

# FootPrints

The Journal of the Reflexology Association of Australia



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

June 2015

Volume 19 No. 2

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## From the President's desk

Hello and welcome to another exciting chapter in the world of Reflexology!

So far we have no definite news regarding the Health Fund Rebate review, only a newspaper advertisement from the Federal Health Minister, Sussan Ley, in *The Australian* on 12<sup>th</sup> March 2015, saying that things may stay the same. So then, life goes on as normal and we can hopefully make some inroads with more health funds covering Reflexology. We will certainly be working on it!

It seems that the theme for the past few months has been change, with many of us making or going through changes on a personal or business level, or both. On this note I'd like to thank two people in our RAOA community who have been putting in 100% effort over the past three to four years to bring us reflexology news and keep us up to date, but who are now moving on to new experiences in their lives:

1. Many thanks to Helen Adendorff who has been our FootPrints Editor. It is a big task in itself to receive and vet articles and it takes a substantial amount of time, especially just prior to publication when everything comes together. Thank you Helen for all your time, effort and dedication in ensuring we have had a great magazine! As one door closes, another opens, and I'd like everyone to welcome Cecily Rose to the position of FootPrints Editor. I look forward to working with you and hope you find the role rewarding and interesting. Working alongside Cecily is Lesley Grahame, our new Marketing expert in the RAOA office, who will be taking care of FootPrints' advertising. Please also make Lesley very welcome.
2. Many thanks to Kate McKnight for her tireless efforts as our Facebook (FB) Moderator (even checking in while on holidays!). Kate has helped grow our FB page from the hundreds into the thousands, welcoming new 'likers' to our page and promoting Reflexology articles. Thank you Kate. We really appreciate all your time and dedication to our FB page, and growing of the Reflexology community!

Please also welcome Emily Kidd, a new Director, who has recently taken over from Kate as our FB Moderator. Contact with Emily regarding articles or suggestions for FB can be made via email to [facebook@reflexology.org.au](mailto:facebook@reflexology.org.au), directly via FB itself, or through the office on [admin@reflexology.org.au](mailto:admin@reflexology.org.au). If you have a FB page, please ensure you help grow our community and 'like' the RAOA page. Social Media will only grow and FB is a great way to interact with many, many people – many more than we can reach in other media options.

Other changes are currently being discussed within the RAOA State Branches. We're looking for solutions to streamline the way we do our operations. The aim is to make the running of the national company smoother and to ensure we put our effort into growing and marketing our modality, while maintaining the integrity of our reflexology community. We have a great network of friends throughout the RAOA, much more than I've ever seen in any other modality. I'd like to think that as we look to the future, and make changes, these friendships will remain strong. Perhaps as you read this, the ball may have already started rolling on these changes?

In the last issue, I spoke about joining a committee. No word from any members yet! I encourage you to please consider joining in the effort to grow and market Reflexology by joining the 'movers and shakers' in our organisation, the national sub-committees – Research, CPT, Education, Promotions/Marketing, Finance, and Conference. These committees, being open to all members nationally, meet with any other local committee members (together in one location) and link up with the other members via Skype. Please contact any Director for more information or answers to questions.

Last, but certainly not least, I'd like everyone to give a huge thank you to retiring Directors, Heather Edwards and Susan Ramsey. 'Thanks' does not seem enough justice for all the time and effort you have both put into your roles as Director, let alone what you also do for your branches and members nationally. We are all very grateful, and wish you both an enjoyable future, knowing you have made some significant contributions to the RAOA.

Sonia Bailey



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 Front cover: "Touch" from Kate McKnight Photography (c) 2006.

# Using TCM (Traditional Chinese Medicine) with Reflexology

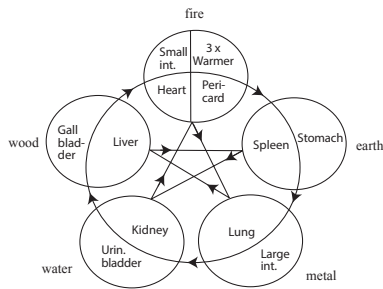
A review of the Adelaide Workshop presented by Sue Ehinger from the Australian School of Reflexology (21st to 22nd February 2015)

by Helen Windus

In this workshop, Sue Ehinger eloquently unpacked some basic principles of TCM, and demonstrated techniques and processes to integrate this information into a reflexology session to help balance a client's body's chi or vital energy.

The foundations of TCM learnt included:

- ◆ Yin and Yang principles;
- ◆ The Meridians (like electric currents) of the body that correspond to particular organs that they run through;
- ◆ The aspects and characteristics of the 5 elements (Wood, Fire, Earth, Metal and Water);
- ◆ The 24 hour Meridian Clock—each system has a peak time of activation depending on the time of day or night, for example the Stomach Meridian is stronger between 7am and 9am;
- ◆ Muscle pain/ailments/symptoms and headache pain patterns can relate to particular meridians too.



Sue pointed out that some of the most powerful acupressure points can be found below the knee. The meridians of the Spleen – Pancreas/Stomach; Liver – Gall

Bladder; Kidney – Bladder can be found ending or beginning on the toes. So treating the lower legs and feet, moving along these meridians on the lower legs and feet, taking care to work in a set direction following the energy flow and reflex points, can achieve a powerful balancing effect.

Equipped with these TCM principles we then had opportunity to **assess** a client's case history, particularly looking at all the symptoms presented from a TCM perspective and evaluating which meridians seemed to be most affected. These meridians were then the focus of **formulating a treatment plan**.

We then learnt to **apply** a specific 50-minute treatment, linking techniques involving the Five Element System and the foot reflexes, as well as utilizing the 24 hour clock to start at the meridian system that is at the highest activation at the particular time of day the treatment occurs.

Another technique included "Meridian Brushing" which is using your fingertips along the meridian just above the body, which was very subtle yet powerful.

So much enthusiasm was created from the workshop that a group has already met up since the workshop, on 14th March, to practice the techniques shown by Sue. Anne Taylor generously offered a place for the group to practice, and a bimonthly arrangement has been formed. Thanks Anne!!



*It feels so strange that I sit here today to write a Farewell article to the readers of Footprints both in Australia and world wide.*

*I have lived, slept, dreamed and at times spent what feels like nearly every waking moment thinking of Footprints ... articles, deadlines, contributors, advertising, cover photos ... the next issue. It has been a huge part of my life that I have enjoyed immensely. Trying to figure out what you would like to read and find interesting as well as educational, together with the latest research and inspiration for our reflexology clinics and patients. I have had the pleasure of liaising with world leaders in the reflexology research field as well as wonderful local reflexologists who are making a difference in our community. I always felt inspired and uplifted by the good we do as reflexologists and caring community members.*

*It is with some regret that I hand over to a new Editor, as with everything the time comes to move on. The universe sends a strong signal that the time is NOW and I was so 'lucky' that Cecily came along with her passion as a newly graduated reflexologist, eager to learn and take over the Editorship of Footprints.*

*It has been a big 3 months for us both, however this issue is Cecily's first and my last. I would like to thank you all for being so supportive, for contributing articles, asking questions, giving feedback. Margaret – our typesetter with amazing skills and experience, thanks to Heather for assisting me during the early days, we jumped in both feet first, only with a thirst to impart knowledge and Jenn in the office for assisting me generously with anything I required. I know we are all supporting Cecily as I hand over the reigns.*

*I look forward to reading the next Footprints as an observer, and am already eagerly awaiting a proof!*

*May you all continue to remain inspired and your clinics keep on growing as reflexology continues to amaze.*  
*Regards*

*Helen*

# Get the most out of your CPT points

## Brisbane and Melbourne courses Facial Reflexology Sorensensistem™ with Sue Ehinger

“Sue, I just wanted to thank you so much for everything. I can't quite believe my luck in finding you and this course, as it is exactly what I wanted to be doing.

Over the years, I have studied at University, TAFE and completed diploma courses. I wanted to let you know that I have never had a lecturer who has delivered a course and skill as you do. I can say quite truthfully that I have sat for eight days and been completely enthralled with your knowledge and understanding of the human body. It is very rare to hold an audience as you do.

I thank you for your time, energy and willingness to share your passion with others.”

**Adele Williamson, Sydney**



“I have been using Facial Reflexology with my clients at the Cancer Care Centre for the past five months. The results are amazing. One client with secondaries in lung and adrenals has no tumours now. The oncologist says it is 'spontaneous remission'.

This man had been told he was dying and all treatment was stopped six months ago.

Also a lady who has had leukaemia for six years is now fine! The doctors are baffled, now saying maybe she never had it in the first place. I've been treating this woman for five months.”

**Sharon Grant, Queensland**

.....  
**Melbourne dates, 2015**

Parts 1 & 2: Jul 24-27

Parts 3 & 4: Nov 13-16  
.....

**Brisbane dates, 2015**

Parts 1 & 2: Aug 21-24



Sue Ehinger, founder and principal of Australian School of Reflexology, is totally committed to excellence in reflexology training.

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Have you ever been asked to do a Presentation on Reflexology and didn't know where to start?

This may be your answer!

Sonia Bailey wrote this article to go into a magazine. You could use all or parts of Sonia's explanation of Reflexology as set out below ...

# Reflexology: A step in the right direction for health and wellbeing

by Sonia Bailey

In Part 1, Sonia outlined what Reflexology is in light of various studies, and introduced some reflex stimulation techniques. Continued here are some Reflexology 'First Aid' tips and Testimonials ...

**Part 2 of an article by Sonia Bailey that was written for another magazine and printed in March issue of Footprints.**

**Head Cold/Sinus congestion:**

press along from tip to base of toes/fingers and thumbs, and also massage down the toes/fingers to encourage the congestion to move from the

## Some Reflexology 'first aid' tips:

**Asthma:** press in both feet (the ball and heel areas) and/or hands (upper palm and lower heel of palm).

**Constipation:** press heels of both feet/both hands. It is also good to massage in a clockwise direction, to stimulate movement.

**Cough:** press the balls of the feet in both feet and in the upper palms of both feet. The Adrenal glands are good to press as well to help the body fight infection ... they will be sore to touch and easy to find – (feet) on the bottom of each foot, located in the hollow under the 'bunion'/big toe joint; (hands) located half-way along the bony ridge between thumb and wrist, just the inside palm area. Another help can be Vicks/Eucalyptus/Tea Tree/Garlic (whatever you prefer as a decongestant). Rub on the balls of the feet – this will encourage the absorption into the body, directly into the lungs to help clear congestion.

