment**

My daughter is very happy to go, and is again very relaxed after the treatment. Almost a different child; just wants to snuggle down quietly afterwards. She eats and sleeps really well, we've noticed.

9/8/2012

At school, my daughter was rewarded three times for her concentration and listening to detail. This has NEVER happened before.

10/8/2012

### **Fourth Treatment**

The effects of the treatments are lasting longer. Her sleeping is better, as in she goes to sleep quicker (previously it had taken up to an hour after reading/saying good night etc). Now it's pretty much when we're saying good night.

13/8/2012

### **Fifth Treatment**

All good still!!!

My daughter identifies that relaxing feeling she gets through Wiwik's treatments and enjoys them.

17/8/2012

Had annual appointment with my daughter's pediatrician today. She is delighted with my daughter's progress. I told her about the recent reflexology and she was very positive about that.

After 18 months of very intensive (once every week) sessions with both a psychologist and an occupational therapist, we were all in agreement at the end of last year that my daughter was doing so well that she didn't need that support anymore, (unless of course she needed it). So she had eight months of 'flying solo' as it were, but I had noticed little cracks.

This opportunity that Wiwik gave came at just the right time. The benefit that has arisen from these sessions is the lack of anxiety, nerves, etc - which in turn has brought

about in my daughter a certain calm in herself. And as a consequence, she has more confidence, and she's laughing and dancing and singing out loud without caring who is watching or listening.

7/9/2012

A bit of time has passed since my daughter's last treatment. Her sleeping has deteriorated in that she takes longer to drop off, plus her lack of attentiveness and distractedness has become noticeably more prevalent, which frustrates her.

After the treatment today she slept quite well, but woke earlier than normal.

She's had many things going on this week - a performance at school which she was nervous about, and her father had an exhibition which was a late night. She also had a slight cold and is nearing the end of term, so she's tired in herself but still calm.

### **Further study for Asperger and ADHD syndrome**

Evidence shows that massage and reflexology are beneficial for Asperger's and ADHD syndrome.

A study conducted by Kannathal Natarajan *et al* had concluded that:

*"Measures are significantly lower when the subjects are under sound or reflexologic stimulation as compared to the normal state. The dimension increases with the degree of the cognitive activity. This suggests that when the subjects are under sound or reflexologic stimuli, the number of parallel functional processes active in the brain is less and the brain goes to a more relaxed state."*

Field *et al* 1997 "reported positive effect following one month of massage therapy conducted (twice weekly for 20 minutes) by a massage therapist."

I like the idea of a further study where all participants get to have a real treatment. I would have 3 different groups:

1. A control group receiving massage.
2. A control group receiving reflexology treatment.
3. A test group receiving both massage and reflexology treatment.

In my future study I will be aiming to see whether the result of a combined treatment of massage and reflexology is more effective than separate treatments.

### **Case Study Review**

(from the *Journal of Autism and Developmental Disorders*, Vol. 31, No. 5, 2001)

There were 20 children with autism, aged 3 to 6 years old, divided into 2 groups.

The first group received a massage for 15 minutes before their bed time by their parents, for the duration of one month. The parents had been trained to give these massages by a massage therapist. The parents of the children in the second attention control group were asked to read a Dr. Seuss story to their children for 15 minutes, just prior to bedtime, every night for one month.

They were assessed from the first day until the last day to compare their classroom and playground behaviour. Their individual sleeping patterns were monitored as well.

Continued on page 11

The primary function of the trial in this journal was to draw comparisons between the children in the massage therapy group and the children in the reading attention control group.

The children who were in the massage therapy group generally had much better sleep than the children in the reading attention control group. They also became much more attentive at school.

It appears that this behavioural change was related to the children being more rested as a result of having better sleep. This was also reflected in their lower levels of fussing and restlessness, as well as less crying and being a lot more self stimulating.

In the case study above, the massage was conducted in a general manner by parents with a limited knowledge of massage, yet there were still overwhelmingly positive results.

In the case of reflexology, I believe by timing treatments very close to each other we have a greater opportunity to achieve very high results. Also, pinpointing areas in relation to the specific condition, as reflexology does, gives us much more effectiveness with our treatments than can be achieved with a broader and less specific method - such as the parents giving massage.

The effectiveness of both reflexology in my case study and parental massage in group one above show

that reflexology and massage can be highly beneficial to Asperger's sufferers. They allow them to be able to relax and achieve greater sleep and therefore to become more alert and attentive during the day. They also relax the high state of anxiety that they so often feel, either from their environment or within.

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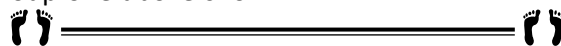
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# Reflexology for the treatment of pain vs. pain management

by Mauricio (Moshe) Kruchik

I wonder if the term 'Pain Management' is the most appropriate to use in therapeutic practice. In my humble opinion, it is not. Why do I say this?

Pain in therapeutic work should not be handled or managed but helped to be removed through the body's own ability to heal itself. The body can do it. It's more than semantics: it is a concept!

I propose a methodology for the treatment of pain where four basic techniques are applied first – and only afterwards can you apply a specific technique for every particular ailment or type of pain, if it is still necessary. These techniques are committed to directing the organism to restore its own balance and the pursuit of pleasure, pain antagonist.

## NERVOUS SYSTEM

### Technique of the nervous plexuses

The nervous system is responsible for the perception of stimuli acting in the creation of pain, its emotional interpretation and healing it. The limbic system is responsible for activating physiological responses to emotional stimuli and vice versa. It interacts very rapidly with the endocrine system and the autonomic nervous system.

