



1. Letter from the Board
2. Association Contact Details
3. Managing Trigeminal Neuralgia with Auriculartherapy and Foot Reflexology
6. Review Of The Revision Course In Auriculatherapy
7. Membership Matters
8. Case Study: Treating Alcoholism with Auricular Therapy
9. Clench your Jaw and have a Headache are in Business
10. Health Funds
11. Like It or Not—If you see Clients for Money you
13. Aura-Soma© Colour and Reflexology
15. State Matters
18. Still in Training—Baby Steps
19. Intuition and Sound Reflexology©
21. Why Undertake CPT?
22. 2007 CPT Education
23. Product Guide
24. FootPrints Contacts, Guidelines & Deadlines

LETTER FROM THE BOARD



Hi Everyone,

At the next board meeting in Brisbane we will be discussing and writing some policies and procedures for our association. This is a looong and well overdue task that needs completing, as it's difficult to run an organization without protocols and guidelines to follow. It will be an ongoing process but, hopefully, we shall make a good start with it.

Sarah Blain from **Tasmania**, who is the latest Director to join the board, has already begun work on this and has agreed to oversee it as her portfolio, which is great news. Sarah has a wealth of knowledge that she brings to her role and I'm sure she will make a very valuable contribution to the overall running of the association. Welcome Sarah!

Most branches will be holding their **Annual Student Welcome Meeting** over the next few weeks. These meetings are invaluable to us as an association, in terms of actively recruiting our latest graduates of reflexology. It is vital that we make all our students very welcome and support them as they make that frightening transition from student to practitioner – I'm sure we can all remember how daunting it was attending our first meeting – maybe it still is for some – but hopefully not. ☺ Please make them welcome.

The **Annual Branch Meetings** – ABM's will follow for the May/June meetings. These meetings should be celebrations – a chance to reflect upon the past 12 months, to celebrate the work of each branch committee and a chance for new members to join the bandwagon. They are also a chance to acknowledge a member from each branch that each state feels has made an outstanding contribution to the growth of the industry. Many people have done an enormous amount of work behind the scenes across the country – this is their chance to be recognized for it.

You will notice that from this edition onwards we shall be acknowledging those members who have already received either **Outstanding Achievement awards** or have been awarded **Life Membership**. I believe this is important and is part of my vision for us to eventually have a Reflexology Association Hall of Fame, detailing our history and acknowledging our pioneers. If anyone has been omitted by accident, my apologies – but please let us know so we can rectify this.

On another note, I've been studying for the past year or so (in my spare time), but my specific area of interest is not my teachers' specialty and I sometimes get stuck as to knowing where to turn!!!! This got me thinking.....the work of a reflexologist has many angles and slants, with some people specializing either by choice or default on a particular condition or category of person. But how do we find out who is a specialist in any given area???? Sometimes it is hard to acknowledge our own skills and experience - we've all heard of the tall poppy syndrome in Australia. **Well I want to know who does have a specialist knowledge** – or at least a large **experience with a particular condition or type of person** - maybe you've done a lot of work on babies or with people suffering from asthma etc – **please let us know**. You have so much to contribute and offer to everyone else.

I consider myself pretty experienced in the field of reflexology (well you'd hope I am anyway ☺) but in my current field of study I'm a relative newcomer!! We have lots of newcomers every month in our association – let's help them and help each other. Don't be coy – please drop me an email.

Till next time
Emma

Board of Directors 2006-2007

President & Public Relations

Emma Gierschick (VIC)
03 9774 3776
innasoul@optusnet.com.au

Vice President & CPT

Libby Stark (QLD)
07 3376 2240
starkrags@bigpond.com

Secretary & Footprints

Advertising
Judee Hawkins (NSW)
02 9836 0078
secretary@reflexology.org.au

Treasurer

Jennifer Hill (VIC)
03 9842 9495
hill8@internode.on.net

Research Coordinator and Education

Sara Higgins (QLD)
07 3901 6621
raa@sarahiggins.com

Website

James Flaxman (SA)
08 8333 0147
flaxmanj@webzone.net.au

Publicity & Promotions

Kerrie Baldock (NSW)
02 9371 4380
cloud9reflex@yahoo.com.au

FNTT

Anne Young (WA)
0400 811 010
seamedia@bigpond.net.au

Policies and Procedures

Sarah Blain (TAS)
0427 261 710
smblain@bigpond.net.au

March 2007.

All Rights Reserved.

The opinions expressed in this journal are of each author and not necessarily endorsed by the Reflexology Association of Australia. Advertisements are solely for the information of readers and are not endorsed by the Reflexology Association of Australia.

This Issue:

*Front cover illustration courtesy
Jocquine.*

REFLEXOLOGY ASSOCIATION OF AUSTRALIA LIMITED

The Reflexology Association of Australia Limited was incorporated in 2002 as a company limited by guarantee (ACN: 101 412 319)

CONTACT HOTLINES

Membership Administrator

Jenn Cooper

PO Box 253

Wynnum Central, QLD 4178

Phone: 07 3396 9001

Fax: 07 3393 5468

*All membership enquiries **and** applications; changes of address*

Email: reflexologyadmin@tpg.com.au

Office Hours

Mon, Tue, Thu and Fri — 9am - 1pm

General Enquiries and Advice CPT Information

Contact the representative in your state

Practitioner Register

Phone: 0500 502 250

Research Librarian

Pat Mclean

STATE BRANCHES

NSW Address: PO Box 366, Cammeray, 2062

Chairperson: Melanie Parsons

Phone: 02 9899 4116

Secretary: Carmen Luz Guerin

Phone: 02 9982 2821

Email: carmen_luz_g@hotmail.com

QLD Address: PO Box 3092, Norman Park, 4170

Chairperson: Claire Goldstein

Phone: 07 3366 1603

Secretary: Ian Gilbert

Phone: 07 3843 1787

Email: iangilbert27@msn.com

SA Address: PO Box 457, Kensington Park, 5068

Chairperson: Margaret Rowett

Phone: 08 8753 4093

Secretary: Harriot Sneyd

Phone: 08 8373 2770

Email: harriot.sneyd@bigpond.com.au

TAS Address: PO Box 3041 LDC Launceston 7250

Chairperson: Helen Clarke

Phone: 03 6424 8111

Secretary: Mary Farr

Phone: 03 63317619

Email: yted5@hotmail.com

VIC Address: PO Box 5272, Mordialloc, 3195

Chairperson: Rachael Fabbro

Phone: 03 9889 0453

Secretary: Jennifer Hill

Phone: 03 9842 9495

Email: hill81@internode.on.net

WA Address: PO Box 1032, Leederville, 6901

Chairperson: Valerie Dewar

Phone: 08 6293 1424

Secretary: Lee Phillips

Phone: 08 9335 7682

Email: lephillips@optusnet.com.au

OUTSTANDING ACHIEVEMENTS

Life Membership

Outstanding Achievement

NSW	<ul style="list-style-type: none"> • Sue Ehinger • Graeme Murray 	
QLD	<ul style="list-style-type: none"> • Heather Edwards • Sharon Stathis 	
SA	<ul style="list-style-type: none"> • Joyce Lockett • Rosemarie Urban • Suzanne Pfitzner 	
TAS	<ul style="list-style-type: none"> • Pamela Skeggs • Dianne Yaxley. 	<ul style="list-style-type: none"> • Gaylene Webb • Vicki Delpero
VIC	<ul style="list-style-type: none"> • Dee Leamon • Carol Mc Bain • Josie Magazzu • Marion Bond 	<ul style="list-style-type: none"> • Natalie Baker • Samantha Langridge • Karen Fothergill • Marion Bond
WA	<ul style="list-style-type: none"> • Keith Solomon • Brigitte Johnson • Lynn Hatswell 	<ul style="list-style-type: none"> • Patricia Bell • Flora Toft • Gladys Duncan • Chris Aubrey • Des Bradley • Lis Andersen

ARE YOU A STUDENT?

FootPrints is looking for students undertaking training to submit articles for the "Still in Training" Section.

We want to hear from YOU!

Send your articles to Jan Cullen

jan.cullen@malleasons.com

MANAGING TRIGEMINAL NEURALGIA WITH AURICULAR THERAPY AND FOOT REFLEXOLOGY

You might notice:

- sudden face distortion and jerking of the head
- a reluctance to touch the face
- a reluctance to sit in an air conditioned room or go outside on windy days
- a reluctance to go to social events especially those involving talking or eating
- a reluctance to brush teeth, wash face, shave or use cosmetics

Medical Treatment

Because TN is a nerve pain the usual analgesics and even heavy duty narcotics have no effect.

It has been discovered that anticonvulsant medication such as Tegretol, Dilantin and Neurontin with the unfortunate side effects of eg: drowsiness, dizziness, tremors and confusion work best and sometimes they are used in combination.

Unfortunately, TN can be a progressive disorder and the pain gets worse with time; more and more medication is needed to get relief. Surgery is the next option. Although the initial success rates are high (anywhere between 92 - 98%), there is a recurrence rate of 23-45% and there are various complications, minor to severe facial numbness being the most common.

Complementary Therapies and Trigeminal Neuralgia

Success in managing TN has been reported with:

- Acupuncture
- Chiropractic manipulation of the atlas
- Vitamin B12 supplementation
- Magnet therapy

Auriculartherapy and Reflexology: Three Case Studies

My experience with 3 clients has been most encouraging. In each case medication could be reduced significantly using auriculartherapy as the main treatment form backed up with a relaxing 20-30 minute foot reflexology session. Auriculartherapy benefits people with TN as it can reduce the facial pain specifically by applying pressure to the ear points relating to the particular area of pain eg: jaw or forehead, as well as to points that relate to the trigeminal nerve. Master points that are helpful for pain relief are also used.