**Diarrhoea/Tummy bug:** press heels of both feet/both hands. Also good to massage in an anti-clockwise direction, to slow down and reduce movement.

**Ear Infection:** only one side may be sore – press along the 4th and 5th toes/fingers mainly, but all toes good to press and massage in downwards motion – to clear the ear canals. You may find that the toes on the side the ear is inflamed are quite tender. Go gently, as even very gentle pressure has a healing effect. Adrenal glands are good to press as well to help the body fight infection ... they will be sore to touch and easy to find – (feet) on the bottom of each foot, located in the hollow under the 'bunion'/big toe joint; (hands) located half-way along the bony ridge between thumb and wrist, just the inside palm area. Where it's tender is usually a good place to go over more regularly, as this is indicating the reflex that corresponds to help the area best; again press as firmly as possible without causing pain.

**Fever/Hot Flushes/Chills:** press and hold firmly, with the tip of your thumb, the centre of the thumb/big toes, in the centre-behind-the-nail. You may feel a tiny 'bump'. If you hold it firmly upwards to a minute, you will notice changes in the person you are doing this to either with a thermometer before and after, or by their visible comfort (reduction in chill/hot flush/fever). If you are doing this to yourself, just hold one side and then the other.

head into the lymph drainage duct, then: (feet) press with thumb and forefinger between base of the big toe and second toe; (hands) press thumb and forefinger all over webbing between thumb and forefinger (lymph drainage duct). Adrenal glands are good to press as well to help the body fight infection ... they will be sore to touch and easy to find – (feet) on the bottom of each foot, located in the hollow under the 'bunion'/big toe joint; (hands) located half-way along the bony ridge between thumb and wrist, just the inside palm area.

**Headaches:** press head (toes/fingers and thumbs) and neck reflexes (spine on side of big toes or thumbs) and sometimes digestive reflexes if the headache relates to food intake (feet – both arches and heels; hands – both palms).

**Heel Spurs:** rub your heel over a golf ball or use the knuckle of your index finger to press and rotate, as firmly as you can stand it, as often as possible (usually morning and night): both will help to dissolve the calcium build-up in your heel. The sooner you get to it, the better, but if you've had one for a while and it's quite a large lump that you can feel in your heel, it may take working it every day for a couple of weeks to dissolve it away completely. Spurs don't need to be surgically removed.

**Menstrual Cramps/PMT:** press and hold firmly, with the tip of your thumb, the centre of the thumb/big toes, in the centre-behind-the-nail. You may feel a tiny 'bump'. Also the uterus reflex area: press (feet) under both heels and all over inside-side of the heel and up above the ankle, for about four finger-widths; (hands) press both heels of the palm and sides and around both wrists. Depending on the stress of the person (either yourself or another), you may feel like pressing/massaging all over either their feet/hands to help relax the whole body. It doesn't need to last too long. Where it's tender is usually a good place to go over more regularly, as this is indicating the reflex that corresponds to help the area best; again press as firmly as possible without causing pain.

**Sore back:** press on both feet/hands along the bony ridge of the spine reflex. If you put your feet together/hands together (palms together & thumb to thumb), like joining the two halves of your body, the spine runs down the middle, and so it does on your feet/hands ... just follow

Continued on page 5

the bony line from toe to heel on the in-'side' of your feet and hands ... the bony ridge on side of thumb to across base of palm where the edges touch. Toes/thumbs and fingers are at the top of the spine and the base of heel/outside edge of the palm (below the little finger) is the base of the spine. The sore spots there will correspond to where your back is sore; upper back, upper spine reflex along the side of the upper arch area; lower back, lower spine reflex on the heel. The reflexes can be quite sore here, so press as firmly as possible without causing pain. Adrenal glands are also good to press to help relieve pain in the body ... they will be sore to touch and easy to find - (feet) on the bottom of each foot, located in the hollow under the 'bunion'/big toe joint; (hands) located half-way along the bony ridge between thumb and wrist, just the inside palm area. Where it's tender is usually a good place to go over more regularly, as this is indicating the reflex that corresponds to help the area best. Again press as firmly as possible without causing pain.

**Sore Throat:** same as for 'head cold/congestion', although focusing more towards the base of the toes/fingers and thumbs – especially base of the big toes/thumbs. Where it's tender is usually a good place to go over more regularly, as this is indicating the reflex that corresponds to help the area best. Again press as firmly as possible without causing pain.

With reflexology you are offering a loving service to those you touch. The effect of human touch can be more therapeutic than any other form of healing. It's a shame that in our society that there are medical personnel that do not touch, or counsellors that are told they're not allowed to touch because of legal reasons.

Reflexology is great for ALL ages, rich and poor alike ... if you have a body then Reflexology is good for you 😊! And you don't have to be sick to receive the benefits of Reflexology ... it helps to keep you as healthy as your body can be, and your body working in the best possible way it can. Reflexology is a great way to maintain your body's health and wellbeing, and could save you some doctors' bills; see some of the testimonials at the end to see how Reflexology has helped keep people from becoming sick.

Reflexology is never harmful; however it will stimulate the body to activate its own healing abilities. Healing can sometimes be accompanied by some kind of reaction and things may seem to get worse before they get better, usually within the first 48 hours after treatment. You are not getting sick from the treatment; your body is healing by releasing, or detoxing, from what had been held in the body. All reactions can be seen as a healing reaction, even if the reaction seems to be unpleasant, such as: mucus discharge from sinuses and throat (cold/flu-like symptoms), bowel movements increase or become more regular; the kidneys are activated, creating heavy smelly urine or more frequent urination; emotional outbursts, headaches, etc. Anywhere the body has been a bit sluggish, or ailments have been suppressed, has been encouraged to be removed by the stimulation of the reflexes.

Reflexology, stimulation of the reflexes, cannot make a body do what is not natural for that body. For instance, the thought and intention of the Reflexologist is to bring about harmony and balance and a state of well-being to the person, to improve what was out of balance, or homeostasis, in the body. Therefore, no two people receive the same response or healing effect because no two people are the same.

If you've never tried Reflexology before because you didn't understand the full depth of the benefits, find a professional Reflexologist in your area on the Reflexology Association of Australia's website: [www.reflexology.org.au](http://www.reflexology.org.au) and 'search for a practitioner'. All professional Reflexologists on this website are dedicated to helping improve your health and wellbeing through Reflexology. Some others that claim to do Reflexology, may only have done one subject in their entire course of study, e.g. an extra subject added to their full massage course, and have not undergone lengthy training in Reflexology.

#### **A typical Reflexology session usually lasts 30–60 minutes duration**

- ✓ A detailed medical history is taken at your first appointment.
- ✓ The therapist will first gently relax the feet.
- ✓ Pressure will be adjusted to your level of sensitivity.
- ✓ A personalised program will be created to suit you.

You are whole and complete just as you are ... however it's important to listen to your body when there is tiredness or ache and pains – that's an indication for you to stop and listen and think 'how did I create this ... how can I help it'. We recover much easier and much quicker if we get to it early. I've learned that stress plays a really big part in creating tension in the body, and that tension could manifest in a variety of ways and could ultimately cause some sort of disease. I've learned that pain can often cause more stress and tension in the body, so finding ways to both alleviate pain and bring relaxation is particularly useful for those who had been suffering with chronic pain or illness.

I've learned that foot/hand/ear/face reflexology charts are quite accurate and that the reflexes in the feet/hands/ears/face could become particularly sensitive if there were areas of greater stress in the body. I've learned that when you work the feet/hands/ears/face, you can relax, ease pain and discomfort, and bring balance back, often within a very short period of time.

There are books you can buy on Reflexology from the Reflexology Association of Australia; you can also become an Associate Member of the Reflexology Association and receive the quarterly magazine 'Footprints'. You can find the Reflexology Association of Australia on the internet: [www.reflexology.org.au](http://www.reflexology.org.au) or by calling 1300 733 711.

Very few Health Funds in Australia cover Reflexology. There are 38 Health Funds in Australia. If your Fund doesn't include reflexology please help by contacting your Health Fund – there are standard letters available from the Reflexology Association's website. The Reflexology Association of Australia has been trying for many years

to include more Health Funds that cover reflexology – please help us to help you by requesting your Funds that reflexology be covered. This small act helps many people.

I hope this discussion on Reflexology helps you to understand that your feet and hands aren't just things hanging on the end of your limbs; they are very useful in helping maintain good health and wellbeing in your body. Reflexology is a complementary, natural, drug-free therapy that can benefit you at any age or time in your life.

The following passage comes from a book belonging to Eunice Ingham entitled 'Health or How to Live' which was published in 1865:

*"It may be truly said that if the feet are kept in perfect health, no organ in the body can be unhealthy ... If one will be sure to keep his feet in an entire state of health, he may be certain that he cannot be sick in any department of his systems".*

**PS** Keep a look out for your local Reflexologist in your community during World Reflexology Week – every year – the last full week in September.

#### **TESTIMONIALS from various Professional Reflexology Practitioners' Clients:**

**GB** (8.5.09): 'I have been a sufferer from bronchitis from a very early age, also high blood pressure for 40 years since the birth of my second child and an underactive thyroid for 20 years. I investigated the benefits of reflexology to give me some relief from a severe sinus attack. I started treatments on 3<sup>rd</sup> March 2008. I have had regular fortnightly treatments ever since. The results have been amazing. For the first time in my memory I have gone through a winter season without a serious chest infection. Infections over the years have seen me hospitalised numerous times. I have been recording lower blood pressure readings consistently over the last few months so much so that my medication has been halved. My thyroid is now on the high side of normal so medication changes for this are now likely. I can only put these results down to regular reflexology treatments because my lifestyle now is busier than it has ever been because my overall health is so much better. Reflexology has been the only regular treatment that I have received so I can only assume that this has been very beneficial to my wellbeing.'

**HEB** (23.4.09): 'At 88 years of age, I have experienced many medical problems. For some time now, I have been unable to walk properly, through lack of circulation to my legs, reducing me to just a hobble. I decided to try Reflexology. Regular treatment has enabled me to start walking well again, and the colour in my legs has returned to normal. It has also helped with my breathing problems, relieving the pain from the lungs as I suffer from emphysema. My general wellbeing has improved immensely as a result of these treatments.'