Stimulation of the nervous plexuses is essential in the treatment of pain. The body's response to pain will always be much faster and more efficient while creating a balance between the parasympathetic and the sympathetic system. This is responsible for regulating the functioning of internal organs, rest, digestion and activities that occur when the body is at rest, such as sleep. Plexuses reflexes to be worked on are cervical, brachial, cardiac, solar (celiac), lumbar and sacral. Patients react very positively to this technique since it acts as a sedative and is stimulating.

## ENDOCRINE SYSTEM

### Endocrine balance technique

The endocrine system is responsible for the changes in our physiology. The hypothalamus is the link between the nervous and the endocrine systems. It acts to direct such changes and thus its reaction to pain. The activation of the hypothalamic-pituitary-adrenal axis helps to relax the body, relieving and eliminating pain. In a situation of stress, the hypothalamus receives commands from the brain to react and protect survival, causing the secretion of hormones and neurotransmitters. These activate the sympathetic system, helping the body fight the enemy or any possible danger. This helps to restore the balance in the body's functions.

## FASCIA

### The tree technique

The system of fascias manages and stores the messages from the previous two systems. Cell nutrition is essential for the proper functioning of tissues. The fascias act as a logistics system that store and send messages to the

rest of the body, record episodes of physical or mental trauma – being the only system capable of connecting the mental, emotional, sensory and musculoskeletal systems through memory, 24 hours a day. This technique allows better nutrition of tissues at all levels, allowing access to oxygen, blood flow, lymph flow and absorption of nutrients.

## THE CIRCUIT OF PLEASURE

I use this technique for the rapid transformation of stress into pleasure.

Using just five reflexes (pituitary, heart, vagus nerve, solar plexus and genitals) in a very particular way, this technique promotes an exquisite sense of well-being. The vast majority of patients open their eyes after the treatment with a very big smile and say: I have forgotten the pain!!

*More to come at the Australian Reflexology Conference 2016!*

Mauricio (Moshe) Kruchik is one of the main presenters at the 2016 Conference in Perth, Western Australia. See Calendar of Events for more details.



*Persistence and resilience only come from having been given the chance to work through difficult problems.*

*Gever Tulley*



Dear Reader,  
FootPrints issue dates and deadlines are changing.  
March issue changes to April—  
*New deadline* 1 March  
June issue changes to July—  
*New deadline* 1 June  
September issue changes to October—  
*New deadline* 1 September  
December issue changes to January—  
*New deadline* 1 December  
The deadline for the next issue (October 2016) will be 1 September 2016.  
Please contact [marketing@reflexology.org.au](mailto:marketing@reflexology.org.au) for any advertisement inquiries.  
Thank you for your continuing support of FootPrints. Happy Reading!  
*Yuri Fukuzawa*  
Marketing Manager



# CPT Education and World-Wide Conferences Calendar of Events



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2016	PRESENTER	TITLE	LOCATION/CONTACT
July Brisbane Melbourne Darwin	Touchpoint Peter Lund and Dorthe Krogsgaard	Upgrade Your Skills Round About: The Neck Round About: The Heart Hands-on: Headache Frontier Biology	Local Contact; Mafalda Bojanic 03 9877 6039 or 0408 329 847 mafalda@optusnet.com.au www.touchpoint.dk
October 13th	Moshe Kruchik	Advanced Maternity Reflexology Techniques for Pregnancy	For more information and registrations isreflexology@gmail.com Perth Ascot Quays
October 17 & 18th	Lone Sorensen	Post Conference Course Facial Foot and Hand Reflexology for Dementia, Alzheimer and Parkinson's.	Perth Ascot Quays www.lonesorensen.com
October 17th & 18th	Moshe Kruchik	Reflexology for the Treatment of Pain	For more information and registrations isreflexology@gmail.com Perth Ascot Quays
2017	PRESENTER	TITLE	LOCATION/CONTACT
Feb 25th & 26th	Sharon Stathis	Ayurvedic Reflexology— SMART 1 for the FEET	Sydney Enquiries Debra De Angelis 0425 231 687 deangelisdeb@hotmail.com Sharon Stathis 07 3878 1471 info@ayurvedicreflexology.com
Feb 27th	Sharon Stathis	Ayurvedic Reflexology SMART 2 for the HANDS (Pre-requisite: SMART 1)	Sydney Enquiries Debra De Angelis 0425 231 687 deangelisdeb@hotmail.com Sharon Stathis 07 3878 1471 info@ayurvedicreflexology.com
Feb/March Brisbane 25th & 26th Feb Sydney 4th & 5th March Melbourne 8th & 9th March Perth 11th & 12 March	Chris Stormer-Fryer	Universal Technique-Practical Teaching the Universal Method of Reflexology by Chris Stormer-Fryer	Register Interest Brisbane, Sydney, Perth Contact Jenn Cooper 0438 144 789 jenncooper@bigpond.com  Melbourne Contact Lyn Fava 0412 353 385 lyn@perfectharmony.com.au

## RAoA National Conference

2016	PRESENTER	TITLE	LOCATION/CONTACT
October 14th–16th	RAoA Western Australia Branch	Diversity in Harmony WA	Ascot Quays, Ascot, Perth Western Australia



### Welcome New Members March–May 2016

First Name	Surname	Suburb	State
Sonia	Taoum	LEPPINGTON	NSW
Aaron	Craig	WESTLEIGH	NSW
Suzanne	Li	MEADOW FLAT	NSW
Harumi	Macphail	QUEENSCLIFF	NSW
Ee Chieh	Koh	ALEXANDRIA	NSW
Wanita	Yates	DURAL	NSW
Bianca	Borges Lopes	PEREGIAN SPRINGS	QLD
Lorraine	Saxon	ALBANY CREEK	QLD
Esabel	Lamusse	MOOROOLBARK	VIC
Helen	Martin	BENDIGO CENTRAL	VIC
Devi	Laloo	CANNINGTON	WA
Rachael	Mcilduff	GREENWOOD	WA
Nicole	Batchler	WOODVALE	WA
Shannon	Moss	BINNINGUP	WA
Alex	Williams	PADBURY	WA
Cassandra	Westphal	ELLENBROOK	WA

# CPT News—June 2016

by Vera Emmi, Director CPT  
cpt@reflexology.org.au



**Are you a Presenter or a Trainer? Please come forward!**

**A**re you a presenter of a workshop? Have you written your own workshop? Do you have a current Cert IV in Training and Assessment – TAE40110? Do you have knowledge you would like to share with fellow reflexologists?