Case Study: 1

- 45 year old physiotherapist
 - TN for 18 months which started after a 6 weeks with a sore throat
 - Medicated with Neurontin and Amitriptyline
 - Symptoms: shooting pain along right jaw to lower teeth and upper lip; above right eye; right side of hyoid bone; right ear. Pain levels 20/10 - 5/10!
 - Sometimes pain free with these drugs
 - Triggered by stress, eating, cleaning teeth, air conditioner
 - Has tried acupuncture, osteopathy (makes it worse)
- Treatments:** Weekly one hour sessions involving auriculartherapy & foot reflexology

Results

Session 2:

Her symptoms were more achy after the session and then returned to previous levels.

At this session the liver and throat points were the most reactive

Session 3:

Face pain a bit worse for a day or two (but she also saw the osteopath!). Sore throat seemed a bit better; her left side felt looser.

Session 4:

Definite improvement; no strong pain - only niggles. Despite stress at work, pain was not triggered. She had a very sore throat for a day or two. *Occiput point was very tender. Throat point was less tender now.*

Session 5:

Improvement continues. **No** strong 20/10 pain for 2 weeks now. She used to get them 2-3 x per week. She now wanted to reduce her medication.

Session 9: (3 weeks after session 8)

Medication reduced slowly till she was taking none at all. Unfortunately she was bitten behind the right ear by

5th Reflexology New Zealand National Conference

Get your hands
on more
SOLE
POWER!!!

Join us and learn new techniques.

Who? Emma Gierschick with Somatic Reflexology.
Michelle Siebert with Hand Reflexology.
Plus more exciting speakers.

When? 15-17 June, 2007

Where? Kingsgate Conference Centre
110 Fitzherbert Avenue
Palmerston North

Contact?

Jill Faulkner **Phone:** 06 328 5929

Email: jillpeepoday@inspire.net.nz



MANAGING TRIGEMINAL NEURALGIA WITH AURICULAR THERAPY AND FOOT REFLEXOLOGY

a tick 2 weeks ago. She reacted allergically and the neuralgia returned. She increased her medication up to 3/day (used to be 6).

At this stage treatments became less regular due to work and home commitments.

Case Study: 2

- 70 year old active female - still working part time; walks daily; actively involved in local church
- TN for 10 years
- Medicated since April 03 (Neurontin)
- Symptoms: searing rods of pain through lip, teeth, nose, under eye and up into the head on the left side. Triggered by any touch and chewing

Treatments:

Weekly one hour sessions involving auricular therapy & foot reflexology.

Results

Session 2:

She reported that the next day the jabbing pain was a bit stronger; following 2 days were pain free despite building stress at home. Pain now less and she could touch some areas without triggering the pain.

Session 3:

No pain above the lip now and less aggravation next to the nose. Other areas did not hurt at all.

Session 4:

She was very surprised that the improvement continues despite high stress at home.

Session 5:

2 weeks between sessions but lip was still OK; next to nose was still tender but did not worsen

Session 29:

Face twinges slightly when she worries. Medication reduced from 3300 to 1800 mg.

I have been seeing this client now for 2 1/2 years and the sessions are less regular as the pain is well managed. We had a further improvement when I began to use Cranio-Sacral reflexology on her feet. She can now touch any part of her face without it causing pain. When she can't see me for an extended period, she self-treats using a 800 gauss magnet on the trigeminal point on the ear lobe.

Case Study: 3

This client differs from the other two in that she has multiple sclerosis. Her attacks of trigeminal neuralgia have been sporadic but have had the same symptoms – sharp, shooting facial pain on eating, touching the face, etc. Fortunately, however, the pain has disappeared entirely each time after 1 or 2 treatments.

Treatment Protocol:

The following ear points have been reactive in all three cases and have been used in their treatments:

- Trigeminal nerve
- Brain stem
- TMJ

- Frontal and occipital head points*
- Forehead*
- External nose*
- Master cerebral
- Thalamus
- Shen Men

*depending on location of pain in the individual

Stomach meridian points on the face correspond strongly with TN pain trigger points and the stomach point on the ear has been very useful for one client.

Treatment Procedure:

Auricular therapy

1. Finger holds to sedate head and neck reflexes and assess their general level of tenderness.
2. Each reactive point is then treated for 30 seconds with the acu-stimulator.
3. Magnetised pellets are placed on the most reactive points; usually 4-5 per ear.
4. A 800 Gauss magnet is placed on the most reactive trigeminal point and I have taught these clients how to place it themselves, moving it from front to back and from ear to ear every few days if needed (eg: if they can't get to a session that week or if they are away on holidays).

The auricular therapy part of the session takes around 30 minutes once the most reactive points for that client have been established.

Foot Reflexology

The feet are then worked for about 20-30 minutes with the emphasis on relaxation especially around the head and neck area.

Experience so far indicates that a significant reduction in pain is already noticed by the fourth session. In two cases, more pain was noted after the first treatment for a day or two and before returning to former levels.

Conclusion:

Based on this extremely small study group it is difficult to draw definite conclusions, however, the results are encouraging. All three clients were able to reduce their medication significantly. The client with multiple sclerosis does not take any medication now and rarely has an attack of pain; when she does it is quite minor.

TN symptoms are also triggered by stress, so apart from the pain relief brought about by auricular therapy, foot reflexology has been a welcome way of promoting relaxation and reducing levels of tension held in the body, especially around the neck and head areas.

By Sue Ehinger Dip. Reflex., MRAA

References:

- Striking Back! The Trigeminal Neuralgia Handbook by George Weigel & Kenneth F Casey Publ. by the Trigeminal Neuralgia Association, Florida, 2000
- Auricular therapy Manual by Terry Oleson, publ. by Health Care Alternatives, California, 1998

REVIEW OF THE REVISION COURSE IN AURICULATHERAPY

By Jan Cullen

Who wants to get up early Sunday morning to attend a course? "Why do I sign up for these things?" I thought to myself as the clock ticked away the seconds. I would much rather just lay here in bed and relax - something of a luxury these days.

I had already paid for the course so, in the end, I decided I had better attend. The course was walking distance from where I lived so I grabbed the necessary equipment and manual and off I set. After a few minutes of brisk walking, my attitude changed from "why bother" to one of newfound enthusiasm on what I was going to learn.

I have always been fascinated with Auriculartherapy since doing the 2 day course a couple of years ago - I just never bothered to use it and so everything I learned was soon forgotten. I have had Auriculartherapy done on me a few times with quite good results so I was ready to re-learn things that were taught to me previously.

Sue Ehinger is an extremely interesting speaker - full of insights and bits and pieces of knowledge - you always need to have your notepad at the ready when she speaks so you can catch all the information she imparts. My trusty old shorthand comes in very handy at these times!

We started off the day with diagnosis and assessment which is basically taking a detailed history and then carefully examining the ear. If there are tender spots, they can be marked down and later compared to the client's medical history. Any inflamed areas should not be worked. Feet and ears may not always agree because if you work on the ears, it may modify the feet. Always work on the points that are reactive as it indicates that some sort of stress is going on in the body.

We had a chat about working the areas of the body, e.g., if there is a stomach disorder, work the hands first - if there is a digestive disorder, work the feet first - if there is a nervous system or psychosomatic problem, work the ears first.

We discussed the 200 (approximately) pressure points located in the ear including Primary Master Points -

Shen Men, Point Zero, Autonomic, Endocrine and Thalamus; and the Secondary Master Points - Allergy, Adrenal, Tranquilizer, Master Oscillation, Master Sensorial and Master Cerebral.

We then moved on to magnets and their use. Along with magnets we had a talk about the electro-stimulator machines (which are pretty good because you can use them on yourself).

Treatment procedures were discussed and the following points were made:

- treating no more than 3 problems at a time
- treat the primary problem first
- treat only the reactive points
- treat the ear on the same side of the body with the problem
- treat the front of the ear for relieving pain and the back of the ear for muscle spasms that produce tension and limit range of motion
- treat symptom points first, then Master points and, lastly, supportive or helper points
- do not overstimulate the points



We then had a very interesting discussion on Trigeminal Neuralgia which is a very painful condition affecting the 5th cranial nerve. The blood vessels press against the nerve which causes a groove in the nerve resulting in the myelin sheath being damaged. Causes can include neuritis and aging. Sue has done quite a lot of work in this area with promising results.

It was a very enjoyable course. The "students" set the pace by discussing what they wanted to cover in the course. We also had a practice on each other just to refresh our skills. The highlight for me was Sue using the moxa stick on my ear. I have been suffering from severe neck and lower back pain for quite a while - recently I found out that my pelvis was out of alignment. On the day of the course, I was experiencing shooting pains in my head, a headache and pain in the lower back. I noticed a change in the pain levels after the moxa stick was used - however, the next morning I was pain free and remain so to this day. I now have Auriculartherapy performed once a week with almost instant results.

For anyone who hasn't done a course in Auriculartherapy, I highly recommend it.

MEMBERSHIP MATTERS

By Jenn Cooper, Membership Administrator



We have had a busy start to the year with good membership enrolments. We are seeing a steady increase in members particularly **Qld, NSW and Victoria.**

In April this year the branches will hold their Annual Student nights to inform, educate and inspire those entering the Reflexology community. I remember attending the **Brisbane Student Night** last year and it was wonderful to see the enthusiasm of our more established practitioners sharing their experiences and passing over valuable information to the keen and eager students.

We have now given all **Intermediate and Associate Members** access to the member's only section of the website. Professional and Intermediate use their membership number and postcode to log in. **Associate Members** have been given a special log in number and also use their postcode to enter the members section.

In **February** we conducted our **Annual Audit of the**

CPT program. We take 10% of our Professional Membership and request the **Personal Recording Sheet** to be sent to the admin office. This audit is essential and a requirement of our guidelines for checking the activities of our Professional Members.

Just a reminder to always send to admin an updated copy of **First Aid and Indemnity Insurance Certificate.** We do send out reminder emails and letters about this but find it time consuming in the office. Please be a responsible member and update us as soon as you can.

