

# FootPrints



The Journal of the Reflexology Association of Australia

VOLUME 15 No. 1

MARCH 2011



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## From the President's desk ...



Dear members,

This year has started with a very wet big bang. As I write this, Queensland is yet again about to be hit by a backhander from Mother Nature, this time a severe cyclone. These last few months have been very stressful, frightening times for not only Queenslanders, but people throughout the East coast who have been similarly affected with their own natural disasters. We are very blessed to have at hand (and foot) a therapy that is known to reduce blood pressure, relieve stress and help calm the mind so that good decisions can be made. Many members have been offering this service to help people affected.

As an organisation it is difficult to know how best to assist members whose lives have been severely disrupted. Our Administration Manager, Jenn Cooper, has endeavoured to be in touch with all those in areas she knows to have been affected to find out what support we can offer. Obviously we are able to replace lost certificates and documentation if we have it on record and we are doing what we can to co-ordinate those members offering voluntary treatments. We have made a donation facility available at NAB—you can find all relevant information on the RAOA website. Money from this account will be, and is being, used to assist in a more material way as necessary.

Thank you to all those members contacting the office or their State Chairpersons to enquire after the health and safety of both the office staff and the office itself. Your thoughts were very appreciated as was your understanding when the office was closed. It is very likely that there will be further disruptions to the general running of the office and I ask that you treat Jenn, Jan and Leanne with courtesy if your queries are not attended to in the normal very timely fashion.

As with every adversity there is always another story of hope. I travelled across the Nullabor over the Christmas break. In the 30 times I have done this journey I have never seen the Nullabor look so green or seen so much water. It was a truly magnificent sight for over 2,000 km. The Murray in SA had water, the roses were blooming, the vege gardens in NSW were like jungles and Victoria had a lovely washed relaxed air (in the places that were not flooded) as there was at last rain.

To other matters: At the recent RAOA conference, Christine Issel mentioned the need for an internationally acceptable Standard Reflexology Chart. If any of you have an opinion on this, would you please inform your State Director who can bring your comments to the Board.

At our forthcoming Directors' meeting we will be revisiting our vision and goals for RAOA. Any input from members into this area is most welcome. Please again give your comments to your Director or email me to take to our meeting.

I will be standing down as President after the May Annual Business Meeting in Western Australia. I will have reached my maximum term as a Director. I have thoroughly enjoyed my time at the helm. I have learned a lot from my fellow directors and from the very supportive members. I thank you all from the bottom of my heart.

Regards,  
Anne

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#### March 2011

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**Front cover:** Photo and feet supplied by Samantha Thompson of NSW, evoking relaxing memories of summers past.



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# Reflexology Association of Australia Ltd

## Queensland, South Australia & Tasmania

***Carol Donnelly and Ursula Courtney***

***are presenting a 2 Day workshop***

### Reflexology for People Living with Cancer

Following on from well received workshops in Perth, Sydney and Melbourne (April 2009) Carol and Ursula intend to present a 2 day workshop to provide the Reflexologist with the tools to expand their reflexology work and diminish fears they may have had about working with people living with cancer.

Enrol early as there are limited spaces available.

<b>Brisbane, 2–3 April</b>	Maria	heavenlyfeet8@bigpond.com	0410 552 652
<b>Adelaide, 9–10 April</b>	Jo	jobooth@bigpond.com	0419 804 949
<b>Hobart, 16–17 April</b>	Sarah	smblain@bigpond.net.au	0427 261 710

**Cost:** Early Bird fee: \$300—Pay by March 2, 2011      Post early Bird: \$340

**RAoA members:** 12 CPT points

*Please detach below and send with your payment to the Branch Treasurer in the relevant State of attendance*

OR

*Email this completed form to Maria, Jo or Sarah*

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# Splash for cash

## Multiple Sclerosis

© Apple Blossom

**M**ultiple Sclerosis (MS) is a disease that affects the translation of messages from the brain and spinal cord out to the rest of the body. This means that there is an interruption in the natural flow of communication, causing delays and blockages with how the body should respond and act appropriately. This interference limits the body's ability to work at its full capacity, affecting the actions and movement of the limbs and muscles.

Think of the nervous system as a group of electrical wires, each one connects to the other in order to perform a function. However, if one cord is cut or damaged then it has the potential to affect the whole service of that system. This is what happens with MS—the natural flow is disrupted and the communication from the brain and spinal cord to the rest of the body becomes confused. This sadly causes adverse symptoms such as tremor, lack of control, visual disturbances, speech problems, balance and co-ordination difficulties, fatigue, numbness and even paralysis!