If so, the CPT Committee would like to hear from you. We know that many of our members have skills that could be of benefit to our other members. If you have written a workshop of any length, please let us know. Branches are always looking for CPT presenters and we can pass your information on to them if we feel that your information is suitable and fits into the criteria of the RAOA CPT Program.

Skill set required is:

- ◆ Cert IV in Training and Assessment TAE40110.
- ◆ Professional Indemnity Insurance with training listed.

Content needs to be relative to reflexology or topics relative to reflexology practice, e.g. Anatomy and Physiology, Disease/Health conditions, Business, Marketing, Aromatherapy, Acupressure, Aromatherapy etc., and how to use other modalities with Reflexology. Please check the RAOA CPT Program (see CPT Program on the RAOA website –click on Member area, log in and click on ‘Browse all CPT Documentation’) as all presentations must be in accordance with the CPT Program.

While on the subject of presenters – if you have a Cert IV in Training and Assessment, your qualification will require updating to the current qualification or it may no longer be valid. The latest qualification is TAE40110, with an extra, recent elective being added – TAELLN411. This unit addresses adult language, literacy and numeracy skills. While at the moment it is an Elective, it will soon become a Core Unit. You can complete TAELLN411 at any time, should you wish to add it to your TAE40110 qualification.

**Do you have a Skill to share, but you are not a Certified Trainer? Let us know!**



If you feel you have skills to share but are not a Certified Trainer, please email the CPT Committee and let us know about your skills. Maybe you would like to give a 1 hour presentation at your local study/workshop day.

As a guide to all presenters – past and future, 1 hour or 2 day workshops – please go to the RAOA website, click on Member area, log in and click on ‘Browse all CPT Documentation’. Here you will find a form “Expression of Interest for CPT Presenters”. This is to be completed for ALL presentations, in order to determine suitability to the RAOA CPT Program and acceptance as a presenter.



**2016–2017  
CPT Program –  
new activities!**

In the March FootPrints CPT News I made mention of some additional CPT Activities in the 2016-2017 CPT Program. One of those is the acknowledgement and recognition of additional qualifications in other healthcare modalities.

The way of the future is to keep abreast with new advances in healthcare. How can we as reflexologists do that? That’s what gaining CPT points is all about – Continuing Professional Training.

Activity 14:

- ◆ **Ongoing study** – Cert IV, Diploma, Advanced Diploma relative to Complementary Health, Allied Health, or other health related modality
- ◆ **Ongoing study** – Bachelor Degree, Masters or PhD relative to Complementary Health, Allied Health, or other health related modality

*Evidence of enrolment and of study being undertaken during the relevant period required. Check with Membership Officer or CPT Director whether your chosen modality will be accepted.*

**Please note: you are also required to obtain at least 10 CPT points from Activities 1-10**

Activity 16:

- ◆ **Self-directed, on-line completion of courses relevant to building Clinical/Professional Practice.** (Certificate of Completion required for proof)
- ◆ **Self-directed, on-line completion of webinars relevant to building Clinical/Professional Practice.** (Proof of completion required – e.g. Certificate or Email confirmation of attendance)

*(Both of these relate to building your clinical practice, e.g. business studies; marketing and advertising; anatomy and physiology; aromatherapy; flower essences; neuro skeletal therapy; nutrition; disease/health conditions such as - but not limited to - diabetes, heart disease, ADHD, cancer, asthma, autism, mental health, depression dementia, gastrointestinal disorders, thyroid, adrenal fatigue, arthritis, osteoporosis.)*  
**Before claiming, check with Membership Officer or CPT Director whether your chosen modality will be accepted.**

Continued on page 15

Activity 17:

- ◆ Paid subscription to a professional journal relevant to current practice or electronic subscription to on-line reflexology journals/research sites. Purchase of reflexology or professional practice books, CD's/DVDs, e-Books.
- ◆ Paid Apps related to reflexology or clinical practice e.g. anatomy and physiology; muscles; nutrition; aromatherapy.
- ◆ Paid membership to a Professional Business Networking organisation – Chamber of Commerce, BNI (Business Network International), Business Women's Club.

***(Before claiming, please check with Membership Officer or CPT Director as to whether your chosen item will be acceptable. Invoice/receipt required for proof of all above.)***

Please refer to the CPT Program on the RAoA website – click on “Browse all CPT Documentation” CPT Program 2016-2017. This Program will be on the website as of 1st July 2016.

**Please note: Due to print space restrictions on the CPT Tracker, the CPT Tracker only contains a condensed version of each CPT item. For full details please refer to the CPT Program document on the website (as above). The CPT FAQ document is also available with the CPT documents.**

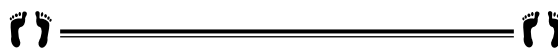


The CPT Committee would like to say a big “THANK YOU” to everyone for supporting the FootPrints CPT Quiz. The CPT Committee is already at work preparing for the next FootPrints Quiz which is due to go on the website in late November 2016. All members will be notified by email in due course.