All the branches will be educating the members again this year on the **CPT program.** Please make yourself aware of your requirements as a Professional Member. Plan early, read the document carefully and ask your branch committee for assistance if you need it.

Remember when it comes to renewal time only send in the **CPT (blue and white)** form and keep the **Personal Recording Sheet** in case of audit.

Jenn Cooper

BIOFLOW— CHANGING LIVES

What is Magnotherapy?

Magnotherapy is the application of a magnetic field to living tissue. Magnets have been used by people and healers for thousands of years. They have been used to *help relieve aches and pains, accelerate healing, improve circulation and improve nervous conditions*



Bioflow – People, Animals and Home

Bioflow Magnets uses patented Central Reverse Polarity technology, this creates a pulsed magnetic field that your body will never acclimatize to.

- A famous brand in Europe, just recently launched In Australia.
- Over 2 million products sold worldwide.
- Certified Class 1 Medical device.
- Excellent results with pain relief, arthritis, migraines, blood pressure, energy levels and much more.
- Peace of mind for you with our 90 day money back guarantee.



Distributor Opportunities Open All Areas Now

For more information on how these products can help you, or you clients

Write to: Aisling Murray, 4 Garfield Street, Fitzroy, Vic, 3065.

Tel: 03 9417 5063 or 0411 594 333

E Mail: Amurray@vodafone.ie Website coming soon.

CASE STUDY: TREATING ALCOHOLISM WITH AURICULAR THERAPY

By Julie Hart

Early last year whilst on holidays, I was asked to treat a 28 year old male for alcoholism. The request was made by the parents who had tried many different approaches to help their son, all to no avail and out of sheer desperation asked if I would try auricular therapy for him.

I treated him after his father had just collected him from a drinking binge. He was brought in reeking of alcohol and agreeable to having an auricular therapy treatment. Not long having completed the course but full of faith and enthusiasm, I followed the treatment protocol for alcoholism as set out in Dr. Terry Oleson's manual. Using a probe I worked his right ear and placed magnets on the most reactive points including

Alcoholic Point, Liver, Lung 2, Tranquilizer Point and Shen Men. Through the treatment he gave very little reaction suffice to indicate which points felt most painful and uncomfortable. He left without saying much and at this stage I was just pleased to be asked to help with this longstanding problem.

Not giving it much more thought, I was surprised to receive an email from the parents a couple of months later advising their son had abstained from alcohol since the treatment and was displaying positive signs with respect to getting his life back in order.

He had moved back home, appeared more confident, was exploring ways to expand his work and was taking more interest in personal hygiene and grooming. Things that had long been neglected.

It has now been about 22 months and the reports are still favourable. Apart from a few minor episodes, he has remained well and his parents continue to sing the praises of auricular therapy.

Of the numerous different therapies and approaches their son tried over the years, nothing produced the positive results like auricular therapy.

Infant Massage Instructor



4 day Workshop

Leading to certification with the International Assoc. of Infant Massage

Call Glenda Chapman

Phone: 02 43693 668

www.iaim.net

EDITOR'S CORNER

Welcome to 2007 everyone! It is with great anticipation that I write this piece, as I am looking forward to big year in 2007. Gee what a year 2006 was we produced 4 editions of FootPrints with only minor hiccups along the way. Now we have found our stride and are working like a well oiled machine. What a team I have to work with..... dedication plus and it is a pleasure to work side by side with Jan and Judee. Both these ladies put a huge effort in each quarter.

This year we are looking for feedback from our readers and I will publish your letters, emails or thoughts if you wish. So send us a letter or emails expressing your ideas or thoughts on your journal.

The team trusts that 2007 will be a rewarding and enjoyable experience for all groups and individuals. We look forward to receiving your articles and ideas you may have.

Robyn

ancient secrets of India revealed
Ayurvedic Reflexology
 Stathis Method of Ayurvedic Reflexology Therapy
 (SMART)[™]

SMART 1
 Brisbane 23, 24 March 2007
 Perth 5, 6, October 2007

SMART 2
 Brisbane 25, 26 March 2007
 Perth 7, 8 October 2007

Brisbane contact Sharon Stathis
 phone: (07) 3878 1471
 email: info@ayurvedicreflexology.com
 web: www.ayurvedicreflexology.com

Perth contact Anne Clark
 phone: (08) 9332 4493
 email: anneclark@powerdsl.com.au
 web: www.ayurvedicreflexology.com


 Sharon Stathis RN

CLENCH YOUR JAW AND HAVE A HEADACHE!

By Dorthe Krogsgaard and Peter Lund Frandsen, Denmark

A common saying goes like this: "I grit my teeth and put up with it" or "She gnashed her teeth in frustration." In many cases this could be exchanged by "Grit your teeth and have a headache!" Many people unwittingly have tight jaw muscles and often headaches are caused by something as simple as jaw tensions.

In today's stressful everyday life, more and more people have good reasons to "grit their teeth and keep going". In many cases this leads to chronic tensions in the masticatory muscles (mainly Masseter and Temporalis). When you see a client with recurring headaches, it is always a good idea to ask about tensions in this area and other jaw problems. Even if they reply negatively, try to palpate the muscles while the person is opening and closing the mouth. Many will be surprised to find their chewing muscles to be quite sore and to realise how restricted their temporomandibular joint (TMJ) may be.

Jaw tensions and the Psoas muscle

If jaw tensions are only found in one side, they could be caused by present or past teeth problems, but could also indicate a pattern of compensation for a structural problem somewhere else in the body. This could be further investigated in several ways - a detailed description being beyond the scope of this article, but do try to test the Psoas muscle. If it is clearly tighter on one side you already have a good clue to get you started. (See how to test the Psoas in the article "Round about: The Psoas muscle" which can be found at: www.touchpoint.dk.)

Partners of the TMJ

In order to treat and relax the masticatory muscles it is a good idea to include the other large joints in the body. Ask about and assess tensions/problems in the ankle, knee area and hips. Continue up via the shoulder joint, ventral and dorsal shoulder girdle and the neck. The Sternocleidomastoid muscle (SCM) attaches close to the TMJ and is often tense - it is important to include it in the treatment.

Treatment

Among other things, it is valuable to examine and possibly treat the following reflexes:

- the spine, both local treatment and reflexology
- lateral malleolus, also representing the hip area
- knee
- shoulder joint and girdle
- neck and the SCM
- stress release – autonomous nervous system

Finally, massage the jaw muscles including trigger points and treat the TMJ reflexes. See illustrations.

Stretching the jaw muscles

In addition to reflexology treatment it is valuable to assign homework in the form of stretching exercises. Ask the person to do yawning exercises twice daily. The stretching should stay below the pain threshold. If it

hurts, the muscle will block and the exercise will not help.

Exploring the connections between jaw tensions and headache will be part of the Touchpoint workshop "Round about: Headache and Migraine" which is presented in Melbourne in September. This is rewarding to work with and often a very simple way to get rid of long lasting headaches. Read more in the insert elsewhere in this journal or visit www.touchpoint.dk

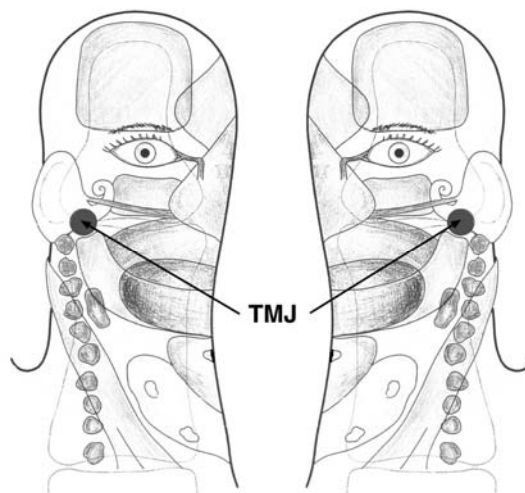


Fig: 1 Reflexes for the temporomandibular joint after Hanne Marquardt (© Hanne Marquardt)



Fig: 2 Reflex for the TMJ after Karl-Axel Lind, system II, where the head is reflected in the entire foot (© Touchpoint by permission from Anna-Kaarina Lind, Medika Nova, Finland)

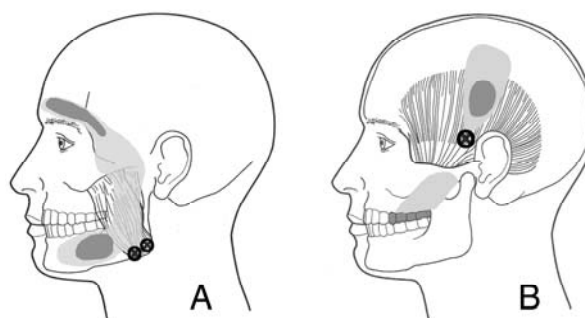


Fig: 3 Selected trigger points and typical pain pattern for the masticatory muscles: A) Masseter and B) Temporalis (© Touchpoint)