The cause of MS is not yet confirmed, but there is some belief that it may be linked to the body attacking its own natural defence mechanism, that being the immune system. Attacks of MS can be frequent or randomly spaced throughout the person's life time. There may be long stretches where the person is fortunate enough to be in remission or, on the other end of the scale, be stung with its harshness for several years at a time. Unfortunately, no cure has been determined yet, however, undertaking physiotherapy, speech and occupational therapy sessions may be of some assistance.

### Swimming marathon

On 28 and 29 August, 2010, the Rotary Club of Werribee organised a 24 hour volunteer swimming marathon to help raise much needed money for people who suffer with this debilitating disease. It is a yearly event that has been running for some time now and with great success. Teams form and literally splash for cash, swimming tireless lap after lap with enthusiasm, knowing that they are not just happily frolicking in the water purely for pleasure, but that they are also participating to raise funds through donations and sponsorship for this wonderful cause. This year the event raised a whopping amount of \$20,000. A fantastic effort!

Lyn Fava, the principal of 'The Australian School of Reflexology and Relaxation' lovingly gathered a group of reflexologists to participate. As the school's motto says, 'Taking reflexology a step further', that's exactly what we did! Together we laughed, learned and educated those around us, bringing the knowledge of what reflexology is into the wider community and thus, we took it a step further.



As each swimmer finished their set of laps they would happily wander over to our stand with curiosity, where they would have their feet or hands worked. We helped to bring much needed relief to their overworked limbs, soothed their aching feet and allowed them to relax and be honoured for their arduous efforts. A donation tin was set up and as a school we individually raised \$150. Well done girls!



### Promotion

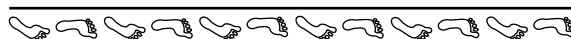
I want you to ponder for a moment, take a deep breath and relax. Now with a note pad and pen in your hands, jot down all the ways that you could help to make reflexology take a step further. Could you create banners and set them up in your business room? Perhaps print fun and humorous labels or even car bumper stickers related to reflexology? How about setting up a stand in your local shopping centre to educate the community on the benefits and joys of reflexology?

Don't limit yourself to where and how this can be achieved; think of you being like one of the stars in the sky looking down upon the earth, see the bigger picture, the world from a larger perspective and allow your mind to open up to opportunities where you could help reflexology to grow. Below are some steps to help get you started:

- ◆ *Planting the seed:* Once you have come up with a brilliant idea it's time to plant it out there in the community. Think of the steps needed to bring it to full fruition. What materials do you need? Will it cost a lot? How are you going to get your idea noticed? Write all the details down and begin.
- ◆ *Watering the seed:* Water your idea with your passion for reflexology. Be the fuel of its growth and get out there and just do it! It may take a bit of courage, but believe in your ability to achieve great things in this world and it will flourish. The more you allow your passion to spread out from your inner self, the more branches will sprout, and this will make people want to share this with you.
- ◆ *Watching it grow:* Getting people in the community to acknowledge your idea and even want to be interested in it may take some time and effort. But don't give up. Remain motivated and little by little, even if just one person out there notices, you have helped it to grow. Nurture, nourish and wait as you watch the fruit of your idea develop and spread with abundance in the community.

### Remember, one seed can make a forest grow!

Apple Blossom writes for many new age magazines such as Goddess, Black Rose and Spellcraft. She is also a practicing reflexologist, psychic and medium. 🧘



# Facial Reflexology—A mother's view

by Eliza Martin Way, Denmark

John Patrick is a happy 10 year-old and he was born with a genetic disorder.

John Patrick's birth was long and problematic. After many hours of a difficult labor it was necessary to deliver him by an emergency C-section. It was immediately apparent to the doctors who delivered him that something was wrong with him. The subsequent prolonged hospital stay was difficult for me and my son.

To keep him alive, it was necessary to place John Patrick in an incubator. Unfortunately from the monitoring equipment, he received some terrible burns on his hands and feet.

After some time we were told by the doctors that John Patrick had a rare genetic disorder. The only real prognosis, we were told, was that his life expectancy would be short. They told us that this genetic disorder, amongst other things, would cause his inner organs to be deformed.