I look forward to seeing as many of you as possible at the RAoA “Diversity in Harmony National Conference” in beautiful Perth, 14th – 16th October. The WA RAoA members on the Conference Committee have been hard at work – let's show them our support. Remember to allow a couple of days either side for pre and post workshops. Check the RAoA website for details [www.reflexology.org.au](http://www.reflexology.org.au) – click on the Conference icon and make your way around the information. More information will be added as it is available, therefore please ensure you check it regularly. Early Bird registrations are valid up until 14th July 2016.

Please contact me, Vera Emmi, if you have any questions regarding CPT. Ph: 0407 599 953 or [cpt@reflexology.org.au](mailto:cpt@reflexology.org.au)



This heart-warming book “Going Barefoot” shares an unveiling of self-discovery, and includes a compilation of uplifting and sole-reviving authors, song writers, and health information. It highlights the benefits of reflexology—a grounding therapy that encourages your body to heal itself and return to a state of balance. Exploring active relaxation techniques and the value of holistic therapies through traumatic events, her story presents a mind/body connection journey of self-love, courage, and healing.

Purchases can be made via <http://bookstore.balboapress.com/Products/SKU-000953240/Going-Barefoot.aspx> or [www.amazon.com](http://www.amazon.com).

Katrina Hedges  
Barefoot Reflexology  
0413 250 473

### *Did you know?*

Aboriginal trackers are able to tell the health of the person they are tracking by looking at the footprints.

*(Melissa Ryan, Australia)*

The foot is the lowest part of the body and in parts of Asia it is rude to sit with ones feet pointing to another person.

*(M. Bruce-Mitford)*

When walking, each time your heel lifts off the ground it forces the toes to carry one half of your body weight.

# Focus on Alzheimers

by Lone Sorensen with Eva Duckert, Temprana Reflex Therapist (method of Lone Sorensen, Denmark)

## “You have Alzheimers ...!”

### It is a bad message to receive.....

My client got that message in March 2015!

The symptoms began 2 years before. My client did not remember to pick up something, and each time he drove his car from the parking area to the road, he could not remember whether he should turn left or right...

### Amazing results with a different solution ...

After visiting the doctor, he was referred for examination in a hospital. There were 3 months of waiting for an appointment and a few more months of waiting for the answer:

*“You have Alzheimers ... both sides of the frontal lobe are attacked.”*

It is *something* of a diagnosis, and he was obviously affected very hard emotionally – and, indeed, his family. He previously had a good work position as an IT expert in a state-owned enterprise, so there was certainly nothing wrong with his brain before!

When testing my client with pictures, e.g. car and crane, there were no problems, but when it came to other images, e.g. persons he knew, he could not remember their names.

### Medical history

My client, today 75 years old, suffered a brain hemorrhage at the age of 52 because of stress and subsequently had to retire. But he has done well. 4–5 years ago, he was hospitalized with a blood clot, but he recovered well. In addition, he has Diabetes type 2.

### Timeline

*1st Treatment – April 30, 2015*

During treatment, my client said all the time: I cannot remember ... and when he told me something, his wife had to correct him – “No, that’s not right...!”

He was very emotionally affected by the diagnosis – and obviously very upset that his brain did not work!

My client responded with fatigue after treatment, but he felt good, and the day after there were no symptoms/problems!

*2nd Treatment – May 4, 2015*

My client felt noticeably better than the first time and was already better at ‘remembering’. My client’s daughter came to learn a home stimulation protocol.

*3rd Treatment – May 8, 2015*

During my visit, I not once heard that there was something my client could not remember! My client had no symptoms/problems!

*4th Treatment – May 12, 2015*

My client is doing well and still has no symptoms/problems!

*5th Treatment – May 17, 2015*

My client is doing well and still has no symptoms/problems!



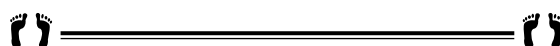
PHOTOS BY Aleksandra Adamak

### Home Training Program

My client’s wife and daughter both decided to learn how to stimulate my client with Facial, Foot and Hand Reflexology—sorensensistem TM—at home. They learned a personalized stimulation program to maintain the good results he had achieved and I look forward to following the progress.

I am very happy with the result—my client, and his family, feel the same! It is quite amazing how quickly the improvement has happened.

Recently, my client began to take “Clear Brain” from *New Nordic* to strengthen normal mental performance. Since then he has not had problems when driving.



# Fantastic results achieved in England with Alzheimer-dementia patients—with Temprana Reflex Therapy ...

by Lone Sorensen

**T**EMPRANA Reflex Therapy is a method that combines Facial, Foot and Hand reflex-therapy techniques.

Temprana Reflex Therapy is for adults and children. It is a therapeutic method for working on the causes of the body's physical, mental, hormonal and brain imbalances.

This method is performed by stimulating points and zones on the surface of the skin - on the face, hands and feet. Using this method, it is possible to adjust imbalances in relation to the individual's needs.

With the manual stimulation of points or zones, it is possible to affect the central nervous system, blood and lymphatic system. Reflex Therapy may help to stimulate, and thereby regulate, organ, hormonal, muscular and brain dysfunctions, and to overcome emotional problems.

The method provides intensive home training programs for adults and children with acquired brain injury and with post-traumatic stress syndrome. It can often make a difference to people who have suffered an acquired brain injury due to cerebral haemorrhage, thrombosis and blows to the head, with consequences such as paralysis, impaired muscle strength, dizziness, balance problems, fatigue and sensory disturbances.

Temprana Reflex therapy is also stunningly beneficial to help aid recovery from various cognitive functions such as concentration and attention, memory, language difficulties, impaired ability to plan, reduced orientation and/or difficulties with problem solving. Also for personality changes related to brain injury: depression, lack of control, control of emotions and decreased initiative and commitment.