**MP** aged 86 (24.4.09): 'Within 24/48 hours of first treatment, I experienced a weight had been lifted from my body – mentally and physically. Tension was released – thoughts of well being along with more alert

attitude, followed slowly but surely. My system had to adjust to better communications within – so I waited for a few months to reassess before second treatment after which I noted sustained positive desires for better interaction with people. I don't have prolonged periods of tiredness or sluggish reactions. All the above didn't happen spontaneously – some better than others, eg blood circulation. Sleep pattern has improved – daytime naps are not so regularly necessary – maybe shorter and fewer. Caution is uppermost not to over expect a magic wand - some parts of system have worn out – full stop – but this therapy improves communication within and without. More visits are planned.'

**NK** (25.5.09) – 'I have suffered with a noticeable anxiety tremor to both hands and head for quite some time and decided to seek Reflexology to balance this condition. I had my first treatment on 10/11/2008 and enjoyed it but then had a 'flare up of symptoms' which my Reflexology therapist assured me would settle with regular treatments. This has been the case as I firstly began with six weekly reflexology treatments and during this time was encouraged to make dietary changes and to introduce regular walking to improve my wellbeing. I now participate in fortnightly reflexology treatments, have changed my diet and now have the energy to participate in lengthy walks. I therefore highly recommend regular reflexology as a way to manage a health condition and improve wellbeing without medication.'



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**Formulated and presented by Vera Emmi (PM RAoA)**

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# Reflexology and Fibromyalgia

by Mario Demetriou MAR CNHC

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[www.facebook.com/headtotoereflexology](http://www.facebook.com/headtotoereflexology)

Fibromyalgia is a word that I have heard quite a lot of in the last few years, but one I had never heard of until my 36 year old cousin and client told me she had been suffering with for years.

In fact it was Marina who took me to Cyprus in October 2011 to talk about Reflexology and how it might help people suffering with Fibromyalgia. With the help of Tracey Smith and her explanation of the paper "**Effects of reflexology on fibromyalgia symptoms: a multiple case study.**" (Gunnarsdottir TJ1, Peden-McAlpine C.), I started to delve into the world of Fibromyalgia.

Fibromyalgia is a rheumatic condition characterized by muscular or musculoskeletal pain with stiffness and localized tenderness at specific points on the body. It is a collection of symptoms that vary from person to person and in different degrees.

Symptoms:

- ◆ increased sensitivity to pain
- ◆ fatigue (extreme tiredness)
- ◆ muscle stiffness
- ◆ difficulty sleeping
- ◆ problems with mental processes (known as 'fibro-fog')—such as problems with memory and concentration
- ◆ headaches
- ◆ irritable bowel syndrome (IBS)—**a digestive condition that causes stomach pain and bloating**

There is no known cause but it is likely a number of factors are involved. It is worth exploring this with your client and looking for any possible 'triggers'. This will definitely help with the way you treat your client, and allow them to explore emotions and issues they may not have had the chance to deal with.

As with any condition there is also the psychological and spiritual effect that the symptoms have on the individual, especially when they are experiencing constant pain.

I must take a few lines here to explain why I have put spiritual effects in the sentence above. It is my theory that as human beings we are three dimensional. We are physical, emotional and spiritual. As holistic practitioners we need to look at the effects one has on the other.

We are now going to take a look at Marina's journey with reflexology and how it helped her.

Marina is a 36 year old, single art teacher in Nicosia, Cyprus. She has been suffering with Fibromyalgia since childhood.

**Marina's symptoms are:** Chronic fatigue, dizziness, headaches, aching body, TMJ syndrome that causes pain in her ears, eyes and face, migraines, numbness or tingling around the body, irritable bladder and IBS, irritability, sensitivity to light, sound and smell, mood changes, depression, memory and concentration problems caused by chronic pain and anxiety.

**Symptoms Marina saw a change in after her treatments:** less insomnia, more relaxed, less pain, better mobility, relaxed TMJ, less anxiety and the symptoms that came with her anxiety.

**Duration and frequency of treatment:** I saw Marina over a period of 11 months. She had 2 treatments in the same week (Monday & Friday) each month.

**Medication taken at beginning of treatment:** Opium, morphine, anticonvulsants, antidepressants, muscle relaxants and painkillers.

Marina experienced a reduction in her symptoms even after one treatment and decided, together with her doctor, that she would gradually stop taking her medication. She is now medication free and has been for the last 10 months. She takes some vitamins and supplements, such as magnesium and vitamin D, as well as Aloe Vera, orally, food supplements and herbal painkillers, all under supervision from her holistic practitioner. Marina's gastrointestinal system had been majorly affected by many courses of antibiotics, so she now takes probiotics to help replace and repair her gut flora imbalance. In Marina's own words, "I am so happy and proud of the fact I am chemical free".

**What was the immediate response after reflexology, and did it vary?**

Total relaxation! Over the period of 10 months she twice experienced a great boost of energy throughout her whole body. She was up for 38 hours once, but knew it wasn't from her anxiety. She was energetic, with happy thoughts, and felt very creative. I also remember speaking to her the day after a treatment and her telling me she was still in bed and how she had the most amazing sleep.

**How has reflexology helped?**

She felt reflexology helped with making her feel more serene, relaxed and rested. Her sleep pattern was much better and her muscles felt more relaxed. Her headaches, dizziness and moments of unbearable pain all decreased. Her gastrointestinal problems got better as well. Reflexology helped her understand her body/mind connection much better. It helped her learn to deal with her mind and body in a more functional and holistic way, rather than focus on the Fibromyalgia label. She felt it helped control her pain and the symptoms that go with it, which in turn had a huge impact on her mood, and this impacted on her relationships with friends and family.

Reflexology helped a great deal with her sciatic nerve atrophy, pain and mobility. Not even her opioid medication helped with that pain. To not have seizures and muscle spasms (which were so painful they would make her cry) and to be able to walk and deal with everyday life, she thought a miracle. She was able to relax once again, something she felt would never happen. Marina is convinced the reflexology was not only responsible for the

Continued on page 8

way she was feeling but also for enabling her to withdraw from her medication, thus repairing her gastrointestinal system.

### Advice to reflexologists

When treating a person with Fibromyalgia, or any illness for that matter, it is important to remember Hippocrates words, **“It is far more important to know what person the disease has than what disease the person has.”**

I used some visualisation and relaxation techniques to help calm and relax Marina before we started the treatment. I thought this assisted her body and mind to relax and respond more powerfully.

I concentrated on the musculoskeletal reflexes as well as solar plexus, kidney/adrenal and digestion - linking the brain and coccyx and focusing on the movement of energy up and down the spine. I also gave Marina some hand reflex points to work on. This empowered her and permitted her

to take back control as well as have an effect on her body. I believe we have a choice, we either allow the illness to take control of us or we take back control of the illness.

Like anything, consistency helps tremendously. It is sometimes the case that people don't respond immediately or they have a healing reaction and this deters them from keeping up their treatments. Perseverance is the name of the game. Ask your client what they want to achieve before each treatment, as this helps them have a real target and you have a focus and intention for your treatment.

To say Marina has become one of reflexology's greatest advocates would be an understatement. “I would love everyone to try reflexology and for them to know that they too can live a happy life with less pain, and at times pain free. I love reflexology.”

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## Pamela Skeggs, Life Member RAOA —A very special birthday!

by Shirley Lawson

On the 2nd November, 2014, it was Pamela Skeggs' 80th birthday. The “fun” bunch, the girls from the Reflexology Path committee, decided to purchase an OBE (“Over Bloody Eighty”) award and present it to her during a morning tea gathering. Shirley and Michele presented themselves at her front door, much to Pam's surprise, see photos. Unfortunately our fourth member, Mary, was overseas at the time.

**Pamela Skeggs, Natural Therapist and Trainer**, opened her Natural Therapies School in Launceston, Tasmania in 1992. It is still operating and is known as the Tasmanian Academy of Natural Sciences, (T.A.R.N.S.). Pam offered and taught Reflexology and Aromatherapy and her daughter, Cheryl Semmens, taught Relaxation Massage through the school.

**Pam's teaching programs** were taught through training blocks in Launceston, St. Helens and Ulverstone, providing access to study for people in the North, North East and North West regions of Tasmania. Learning programs were predominantly “hands on”. Classes were held on weekends to target those unable to attend week day or evening classes due to work or other commitments. People attended her school for any number of reasons, ranging from personal interest to a career change.



**Pam's commitment to excellence:** Pam brought many skilled Natural Therapists to Tasmania to enrich her students' knowledge. World-wide



experts and authors such as Chris Stormer and Beryl Crane offered students exciting methods of Reflexology. Ron Guba was a frequent visitor, teaching the science of Aromatherapy.

**Reflexology Association of Australia:** Pam was one of the pioneers who helped establish the national association. Life Membership was presented to her to honour her involvement in the reflexology industry.

**Pam the Ambassador:** Over the years Pam has spoken to groups all over Tasmania about the benefits of Natural Therapies. She has attended schools, clubs, colleges and hospitals, reaching a variety of people.

**Continuing Involvement:** Pam has always assisted Tasmanian Reflexologists and the Tasmanian Branch of the RAOA, especially over the past few years. She helped organise and run the RAOA National Conference in Tasmania four years ago. Pam was also an integral component of a group of four committed and dedicated professional Tasmanian Reflexologists who built the first Reflexology Path just prior to the conference. See [www.blogs.abc.net.au/tasmania/2012/10/reflexology-path-looking-for-a-new-home.html](http://www.blogs.abc.net.au/tasmania/2012/10/reflexology-path-looking-for-a-new-home.html). The path was finally opened in October 2014, in Launceston.

**Retirement???** There is no such thing as retirement for Pam. After more than twenty years, Pam continues to pass on her wealth of knowledge to students and the public by offering classes recognised by the RAOA.



# The Language of the Feet—Chris Stormer

Feb/March 2015

Jenn Cooper, RAoA Membership Communications Officer

We were so privileged to have Chris Stormer-Fryer in our country earlier this year. Chris has this amazing, exuberant energy and passion for reflexology and particularly 'Language of the Feet'. She lives and breathes her work and is a very authentic person. She certainly walks her talk in so many ways. She weaved her magic across Australia visiting Sydney, Melbourne, and Brisbane and, the final destination, Perth. She also spent a few days in New Zealand where she was embraced whole heartedly.