The doctors also informed us that his learning ability would be impaired and their evaluation was not very encouraging. The prognosis of John Patrick living in a vegetative state for the rest of his life was a daunting prospect.

John Patrick was then subjected to a wide range of examinations that eliminated, amongst other things, the previously predicted deformity of his inner organs. The examinations also determined the nature of his condition more precisely.

From the beginning, things did not look good for John Patrick. He was a fragile child who needed a lot of care and attention. In the following years we were gradually able to see and define many of his impairments.

We were unable to make eye-contact with him. We noticed when we picked him up from daycare he seemed not to recognize us and we later discovered that it was because his eyesight was really bad. John Patrick was unable to see us because he had only 20% visibility. His hearing was impaired and he had fluid in his ears. He lacked muscle tone, had problems with his balance and his feet were crooked. John Patrick had asthma and a lot of intestinal problems, amongst other problems.



I did everything that I possibly could to 'train' him and was inspired by reading different books about learning and play techniques and massage for children. The main problem was that the majority of those books were designed for 'normal' children. However I persevered and massaged and



trained John Patrick as well as I possibly could. I even got some positive results too.

Amongst other things, he learned to walk, keep his balance, eat by himself and play structurally. There were still a lot of other things that I didn't have the knowledge to help him with. A couple of those areas that I didn't know very much about were how to teach him social skills and fantasy play.

My main obstacle in training and helping John Patrick was the apparent lack of availability of qualified help or advice, so I was forced to search for the necessary tools and methods myself and try to apply them as best I could. Imagine my disappointment and frustration when it didn't work.

When John Patrick was five years old I met Lone Sorensen founder of the Global Institute of Facial Reflexology. I had been encouraged to take part in one of the reflexology courses she was running for parents of handicapped children. It was the first time that I had ever met a person who not only understood what I was going through, but also knew and understood a lot about disabilities. I must admit that I was skeptical at first; I remember wondering 'can so little stimulation really have such a big effect?'

I had, after all, struggled with massage, physical training, games and many other types of physically demanding activities. I was well aware of how much effort was needed just to achieve a little result. Here was a person who was telling me that by using only one and a half hours of stimulation a day, I would see obvious results after a very short time. At the same time I just couldn't help but trust in Lone—she gave me new hope, she made me feel that I was no longer alone in my efforts to stimulate and improve the life of my son.

Following this course for parents I began to stimulate John Patrick with a type of pressure stimulation called Temprana Therapy. John Patrick really enjoyed it and we both found that it was very pleasant for me to stimulate his face, hands and feet—we very quickly built up a closer relationship.

After only a week of Temprana stimulation I began to see results.

The process started with a cleansing of the body and as a result his asthma and intestinal problems became worse, he had an outbreak of eczema in many places on his body—but it didn't itch. This is apparently a normal reaction to the treatment.

*Continued on page 5*



During this period, I was constantly in touch with Lone who kept encouraging me to continue with the therapy.

I already began to see positive results within the first month—John Patrick stopped drooling and spitting up, it was such a great relief for me. John Patrick's balance became visibly better and he began to run around for the first time. I was able to hold prolonged eye contact with him; John

Patrick started having eye contact with me throughout the entire stimulation session. The first time that happened, tears ran down my cheeks, it was a wonderful feeling to suddenly have this connection with my son.

After four months of stimulation Temprana Therapy we went to see an orthopedic surgeon who remarked that his feet were less crooked—that, for me, was a major victory! John Patrick's asthma improved significantly and his intestinal problems were much better.

More and more positive and better results became apparent as the years went by. Some improvements happened quickly while others took longer.

Sometimes when one problem disappeared or showed improvement another previously present, but unknown one would appear and demand attention. This meant that Lone needed to constantly modify the treatment program to keep up with developments—this illustrates the high level of support and encouragement that I have received from Lone.

I have now been using Temprana Therapy stimulation on John Patrick for five years and the many positive results that we have achieved have vastly improved my son's quality of life.

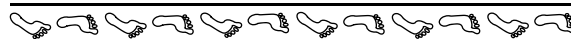
Here is a list of the most remarkable ones:

- ◆ His hearing has improved so much that he no longer needs a hearing aid.
- ◆ He no longer suffers from asthma.
- ◆ His intestinal problems are greatly improved.
- ◆ His vision is now within normal parameters and he has good visual memory (it was only 20% before!)
- ◆ He plays computer games and has a high level of concentration.
- ◆ His social abilities have improved from being virtually non-existent. Now he seeks play and contact with adults and other children.
- ◆ He has a well-developed sense of humor and likes to tease others (especially adults).
- ◆ He has a strong self will and is able to express it.
- ◆ His general physical health has improved enormously.
- ◆ He has shown great improvement in his personal abilities with everyday tasks such as eating/drinking, dressing/undressing and helping with everyday tasks such as clearing up after himself.