Temprana Reflex Therapy acts from the nervous system, which is dynamically changing, plus highly flexible and adaptable, due to the fact that it is always developing new neuronal nets. This flexibility has a high potential to change and this positive change helps Temprana Reflex Therapy, easing and increasing the power of it. Thus, while the sleeping child receives sensitive stimulus and manual treatment, the neurons move, forming neuronal groups that intercommunicate and therefore become like large highways through which the information from the outer world is interpreted from inside, and then it is possible to give an answer.



## Ginger Water

Medical Medium, Anthony William  
[www.medicalmedium.com](http://www.medicalmedium.com)

Ginger water is helpful in aiding in digestion and assimilation and is widely regarded to help prevent colds, flu, motion sickness, and vertigo. Ginger water can also help to alleviate menstrual cramps, nausea, heart burn, migraines, sore throats, exhaustion, fatigue, and constipation and it is great in providing relief from the stomach flu and food poisoning.

It also contains potent anti-inflammatory compounds called gingerols and is a powerful painkiller which makes it especially beneficial for those who suffer with joint, muscle, and nerve pain. Ginger water has incredible immune-boosting and germ fighting abilities and has even been shown to help provide protection and relief from E.coli, Staph infections, and Candida albicans.

### Ginger Water

#### Ingredients

1-2 inches of fresh ginger root  
2-3 cups of water  
1/2 lemon  
raw honey

#### Preparation

Grate the 1–2 inch piece of ginger root. Add 2–3 cups of water and a squeeze of lemon. Sweeten with raw honey. Strain, and enjoy warm or cold. Sip this throughout the day for its powerful protective properties against illness.

# Wilderness Weekend Workshop in Poatina, Tasmania: Reflexology for the young

by Lynda Kidd

What a wonderful workshop! What a wonderful venue! Everything was just perfect—so perfect, it is hard to know where to begin. This should be about the workshop and what we learnt, but part of what we learnt was also connected to the venue. So I am going to begin at the very beginning, as that is a very good place to start!



A small group of us arrived at Poatina on the Friday night to a lovely meal cooked by our very welcoming hosts. The others arrived early Saturday, with the workshop being at full capacity. So there we were in the middle of Tasmania, surrounded by natural land: trees, valleys, mountains and hydro pipes. Yes, this venue housed the workers as they built the hydro pipes in this area, but the serenity and peace there now is inspiring.

Poatina is only a small town but works well, as it's a unique community town that aspires to bring out the best in people who reside there. We felt ourselves (and our crystals) recharging from the moment we arrived, and then Susan Ramsay's presentation just added another dimension to our wilderness healing.

On Saturday, Susan started by sharing her experiences—which covered 'children' from pre-natal to those who are a little bit older than youth, but still young at heart. Susan shared tricks on how to best connect with children before starting a normal session. This included simple things like having pens and paper handy and having some quirky toys to distract them. Beginning the session with questions about the child's day can help them to trust you. If they are there for physical pain, get them to draw where the worst pain is on a picture of the body, using coloured pencils.

We then discussed some of the issues that children may present with when they visit us at our practices. Anxiety was high on the list with ADHD, hormone imbalance, and back, neck and shoulder pain. Their physical pains may be associated with the increased usage of mobile phones and other electronic devices. We also discussed the value of working with reflexology on more than



just the feet. The practical work began with hand work and focused on the areas that related to the issues discussed previously and, in particular, the spine. Working on the hands included a quick lesson on the acupressure points found on the hand. Once again we focused on those points that related to

the spine, shoulders, neck, arms, and legs.

Sunday, we continued the discussions and practical work, which included everyone doing some artistry work as well as thinking about ourselves and who we are. We then discussed and practised reflexology on the ears and feet. The workshop was not complete until we had combined the information we had learnt about hand acupressure, and hand, ear and feet reflexology into a sequence suitable for youth. We then had the pleasure and privilege of practicing and receiving this delightful sequence with each other. The sequence finished off with a lovely Brazilian Toe Massage. This has such a wonderful balancing effect on the body and yet is often overlooked, as there are so many other techniques to use in our sessions.

We learnt a lot that weekend on a personal and professional level. Susan was a wonderful presenter who passed on heaps of helpful information in a friendly and professional manner. And to end where I began, over the weekend some powerful healing happened: not only through the mixture of different reflexology styles and acupressure, but also through the healing atmosphere of that little town, and having time to chat with other members during meals and after dinner. Having the venue in a remote place helped to strengthen friendships and created a bond between members and new students. We gained so much from it that we have decided that the branch needs more social time and time away in venues like

this for weekend workshops, more often. We urge other branches to follow our lead and consider other venues for a weekend workshop and meeting. Let's bring back the social aspect of reflexology! The National Conference is a good example of this on a national level.



# Inaugural Melbourne Autism Expo 2016

by Amanda Barnett Wood

The Victorian members elected to attend the Inaugural Melbourne Autism Expo 2016, on 30 April 2016, to promote Reflexology and our Association. The Melbourne Autism Expo was the brain child of two mothers with children on the autism spectrum. They wished to provide an opportunity for all those touched by Autism Spectrum Disorder to access useful, practical information, products and services related to ASD or which could assist and support those living with ASD.



The journey, for the RAOA Victorian Branch, started with a full day educational workshop arranged for the members to receive valuable insights and information from different speakers coming from different areas of expertise. This workshop was organised for those who wished to volunteer for the actual Expo (attendance was compulsory for them), but was also an excellent opportunity to be used as an educational day to gain CPT points. The day was attended by 32 of our members.