In my role as the National CPT organiser, I was so excited to be able to plan and organise the 'Language of the Feet' tour. I knew in my heart members would embrace Chris in the same way that many have before. I first met and studied with Chris in 1996, the year I graduated from my reflexology training. So to have Chris back in the country to inspire many of our members with her knowledge and wisdom of almost 20 years of learning was simply magical.



Chris is a pioneer in many ways through the work that she has researched and channelled. She is also very generous in allowing members to take photos of her stunning, colourful charts that express her work. We may see a number of these photos one day, as one of our members is currently working on a collection of these. Keep you posted! Registrations for the workshop were available online for the first time with the RAoA. The

future plan is to have many more workshops planned, and payments come, through our site. This is to allow for ease of registrations and bookings in a central location.

So thank you to Chris for inspiring all of us. I believe the photos of all the happy, smiling faces are a testimony of the amazing days we spent together in community, following our passion of reflexology!



## The Next Step—Chris Stormer

by Joanne Carson

I had the wonderful opportunity to attend a workshop with Chris Stormer-Fryer, author of the book 'Language of the Feet', on the weekend of 21–22 February at the Crows Nest Community Centre.

A total of 28 reflexologists attended. The majority were from the Sydney metropolitan area and South Coast, four ladies were from Launceston and our token male, John Bancroft, was from the Hunter Valley.

I have been fortunate to attend previous workshops with Chris, so I knew we were in for an enlightening weekend. Chris's signature is a dynamic presentation of her theory "the feet have their own language," in conjunction with her large, poster-sized charts displaying colourful and expressive drawings of the feet. So there was no need for Powerpoint presentations; the sheets came alive ... they spoke ... they had SOLE!

As Reflexology Practitioners, we can delve deeper into what our client

is/has been going through, in the past, at present, or maybe in the future, physically, emotionally and spiritually.

Ask lots of questions like

- ◆ what do you THINK of your feet?
- ◆ is there anything that you particularly DISLIKE about your feet?
- ◆ is there anything you would like to CHANGE?
- ◆ what do you EXPECT from your feet?

**MOST IMPORTANTLY**, when talking to new and regular clients, **REMEMBER** to listen to what the client is not telling you!



In our practical session, we learned how to read a client's feet by looking from the big toe to the little toe, the heels, the shape, colour and size of the toes.

If you didn't get the opportunity to attend this workshop, I strongly recommend you read a copy of the book *Language of the Feet*, with a good cuppa.



## 1. CRANIO SACRAL HAND REFLEXOLOGY

**BRISBANE: Sat/Sun 22/23 August 2015**

No one has ever tried to position the zones and reflex points according to the bones, Martine is the first one to do so.

- The bones of the hand are similar to the feet but as there is no calcaneum in the hand where do we position the pelvis?
- How does supination to pronation, when man moved from being on all fours to the upright position affect the reflex points?
- How does the angle of the occipital hole and the cord position with man standing change the development of the brain?
- How the hand influenced the development of the brain?
- How can Hand Reflexology therapy re-enforce Feet Reflexology?
- How patients can be shown self help through the hands?

**THESE ARE SOME OF THE QUESTIONS YOU WILL HAVE THE ANSWERS TO AT THE COURSE PRESENTED BY DR MARTINE FAURE-ALDERSON**

In the two day course the **General Hand protocol** taught, covers all systems of the body.



## 2. TREATMENT OF THE HORMONAL SYSTEM IN CRANIO SACRAL REFLEXOLOGY

**BRISBANE: Wed/Thurs 26/27 August 2015**

- How to treat with ease Puberty, Fertility and Menopause?
- How to understand the hormonal mechanism of retroactions?
- How to control efficiently the addition to sugar?
- How to control your metabolism?
- How to control the effects of DHEA and Somatotropine (GH)? How to prevent rapid ageing?

**THESE ARE SOME OF THE QUESTIONS YOU WILL HAVE THE ANSWERS TO AT THE COURSE PRESENTED BY DR MARTINE FAURE-ALDERSON**

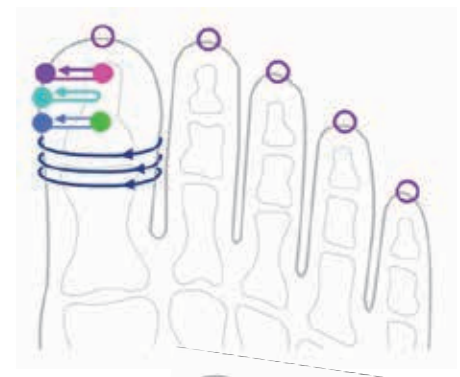
The two day course covers the **Neuro-Endocranial System** through a **new ground breaking protocol**.

**PRICE** of each course - \$625

**BOOKINGS:** Please contact Heather, [reflexca1@bigpond.com](mailto:reflexca1@bigpond.com) PH 0424 678 450

**VENUE:**

**HAMILTON MOTOR INN, By the River**  
422 Kingsford Smith Drive, Hamilton QLD. 4007



# Reflexology for Health

Our morning at BUPA office—North Lakes, Queensland

by Pamela Nish (Queensland Branch Chairperson)

I was approached by Sonia Bailey to organise an event at the office of BUPA, North Lakes. Sharon, the Northside Manager for BUPA locations, had rung Sonia to see if we would do a presentation one Saturday at their North Lakes office which is located in Westfield Shopping Centre and is always very busy.



Linda McIntyre with a very relaxed client

I rang Sharon and agreed to arrange something. It took off from there. BUPA were very keen to promote Reflexology as one of their “extras” within their health fund package. I then approached other reflexologists in the area to join me at the morning’s

presentation. Thanks to Wendy Lockett, Karen Van Der Wel, Linda McIntyre and Sandra Meagher for putting their hands up to participate and for working so hard on the morning.

The BUPA staff members were all very supportive and gave us all the assistance we required, helping to advertise the event and organise the layout, and also allowing us to treat non-BUPA members as well as BUPA members. In a two hour timeslot, we gave approximately 25 treatments to clients and also treated the three BUPA staff members who were there on the day. Treatments were to be 15 minutes each, with 5 minute turnaround. As it was a fairly casual morning, treatments ran overtime, however we still managed to see all of those who’d come for a treatment.

Feedback from the clients was really positive and encouraging. Many left with relaxed smiles and calm faces. The therapists also enjoyed the morning, as they got to meet potential new clients and showcase what Reflexology

is all about. We treated a range of clients, including one lady who was 26 weeks pregnant. She and the baby thoroughly enjoyed the treatment.

As you can see by the photo, everyone very much enjoyed their treatments. Passersby were very curious as well.

Follow Up: As a result of this initiative, it was suggested by one of the reflexologists that we follow up by treating all BUPA staff members so that they get a feel for Reflexology.

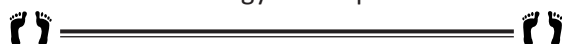
Wendy Lockett suggested “Adopt a BUPA staff member” where perhaps four complimentary Reflexology treatments could be given to a staff member in your area, weekly or fortnightly, so that they can see the ongoing benefit from having regular Reflexology treatment. It was also suggested that doing the treatments in our own clinics would show the BUPA staff how professional we are with them!

Wendy approached Tanya, the Retail Centre Manager, who was thrilled with the idea and has already brought it up with her BUPA regional centres on the northside of Brisbane. Wendy will be co-ordinating the project with Tanya.

The idea is to roll this out across Queensland and then to other states as well. The project will start within Tanya’s northside locations first. Stay tuned to see how this event goes. Perhaps in the future it may become an event that could coincide with World Reflexology Week. The possibilities are endless.



Left to right: Pamela Nish (Qld Chairperson), Linda McIntyre, Karen Van Der Wel, front Wendy Lockett, Sandra Meagher



## RAoA Website Calendar of Events



Make [www.reflexology.org.au](http://www.reflexology.org.au) one of your ‘Favourites’



by Lesley Grahame

We are pleased to announce that some improvements to our website Calendar of Events have commenced! Now, more than ever, we encourage you to regularly visit [www.reflexology.org.au](http://www.reflexology.org.au), to keep up to date with “everything reflexology”.

We have made it easier to see those events that are provided by RAoA. In addition, we will soon be able to display all state RAoA events on one national calendar, with clearer visuals of dates and event information. Take a look at the changes so far. On our home page, still click the ‘Training & Events’ button. Here you will be able to see the RAoA calendar of events for each state. At the moment the RAoA Cancer Care Workshop by Marie Duggan is also featured on this page. Look out for this year’s largest event, the RAoA National Workshop to be hosted by NSW branch and held in Sydney on October 25th. Workshop programme, speaker updates and registrations will also appear in this area, so stay tuned!

A “new” area to the home page is the provision of a ‘Partner Programme’ button. On our home page you click ‘Partner Programme learn more’ and are taken directly to a wider variety of training and courses, often providing a range of add-on services or products suitable to reflexology. These are advertisers and sponsors of the RAoA who have paid to be on our website, and we encourage you to view their offerings, as CPT points can apply. Thank you for your patience as these changes occur.

We are here to support you any day via email or telephone. We are also increasing our use of the website and facebook feeds as valuable ways to communicate with you, and let’s not forget this journal and emails from branches! So, if you haven’t already, keep [www.reflexology.org.au](http://www.reflexology.org.au) open, and ‘like’ our facebook page.

# The multi-dimensional impact of interpersonal touch in Reflexology—Part 1

by Nichola Gregory

Centrally positioned within the art of reflexology exists a well-documented multi-dimensional concept connecting all forms of professional reflexology practice—that concept relates to interpersonal touch.

Researchers have extensively examined the importance of human interpersonal touch in mother/infant bonding, child development, and adult social interactions. The role of interpersonal touch as a counter-stimulation intervention in pain management (Gate Control Theory) has also been scientifically acknowledged. Additionally, the study of non-verbal communication is well established – with researchers possessing a high level of understanding concerning the subtle relationship between our inner emotions and desires and that of our external posture, body language, and facial expressions. More recently researchers have been attempting to examine the innate human ability to non-verbally impart and decode emotional content through interpersonal touch.

**“Human touch is a highly complex sensory modality, involving numerous interacting systems and exploratory capacities. Through touch we are able to interact with the world around us, feeling a wide variety of distinct properties, including warmth, solidity, roughness and elasticity. We use touch to conform and console each other, and touch is one of our primary conduits of pleasure and pain.”** (Fulkerson, 2014)

The intention of this blog post is to provide the reader with a glimpse into the scientific world of interpersonal touch. Touch as a therapeutic intervention is a much overlooked and entirely undervalued concept in modern reflexology – despite the provision of an extensive and wholly relevant body of work, open to reference. Developing a deeper understanding of the impact of interpersonal touch can certainly help reflexology practitioners to better understand the complexities and subtleties involved within our innately multi-dimensional modality, and to consider options for future reflexology research.