I have no illusions about John Patrick's abilities. I am acutely aware that he will never be what is regarded as a 100% normally functioning boy, but the improvement in his quality of life and his ability to function has definitely improved.

When I look at him today I see a boy who is living and exploring his life. Generally he has a happy and harmonic nature, but sometimes does have a temper when he doesn't get his own way.

Lone Sorensen has given me an invaluable tool. Using Temprana Therapy has made and will continue to make it possible to improve my son's ability to function well in a wide range of areas. Using Temprana Therapy on John Patrick has also greatly improved my son's quality of life on a daily basis—a prospect that I never could have imagined when I first set out on this journey. ☺



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# Case history—Polycystic Ovarian Syndrome

by Ester Copley

I am seeing a client who has Polycystic Ovarian Syndrome (PCOS). I asked her to write a few words because she was amazed that after 4 treatments of reflexology her blood test revealed to the doctor that her hormonal problem had reversed.

She also didn't have a regular period—it came every 3 months for only 2 days and now she has it on time and for 5 days.

*'Over the past two years my husband and I have been trying to conceive—during the first year we managed to get pregnant in the first month, however, this resulted in a blighted ovum. Six months later success again—however, once more I was to endure the pain of miscarriage.*

*As a result, I have been everywhere I possibly can imagine to try and learn, what I imagine is the impossible—a reason for my inability to carry through a successful pregnancy. My journey began through a range of doctors, obstetricians/gynaecologists who all tried their best to work out exactly what was wrong with me.*

*With little evidence, one doctor managed to class me as PCOS—however, others did not agree—so even more confused, I ventured to the world of natural medicine. I took with me my irregular cycle, slight hormonal imbalances and thyroid problem to see an acupuncturist and naturopath—and still nothing.*

*I have since begun taking supplements such as Zinc, Vitamin E and Vitamin D. I went for a series of tests once more and, at last, there has been some improvements. My tendency toward PCOS and the imbalances I mentioned seemed to regulate. I am now in a more regular cycle and seem to have some hope.*

*I began seeing Esther in September and after our first consultation she suggested six treatments of reflexology would be significant in my healing. I began that very day—and it was an interesting experience to say the least. I cringed on more than one occasion and, interestingly enough, when Esther mentioned the body organ which it represented, the areas that pained the most were related to my reproductive system.*

*My Thyroid, Endocrine, Ovaries and Uterus were all areas that pained me more than any other area. Over the past 5 weeks I have gone to weekly hourly treatments with Esther, and each week I have noticed a significant decrease in the pain when those same areas were worked on.*

*Overall, I have found reflexology to be very rewarding. My latest blood analysis has shown a complete reversal of hormonal problems and it is, if nothing else, one hour each week where I am treated to a relaxing treatment and I have the opportunity of one hour of complete rest and relaxation.*

*I am hoping by the end of my six treatments I am able to announce that I am pregnant and, fingers crossed, I can make this comment in just over a week!*

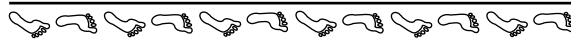
## POSTSCRIPT from Ester:

The client left after 7 treatments disappointed that she didn't fall pregnant and she is now looking into IVF.

The client has since contacted me to let me know that since she stopped the treatments her period stopped too. (While we were having the treatments she had normal cycle and normal flow.)

She is starting treatments again.

I have had very good results with 3 clients who had IVF and reflexology, with the 3 of them falling pregnant, so I hope for her. 🙏



## The wonders of Reflexology

by Samantha Langridge

reprinted from 'Footage' Victorian Branch Newsletter

Having worked with this amazing therapy for many years, it still astonishes me with the results we can get, usually without trying.

Take the case recently of one of my own clients. PJ initially came to me to help improve fluid retention and other problems caused in her lower leg from an attack of cellulitis 2-3 years ago. During our initial interview she recorded she has Diabetes which she controls with diet and tablets. Her blood sugar levels average 10 most days and she had never really been able to lower her levels below this and was reluctant to increase or change her medication.