The workshop was kicked off by Josephine Snowdon, an Occupational Therapist, who spoke in depth about sensory processing and autism. Josephine was followed by Robyn Cuthbert, a Registered Nurse and Reflexologist, who gave us a medical perspective on Autism. The day was completed with Nola Granger speaking of her experiences working as a Reflexologist with a client with autism.

Josephine pointed out that mild autism is often overlooked as a behavioural problem. She spoke about the sensory messages from the nose, eyes, mouth and body being interrupted and not processed appropriately by the brain, and that sensory processing at the mid brain level is the basis for development in all children. Those on the spectrum may have delayed or impaired development compared to that which we have come to know as “normal” development. Some people who are within the spectrum can learn to adapt their behaviour to certain stimuli but they will always be living with the disorder.

The different perspectives of the three speakers were fascinating, educational and quite empowering. Many of the members present had not had exposure nor had the

opportunity to work with clients with ASD. Questions regarding the cause, treatment and how to work with a person within the spectrum were fast and furious.

The final outcome of the two days was that the client is always in control and that we must work within their comfort zone, work gently and be prepared that when there

is progress, there are always troughs. Once treatments have started, the client will gradually be more accepting, and behaviour during a session will become easier over time. It is always important to give the client support and know that eventually they will become more settled over the course of the treatments.

Finally the anticipated day came. The organisers expected 200 to attend. Prior to opening the doors they had pre-sold 2,000 tickets, with more waiting outside to purchase tickets on the day – some queuing for up to 2 hours, which wasn't ideal, but showed that expos like these are sorely needed.

We had 10 volunteers helping throughout the day and our members were kept busy with enquiries and answering questions at our information table. A ‘Break Out Room’ was set up for those visitors who were curious and willing to receive a taste of what the different organisations and practitioners had on offer. We set up three Lafuma chairs, one massage table, and a chair with a stool with a foot bar for those who didn't want to lie down. The volunteers were in demand and even as the doors closed, the organisers were sending people away.

It was busy everywhere (a little overwhelming at times) and the ‘Break Out Room’—which was supposed to be quiet—but was not at all, as there were activities organised for the participation of the children. Nonetheless, our volunteers worked wonders and the noise didn't appear to affect those receiving. We worked on children who had never experienced touch with strangers in the way we were able to provide. The response from the parents was delightful as they were amazed, not only by how their children reacted, but also by how they themselves felt during and after a short treatment.



Continued on page 20

We worked on the young to the very old, with what appeared to have been carers and parents taking the main advantage of what we had on offer. That in itself was a fantastic opportunity to share Reflexology with others and for them to experience firsthand what can be achieved in a very short time.

We had many wonderful experiences, including one mother with a very small child who also was an amputee. During her session, the baby woke up. Undaunted, the

mother placed the child on her chest; after a few whimpers the child fell back to sleep to allow the mother to complete her session. In a very noisy room, this showed that Mum was relaxed and so bub chose to drift back off to sleep, soaking in the wonderful energy Mum was emitting.

It was obvious from our time at the Melbourne Autism Expo that there is a real opportunity (and need) for the Association to attend these types of functions. The Victorian members are keen to attend the Expo again next year and we congratulate Anne Hilarius-Ford for all her hard work in getting the whole thing started and keeping it on track.



# AUSTRALIAN REFLEXOLOGY CONFERENCE

Presented by the Reflexology Association of Australia

## 2016

**14th–16th October**

**Ascot Quays,  
Great Eastern Highway, Ascot  
Perth, WA**

**International Speakers:**

**Lone Sorensen  
Mauricio (Moshe)  
Kruchik**

**REGISTRATIONS OPEN NOW!**

<http://www.raoaconference.com/registration>

**EARLY BIRD RATE**

**CLOSES 14TH JULY 2016**



by Karen Bishop

The National Reflexology Conference which will be held on 14th – 16th October in Perth, Western Australia, is fast approaching. With less than 6 months to go, our Conference Committee has been working hard and is looking forward to presenting an inspiring and unique conference.

We invite you to come and celebrate our 'Diversity in Harmony' Conference and immerse yourselves in the variety and different aspects of Reflexology. This is also an opportunity to connect with new people or renew friendships with other therapists. We will offer you a range of learning and the opportunity to share experiences: the speakers will cover a selection of Reflexology, and other associated topics, which will undoubtedly enhance your work and knowledge.

Our main presenters are Lone Sorensen and Mauricio (Moshe) Kruchik who both have a wealth and diversity of knowledge within Reflexology. These presenters will also be hosting post-workshops, so please bear this in mind when booking flights.

At the conference we will have a fantastic range of other presenters/workshops to choose from. Some of these topics will include: Reflexology for Carers, Living Fearlessly,

Encouraging our Clients to Explore the Paths of Wellness, Muscular-Skeletal Reflexology, Reflexology for the Young, Measurement and Responses to Clinical Reflexology, and many other aspects.

Our theme and colors typify the orange and red land with the clear, blue ocean of Western Australia. Our opening ceremony will include a didgeridoo performance which will again encompass our theme. As many of you may not have had the opportunity before to visit Perth we strongly encourage you to come over and enjoy the many aspects of this amazing city. It is one of the sunniest capitals in the world, with fantastic beaches and a beautiful landscape. Make this a holiday too!

There will be an opportunity to dress as diversely or in harmony as you wish. You may also like to encompass our colours of yellow, red and blue, but we leave this up to your own imagination. The dinner is optional.

The Early Bird Rate closes on 14th July 2016, so please take up this opportunity. We look forward to sharing and spreading the knowledge of Reflexology <http://www.raoconference.com/registration>



christine lynne stormer-fryer

**Chris Stormer-Fryer brings the Universal Technique to Australia in Feb/March 2017**

An author of seven books, Chris Stormer Fryer brings this popular technique back to Australia to teach all reflexologists.