## The Skin

The surface of the human body, the skin, is one enormous sheet of tactile receptors, and the skin constitutes by far the largest of our sense organs. The first sensations to develop in human beings are tactile – with researchers demonstrating a six week old foetus is able to react to tactile stimuli (Atkinson & Braddick, 1987; Bremner, Lewkowicz, & Spence, 2012).

**“This complex system might be considered the most powerful interface ever designed between our self and the objects that surround us.”** (Gallace & Spence, 2014)

The skin provides us with a means of connecting with our external environment – it provides our body with protection – and it informs us about what is occurring on its surface (Gallace & Spence, 2014).

## Tactile Receptors

Different tactile receptors innervate different parts of the skin. Glabrous skin is only found on palms of the hands,

soles of the feet, and parts of the genitals. Non glabrous skin (hairy skin) covers the rest of the body. Stimuli affecting both glabrous and hairy skin are translated into sensory neural signals by means of mechanoreceptors. Mechanoreceptors basically react to any mechanical stimulus delivered to the body surface (deformation of the skin). There are six classifications of tactile receptors:

- ◆ **Free Nerve Endings**—Found in hairy and glabrous skin. Sensitive to touch and pressure; situated in epidermal cells, and on the corneal surface of eye.
- ◆ **Root Hair Plexus**—Found in hairy skin. Monitors distortions and movements across the body surface.
- ◆ **Merkel Discs**—Found in glabrous skin. Sensitive to touch and pressure.
- ◆ **Meissner’s Corpuscles**—Found in glabrous skin. Sensitive to fine touch, pressure and low frequency vibration.
- ◆ **Pacinian Corpuscles**—Found in hairy and glabrous skin. Sensitive to deep pressure, notably located in soles of feet, palms of hand, mammary glands, and external genitalia.
- ◆ **Ruffini Corpuscles**—Found in hairy and glabrous skin. Sensitive to pressure and distortion of the skin – located in the deep dermis.

**“The Pacinian corpuscles are most commonly found on the palms of the hands and soles of the feet. The Pacinian corpuscles respond to deformation of the skin, such that the greater the deformation, the greater the generated potential.”** (Gallace & Spence, 2014)

## Touch and Psychoneuroimmunology

**“People say the effect is only on the mind. It is no such thing. The effect is on the body, too.”** (Florence Nightingale, 1859)

Psychoneuroimmunology is an integrative scientific discipline. The research field seeks to explore how mental and emotional processes and events modulate the function of the immune system – and in turn how immunological activity can alter the function of the mind (Daruna, 2012). Psychoneuroimmunology postulates that persistent stress can increase the probability of developing many diseases – including cancer, coronary disease, and autoimmune disorders.

**“The induction of relaxation, by any means, is associated with decreases in negative affect and counteracts sympathetic nervous system activity via the actions of nitric oxide. Relaxation also produces alterations of hormone levels in the circulation. Consequently, effects on immune activity would be expected.”** (Daruna, 2012)

The effects of tactile contact have been documented in a variety of health-care related behaviours. For example, researchers (Whitcher & Fisher, 1979; Wong, Ghiasuddin, Kimata, Patelesio, & Siu, 2013) demonstrated the act of receiving touch from a nurse the day prior to surgery can

*Continued on page 13*

result in a decrease in the patients stress levels – when measured both objectively (heart rate/blood pressure), and subjectively (patient evaluation).

Interpersonal touch has been clinically proven to aid the release of endorphins, in addition to the neuropeptides, serotonin and dopamine. When released into the bloodstream these chemicals serve to counteract and suppress the effects of adrenal stress hormones such as cortisone and adrenaline (Field, Hernandez-Reif, & Diego, 2005).

Research also suggests interpersonal touch induces oxytocin release in humans. Oxytocin is produced by the hypothalamus, and transported to, and secreted by the posterior adrenal gland. Acting as both a hormone and a neurotransmitter, oxytocin has been proven to reduce stress response and feelings of anxiety (Newman, 2007, Churchland, 2011).

Oxytocin is perhaps most associated with the neuroanatomy of intimacy – specifically sexual reproduction, facilitating childbirth, maternal bonding, and, after stimulation of the nipples, lactation. Scientific research is also beginning to discover more about oxytocin's role in modulating social behaviour – including maternal bonding, couples bonding, sexual behaviour, social memory, and even trust (Newman, 2007).

A number of studies have investigated the role of touch between intimate partners in mediating the release of oxytocin (Bales & Carter, 2003; Bielsky & Young, 2004; Carter, 1998, 1999; Cho, De Vries, Williams, & Carter, 1999; Feldman, 2012). Holt-Lunstad et al, (2008), for example, found that couples who engaged in an exercise involving touching each other's necks, shoulders, and hands, displayed higher levels of oxytocin in their saliva than couples who did not engage in the touch exercise. Another study (Light et al, 2005), demonstrated that women who report frequent partner hugs display higher levels of oxytocin in their blood than women who report fewer partner hugs. Researchers believe the release of oxytocin can help couples to form lasting relationship bonds (Gulledge, Hill, Lister, Sallion, 2007).

### Touch and Pain Responses

**“Now while we know the fact of pain relief, through the laying on of hands, or by kindred measures, we know only a part of its reason for operation. There are several of these. They are, first, the soothing influence of animal magnetism, experienced when we tenderly, if not lovingly, rub the bump, accumulated in the dark of the moon, by a collision with a tall brunette side-board, or a door carelessly left ajar. It does soothe. This we know.”** (W. Fitzgerald, 1919)

The Gate Control Theory of Pain was introduced in the 1960s by Ronald Melzack and Patrick Wall. The theory identifies the experience of pain as a complex interplay between the central and peripheral nervous systems. When physical injury occurs, messages travel along the peripheral nerves to the spinal cord, and then on to the brain.

Before pain messages are able to reach the brain they encounter nerve 'gates'(inhibitory neural mechanisms) in the

spinal cord. When the nerve gates are open, pain messages can rapidly reach the brain – and when the gates are closed, messages are hindered in reaching their destination.

**“Stress causes changes in the activity of the autonomic nervous system (ANS) and, more generally, the peripheral nervous system (PNS).”** (Daruna, 2012)

The underlying principle in Gate Control Theory is to introduce factors capable of closing the pain gates. These factors can be physiologically or psychologically based and might include concentration, relaxation, distraction, meditation, exercise, and tactile counter-stimulation (reflexology, massage, TENS etc).

Two types of nerve fibers are believed to carry the majority of pain messages to the spinal cord:

- ◆ **A-delta Fibers**—carry electrical messages to the spinal cord at approximately 40 mph
- ◆ **C-Fibers**—carry electrical messages to the spinal cord at approximately 3 mph

**“The delivery of a single painful stimulus will evoke two successive and qualitatively distinct sensations referred to as first and second pain. First pain is brief, pricking and well localised on the skin surface, and its perception results from the activation of myelinated A-delta fibers. Second pain is longer-lasting, burning, it is associated with a burning sensation and tends to be less well localised. It results from activation of unmyelinated C-fibers that conduct the neural signal more slowly than the A-fibers.”** (Gallace & Spence, 2014)

William Fitzgerald's loving rub after his bump into the tall brunette side-board provides us with a good example of how these respective nerve fibers operate. The initial bump causes activation of the A-delta nerve fibers. Fitzgerald instinctively follows the event with a 'rub' of the area, thus activating even faster nerve fibers to send information to the spinal cord and brain – in turn overriding some of the pain messages carried by the A-delta and C-fibers (closing their passage to the central nervous system). And so it soothes!

Dr Carol Samuel, a UK reflexology researcher, recently carried out a small study (Samuel & Ebenezer, 2013) examining the effects of reflexology on acute pain responses. Dr Samuel asked volunteer participants to place their hands into ice cold water, and two measurements of pain were noted – threshold (first indications of pain) and tolerance (the time at which the participants could no longer tolerate any further pain). Findings demonstrated:

**“Reflexology produces antinociceptive\* effects in a controlled experiment and suggest the possibility that reflexology may be useful on its own or as an adjunct to medication in the treatment of pain conditions in man.”**

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\* Antinociceptive – describes or relates to any unique factor that increases tolerance for, or reduces sensitivity to, a dangerous or harmful stimuli, for example, a stimuli that may cause pain.

The multi-dimensions impact ...  
Continued from page 13

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Part two of this article will be published in September Footprints.



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Completing her reflexology training in 2000 with Suzanne Enzer the **‘mother of maternity reflexology’**, **Lyndal Mollart** is well qualified to present this **‘Maternity Reflexology in Practice’** seminar. Lyndall has taught Maternity Reflexology in Australia, Japan and New Zealand and is a respected author of a number of reflexology articles and is currently studying her PhD in the use of acupressure points to initiate uterine contractions for first time mothers experiencing a post-date pregnancy. This is a seminar not to be missed!



The ‘award winning’ **Nicole Grieg** is a Registered Midwife and a Registered Nurse and will present her topic **‘Reflexology, A Midwifery Perspective in Antenatal Birthing’**. Nicole will provide extensive knowledge and experience for women to make informed choices regarding their pregnancy and birth.

In 2014 was awarded the title of ‘Johnson & Johnson Midwife of the Year’.



A fertility and pregnancy seminar would not be complete without information to help mothers when baby arrives! **Anne Kohn** will do just that in her topic **‘Beyond Birth – Breastfeeding Battles’**. A paediatric trained registered nurse and lactation consultant, Anne is the founder of **Baby Whys** and has over 30 years of professional experience dedicated to working with babies. Anne hopes to demystify the confusion that can often impede the parenting process.



**Gretel Spiegel** is a past director and current member of the **Reflexology Association of Australia**.

Gretel is the Clinical Reflexologist employed by the **Chris O’Brien Lifehouse Centre** to provide clinical reflexology in their LivingRoom program, Gretel has also conducted natural therapies training workshops for the corporate community. With her beautiful presentation style, Gretel is the perfect MC for this seminar.

# Case study—Sinus

by Barbara Chapman – Reflexologist, WA,  
submitted with permission by Vera Emmi – Healthy Body Healthy Skin – hbhs08@hotmail.com

## Barbara's Case Study:

### Probable cause of Sinus:

Allergy to Western Australian climate – garden flowers, the bush. Client first noticed symptoms 20 years ago, when she arrived in Perth.