After her initial session the fluid had gone from her lower leg and ankle, the itching that was driving her crazy had stopped (after 3 years of constant itching) and the scarring on her lower leg was improving almost daily. We did weekly session for four weeks mainly concentrating

on her leg and fluid. On her fifth session (after a break of two weeks) she arrived almost bursting with excitement—for the previous fortnight her blood sugars had been averaging 7–8 everyday, something that had never happened before. The following fortnight her blood sugars had been averaging 6–7 and were remaining much more stable during the day. In the last few weeks her levels have never gone above 7 and she cannot wait to get back to her doctor to discuss what has been happening with her blood sugar levels as she says that she has never been feeling healthier and the only thing she has changed in her life has been starting reflexology.

So I encourage you all to keep fighting the good fight. Get out there and let people know how reflexology can improve their health and their life. The more people we help with this wonderful and powerful therapy the more we will have returned to us both as practitioners and as people. 🙏

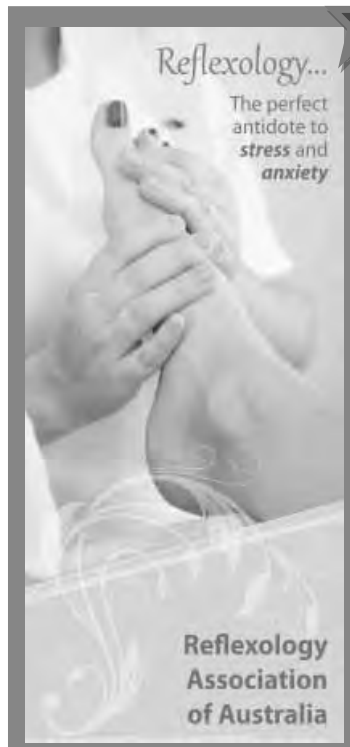


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# Top tips to presenting or giving a Reflexology talk

by Emma Gierschick

One of the easiest ways to increase a clientele base is to give a presentation or talk to local groups. However the thought of this can be daunting for many who would rather have their teeth pulled first.

When we go along to a seminar or listen to a presenter they always seem so natural as though it is something they were born to do, but this isn't usually the case with most people finding the first few occasions they present pretty terrifying.

I know the first time I stood up at a local reflexology association meeting to offer my opinion on a topic my legs were shaking and when I became the state chairperson a year or so later I was so nervous that I was literally in the back room 'swigging' on the rescue remedy before the meeting started—no '3 drops under the tongue for me that night'. I took my shoes off so I could be closer to the ground in case I fell off them and wore trousers so that my legs couldn't be seen shaking. Then when I started lecturing the year after I was so scared the night before that I vowed I wasn't going to go to class in the morning. I certainly knew my stuff, but the thought of being put on the spot with a question that I possibly couldn't answer horrified me. That was all 10–12 years ago and seems such a laughable distant memory now, but at the time my fears were very real.

My reflexology training hadn't included anything about presenting and I had little or no idea what to do, where to start or how to deal with dodgy questions. I didn't even know how to be invited to give a talk and had minor self esteem issues over 'who would want to listen to me speak and do I know enough'.

Giving a good talk or presentation definitely gets easier with time and experience and all it takes is a little planning, practice and confidence in yourself. We are often encouraging practitioners to get out there and 'just do it' and assume that everyone knows how to, without offering any advice or tips to get started, so let's change that.

## How to get an invitation to talk or present

- ◆ Go to your local library and look up local community groups e.g. Lions Club, Rotary, mothers groups etc.
- ◆ Google a range of common disorders e.g. diabetes, arthritis, lupus, etc, and source out if they have any support groups.
- ◆ Source your local newspaper or radio station to see what's going on in the 'what's on' or 'events section'.
- ◆ See if a local health or new age expo is coming up and ask if they are looking for presenters.
- ◆ Ask your family, friends and clients if they can suggest any groups you could contact.

Once you have a list of proposed 'targets' simply make contact with the president/secretary or suggested contact of each group and introduce yourself. Ask if they have guest speakers at their meetings and if they would be interested in you giving a free presentation on how reflexology works or could assist their specific condition. You could do this via email or telephone.

**TOP TIP:** if you are really nervous about making this 'cold call' I would suggest email initially. Don't forget to do a thorough grammar and spell check before sending it off.