**Register your interest NOW**

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**Join us in Sydney 2017**

**Ayurvedic Reflexology  
with Sharon Stathis RN**

**SMART 1 for the FEET**  
**Two days - 25, 26 February**

**SMART 2 for the HANDS**  
**One day - 27 February**  
(Prerequisite: SMART 1)

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**[www.ayurvedicreflexology.com](http://www.ayurvedicreflexology.com)**

# STATE MATTERS

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A hearty greeting to you all!

The SA Committee met in early March for a branch meeting aimed at addressing our state matters.

We had an excellent attendance of committed people, and everyone contributed with their thoughts and advice in response to topics listed in our agenda.

In the 'general business', we discussed many topics including:

- ◆ discussions in regard to our presenters and topics for workshops held in SA;
- ◆ the 2018 National Conference;
- ◆ volunteers;
- ◆ engagement with members;
- ◆ events;
- ◆ CPT points; and
- ◆ fundraising.

We have locked in the time frame for our events in 2016 and these have been published in the South Australian Footnotes publication.

With strong committee support, all looks really positive for Reflexology in SA in 2016.

*Mark Parsons*

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## SOUTH AUSTRALIA



## TASMANIA

As this magazine goes off to the printers we are preparing for the next ABM. We thank those who took on the challenge over this last year. We are looking forward to a new set of members offering their support in running the branch by volunteering to take on positions as chair, secretary, treasurer and program organiser. We are also looking forward to finalising presenters for the following year.

We had four wonderful workshops this past year, especially the Wilderness Weekend in Poatina. Special thanks to Bess for organising this and Susan for passing on so much knowledge about Reflexology for the Young. Our May workshop will be on Sound Therapy which we can incorporate into our reflexology sessions.

*Lynda Kidd*

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## VICTORIA



By the time you are reading this, Victoria will have had their ABM day and I am sure it will have been a great day for all.

On the weekend of 30 April, Anne Hilarius-Ford and her group of volunteer Reflexologists had an amazing day at the Inaugural Autism Expo, which was organised by two mothers with autistic children. People queued up for hours

to get in, and both children and parents enjoyed our reflexologists' touch. Some children had never had a stranger touch them before. (See article on page 19.)

A VERY BIG thank you to Anne, and Amanda Barnett Wood, for your amazing work in putting this together and everyone else who was involved in the day.

This is why we all love to do reflexology!

*Karyl McGlenn*

---

Wow time flies when you are having fun! I truly can't believe that another year has flown past already and we embrace a new committee from our ABM.

I want to take this time to acknowledge all of the hard work of the 2015/2016 committee. Welcome to new members taking on roles. This really is an integral part of allowing ourselves to grow our businesses and gain opportunities to network within our industry.

We have had to rotate the chairperson role this year, with great success. It's been wonderful to see other committee members "trying on the role" and its been supported wonderfully by Tony Pullin, who has enabled some stability in the committee with his contributions whilst also gaining a well-earned step back from the role. Trust me, he's busy with his role on the Board of Directors - so not quite taking a total step back!

I also want to acknowledge our amazing secretary, Anne Moorcroft, who has also kept the consistency of our



## NEW SOUTH WALES

meetings in her role as secretary. Thank you for your continuing commitment to the committee.

We are currently working towards gaining volunteers for the October MBS in Sydney, our annual event that can earn members CPT points, over 4 days.

I can't wait to catch up with all of our regular volunteers who meet at this event. I would encourage any new members to volunteer, as its a lot of fun and you get to work alongside some long-standing members who have a wealth of knowledge.

As a practitioner, I always love this event to spread the word about reflexology. It's the sight when someone has a tester session and is blown away with how amazing our modality is, that creates the enthusiasm I bring back to my practice.

Please refer to our calendar of events for other CPT opportunities. Looking forward to seeing all members at our next general meeting.

*Karen Riley*

Hi all,  
We have just held our last Study Day for the 2015/2016 financial year. What a great day!! Thank you to all those who attended and participated in the day.

I would like to say a huge THANK YOU to each and every one of you for the year just finished. On the same day as our last study day we also held our ABM. A new committee has been welcomed and has some fresh ideas for the year ahead.

It was great to see many people participating from all around our great big state, with a few members travelling all the way from their home towns (anything up to 8 hours away) to join us in the city: and those who were able to attend from around the state and interstate with the help



## WESTERN AUSTRALIA

of technology. This means soo many more opportunities for us to engage with all of our members.

The year ahead looks to be an exciting one—fresh inspiration, committed members, and of course the Conference being held in our very own State. We cannot wait to welcome our friends and families from around the country and the world to this event. We hope you all have your tickets.

We have another workshop coming up this month – the MLD workshop run by Jan Douglass. I know a few are counting down the days to this workshop.

It all seems to be happening here in WA. We hope to see you all soon.

Thanks,

*from Team WA*

Hi everyone,  
Just a quick few lines to give some insight into what Reflexology in Queensland has been up to!

We have an ABM just around the corner which includes some really valuable speakers and topics, with the focus on: Diabetes, circulation and the use of Essential Oils that complement our focus. This also brings us to the place of considering nominating and possibly availing ourselves for positions on the Queensland branch committee for the forthcoming year. Skype and social media have made our world very small, which now could encourage those further afield than Brisbane Central to be of some value and



## QUEENSLAND

assistance, being mindful that no one really has time for another "job"—but it can be a very rewarding exercise and a great learning experience.

We have just had a very pleasant and successful MindBodySpirit Expo experience, however are looking for a wider more specific audience that could carry a CPT component for therapists as well, for the coming year.

As we travel forward into coming days, may we ever be mindful of the fact that ...