### General Symptoms:

Blocked nose in the morning, cannot breathe through nose or “sniff”, but as soon as she has eaten breakfast, the nose clears, and then the nose will drip. She will need to blow nose and clear throat, (“frog in my throat”), cough and bring up phlegm. My client has pressure above the eyes and at the back of the neck, sometimes bad breath, dry itchy eyes and thirst. She suffers with osteoarthritis, hypertension, coldness, weakness in legs/arms and body. She gets gastritis; she also has haemorrhoids, dull achy pain in the muscles and worries a lot.

As a baby she had digestive issues, couldn't tolerate any baby milk (born in the war years), she had problems with taking penicillin as a child, (not sure why she had so much medication). She is now permanently on Tramadol. She also suffered with severe nose bleeds as a child and still does.

**Affected Sinuses:** Possibly Ethmoid and Maxillary – both these sinuses were tender to touch. She has a chronic condition of Sinus, with post nasal drip, and tongue is coated – a bit “furry”.

**Western Pattern probable cause:** Her symptoms worsen during damp, wet weather and also humid weather, especially her OA (osteoarthritis), but she equally cannot stand the wind. She said, “The wind, combined with the dampness, is draining and tiring. It gives me headaches and nasal obstruction.” My client recently spent a few days in Sydney and her symptoms reduced. This to me proves that the probable cause is the Western Australian flora and climate.

**TCM Pattern a probable cause:** Spleen deficiency – Damp Heat incorporating Stomach/Spleen. Indications include heavy, foggy feeling in head, thirst, dry lips, frontal headache, weakness in arms, legs and body etc. Also Pathogenic Wind – this can combine with Pathogenic Damp. Wind is a Yang pathogenic factor, invading the upper part of the body. Clinical manifestations are head, nasal obstruction, etc. Hypertension is an example of internally generated Wind, which gets worse when her emotions are “taxed”. Wind-Damp settles in joints – then can cause OA.

**Results:** Client had two treatments – Sinus Drain, Acupressure points for Wind, Spleen Deficiency/Damp and local acupressure point (as outlined in the “Acupressure and other protocols (and more) for Sinus/Sinusitis”

*Below is a Case Study of a Sinus client presented by reflexologist Barbara Chapman, Western Australia, as part of her “Acupressure and other protocols (and more) for Sinus/Sinusitis” CPT questionnaire. Barbara has given me permission for her Case Study to be printed in FootPrints. Barbara has demonstrated how “thinking outside the box” has assisted her to get results for her client and we thought it would be great to share her protocol with fellow reflexologists so that everyone can benefit from her experience and find their way to “think outside the box”. I have added some comments at the end of the case study that I hope you find helpful.*

Vera

self-learning CD/DVD), followed by Reflexology on the feet. After both treatments my client said, “Mucous is draining down the back of my throat.” Both the Ethmoid and Maxillary Sinuses were tender; the Maxillary Sinus seemed to clear after the second treatment. ST 2 (acupressure point), in particular, was quite tender. My client had to clear

her throat several times and swallow drinking water before and after treatment. She said she felt heavy over the eyes.

She also felt pain on GB20 and GB12. GB20 expels wind and interior wind, GB12 expels wind, headache, stiffness and pain in the neck.

**The Reflexology treatment:** I had worked on the Sinus reflexology points, using ‘Breathe’ essential oil, ‘Respiratory Blend’ of Peppermint, Eucalyptus Radiata, Ravensara, Melaleuca, Lemon and Laurel Leaf. I worked on the Adrenals and Spleen, as well as the whole foot. Her inner ear reflex points were very tender.

I also worked on ST36 (which is useful for strengthening the Spleen and dispersing the Damp). This point was particularly painful!

The next morning her nose was clear; she didn't have to wait until she had eaten (as per other days). She had a good night's sleep, no snoring! Although her nose was dry, it was not blocked. A shower helped to make her nose “run”. Client had a lot of energy.

I hope that I have started to unblock her nose and clear the sinuses. I have tried to disperse the Wind-Damp, dry the dampness and strengthen the Spleen.

**The Emotions for Spleen/Stomach:** Worry and pensiveness, obsessive thinking. My client can relate to these emotions. I gave her the affirmation from Louise Hay – ‘I declare peace and harmony indwell me and surround me at all times. All is well’.

I will continue to carry on with the Sinus treatments to see if we can get better results.

*Postscript from Vera:*

*I have received some great Case Study results from other practitioners. My reason for commenting on this one is that this, besides the great work that Barbara has done, is a good example of the Sinus issue being from many causes. Yes, Wind and Damp are definitely two of the pathogens, another being Spleen Deficiency. You will notice that her condition improved on her visit to Sydney (not so damp and humid) and Barbara mentioned that her symptoms worsen during damp, wet weather and humid weather.*

Continued on page 17

This “rings a bell” to explore *Candida Albicans*, which is aggravated by Damp Heat conditions. Many of the symptoms Barbara mentioned – that her client consumed a lot of penicillin in her childhood, couldn’t tolerate milk, and others – are relative to Gut Immunity. I have seen many of my own clients with compromised Gut Immunity and *Candida Albicans*. This imbalance needs to be attended to before it turns into more serious immune conditions and/or mood disorders.

Weakened Stomach and Spleen lead to gastrointestinal disorders. A compromised diet affects the ST/SP, which in turn can generate Damp. ST/SP imbalance/weakness affects Blood. Stress leads to Liver Qi stagnation, which can lead to Blood Stasis and Phlegm Damp. Damp can also lead to Phlegm Damp or Damp Heat. Antibiotics cause Damp Heat. Does this sound like Barbara’s client?

Did you know – 80% of the human immune system resides in the gastrointestinal tract?


The Intestinal Microbiota communicates with the brain via the gut-brain axis to influence brain development and behaviour. Attend to the Gut ...!



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# Candida and your health—Part 1

by Vera Emmi – Healthy Body Healthy Skin  
hbhs08@hotmail.com

Have you ever had a new client and after reading all of the symptoms/ailments on their client history form, thought “Gee, where do I start”? Well, keep reading as this could be a very good starting point.

In this issue of FootPrints I have also (with Barbara Chapman’s permission) printed a Case Study that she presented to me for “Acupressure and other protocols (and more) for Sinus/Sinusitis” CPT questionnaire. If you read her case study first (also in this issue of FootPrints) you will see that her client had a variety of causes for her Sinus, including Pathogenic Wind. Barbara also established the other pathogen to be “Spleen deficiency – Damp Heat incorporating Stomach/Spleen”.

This is my reason for writing this article. I hope you can use the knowledge gained to assist with your clients.

## What is Candida?

Candida is a yeast, and *Candida Albicans* tends to create the most problems in humans. It is found in the gut flora, the many organisms which live in the human mouth and gastrointestinal tract. If kept in balance with the body there will be no problem. However, if these bacteria and yeasts become out of balance, many physical and emotional symptoms can result.

The yeast can change from a yeast form to a mycelial form (chronic Candida) and establish root-like growths. In an endeavour to find food, these mycelial yeasts can penetrate the walls of the intestine, come into contact with the bloodstream and cause serious problems to virtually any system of the body. This is due to the candida cells releasing waste products such as the neurotoxin, acetaldehyde.

## What are some of the relative symptoms/conditions?

There are numerous symptoms resulting from Candida due to the fact that the fungus and its toxins can affect almost any part of the body. It seems that the first area to be affected is the gastrointestinal tract, followed by the urogenital tract.

Have you ever performed a reflexology treatment on someone, then when they come for their next treatment and you ask them how they felt after their treatment their comment is, “I felt like a truck hit me”? That is due to the toxins associated with Candida moving. Other signs to look/feel for include spongy feet, cheesy smell to the feet, and damp between the toes. Make some observations BEFORE cleaning or soaking their feet. Anyone who says that their shoes make their feet smell, explore Candida.

**Below are some symptoms to keep in mind when assessing your clients. (You will see that Barbara’s client had many of these symptoms too.)** I recommend you copy this list and have it as a separate check list. If you would like me to send it to you as a separate document please email me and I will be happy to send it. You can use it as

a Candida check list. (I also ask if a client has EVER had thrush in their life. If the answer is ‘yes’, then keep Candida in mind.)

**Allergies** to foods and/or airborne chemicals – such as sensitivities to cleaning products, furniture polish, laundry detergents, perfumes, hair spray etc. Left unaddressed, this list will go on and on and you will become a prisoner within your own body.

**Gastrointestinal** – such as poor digestion (inability to digest food properly), constipation, diarrhoea, gas (flatulence), bloating, cramps, heartburn, indigestion, Irritable Bowel Syndrome, bad breath, colitis, gastritis and many more serious conditions.

**Neurological** – sugar cravings, irritability, mood swings, headaches, migraine, “fogged in” feeling, poor concentration, impaired memory, dizziness, depression, anxiety, sleep disorders, muscle aches.

**Genito-urinary** – vaginal infections (discharge or irritation), menstrual problems, impotence, infertility, prostatitis, rectal itch, urinary tract infections, kidney infections.

**Respiratory** – easy to catch cold and flu, congestion, post nasal drip, asthma, bronchitis, ear aches, ear infections, sore throats, nasal itch and/or congestion, excess mucous, dry mouth and throat, hay fever, sinus, coughs.

**Skin** – athlete’s foot, jock itch, hives, psoriasis, eczema, acne, skin rashes, itches, nail fungus (especially take note of the big toe (Liver and Spleen meridians) and second and third toes (Stomach meridian)).

**Clinical history (early childhood)** – hyperactivity, cradle cap, nappy rash, thrush, chronic ear infections, tonsillitis, colic, eczema.

**Miscellaneous** – The central nervous system can also be affected by the yeast overgrowth and you will feel bad all over, fatigued, irritable, cold hands/feet, aches and pains. There can be a deterioration of mental faculties, loss of libido, joint pains and stiffness and numbness and tingling of the extremities.

Left untreated (and unfortunately the seriousness of this is only recently becoming more commonly known) Candidiasis can affect other organs and glands. It often plays a role in thyroid and adrenal disorder, diabetes, hypoglycaemia, menstrual irregularities, menstrual cramps, PMS, endometriosis, infertility, and low immunity.