If you are contacting a 'health related support group' make sure you are well versed in how that particular condition affects the members, so you can ensure you can confidently explain how reflexology could help. I would also advise doing some preliminary research or web surfing to find out if any research or case studies have been undertaken for people with this condition and the results of regular reflexology treatments. Alternatively, if you personally see a number of clients with a particular condition, draw on your own experiences without divulging any personal information.

Once you have managed to negotiate a presentation spot, you need to begin planning and preparing for it.

## Request background information about the group

- ◆ What are the demographics of the audience—are they mostly men, women or mixed; what is their average age, etc. (one of my first talks was to the 'Get up and Go Club' without realizing the average age was 80 years!)
- ◆ What is the purpose of the group?
- ◆ How often do they meet?
- ◆ How long do the meetings go for?
- ◆ How long would they like you to speak for?
- ◆ What other types of guest speakers have they had?
- ◆ Would they be interested in a mini demonstration?
- ◆ Do they have facilities for a Powerpoint presentation (if this is what you prefer to use)?
- ◆ Do they have a newsletter, and would they like some background information about yourself and what you will be talking on?

## Think about your outfit

- ◆ Make sure you look well groomed and professional—no excessive makeup, no dangly jewels or big earrings, clean short fingernails, your hair neat and tidy and no obvious cleavage on show.
- ◆ Don't forget to wear your professional membership badge. If you do not have one, make one.
- ◆ Ensure your footwear is appropriate—no thongs or stiletto's and definitely clean well looked after shoes. (You can actually read a lot into a person's footwear—shoddy, scuffed or damaged shoes can indicate a shoddy attitude towards their work.)

**TOP TIP:** If you don't normally wear heels—don't make this presentation the day you start. If you are nervous anyway, the ground can seem an awful long way to fall off them and it might be harder to control any shaking legs.

Continued on page 9

### What to take along to help you

- ◆ Give the president/secretary (whoever is going to introduce you) a copy of your profile so they can read it out to announce you.
- ◆ Take a good supply of your business cards, your diary, your brochures, and any special offer coupons you may have. Leave these on a table in the doorway or next to the refreshments. It is often a good idea to offer a promotion to the audience, e.g. \$10 off any bookings made today for the rest of the month, etc.
- ◆ Props can also include a colleague (if you're still nervous), models of the feet, hands or bones, etc, books, a poster and your chair.
- ◆ Be aware that if you pass props around, the audience are likely to be looking at those instead of you—so only do this if this is what you prefer. Alternatively you could set up a display table for the audience to look at or have the items on a table next to you and just hold them up as you talk.
- ◆ You may like to offer a free 10 minute demonstration for one of the audience—do not put your back to the crowd while you do so, but sit sideways so they can see what you are doing and you can keep talking to them. This may be a good opportunity for you to answer questions while you work.
- ◆ Do not offer to do a mini treatment on more than one person or the audience will get bored and you will lose their attention.
- ◆ When working on your model (usually someone from the committee who has some authority within the group) make sure you work the first foot thoroughly and ask them to announce how it feels compared to the other—let them promote your work with their peers!!

**TOP TIP:** 'help out' with some descriptive words of your own e.g. lighter, free-er, more relaxed compared to heavy, tired and stiff, etc.

### Plan a script but DO NOT write it out verbatim as it will restrict you

- ◆ Instead **write down key words** on a piece of card or paper to prompt your memory.
- ◆ Key Words can include: (your) background; what Reflexology is and how it works; history; zone theory; contraindications; precautions; possible reactions; conditions it can help with (make sure you do prior research about a particular condition if that is the purpose of the group e.g. diabetes); a typical treatment; practitioner training and Association membership; health fund rebates; questions; your availability.
- ◆ Alternatively if you are doing a power point presentation—keep it simple—just the main points that you can elaborate on.

**TOP TIP:** If you are nervous, avoid using a large piece of paper with your cues as this can have a mind of its own and for no good reason begin shaking in your hand.

### Practice your talk before you attend

- ◆ Recruit family or friends to listen and give you constructive feedback or, if you live alone, practice in front of the mirror.

**TOP TIP:** Time yourself so you can pace your talk appropriately.

### When you've started talking, remember:

- ◆ Thank the group for the opportunity to present, acknowledge the committee and/or president.
- ◆ Start with your background and how you got into reflexology.
- ◆ Invite the audience to ask questions either at the end or as you present.
- ◆ Be enthusiastic and cheery.
- ◆ Don't be afraid to pause, talk slow and clearly.
- ◆ Make eye contact with different people.
- ◆ Vary the tone in your voice, move your hands and legs—definitely don't stand clasping them or with one leg locked behind the other.
- ◆ Avoid standing behind a lectern—unless your presentation is super interesting. Move about the stage or platform occasionally—your audience's eyes will follow you.
- ◆ Make sure you finish on a positive note and don't be in a hurry to leave—this is your chance to make bookings.