*The highest form of wisdom is kindness*

– by The Talmud

*Linda Williams*



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## Attention contributors to FootPrints

The Guide to Authors of articles for FootPrints has been removed from the quarterly magazine and relocated onto the website [www.reflexology.org.au/fp-contributors](http://www.reflexology.org.au/fp-contributors). If you would like to contribute an article or advertisement to appear in a future issue of the Australian quarterly magazine 'FootPrints', please take time to read the 'Guide to Authors' and 'Advertising Policy'.

If you need more information on contributing to FootPrints, please don't hesitate to email the current Editor of Footprints: [footprints.articles@reflexology.org.au](mailto:footprints.articles@reflexology.org.au)

The Reflexology Association of Australia is committed to the belief that reflexology can be of great benefit to the health of all Australians. It publishes a referral register on its website ([www.reflexology.org.au](http://www.reflexology.org.au)) and has a referral phone service (1300 733 711) for members of the public who wish to consult a qualified practitioner.

## Board of Directors 2015–2016

Please know that Directors can be contacted to clarify concerns

**President:** Sonia Bailey

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# Two **100% hands-on** workshops with Mauricio (Moshe) Kruchik: in Perth



## PRE CONFERENCE

**13<sup>th</sup> OCTOBER 2016**

**Advanced Maternity Reflexology  
Techniques for Pregnancy**

## POST CONFERENCE

**17<sup>th</sup> & 18<sup>th</sup> OCTOBER 2016**

**Reflexology for the Treatment of Pain**

### REFLEXOLOGY FOR THE TREATMENT OF PAIN (TWO DAYS) 14 CPT – Activity 1

This course introduces a completely *NEW* concept of treating pain, empowering *PLEASURE*.

Through a very friendly methodology, and specific techniques for different kinds of pain, you will get quick and amazing therapeutic results with long term benefit for your patients. These *INNOVATIVE* techniques include Reflexology with ICE, Reflexology in Motion and a wide array of effective techniques for the treatment of Migraine, PMT, Plantar Fasciitis, IBD, Joint Pain and many more..

### ADVANCED MATERNITY REFLEXOLOGY TECHNIQUES FOR PREGNANCY, BIRTH AND THE PUERPERIUM (ONE DAY)

We will train techniques that allow us to cope with the consequences of changes in pregnancy (hormonal, anatomical, physiological, metabolic) so we can know exactly what to do and how to plan a course of treatment during pregnancy, from the very beginning of pregnancy, the preparation of birth and helping with lactation.

The techniques include: how to effectively and quickly treat swollen legs and other swelling processes (Hemorrhoids, Carpal Tunnel Syndrome, Vulvar Varices), Morning Sickness, Heartburn, and how to promote birth. **7 CPT – Activity 1**

**Schedule:** from 9:30 AM to 5:30 PM each day

**Venue:** Ascot Quays Apartment Hotel, Perth

**Material:** Free. It will be sent to the participants prior to the course in PDF format.

**Registration for the two workshops:**  
10% reduction.

For more information and registrations,  
please email Mauricio Kruchik: [isreflexology@gmail.com](mailto:isreflexology@gmail.com)

REGISTRATION / WORKSHOP	EARLY BIRD UNTIL JULY 15 <sup>TH</sup>	NORMAL FEE, UNTIL SEPT. 1 <sup>ST</sup>	LATE FEE
PAIN	\$ 450	\$ 480	\$ 530
MATERNITY	\$ 250	\$ 280	\$ 310

# Reflexology Association of Australia

**VISION for Reflexology:** Reflexology is to be recognised as a major component of an integrated health care system.

**VISION for the Association:** The Reflexology Association of Australia is a leader in integrated health care systems.

**MISSION:** Develop and promote the quality of our practitioners and advance the safe and beneficial contribution of Reflexology to the health of the community.

**We will achieve our mission by:**

- Maintaining a viable and sustainable association.
- Maintaining high levels of training and qualifications.
- Promoting awareness, understanding and usage of reflexology in the general community and the health sector.
- Providing a professional support structure for members.
- Representing and advocating for members in the public, government and health arenas.
- Facilitating, supporting and engaging in research.
- Increasing membership and retaining existing members.

## *A word on insurances for volunteering at MBS, or any Branch or member-organised health expo or event*

RAoA has Public Liability and Professional Indemnity Insurance that covers members attending RAOA organised events but this does not cover any services or advice given at such events. Therefore, members are required to have their own Public Liability and Professional Indemnity insurance if they are volunteering to perform professional services at these events. This includes delivering treatments or giving professional advice at expos and the like.

If any member (PM, IM or AM) chooses to attend non-RAoA events to promote reflexology and their own business, they will be required to provide their own Public Liability and Professional Indemnity insurance cover.

IM's and AM's who are qualified reflexologists and wish to volunteer their services at RAOA events will need to provide the RAOA office with evidence of these insurances before the event, as we may not have these records on file.

IM's and AM's who are qualified but do not have, or have not forwarded copies of both of these insurance covers to National Office, are more than welcome to attend and assist on the RAOA stall, but will not be able to perform treatments or provide professional advice at RAOA events.

Dear Reader,

FootPrints issue dates and deadlines are changing.

March issue changes to April—  
*New deadline* 1 March

June issue changes to July—  
*New deadline* 1 June

September issue changes to October—  
*New deadline* 1 September

December issue changes to January—  
*New deadline* 1 December

The deadline for the next issue (October 2016) will be 1 September 2016.

Please contact [marketing@reflexology.org.au](mailto:marketing@reflexology.org.au) for any advertisement inquiries.

Thank you for your continuing support of FootPrints. Happy Reading!

*Yuri Fukuzawa*  
Marketing Manager

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