A white-coated tongue upon rising will give you an indication too. Ask your clients to take a photo of their tongue in the morning and bring it to their appointment to show you.

**Important: Not all individuals presenting some combination of the above symptoms will have Candida problems. Each individual case will have to be assessed separately.**

Continued on page 19

### Causes:

There are many causes and many predisposing factors; however it has been observed that the Candida organisms can multiply when immunity is low. Things that stimulate yeast growth are use of antibiotics, birth control pills, cortisone and other steroids, pregnancy, diets rich in refined carbohydrates, excess sugary foods, yeast and mould, exposure to chemicals, chemotherapy, HRT, antibiotics and hormones in the foods we eat and chemicals/pesticides/dyes and preservatives in our foods. Over time these all build up and create havoc within our bodies. Parasites are also another area to look into.

Chronic stress, illness, lack of sleep, alcohol, caffeine, nicotine, recreational drugs, and a bad diet can all make Candida overgrowth worse.

### Where to start:

Reflexology can assist by aiding our clients in reducing stress, improving sleep, and strengthening immunity. Work the entire foot. However, due to the lowered immunity factor, the Spleen will be an important organ to work. We do need to ask ourselves, “Why does this person have a lowered immunity to start with?” Therefore, the ENTIRE BODY needs to be treated – physical, mental, emotional and spiritual – in order to achieve our goal of strengthening the immunity.

The Spleen governs “transformation and transportation”. It takes the food and fluids that we ingest and processes them into Chi and Blood. Chi and Blood are the “fuel” of our bodies. The Spleen also houses thought – it influences our capacity for thinking, studying, concentrating, focusing and memorising. This is why those with more long term Candida

will often have “brain-fog”. When the spleen function is good, Chi and Blood are in balance, and intestinal flora is in balance. Our food is digested and distributed throughout the body, with no excess fluid or phlegm (hence connection to sinus). The immune system is nourished.

It has been said that Candida starts with a Spleen imbalance which leads to all the other symptoms above. When the Spleen is compromised, Damp Heat accumulates, and this is an ideal environment for yeast overgrowth. This is also why Candida is a common problem in hot, humid climates, stressed persons (as stress promotes heat), and menopausal persons, as well as those with compromised immunity and those eating foods which promote an environment for Candida to feed on.

At the same time it is recommended to check thyroid and adrenal function (high cortisol levels weaken the immune system), blood sugar levels, insulin levels and the presence of parasites – all known to be part of the problem. Those with diabetes or insulin resistance will also be susceptible to Candida. This is also a ‘chicken and egg’ issue – which comes first???

I do hope that this article has given you another area to consider when dealing with your clients and assessing their symptoms. In the next issue of FootPrints I will discuss foods for the “candida diet”, and give you some ideas to assist with “die-off”.

Living in the tropics, I have experienced Candida first hand, and most of my clients have it to some degree. I have seen it manifest into some very serious and life threatening illnesses and diseases, if allowed to linger on.

### References:

Blend of numerous workshops, seminars and webinars I have attended/ listened to over the years, information from my suppliers and newsletters I subscribe to, my own research, life and work/client experience.

Should you have any questions relating to this article, Vera can be contacted on [hbhs08@hotmail.com](mailto:hbhs08@hotmail.com).

Part two of this article will be published in September Footprints.



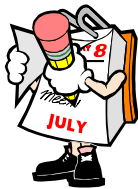
*I have spread my dreams under your feet. Tread softly because you tread on my dreams.*

(William Butler Yeats)



### **Bonus Back Issue offer extended for RAoA members only!**

You may have seen recently on our Facebook page that one of our partners, “The Art of Healing Magazine” ran a special Mother’s Day gift offering a bonus back issue with any 12 month subscription. This is a great offer for RAoA members as issues Mar/May and June/Aug both contain great Reflexology articles by our very own Sonia Bailey as well as Peter Mackareth. In particular the current issue (cover shown) highlights Reflexology on the front cover!! Maybe this could be a great promotional tool for your own clinic waiting rooms? The magazine retails in newsagents for \$12.95 per issue and with a 12 month subscription you will save 18%, only \$42.50 for a full 12 months. Go to [www.theartofhealing.com.au](http://www.theartofhealing.com.au) to subscribe.

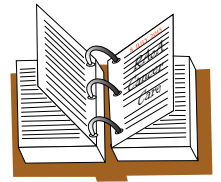


# CPT Education—Calendar of Events

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2015	PRESENTER	TITLE	LOCATION/CONTACT
June 20/21	MBA Seminars	MBA Pain Relief Seminars	<b>Perth</b> <a href="http://www.mbaseminars.net/au/mba.html">www.mbaseminars.net/au/mba.html</a>
June 27/28	MBA Seminars	MBA Pain Relief Seminars	<b>Brisbane</b> <a href="http://www.mbaseminars.net/au/mba.html">www.mbaseminars.net/au/mba.html</a>
July 5th	Marie Duggan	Cancer Care Working Within an Integrated Medicine Model for Reflexologists	<b>Sydney</b> Presented by the RAoA <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
July 8th	Marie Duggan	Cancer Care Working Within an Integrated Medicine Model for Reflexologists	<b>Brisbane</b> Presented by the RAoA <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
July 11th	Marie Duggan	Cancer Care Working Within an Integrated Medicine Model for Reflexologists	<b>Melbourne</b> Presented by the RAoA <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
July 24–27	Sue Ehinger	Facial Reflexology 1 & 2	<b>Melbourne</b> Sue Ehinger 02.4976.3881 <a href="mailto:sue@reflexologyaustralia.com">sue@reflexologyaustralia.com</a>
August 21–24	Sue Ehinger	Facial Reflexology 1 & 2	<b>Brisbane</b> Sue Ehinger 02.4976.3881 <a href="mailto:sue@reflexologyaustralia.com">sue@reflexologyaustralia.com</a>
August 15–16	MBA Seminars	MBA Pain Relief Seminars	<b>Melbourne</b> <a href="http://www.mbaseminars.net/au/mba.html">www.mbaseminars.net/au/mba.html</a>
August 22–23	MBA Seminars	MBA Pain Relief Seminars	<b>Sydney</b> <a href="http://www.mbaseminars.net/au/mba.html">www.mbaseminars.net/au/mba.html</a>
August 22–23	Martine Faure-Alderson	Cranio Sacral Hand Reflexology	Brisbane Heather Edwards 0424 678 450
August 26–27	Martine Faure-Alderson	Treatment of the Hormonal System in Cranio Sacral Reflexology	Brisbane Heather Edwards 0424 678 450
October 31–3 Nov	Aromatica 2015	Conference	Gold Coast <a href="mailto:deby@aromatherapytoday.com">deby@aromatherapytoday.com</a>
November 13–16	Sue Ehinger	Facial Reflexology 3 & 4	Melbourne Sue Ehinger 02.4976.3881 <a href="mailto:sue@reflexologyaustralia.com">sue@reflexologyaustralia.com</a>

## National CPT Opportunities

2015	PRESENTER	TITLE	LOCATION/CONTACT
AGM—Sunday 25 October	RAoA Event- hosted by Sydney Branch	AGM Workshop- Integrated approach to Fertility, Pregnancy & Beyond	Sydney Presented by RAoA <a href="http://www.reflexology.org.au">www.reflexology.org.au</a> <a href="mailto:admin@reflexology.org.au">admin@reflexology.org.au</a>
<b>2016</b>			
Feb 27–28	Sharon Stathis	Ayurvedic Reflexology SMART 1 seminar	Melbourne Presented by RAoA <a href="http://www.reflexology.org.au">www.reflexology.org.au</a> <a href="mailto:admin@reflexology.org.au">admin@reflexology.org.au</a>



## Welcome New Members February–April 2015

First Name	Surname	Locality	State
Zella	Moxham	DOLLS POINT	NSW
Sarita	Atkins	NEUTRAL BAY	NSW
Shuang(Susie)	Zhong	ARTARMON	NSW
Vanessa	Austin	GORDON PARK	QLD
Joy	Raatz	BOOVAL	QLD
Annabel	Dean	FLAMOUTH	TAS
Leigh	Gladman	THORNBURY	VIC
Jodie	Knowles	WERRIBEE	VIC
Robyn	Cuthbert	BELMONT	VIC
Emily	Kidd	CAMBERWELL	VIC
Ann	Rowe	ROCKINGHAM	WA
Mair	Pugh	ALBANY	WA
Kirsty	Ludbrook	LESMURDIE	WA
Michele	Anderson	FREMANTLE	WA



# Face it

Facebook news—Social networks for the now moments

by Kate McKnight

Dip Reflexology, Dip Holistic Counselling, Reiki Master, Teacher, Meditation Facilitator



The time has come for your Facebook Administrator to step down. I am handing over the baton after three solid years as your Facebook voice for the Reflexology Association of Australia. New marketing developments are underway for the RAOA. The Facebook page will be in very safe hands with a dynamic team to carry it forwards. Keep on sharing and loving the page because it will continue to grow so long as it is supported and valued by you, its members.

I would like to thank the RAOA association committee and Board of Directors for allowing me to be part of our reflexology online evolution. It is difficult to believe that three years have passed since I began my work on the page, managing it and creating a strong online presence for the RAOA. I thank all of you for your contributions, your astute and magnificent posts, and for sharing in our online journey in real time. Your participation and wisdom has helped so many.

It is time for me to let go of this journey now and allow others to put their stamp upon it and take it further. I have had a lot of fun managing the page. It has certainly fulfilled a creative outlet for me as well allowing me to continue to help the association through several more years of volunteering work. For now, I need to return my

focus to some of my own ventures. I am currently writing workshops and events that I hope to share with you soon. Watch this space for more on that later.

The last 12 months have been a little bumpy on a personal level, so it is prudent that I now step back and take the time I need to continue in the directions I wish to explore. It has been a great pleasure for me to work voluntarily for the association over the years. Yes, it is 'work' but at the same time, there is a great sense of achievement that comes from knowing that I've been part of the evolution of the association and hopefully made a valuable contribution.

If you are on the fence about volunteering, just try it. Give it a go and you'll find elements within yourself that become helpful in other areas of your life and work. For now it is time for me to take a little breather and hand over to others. I can't wait to see the wonderful things yet to come for our RAOA.