Health Funds Overview

Health Fund Coverage	Contact	Apply	Prov No	Rebate Package	Rebate	Annum
AMMG (Inc. Govt Employees HltH; Senior Advantage; Aust. Union HltH; Senior Health; Health Bonus); IAWANA HltH;	1300 366 868	Yes - by phone quote RAA No	RAA No on official receipt	Various packages in group	Approx \$20 - \$25	Varies
Aust. Unity Health	13 2639	Yes	Yes	Natural Therapies	\$25-\$300-\$600Fa	
HBA (incl. Mutual Community, ANZ, AXA HltH Insurers)	03 9937 4141	Yes	Yes	Under Remedial Massage	Gen Extras \$175- \$100a Prem.Extras \$20- \$150pa	
Credicare Health	07 3965 0022	No	RAA No on official receipt	Alt. Nat. Ther. (Top Extras)	\$24	
Druids Health Benefits Fund (now under Manchester Unity)	02 9267 9141	No	RAA No on official receipt	Their Massage (Ancillary)		
Grand United	02 9370 6868	Yes	Yes	Ultra Care	\$25	\$600
Grand United Corporate	1800 800 745	Yes	Yes	Ultra Care (Nat. Therapies)	\$25	\$600
Health Partners (SA)	08 8223 7588	Yes	Yes	Naturals + (Gold & Select Ext)	\$15	\$150
KCOF (Now under Hospital Contribution Fund of Australia)	1800 813 326	No	RAA No on official receipt		\$20	\$500
KCR (Now under Hospital Contribution Fund of Australia)	1800 803 784	No	RAA No on official receipt		50%	\$120
Manchester Unity	13 13 72	No	RAA No on official receipt	Any cover with Nat. Therapies	\$10-\$35-\$200-\$400pa	
MBF	132 623	No	RAA No on official receipt	Complementary Therapies	\$12-\$16-\$100-\$300pa	
St Lukes Health Insurance	1300 661 968	→	Reflexology no longer recognised			
Commonwealth Bank Friendly Society	1300 654 123	No	RAA No on official receipt	Mid Extras; Top Extras	\$22 ; \$30	
Defence Health	1800 335 425	No	RAA No on official receipt	Basic Extras; Top Extras	\$18; \$25 \$150; \$200+	
Naval Health Benefit (Now under Australian Regional Health)	1800 333 156	No	RAA No on official receipt	Ancillary Naturopathy Facility	50%	\$220
NSW Teachers Federation	1300 728 168	No	RAA No on official receipt	Ancillary Cover (Nat. Ther)	\$29	\$300
Railway & Transport Employees (NSW, Qld)	02 9745 3800	No	RAA No on official receipt	Remedial Therapies	\$20	\$200
Reserve Bank	02 951 9037	No	RAA No on official receipt	Naturopathy		
Teachers Union Health & Union Shopper Health	1300 960 701	→	Reflexology no longer recognised			
The Hospital Contribution Fund of Australia	13 13 34	No	RAA No on official receipt	Super. Multi. Value Extra Pkg		
Transport Friendly (Under Australian Regional Health Group)		No	RAA No on official receipt	Natural Therapies	\$22	\$400; \$800
Druids Friendly Society	03 9329 5144	→	Reflexology no longer recognised			
Medibank Private	1800 188 188		Hospital and extras - new bonus package covers as	health-related	expense	
Mildura Dist. Hoop. Fund	03 5023 0269		Reflexology no longer recognised	recognised		
Phoenix Welfare Ass.	1800 028 817		Recognise reflexology via ANTA membership			

**Open/
Public
Health
Funds**

**Restricted
Health
Funds**

Conditional

LIKE IT OR NOT – IF YOU SEE CLIENTS FOR MONEY YOU ARE IN BUSINESS...

By Anthony M Turner

As a qualified or studying Practitioner, you have, no doubt, made a conscious decision to help others and probably regard helping people achieve wellness as your way of combining what you love with earning a living.

Like many Practitioners, you have probably spent thousands of dollars learning healing skills. Yet sadly and also like most other Practitioners, you have probably spent NOTHING learning the fundamental business skills and promotional tools essential for bringing your dreams to reality.

I have no doubt that you have undertaken study with the intention and desire to succeed in your chosen area of expertise. So you need to decide whether you are going to give the 'business' side of your Healing Practice the same care and diligence that you give to the 'healing skills' side.

If your answer is no – you are probably better served by accepting that you have just decided that 'Healing' is a hobby and you need to find a job to pay the bills.

If your answer, however, is yes, you now need to decide how you are going to start working towards creating the Healing Business you desire.

So let's start with a mini stocktake about your current Healing Practice as it is, right here and now.

1. Do you have sufficient clients on a consistent basis?
2. Are you working with the types of clients that you desire to work with?
3. Do you feel under financial pressure?
4. Have you had to get a job to make ends meet financially?
5. Do you believe that the economy – mortgage rates, fuel prices, higher costs of living – are affecting your clients decisions to come to you?
6. How much money do you really earn each year from your Business – that is the money left over AFTER you have paid tax and all the bills?
7. Is your Business giving you the lifestyle you desire and, if not, why not?
8. Do you have negative feelings about Marketing, Selling or Business Planning?

Next, think for a moment about any successful Company, business person, shop or Healing Practice that you respect and admire. Ask yourself – how did they get to be that way? What are the things you like or dislike about their Business? These are valuable clues that can help you formulate your picture of how you desire your business to be.

Every successful business I have ever seen has a few things in common.

First – the Owner(s) have a very clear picture of what they want the business to look like in terms of physical look, size, clients they choose to work with and both the services and the service they offer. They determine how the Business or Practice will make its contribution to the world.

Second – they determine the ethics of HOW they will operate by creating a written statement, placed predominantly for all to see and read (especially customers) as a reminder of 'THIS is the way we do business HERE' – just remember to be sure your actions are ALWAYS aligned with your printed words.

Third - they create an overall plan of how they are going to get from their current situation to where they want to be. Once the overall plan is determined they make mini plans for each of the steps along the way. It's like planning a World Trip – first you work out the places you want to visit, then you create your itinerary, next you book your travel and accommodation and so on. This 'Business' plan is no different – it is designed to break down the enormity of the tasks that need to be addressed into small manageable steps - each one leading to the attainment of the ultimate goal. The plan is ALWAYS both directional (in that it points the way)

Does YOUR Practice need more clients?

Maybe we can help...

We specialise in helping Natural Health Practices and businesses like yours grow.

All the clients who have implemented our affordable, easy to use, practical and proven business support tools get to do more of what they do best – work with clients.

*Call e-motivation on 1300 856 303 or email emotivation@optusnet.com.au to find out how our **Heal your Healing Business** Workshops and Consulting Services can help you.*

 **e-motivation**
Helping others achieve their best

LIKE IT OR NOT – IF YOU SEE CLIENTS FOR MONEY YOU ARE IN BUSINESS...

By Anthony M Turner

AND flexible (in that it allows for adjustments to changing conditions).

Fourth – they continuously promote the business to both potential and existing Clients because they understand that Clients do leave the business over time and that they need to keep attracting new Clients if they are to stay in business for the long term.

Fifth – they do little things to show appreciation for the Clients choosing to do business with them. This can be done by offering discounts or free visits to regular Clients, sending cards to clients for special occasions, by providing hand out information relevant to Client needs – the ways are limitless. Think about those sincere little niceties businesses may have done for you and how much you appreciated them – how do you think your Clients will feel if you do it to them?

Sixth – they spend regular amounts of time educating themselves in best practice modality AND business skills. They know that learning business skills helps them become more efficient and that by having effective, simple systems in place they can spend more time doing what they love most rather than being caught up in tedious work they dislike.

Seventh – they use specialists in areas that they are unskilled – do you know anyone that can (or is expected to be able to) fix a car's engine, do tax returns in line with the latest Tax Office guidelines, heal every body from every complaint who is also an expert marketer, researcher, copywriter and teacher of golf and tennis. Successful business people realistically recognize that they are not able to do everything. They call in the appropriate 'experts' when needed because they also realize that the cost of an expert is usually a lot less than the cost of the time wasted when attempting to do the task themselves.

Lastly, they ALL actively work on maintaining their passion, focus and strength by rewarding their successes, by taking time out to recharge and by taking a step back from working IN the Business on a regular basis to look at the Business from the 'outside' or work ON the Business.

LETTERS TO THE EDITOR


I was very pleased with the short article written by Libby Stark from Queensland printed in Footprints June 2006. I refer to the article titled "What makes a healthy Reflexology Practitioner".

As a Reflexologist, I found the article encouraging. I can agree with what Libby said about exercise, diet and perhaps spirituality. As for mind, we can be our own role models. As children we might need exemplary role models. Not as adults. We can set shining examples so that the clients look forward to coming back to us.

I encourage Libby to continue her choices in being a healthy Practitioner. Our choices in being healthy physically and psychologically are one of the best contributions to the Complementary Health modalities.

Julian - Vic


BRISBANE



Maternity Reflexology
with Lyndall Mollart

PART ONE: 4/5 August 2007
PART TWO: 10/11 March 2007

Cranio-Sacral Reflexology
with Martine Faure-Alderson



ADVANCED: 30/31 August 2007
LEVEL 3: 1/2 September 2007
Government Accredited Course
Contact Heather at Reflexology Centre Australia
Phone: 07 3804 0128
Email: reflexca@bigpond.com.au



Qigong

for better health and inner peace

Qigong Master Simon Blow

Classes, workshops and retreats

China Qigong study tours (Hospitals and Monasteries)

instruction DVDs and meditation CDs

simonblowqigong.com • Phone (02) 9716 4696

AURA-SOMA® COLOUR AND REFLEXOLOGY

By Janice Hill, New Zealand

Aura-Soma is "The Light Made Manifest"

Aura means light.

Soma means the body (Greek), or the being (Aramaic), or living energies (Sanskrit).

Aura-Soma can be translated as the Living Light Energies of the Body.

Colour

Colour is a concentration of certain light frequencies. It is the essence of the life force all about us and penetrates deep into our bodies. We use colours to describe our physical health, our attitudes, emotions and even our spiritual or psychic experiences.

Aura-Soma

Divinely inspired through Vicky Wall, a trained apothecary and practicing chiropractor and therapist of over 40 years. In 1984 the first formulas of Aura-Soma Equilibrium were received in her prayers and meditation as a recurring vision of waves of colour. On the third night she was guided by "unseen" hands to make the first series of Equilibrium bottles. Today there is a selection of 105 jewel coloured Equilibrium bottles.

Aura-Soma is a colour system to restore, revitalize and rebalance ourselves at all levels. It is non intrusive, self selective therapy which combines the living energies of colour with essential oils, herbal extracts and crystal and mineral energies in a holistic way according to vibration.