Signing off for now  
Blessings all

Kate McKnight  
[kennmcknight@bigpond.com](mailto:kennmcknight@bigpond.com)



## Current priorities in the RAOA Strategic Plan

by Heather Edwards

At the March meeting, the Board identified the following priority items to focus on this year:

1. Establish financial independence by creating additional income sources other than membership, through:
  - ◊ identifying new merchandise, and
  - ◊ organising more national and state CPT events.
2. Find sponsors, partners/advertisers: In order for this to happen we would like to increase the members of the promotions committee. Is this an area that interests you? Please contact Tony Pullin – [groundedsolesreflexology@gmail.com](mailto:groundedsolesreflexology@gmail.com).
3. Provide training for all levels of membership by listing workshops nationally on the website, creating opportunities for training via webinars and maintaining a calendar of events.
4. Make resources available on RAOA Website, Forums and Facebook.
5. Improve website resources—Facebook and FootPrints: Please consider articles that you might contribute to FootPrints Journal, Facebook and forums.
6. Promote Reflexology locally and nationally: You can be proactive by negotiating with local media for a regular 'Health, Ageing & Wellbeing' column, once a month, and identifying your membership with RAOA.
7. List of research available for all members and interested parties: Update.
8. Increase and maintain memberships by working with Reflexology Schools/Recognised Training Organisations (RTO's) to increase student numbers, sourcing other RTO's, encouraging RTO's to provide quality training, mentoring members, collating reasons for leaving and recognising our many volunteers. PMs will be able to use the 'V' logo (Volunteering logo), as RAOA is a member.



*Challenges make you discover things about yourself that you never really knew.*

(Cicely Tyson)

# STATE MATTERS

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**T**ime flies! It feels like yesterday that I wrote my last report. A few things have happened since. Victoria has a new Director on board. Emily Kidd, a law graduate, is volunteering her services to support the advancement of our profession. The National Conference Committee has done such great work that Victoria is now in a position to face the challenging task of deciding what to spend some money on!

Bond University contacted us to participate in research on how Reflexology impacts on psychological wellbeing, and Victoria had a great response in participating numbers. Even though we all know the outcome of the research

## VICTORIA



even before it started ☺, I am still looking forward to hearing what the final outcome is, based on a scientific method.

Over the last couple of months we have had the opportunity of two workshops. Firstly, Chris Stormer was back in Melbourne teaching her amazing Foot Reading, and Schuessler Tissue Salts were taught by a very enthusiastic and knowledgeable Susan Gianevsky from Martin & Pleasance. Both were very well attended and our members enjoyed the topics offered.

*Anne Hilarius-Ford*

**A**s NSW delivers our 2015 Branch ABM/Workshop Weekend (Saturday 16th and Sunday 17th May), this reminds us that the end of the RAoA CPT year is soon approaching. Have you all the points you need? Remember to utilise your membership CPT Tracker on the RAoA website; online monitoring and registrations make it easy for all members.

The current Executive Committee encourages all state members to be pro-active in your branch, community, and support of fellow reflexologists—being part of driving a growing future for reflexology, member representation and service to your branch committees. Your potential to add value to branch functionality and ideas, benefiting the experiences of all members through participation, engagement and self motivation, reflects directly on this association's mission. There are 170+ members spread across NSW/ACT. What an impact a group this size could have when focused and motivated for success. Perhaps this is the time?

It is NSW's privilege to host the association's National AGM/Non-Conference Day Event. We are planning an informative and theme focused Speaker Day on "Fertility,



## NEW SOUTH WALES

Pregnancy and Beyond" (\*present/coming information on RAoA website and Facebook, and in FootPrints and Newsletters). This event promises to offer you valuable knowledge, insights and opportunity to engage with other association members. The NSW Branch Executive Committee and all NSW state members offer an open invitation to all state members to attend one of our association's special events. Book your seat. Place Sunday, 25th October in your diary now. Come for a weekend away in Sydney, because "you're worth it"!

Thinking ahead to September for this year's WRW (World Reflexology Week), please look at individual and/or group activities you can be involved in during this reflexology profile week. A themed activity programme may unify a NSW state effort. One I would like to put forward is "Reflexology in Action". Provide some feedback and remember the RAoA Head Office is there to support activities.

There are exciting times ahead with your NSW Branch, so keep in touch!

*Tony Pullin*

**T**asmania had a wonderful beginning to the New Year with a Muscular Reflexology Workshop presented by Tony Miller, who has convinced the local football team that reflexology is better than massage! He showed us how to use reflexology to assist with sprains and bruises, valuable information, as the treatment can begin when the injury occurs. We also learnt some new areas to test when working on muscles around the hips and shoulders.

Thank you to all the members who actively supported the Tasmanian branch last year by being involved in the



## TASMANIA

committee and presenting workshops, as well as to those who have volunteered for the coming year.

I would also like to welcome our new member, Jacqueline McKenna, in St Mary's, and a welcome back to Annabel Dean, who is in Falmouth. We also currently have 9 student members, thanks mainly to Pamela Skeggs who is doing a wonderful job teaching reflexology in the north. We encourage our students and new members to join us at our meetings and workshops to get to know the other members.

*Lynda Kidd*

Hello fellow therapists. Since the last issue of FootPrints went to print, our country has unleashed some pretty wild weather!!! I hope all of our readers, in all States and Territories, are safe, well and relatively storm recovered!! Our best wishes and positive thoughts are with anyone who has been affected.

In the West, our conference committee is making good progress with our 2016 conference planning, with a good number of international speakers showing interest in speaking to us about some fantastic topics. We are looking forward to finding out more from the conference committee about their progress at our ABM, being held on 31<sup>st</sup> May.

We also have some fantastic CPT opportunities in WA, with Sue Ehinger and Jane Sheehan both presenting workshops in Perth in May. I have had interest in a "Foot Buddy" system for new remote area members to buddy up



## WESTERN AUSTRALIA

with more experienced members who can act as a mentor, peer, or general sounding board regarding reflexology techniques and matters. If any other members are interested in this opportunity, please

don't hesitate to contact me or one of our State Committee members.

Our ABM will bring a bit of a shake up to WA, with some of our long term members, who have done a fantastic job, leaving our committee. At the time of writing this, I know of two members who are not renominating for their positions and who will be greatly missed for their unwavering input, effort and support. I would like to personally acknowledge Davinna Hughes (Special Events Coordinator) and Jill Jones (Secretary) for all of your efforts, guidance and friendship during my year in the Chairperson's role.

I'm looking forward to a productive ABM, and wish all members of the new committee a very smooth and productive year.

*Sarah Hoey*

Since the last edition of FootPrints, we participated in the MindBodySpirit Festival in Brisbane. A huge thank you to Claire Siertsema and the events team for putting this together, and to the 40 Reflexology volunteers at the event. The volunteers treated 269 potential clients over 3 days. This was another chance to showcase to the broader community our modality and how professional we are with our work.

We held a morning at BUPA Health Fund offices at North Lakes in early March which was a huge success. Thanks to the other four reflexologists who came along with me on that day to give complimentary treatments. A full article about the morning is also in this edition of FootPrints. As a follow up, a new initiative, "Adopt a BUPA staff member", is about to commence and is initially being trialled on the northside of Brisbane. It is hoped that in the future this may go national.

Throughout the past year we have had a huge number of volunteers, not only for MindBodySpirit and World Reflexology Week, but also during the year at other smaller events. Thank you to all who have participated and for giving your time to represent our Association and Reflexology in general. We have had at least 62 volunteers



## QUEENSLAND

during the year, with most volunteering at more than one event.

For this year's Annual Branch Meeting/ Workshop we are trialling a new venue, and including morning tea and lunch rather than everyone bringing their own.

Something to think about ... We have an opportunity at the present time to grow our professional image and to gain more recognition within the health care industry. I urge you all to consider becoming a committee member in your state, not only for yourselves, but to assist the Association that represents us all.

The year has been very busy, and I thank you all for your support and friendship over the past 12 months as the Chairperson in Queensland. Again, thank you to all our committee members nationally. They do such a lot for all of us, behind the scenes, that you may never see. To those who are retiring from their respective committees, thank you for your valuable time.

Taking on a committee role has meant that I have met some wonderful fellow reflexologists along the way. For that, I am truly grateful. And to those who gave me the "extra" shove to do it – "thank you"!

*Pamela Nish*

Hello autumn. The cooler weather is welcomed by farmers, as is the rain.

There is not a lot of news from South Australia. Current focus is on the ABM. Members who feel they have time to volunteer for the branch are welcome to make contact with me or James Flaxman.

All South Australian members are welcome to attend the Branch Practicum Exchanges. Dates to put in your diary are Sunday 2nd August and Sunday 8th November.



## SOUTH AUSTRALIA

The topic for discussion will be decided on the day. Time: 1pm to 4pm – at Bowden Brompton Community Centre,

19 Green Street, Brompton. Please bring your reflexology chair or table, cream and towel. Fee \$25.00. Registration and payments are made via the RAOA administration office. Contact Leanne Brown, Accounts Administrator, via email or phone – Email [accounts@reflexology.org.au](mailto:accounts@reflexology.org.au) or Free Call 1300 733 711.

'Sharing together skills and knowledge on Reflexology'  
*Susan Jean Ramsey*

# FootPrints Journal

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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

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.

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# 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:** To maintain a viable and sustainable association in order to advance the reflexology profession and to be of service to members.

**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.



## THANK YOU

From the Research Committee

Thank you to all those who participated in the Bond University research study! Without you we would not have been able to even get this off the ground. We do not have any feedback at this stage but will let you know as we receive information.

We are aware that there were some issues surrounding participation in the study due to constraints and lack of definitive information from, and required by, the university and have passed on your concerns to the researchers. This study in South East Queensland was the department's first reflexology study, and we believe that they have learnt much from the exercise. A follow up study is being conducted in Victoria, with much better preparation, and we look forward to viewing those results, as well as the Queensland ones. On completion we will be provided with five papers; one from each of the student researchers.

Let's hope that this is the start of a long and fruitful partnership with Bond University and a lead into more productive and practitioner-friendly studies.



## THANK YOU!

On behalf of the Board and all members we extend an enduring thank you to both Helen Adendorff and Kate McKnight for their amazing work in spreading the word of reflexology over the past 4 years. Helen as editor of FootPrints and Kate in developing and tending to the Facebook site have kept us interested and well informed on wide ranging reflexology topics and relevant events.

We are extremely grateful for your dedication and support over the years.



RAoA Membership Renewals are due 1st of July 2015. To complete your registration and payment go to [www.reflexology.org.au](http://www.reflexology.org.au)