Colour is the key to linking the vibratory power of these therapies and through the colours you will discover that Aura-Soma is a mirror of your soul. Aura-Soma is a vibrant, evolving system that helps open the door to healing and consciousness. Aura-Soma colour connects us to the deepest aspect of ourselves.

Aura-Soma connects the light to the body. "Each colour component of light has its own vibratory wavelength and specific qualities of energy capable of affecting the whole gamut of human emotions." (Wall, 1991, p.83)

You are the colours you choose, they reflect your being's needs

How does it Work?

The colours in the Equilibrium oils appear as a means of 'fine tuning' the physical body's colour vibrations and help bring clarity to the chakras through sympathetic resonance.

The skin acts as a semi-permeable membrane. When both layers of the Equilibrium bottles are shaken together a perfect emulsion is formed, capable of allowing the dynamic healing energies to be absorbed through the skin. Once through the skin they move into the lymph system, from there into the circulatory system, and finally into the appropriate organs and endocrine glands. From the endocrine glands the energies move through the chakras and into the aura,

the subtle bodies, producing a 'making whole' from within the whole being.

Aura-Soma Equilibrium Chakra Bottles

To balance and help address the needs of the seven main chakras of our human system. Through the language of colour, the messages embrace the emotional, mental and spiritual levels as well as their biophysical locations.

Pomanders

The pomanders work within the electro-magnetic field surrounding the physical body. They are essentially protective, cleansing, refreshing and strengthening to the energy field. Pomanders contain the energies of colour, herbs and crystals. Within each pomander there are seven different herbs related through their colour to each of the seven chakras.

Quintessences

The Quintessences work through the astral and etheric level to facilitate the flow of energy from the inner planes. Their function is invocative and each quintessence vibration brings with it certain qualities and certain experiences.

Reflexology with Aura-Soma

Colour boosts the effects of reflexology with the different frequencies of Aura-Soma colour. The living energies of light and colour within Aura-Soma encourages the letting of past events, revealing the gifts and potential and promotes the growth of consciousness.

Case Study

Equilibrium B3 – Blue/Green – Heart Chakra

This Equilibrium is particularly good for the chest, affecting the lungs and heart both physically and emotionally. It shakes together as turquoise, helping with the expression of feelings.

Female, 70 years of age. Extremely sensitive feet, balls of feet swollen, full of emotional congestion and unresolved feelings. Her left foot was leaning towards

CRANIOSACRAL SEMINAR IN PERTH

Dr Martine Faurre Alderson will present workshops in Perth in September 2007.

- * Basic course **September 7/8**
- * Advanced course **September 9/10**

For details please contact *Brigitte Johnson*
on email brittj@tpg.com.au
or telephone (08)9387 1305

AURA-SOMA® COLOUR AND REFLEXOLOGY

By Janice Hill, New Zealand

the right foot, maybe looking back into the past for a solution to her present situation.

This was her first introduction to Reflexology and Aura-Soma. She chose B3. During the treatment she had been fairly quiet and non-committal. As the Aura-Soma oil was applied to her feet she seemed to just want to let go. The balls of her feet softened and totally relaxed and let go, it was like a balloon deflating rapidly, amazing.

Over the last 6 months the left foot has gradually straightened and she has been able to discuss issues, let go and move. She has a great love of Reflexology and Aura-Soma and often 'wears' her bottles in her clothing. She also has a kinder regard for her feet and 'listens' to what they are expressing to her.

Case Study

Equilibrium B4 – Yellow/Gold – Solar Plexus Chakra

Yellow relates to happiness, joy, clarity, knowledge, fear, nervousness and confusion. Gold relates to innate wisdom, deep happiness, deep fear and anxiety. Twenty-six year old female, suffering nervous depression, emotional trauma, lack of energy,

inflammation of the liver and thyroid problems. Also grieving the recent death of her father. She was drawn to B4 and the gold pomander. Her liver, diaphragm and digestive reflexes were extremely tender and the right foot felt quite blocked. (Right foot relates to past experiences.)

During the reflexology treatment while working on her right foot she felt warmth flow up the right side of her body (unblocking stifled emotions perhaps).

When massaging the Aura-Soma oil onto her feet she had a feeling of happiness, which she had not felt for some time. I also felt that energy with her; it was quite an experience and very uplifting for her.

Today, thanks to her will and desire to improve her health and well-being and with the support of Reflexology and Aura-Soma she has been able to work through and let go of past traumatic experiences and is now experiencing happiness and energy in her life.

Janice will be in Australia teaching the use of Aura-Soma with reflexology for the first time in April, 2007. Phone 02 4976 3881 for information.

FACIAL REFLEXOLOGY AGAIN IN AUSTRALIA

PERTH AUGUST 2007

**MODULES 1,2 August 18-21
3,4 August 24-27**

**Modules 1,2 must be completed
before 3,4. Each course 4 days
BOOKING FORMS**

Contact robyn@forshaw.org

COMING TO SYDNEY

Contact :

Sue Ehinger 02 4976 3881

Intuition and Sound Reflexology
CONTINUOUS PROFESSIONAL TRAINING

Helen Mary Perkins
Therapist • Tutor • Speaker MAR BAUK

Now planning her next tour of Australia
Workshops September 2007
Advanced post-graduate training
Dates and venues flexible
CPT points awarded for RAA members
Suitable for all qualified reflexologists
• develop your own unique skills • brush up on existing techniques

Call: (07) 4056 5163



helenmaryperkins@hotmail.com
www.helenperkins.com



**Enjoy the Goji difference
Himalayan Goji™ Juice**

For further Information

Glenda Hodge

07 3395 1906

www.energyforliving.com.au

**Order on line
energyforliving.FreeLife.com**

STATE MATTERS



Well that's another Christmas Season over with; I do hope that you all had an enjoyable time and are now ready to get back into the swing of things.

Over here in the West I think that we have made a very good and productive start to the New Year. We have already had our first committee meeting and are now busy putting in the final touches for our Study Day in March and our ABM in May. Progress has also been made towards our regular Mandurah Study Day which takes place in July and to several Workshops by National and International speakers. Also in the pipeline are the regular events such as the Everywoman Expo and the Conscious Living Expo.

We are now hoping to get two Coffee Discussion Evenings up and running - one to run north of the river and the other south of the river. This is a very good way of meeting up with other Reflexologists in an informal manner to discuss a suitable topic. Generally, everyone has an interest in the topic being discussed and whether by sharing what they know or, by just picking up information from others there, our knowledge grows and we can experience a few laughs at the same time and perhaps even make new friends.

I think that 2007 is going to be a VERY busy year for all of us. With that thought in mind I would just like to say: please everyone, in order to be at your best don't forget to take time out for yourselves, indulge in something nice and you will find that a little pampering goes a long way!

Valerie Dewar



Hope all our RAA members had a great start to 2007.

It almost feels strange and perhaps a bit quiet as our busy time with preparations for the conference is over.

Our December meeting was a little different. The city members decided to venture to the country and spend the weekend at "yours truly's" retreat. The meeting was held around the dining room table, after which we had a swap reflexology, then of course we wined and dined.

After Sunday morning brunch the members wandered back to Adelaide feeling relaxed and revived.

Sue Ramsey has compiled a 14 page document titled National Reflexology Conference Planning Protocol In View which will be on the National website.

I am sure all future conference organizers will appreciate her work.

At our local branch meeting it was brought to our attention that we all needed to update addresses and phone numbers etc.

April 1st we will have a workshop at Sue Ramsey's place on Reflexology Lymphatics System.

Margaret Rowett



The new year brings with it a great beginning to post grad learning. Stream of Life Reflexologists, Janice Dance and Vicki Delpero, are presenting a workshop called 'Preconception and Natural Fertility' in February.

It was great to hear so much enthusiasm about training ideas at the last general meeting held last November, where we also made welcome our new State Delegate, Sarah Blain. Sarah replaces Vicki Delpero who was presented with a gift of thanks for her tireless efforts for our State over the past few years. We know Sarah comes with experience and enthusiasm and we will all support her in her endeavours.

We all look forward to another successful year with our Committee and supportive members - and I, for one, look forward to attending the September ICR conference in Cairns. What a great opportunity to meet such great names in our field of practice. Cheers everyone, from sunny Tasmania.

Mary Farr and Andrew Whitehead

National Referral Service

If you require a reflexologist in a particular area, town or state, the Reflexology Association Referral Service is able to assist.

We can put you in touch with a qualified reflexologist in most states of Australia

Phone: (0500) 502 250

Or visit our website at:
www.reflexology.org.au

STATE MATTERS



Hello to all members around Australia, and happy 2007!! I can't believe that Christmas is once again behind us - what happened to 2006 ?

The Victorian branch was quite busy toward the end of 2006. Our December meeting was attended once again by many of our dedicated members and we were fortunate to have as our guest speaker Anne Mair from Genesis Image & Lifestyle, speaking about "creating a business image to reflect your essence". This information was certainly valuable for existing and new members alike providing an insight into choice of colour and style for clinic environments and practitioner personal appearance.

As usual, our branch raised a substantial amount of income at the December branch meeting through our Library and Merchandise facilities. For those States who don't currently have a library - our members find it to be a valuable resource and, as an added benefit, we raise money for the Association at the same time. The committee is hoping to implement a number of other ideas in 2007 to increase revenue for the Association.

Our recently appointed Volunteer/ Promotions Co-Ordinator, Jeanette Friend, hit the ground running by organising a stand at the Natural Health Expo in November 06, held at the prestigious Melbourne Museum. Well done Jeanette - and thanks to all those members who volunteered at our stand over the course of the Expo. Other promotional activities on the cards for 2007 are Oxfam's Walk Against Want (March 07) and an Alternative Therapies Fair (April 07).

One of our members was awarded with lifetime membership of the Association at our December 06 meeting. Marion Bond has been involved with the Association since its inception, being State delegate prior to the National Body being formed. Marion was then asked by Trevor Steele to be the President of the Association which she graciously did for 6 consecutive years. Marion was instrumental in encouraging newly graduated reflexologists to join the Association and was one of the first people to make representations to Health Funds on behalf of the Association. Well done Marion.

Victoria's Footswap groups continue to meet

regularly in the "East" (Camberwell), the "West" (Brunswick) and more recently in Warrnambool. We are also looking to establish a dedicated group somewhere in the Werribee/ Altona area.

I think it's important to take this opportunity to thank all our members who work tirelessly and often without recognition to keep our Association humming along. Having worked in the committee roles of Treasurer and Chairperson over the past 2 years I am amazed at just how much work goes on behind the scenes and so a **huge** thank you again to our Victorian committee members and volunteers. Your next Victorian FootPrints report will come from our Vice Chair, Paula Havryluk, since my first baby is due in March 07 and I suspect I will be "off the air" for a while at least. So, from me, thanks for taking the time to read our reports from Victoria to-date and have a wonderful 2007.

Rachael Fabbro

Reiki Workshops

With Jacqui Bushell

Reiki I & II

April 6-8

Easter weekend

Reiki I & II

May 25-27

Wentworth Falls Retreat

\$385 incl. meals, tuition and accommodation

0247 827786

vibrationalescence@aapt.net.au

STATE MATTERS



It's that time of year again! Christmas and New Year have come and gone and the kids are back at school. Depending on your attitude to life it can be all down hill from here or, if you are an optimist, it is full speed ahead for a great coming year. Being of the latter super optimist class I thought it worthwhile to reprise a few lines from the *NSW Feetspeak Newsletter* written by Melanie Parsons, our Chair, covering her past year and hopes for the coming year. With Mel's permission of course.

*"There were the highs and there were the lows, however the challenges were the most rewarding. We are all attempting for balance and that I believe is the key to happiness and true contentment. When we love or are passionate about something or somebody we want to consume it completely, however, we then forget about the other things in life that have to be in balance to **sustain** us . So my simple message to you this new year is see the magnificence in yourself and balance out all aspects of your life - do something that you always wanted to do, be grateful for the wonderful piece of machinery we call our body, be still and **listen** to that voice within."*

Can't go without a word on our Christmas party. Jane Hodgett and Misha Frankel worked operational wonders for the fun and games (this is a true description) but truly it was a community effort - food, good chat and much laughter and, as always, many hands to the pump.

These thoughts lead me into my next paragraph..... I understand that NSW had a rush of blood to the head and volunteered to host the 2008 National Conference - (we still suffer from the 2000 Olympics euphoria). To set the wheels in motion (and the clogs clicking) a small group met last December for a very successful "floating of ideas". Our aim, obviously , is to garner as

many exciting, useful, head-line grabbing ideas as possible from members, particularly country members.

We know that people will drop in and out of the working party for various legitimate reasons, but the mission is to accomplish the best National Conference EVER! And the winner is SID-ENEY.

Joan Harwood



The Christmas meeting for 2006 was a festive affair for our group after the meeting formalities. Each member was invited to choose a member whom they hadn't met before and talked to each other for 20 minutes. This was a very 'vocal affair'! Our 'secret Santa' was a donation of a children's book from each member to the Salvation Army children's stocking and members contributed to a Children's raffle for Cystic Fibrosis. This all added to the Spirit of Christmas.

A Committee has been formed to prepare a proposal for a presentation on Reflexology for the Mental Health Conference.

Body, Mind and Spirit is the chosen Expo for this year. Many members are giving their support as volunteers in the promotion of Reflexology to the public.

Meeting topics for February will be Women's Health and March - Ortho – Bionomy.

The Qld committee and interested members are invited to meet the RAA Board members on 16th March for dinner.

Libby Stark

You too Can Have a Cleaner, Healthier Body

Phone us on **07 3396 0037**
or **0438 144 789** TODAY

For a **FREE CD**
email jennfeet@tpg.com.au
about

This Scientifically Proven Product That Removes Harmful Substances From Your Body Gently and Effectively.

'At least 90% of all chronic Disease can be attributed to environmental pollution'

World Health Organisation



Studies about this amazing product to be released soon...

STILL IN TRAINING — BABY STEPS.....

By Maria Laala—Dip Reflexology Student

By Sue Campbell

My Thoughts as a Student

I am nearly at the end of my formal studies and I am feeling very blessed to have been on this yearlong journey with my fellow students, and our amazing teacher.

I had wanted to study reflexology some 15-20 years ago after attending a talk on its healing qualities. My father had just become ill and I thought it would help him. I enrolled in a course, but events out of my control stopped me from attending. I was very upset at the time, but could do nothing about it.

I raised my three children, and cared for my parents in their ill health until they passed away, my father in 1999 and my mother in 2005. After my mother's passing, the universe drew me back to reflexology.

I felt a little uncomfortable sitting in a class with 18 year-olds, and felt a longing to have learnt reflexology skills years ago so that I could have eased my parents' pain and agony in the last years of their lives. 'It wasn't my time', I was told. I had to accept this and get on with my life, though crying tears over it.

Emma Gierschick's teaching style was fantastic - lots of fun, very supportive. She taught in a way where her students were learning without realising just how much was sinking in. This more than made up for the subjects that weren't much fun at all (like Business and Health). At times things seemed out of my control, my head was in a fog, I doubted that I could do well enough to pass some units. All in all my results were very good.

At times things were a little scary. Our first clinics ever were back to back; we had four clients in a row. And when Emma took us into the student lounge, without prior warning, and told us to work on strangers, that felt like being thrown in at the deep end.

I feel I took to reflexology like a fish to water. I had lots to learn and made lots of mistakes, but it just felt so natural. I always felt invigorated after treating a client.

The year has been life changing for me, as well as foot changing (I had flat feet when I started, now I have arches). It has been a year of tears, as well as bringing with me an enormous desire to learn, I also brought lots of emotional baggage. When I started I was self-conscious, indecisive, had low self-esteem, was frightened to speak. Now my self-esteem is good, I'm aware of my strengths and weaknesses and not frightened to have a go at new things and to speak. I don't feel ashamed when I make mistakes, any more. I feel confident in myself and my abilities, not just with reflexology but in all aspects of my life.

I had always wanted to be a healer, reading lots of books and dreaming, never believing that I could do the things that I was reading about. Now quietly, calmly, and unobtrusively - I heal.

"Dream lest your boat may never leave the dock"

Through the language of touch, reflexology has created another avenue of communication, a universal language which speaks to the hearts and minds of everyone. It crosses boundaries in a beautiful way, connecting people together lovingly and respectfully.

This for me has been the most powerful experience of reflexology and as a student it keeps the passion alive, the desire to keep learning and exploring an ongoing quest. The realisation that we are all capable of promoting healing within ourselves and others by embracing a non judgmental and caring approach is purely uplifting.

The other night during a vivid dream, an old friend appeared unannounced at my front door, bearing a gift – a lamp in fact. There was an overwhelming feeling of gratitude and joy in having received something "out of the blue". Not surprisingly, my dream book reaffirmed that the lamp represents the spark of life, bringing clarity and showing the way ahead. The token gesture translates into acknowledgement of one's own gifts and talents.

Sometimes in life it is easy to become distracted and lose sight of the bigger picture, we can become scattered in our energies. The commitment and discipline associated with fulfilling our dreams can weigh heavily at times, especially where this challenges existing belief systems and attitudes.

This reminded me that nearly twelve months ago I embarked on a dream of exploring the deeper mind body connections through the art of reflexology. In all honesty, there is a level of excitement yet apprehension in reaching the final days of my course. The comfort of the college environment and familiar faces will no longer provide the safety net. Perhaps my night dream was providing some form of reassurance, helping to alleviate the fears and insecurities which can plague us from time to time.

All of our dreams, either big or small stem from the conscious or sub conscious mind and help stretch our imagination. They create endless possibilities for ourselves and those around us and can provide insights to our true nature. It is liberating to transform a dream into reality, to grow personally and spiritually on the path of discovery.

The journey so far has been challenging, enlightening and above all else extremely rewarding. The sharing of ideas, thoughts and emotions with warm, generous and jovial fellow students has made the experience memorable and enjoyable. We all have dreams and when we are strong in mind, body and spirit we can collectively help each other achieve happiness and fulfilment. Reflexology can act as a catalyst for people and in essence can play a small part in helping individuals to achieve their ultimate dreams.

INTUITION AND SOUND REFLEXOLOGY ©

By Helen Mary Perkins MAR.BAuK.

(This article was originally published in *Positive Health* Issue 63, April 2001)

The development of Intuition and Sound Reflexology© was a gradual progression for me. I found that the traditional benefits of reflexology, treating the whole body and a wide range of symptoms for various ailments, could be greatly enhanced by using my own intuitive skills to 'feel' or 'sense' which reflexes were out of balance. Recognizing that the feet encompass the whole body and its systems so easily, I was able to develop an intuitive approach to this ancient art by finding those reflex points that required treatment. I named this 'Intuition Reflexology'© which, in due course, evolved into a treatment incorporating sound as well. Intuition is often called the sixth sense because of its relation to the other five senses that play such an important part in our lives.

For example, the laying on of hands can be used to direct energy to help or heal someone who is ill. This sense of touch is used in Intuition Reflexology© to locate energy blockages in the body. By stimulating or soothing the corresponding reflexes, the person receiving the treatment is able to respond or 'to heal.'

To fully appreciate how this works, it is important to understand that the human body is a living energy, made up of varying electromagnetic particles, forming a dense area that is our physical structure and extending outwards in fine layers, sometimes called the aura. Modern physics together with the Greek and philosophical Eastern traditions have formed new concepts, changing the view we have of health and well-being.

These energies or life force, which flow through meridians in Chinese medicine (as 'chi') or through chakra energy gateways in Indian medicine (as 'prana'), sustain and regulate the function of the organ and body systems. Symptoms of ill-health can be traced to an energy flow that has been interrupted, causing a blockage, stagnation and disease. The particular area of the body affected has simultaneously changed the surrounding energy field, so it vibrates at a different frequency to when it was healthy. The reflexologist can also use the sense of hearing to 'feel' or to be aware of the atmosphere while working with the client. Hearing an inner voice often helps to understand the nature of the complaint and what other reflexes might be useful.

The intuitive reflexologist may also 'smell' something that has a relationship to the problem or nature of the person they are treating. It may even suggest an aromatherapy oil that could be useful, either through application to the appropriate area of the body or used in a oil burner.

Vision through the mind's eye can also occur for both parties. The client may be relaxed or sleeping well, dreaming of colours and images. At the same time, the reflexologist may 'see' these visions which might lead on to colour healing. This can be visualized to the client

or involve the use of a colour torch or colour healing bottle touched on the appropriate reflex point.

Using the sense of taste, the reflexologist may experience a flavour, dryness or excessive saliva in the mouth which indicates some symptom in the client's being that needs to be addressed. Water and diet are vital to good health and, in particular, the drinking of fluids after a reflexology treatment helps with the circulation of nutrients and elimination of toxins from the body. Still in this area, the tongue is a vital organ for the power of speech, and the larynx and throat for the passage of air and breathing – in short, the power of life. An extension of this concept is the rapport and communication between client and reflexologist – knowing when to speak and when to be silent.

Music can also be helpful during a session, an idea that developed when I started to 'hear' a tone whenever I paused on a reflex spot that required balance or healing. Consulting with the client, I started to vocalize with sound as a healing tool on to the particular reflex point – a further use of the sense of the spoken word. Vowel sounds can be pronounced in such a way as to create an effect in parallel to the actual words that carry meaning to the listener. The sense organ that hears these words is the ear, yet the tone or pitch through which it is carried is also a vibration that is felt within the energy field.

In science, Kirlian photography has been used to identify the energy fields around an object, and ultrasound can record a sonar reading of the shape and mass. For those people with a vivid use of intuition and other senses, disease may be perceived, for example, through differences in touch, density and light, temperatures, sound, odour, colour, light and shade; there may also be visual imaging and inner feelings.

Intuition Reflexology© therefore senses the vibration of each reflex point, while Sound Reflexology© makes the corresponding sound. As sound too, has different frequencies, these can be used to help heal the body. This is not as unusual as it may at first appear. Different cultures over many hundreds of years have used these simple but effective self-help methods that are today becoming more widely recognized and accepted. Musical instruments such as gongs, singing bowls, tuning forks, the Australian didgeridoo, kettledrums and the medieval monochord make sounds for healing. The most recent innovation is using electronic frequencies, such as the study of 'Cimatics' and in radio-frequency acupuncture. There are now many workshops for training or 'freeing' the voice and the 'voice-print' can be identified with certain disorders in the body using 'Bioacoustics'.

Intuition and Sound Reflexology© uses all the senses to determine the exact pitch, tone or syllable articulation that needs to be vocalized by the reflexologist. The musical pitch, tone and style will vary from one

INTUITION AND SOUND REFLEXOLOGY ©

By Helen Mary Perkins MAR.BAuK.

person to another as each client's energy field holds the pattern and uniqueness of that one individual.

The reflexologist senses first with the fingers, interpreting the vibration of the reflex point or area and then, with the intent of healing or balancing, will produce the sound. The sound is vocalized three times by the reflexologist, with periods of silence in between, to allow for any adjustments that need to be made to the sound if the vibration of the reflex changes. In addition, the silence allows the sound to continue to its destination, penetrating the energy blockage or energizing and complementing its field.

Sound Reflexology© can be used with any condition; however, in the case of the long term or chronically ill, regular Intuition and Sound Reflexology© is often able to bring a reversal of symptoms, allowing a better quality of life. 'Singing to the bones' and other skeletal problems also works very well.

Different styles of 'singing' and voice work are practiced in the workshops as the Sound Reflexologist© needs to be totally uninhibited; intuition or inner feelings may sense a sound that might otherwise be considered discordant or disharmonious. Many cultures around the world use sounds regularly to express themselves: singing, chanting, wailing, shouting or humming. There are many more that can be just as effective for the reflexologist and their client. Clients' responses can vary during the treatment – sleep, relaxation, imagined colours, colours in motion like waves or dots and feelings flowing or pulsating to a specific part of the body.

Those that do not 'see' in this way might experience a 'tingling', heat, cold or pain in a particular area. Past memories may surface, or emotions such as joy, anger or gratitude. Often, there is an energy shift or realignment which can be experienced as a twitch or jerk of the body. In some cases, the client may like to join in with the sounds as a cathartic experience.

In any event, individual response should be encouraged as part of the session – there is no 'right' or 'wrong' reaction – the sixth sense will lead the way.

Case Studies

Case Study 1: – Client R: a woman of 73 years who has had back scoliosis with the clavicle and scapula raised slightly on the right side. She has 'tennis elbow' pain in her right side. R manages to live with her back discomfort and has recently found that a course of Intuition Reflexology© helped a digestive complaint that otherwise meant surgery. She was willing to try Sound Reflexology© for the tennis elbow pain. She had four treatments twice a week for two weeks and was very responsive. She was able to 'see' 'moving colours' and experienced waves of colour coming upward from her feet and directly into her elbow. She relaxed well and the pain was gone after the course and has still not

returned after three years.

Case Study 2: – Client T: a woman of 50 years who was physically abused when she was in her forties. She experienced severe pain in her left buttock and thigh and had tried many other therapies. The Sound Reflexology© was carried out weekly for six sessions. The sound used was discordant, perhaps reflecting T's pain and anguish from her past trauma. After the fifth treatment, when she reached home, she experienced a severe headache and vomited. The pain had gone the next day. The sixth treatment was used to check that her whole system was in balance after the release.

Case Study 3: Client J – a woman of 63 years who has diabetes and multiple sclerosis (MS). She has been having regular Intuition Reflexology© to help the mobility in her feet as she is able to walk with a frame. As with most cases of MS, one side of the body is affected more than the other side. J's left foot drags when she is walking and her left hand is stiff. Concentrating more on the left hand and foot, Sound Reflexology© is being used on a weekly basis. J relaxes well and 'feels' the sound, which is mainly in lower tones with vowel pronunciation, move up and around her neck. She is excited by this experience and feels better in herself. This case study is ongoing.

Case Study 4: Client A – a woman of 49 years who has MS. She experiences lower back pain. She has been having reflexology to help the mobility in her hands, enabling her to write. There has also been a problem with constipation which has been cleared. In applying sound to the reflexology with A, I use deep comforting sounds with overtones. She sees waving lines of colour, changing their shades and settling into her lower body. Her back pain has been significantly reduced. This case study is ongoing with weekly appointments.

Bibliography

- Armstrong Frankie and Pearson Jenny eds. "Well-Tuned Women: Growing Stronger Through Voicework." The Women's Press. London. P183. ISBN 0-7043-4649-4.2000
- Batmanghelidj F. "Your Body's Many Cries for Water." The Tagman Press. ISBN 0-9530-9215-1.2000
- Collins Judith. "How To See and Read the Human Aura." Lothian Books. Melbourne, Australia. ISBN 0-85091-759-X. 1998.
- Furlong David. "Develop Your Intuition and Psychic Powers." Bloomsbury. London. ISBN 0-7475-2153-0. 1996.
- Gardner Kay "Sounding the Inner Landscape: Music as Medicine." Element. Shaftsbury. ISBN 1-85230-973-3.1997.
- Goldman Jonathon "Healing Sounds: The Power of Harmonics" Element. Shaftsbury. ISBN 1-85330-848-6.1996
- Krieger Dolores "The Therapeutic Touch." Prentice Hall. New York. ISBN 0-13-914812-4

WHY UNDERTAKE CPT?

By Emma Gierschick, Vic



CPT provides a simple assessable means where members can provide evidence of having undertaken annual further training since graduation. It serves to bridge the gap between student status and being recognised as having updated clinical skills and professional knowledge in line with current practice. CPT programs are an expectation of professional life.

What are the Benefits of CPT?

Completing the CPT program ensures annual attainment of Professional membership, which then ensures:

- Recognition as a Professional Practitioner
- Provider number status from health funds that rebate for Reflexology
- Access to official RAA receipt books
- Competitive rates for professional indemnity and public liability insurance through insurance companies associated with RAA
- Listing on the national
 - RAA register
 - RAA Website
 - Telephone referral service

What are the Requirements?

Professional Membership as outlined by the RAA Constitution requires the maintenance of current first aid, indemnity and liability insurance as well as evidence of on-going professional training, in that professional members must accumulate 20 CPT points per annum 1 July to 30 June.

Annual Exemption from the CPT program

Exemption from the CPT program for one year only may be applied for in writing to your local branch committee for maternity leave, serious illness or on compassionate grounds.

CPT Recording Procedure

- **To Be Sent**
Members shall complete a record of their CPT activities on this document provided annually with their renewal notice and returned to the Administrator upon renewal of membership.
- **To be retained**
For your convenience a **Personal Recording Sheet** has been provided as a means of documenting your CPT activities to be claimed for the current year.

Understanding your CPT Education (the first five activities to be Reflexology based)	Allocation	Limit	Points
1. Attendance at any Reflexology seminars / lectures / workshops <i>(this relates to Reflexology)</i>	1 per hour	20	
2. Participation in RAA; meetings, groups, regional, practitioner exchange sessions or regional meetings with learning objectives / speakers <i>(at meetings the emphasis is on Educational Speaker content and Practitioner exchange sessions must be advertised in branch newsletters)</i>	1 per hour max.2 pts for meetings	15	
3. Attendance at a National or International Reflexology Conference	20	20	
4. Volunteer Reflexology work or promotion of Reflexology in the Community <i>(eg: participating in Health Expos or open days)</i>	1 per hour	10	
5. Bona Fide current Reflexology research projects leading to a published paper	1 per hour	20	
6. The publication of case studies, articles or reviews for state newsletters or other professional journals specifically related to reflexology <i>(Articles 950 words Book reviews 500 words)</i>	3 per article	10	
7. Attendance at any seminars / lectures / workshops specifically relevant to Professional Practice <i>(this relates to building your Business)</i>	1 per hour	10	
8. Volunteer presentation of a reflexology paper / workshop / seminar to the public or peers <i>(this does not include time involved in research)</i>	5 per hour	10	
9. Involvement at RAA Board or branch committee level <i>(Committee members are encouraged to attend as many of these meetings as possible to claim the maximum points)</i>	10	10	
10. Participation on RAA sub-committees or working parties <i>(please advise your Board or Branch of your involvement)</i>	5	5	
11. Paid subscription to a Professional Journal relevant to current Practice or Electronic subscription to online journals / research sites related to Reflexology practice or purchase of Reflexology books	1 per subscription	5	
<ul style="list-style-type: none"> • CPT Educational Points cannot be claimed for paid work (eg: teaching or Presentation of Workshop) • CPT Educational Points cannot be claimed for First Aid • Post Graduate Workshops and Mini Workshops – 1 point per hour (excluding 1 hour for lunch breaks) • I declare that the above is a true and accurate record of my CPT activities qualifying me for professional membership 		Total Points	_____
Signed _____ Dated _____			

2007 CPT EDUCATION

Members wishing to submit articles for publication of case studies, articles or reviews for State newsletters, FootPrints or other professional journals specifically related to Reflexology are encouraged to share your knowledge and experience with our members.

The content required is: **articles 950 words, book reviews 500 words.**

CPT points earned – 3 per article/limit 10 points.

Libby Stark – CPT Co-ordinator

<u>Date</u>	<u>Presenter</u>	<u>Training Title</u>	<u>Location</u>
Mar 23-24	Sharon Stathis	SMART—Level 1	Brisbane
Mar 25-26	Sharon Stathis	SMART—Level 2	Brisbane
Mar 23-26	Sharon Stathis	SMART—Level 1 and 2	Brisbane
Sept 22 - 23	Dr. Martine Faure-Alderson	Cranio Sacral Reflexology – Part 3	Sydney
September	Helen Mary Perkins	Intuition and Sound Reflexology	TBA



REFLEXOLOGY RECLINER CHAIRS



COAST RECLINER CHAIRS

Padded seat and headrest,
canvas material, sturdy,
weighing 9kg and
tested for bodies up to 160kg
\$145 plus postage

LAFUMA RECLINERS

Lightweight 8kg,
available in 3 different designs
Easy to fold and carry, padded seat and headrest;
Original Chair made in France for over 50 years
\$250 plus postage

Item	Qty	Price	Postage	***Total***
Coast recliner chair (blue or green)		\$145 each	*	
La Fuma recliner chair (3 designs to choose)		\$250 each	*	
Carry bag		\$85	\$10	
Carry bag with wheels		\$105	\$10	
TOTAL				\$

POSTAGE FOR CHAIRS: NSW \$15; VIC QLD S.A. \$30; W.A. & N.T. \$60; N.Z available

NAME: _____ NAME ON CARD: _____
 ADDRESS: _____ VISA no. _____ EX. _____
 PHONE: _____ EMAIL: _____ SIGNATURE: _____

PAYMENT BY CHEQUE OR MONEY ORDER addressed to Brenda Sarno
 PAYMENT BY VISA: (will be credited to "Goldcraft")
 POST TO: Brenda Sarno (Reflexologist) 2 Boonamin Road, PORT MACQUARIE 2444 AUSTRALIA
 TEL/FAX 02 65 82 1080; EMAIL: bsarno@bigpond.com;
 webpage: <http://www.reflexologyetc.hastingscbd.com.au/>

REFLEXOLOGY ASSOCIATION OF AUSTRALIA PRODUCT GUIDE

The Reflexology Association of Australia is committed to supporting Professionalism in Reflexology

\$22.00
Inc GST and P&H

• **OFFICIAL RECEIPT BOOKS**

Places for information required by health funds

NOTE: Only available to currently registered Professional Members.



100 \$23.40
200 \$38.40
300 \$53.40
400 \$76.80
Inc GST and P&H



• **REFLEXOLOGY ASSOCIATION BROCHURE**

Increase your professional profile. Information on basic principles, benefits, history & what to expect from a session.



• **REFLEXOLOGY POWER POINT PRESENTATION**

PC based - a must for any presentation or promotion of reflexology. Designed for use with laptop or overhead projector. Information includes overview, history and benefits with space for inserting specific information for your audience.

\$20.00 ea
inc GST and P&H

\$32.50 ea
inc GST and P&H

• **REFLEXOLOGY ASSOCIATION T-SHIRTS - NEW DESIGN**

Smart, professional appearance in crisp white with navy blue embrodered logo. 65-35% poly/cotton mix. Sizes 10 - 18.



• **REFLEXOLOGY ASSOCIATION BUMPER STICKER**

Spread the word with Reflex blue attention grabbers. Stocks available at your local branch meeting.

\$1.00 ea
inc GST only

\$8.50 ea
inc GST and P&H

• **REFLEXOLOGY ASSOCIATION JUTE AND CALICO CARRY-ALL**



• **NAME BADGES**

\$12.00 ea
inc GST and P&H

All Merchandise can be ordered through the Reflexology Association Administration:

Contact: Jenn Cooper
Email: reflexologyadmin@tpg.com.au
Phone: 07 3396 9001
Fax: 07 3393 5468

Address: PO Box 253
Wynnum Central
Queensland 4178

FOOTPRINTS JOURNAL

ISSN 1039 – 2092

*Published by the Reflexology Association of Australia, Limited***Guidelines for Articles**

Contributions of articles, case studies, book reviews, personal experiences and letters to the Editor are welcome. The following guidelines will be helpful if you are planning an article, as they will make the editing and publishing process easier for all:

1. Articles can be chatty and informal, or more formal and educational. They must, however, be accurate, well researched and fully referenced (if applicable).
2. Articles that have not been booked by the Editor for a specific issue will appear in an issue decided by the Editor, as space and topic allow. To appear in a specific issue an article must be submitted for consideration up to 3 months in advance of the issue date.
3. Articles may be sent by email (in Text File or Word for Windows File) to the Assistant Editor. Faxed articles are not acceptable as they do not scan well. Pictures can be sent as TIF files, JPG files or PDF files.
4. If an article has been previously published, written permission from the author/other publication will be required. The Assistant Editor must be informed if an article is currently under consideration by another publication.
5. Any graphics, diagrams, graphs and photographs that are not the work of the author must be accompanied by written permission by the original author for their use in FootPrints.
6. The Assistant Editor reserves the right to make alterations to or reject an article for publication. Where substantial changes have to be made, the Assistant Editor will show the final copy to the author, time permitting.
7. Advertorials will not be accepted.

Advertising Price Increase

Inside front and inside back covers – Enquiries to Judee Hawkins

It has regrettably become necessary to increase the advertising charges in Footprints as follows:

Display advertisements	Current Price	Effective 1.07.07
Full page 26 cm deep x 18 cm wide	\$200 per issue	\$250 per issue
Half page 13 cm deep x 18 cm wide	\$110 per issue	\$137 per issue
Quarter page 13 cm deep x 8.5 cm wide	\$ 60 per issue	\$ 75 per issue
Eighth page 6.5 cm deep x 8.5 cm wide	\$ 40 per issue	\$ 50 per issue

- ◆ The new charges will take effect from and including the September 2007 issue.
- ◆ All rates include GST
- ◆ Members of the Reflexology Association of Australia receive a 10% discount on the above rates only.

Inserts

- ◆ Per A4 sheet: to all States \$200 - **New Price Effective 1.07.07 - \$250**
- ◆ to an individual State \$0.50 per copy - **New Price Effective 1.07.07 - \$0.63**

FootPrints is distributed to approximately 1,100 members Australia-wide

All Enquiries Contact

Advertising Co-ordinator: Judee Hawkins
Email: secretary@reflexology.org.au or Mobile: 0412 187 238.

Editorial Team Contacts**Editor/Desktop Publishing**

Robyn Coslovich
2 Prince Crescent
Seaford Vic 3198
Phone: (03) 9776 4992
Mobile: 0413 411 408
Email: robyn@gstc.org.au

Assistant Editor

Jan Cullen
23 Karranga Avenue
Killara NSW 2071
Phone: (02) 9296 3073
Mobile: 0417 283 203
Email: jan.cullen@mallesons.com

Advertising Co-ordinator

Judee Hawkins
Mobile: 0412 187 238
Email: secretary@reflexology.org.au

Mailout

Kerrie Baldock
1 Chaleyer Street,
Rose Bay, NSW 2029
Phone: (02) 9371 4380
*Please mail **booked** inserts to this address*

Advertising Policy

- ◆ **As only a limited number of advertisements and inserts can be accepted it is advisable to book early.** All advertisements must be booked well in advance with the Advertising Co-ordinator, Judee Hawkins, email secretary@reflexology.org.au or Mobile: 0412 187 238. Print copy should be sent to the Advertising Co-ordinator (details above).
- ◆ Display advertisements must be submitted by the copy deadline (see below).
- ◆ FootPrints is distributed at the end of the month of issue, i.e. March, June, September and December.
- ◆ All advertising must be paid for at the time of booking.
- ◆ All inserts must be booked with the Advertising Co-ordinator.

COPY DEADLINES

March Issue: February 1 **June Issue:** May 1
September Issue: August 1 **December Issue:** November 1