**TOP TIP:** If you forget what you are going to say, pause, make eye contact with someone and smile (that way people just think you are being friendly and don't realize you are buying yourself a little time). If you still can't remember what you were going to say you can then use that as an excuse and say 'oh where was I' and then check your cue card.

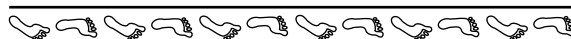
**TOP TIP:** A little tip in case you do get asked a question you don't know the answer to—admit that—say 'you know that's a really good question, I haven't been asked that one before (even if it's your first talk). I'm not sure, but I'll find out and let you know for your next newsletter'—and **MAKE SURE YOU DO**. No-one will mind if you say that—as long as you follow up on it.

It's good practice to send a thank you email or to offer to write something up for their next newsletter. Not only are you coming across as friendly and caring—you are also getting extra free promotion.

Finally, remember to let your local reflexology association know, write about your experience for the newsletter, announce it at a general meeting or give one of the committee a call. Most of all enjoy yourself and remember everything gets easier with practice!! Good luck!!

*Emma Gierschick is a passionate advocate for reflexology and natural healing. She serves as an International Director on the International Council of Reflexology (ICR) board and is a past National President of the Reflexology Association of Australia (RAoA).*

*Emma has been teaching reflexology for over 10 years running seminars and presenting at conferences around Australia and overseas. She has received several awards during this time including an Academic Blue for teaching excellence and Honorary Life membership to the RAoA. She can be contacted direct on [info@7keys2freedom.com](mailto:info@7keys2freedom.com)*



# Professional press releases

by Emma Gierschick

**P**ress releases should be written in a particular format in order to get the due attention from the media that you desire.

Sample press releases often come across as exactly that—sample press releases—so why not have a go at writing and issuing your own to alert the media of your own news.

They should be kept simple, factual and, very importantly, issued in a timely fashion. But avoid the urge to turn them into an advertorial as the media will sniff it out immediately and ignore your release. Below is the format a professional press release should take—please note professional press releases should be NO MORE THAN 1 page long.

For Immediate Release

Date

**Heading (make it stand out and attention grabbing)**

**Approx size 20–24 pt**

**Paragraph 1 (all approx 11pt font size)**

Include who, what, when, where and why.

**Paragraph 2**

Expand a little more on paragraph 1.

**Paragraph 3**

Usually a quote from yourself or who you are writing for 'XYZ ...' said Joe Bloggs, local reflexology specialist 'ABCDEF etc. ....'

**Paragraph 4**

More information if appropriate.

**Paragraph 5**

Include info about the organisation you are representing or working with (this can include your own mini profile)

– End –

For further information or to organise an interview please contact:

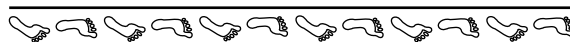
Your name and title:

Contact phone number: (make sure you are available to answer it)

Your email:

Your website:

Emma Gierschick is a past National President and Hon Life member of the RAOA and current serving Director on the ICR. She can be contacted direct on [info@7keys2freedom.com](mailto:info@7keys2freedom.com).



If a man is called to be a streetsweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, 'here lived a great streetsweeper who did his job well'.

Martin Luther King, Jr.



# Research Report

Jan 2011

by Heather Edwards

**NORPHCAM** is an international collaborative network of independent researchers and practitioners 'dedicated to promoting and advancing the public health and health services research of traditional, complementary and alternative medicine and integrative health care'. Our purpose in having an MOU with NORPHCAM fulfills one of their key issues in addressing the investigation of contemporary CAM, (Complimentary and Alternative Medicine), by providing linkage and communication between researchers and practitioners and actively encouraging practitioners to research in a meaningful way. NORPHCAM promotes and supports research into complementary medicine. They help to strengthen and complement the efforts of clinical research and researchers by guiding effective and safe translation of clinical evidence for publication and incorporation into health practice and policy.

Practitioners interested in promotion, further investigation and understanding of CAM and its role in health care can register as a collaborator/friend with NORPHCAM. They are developing a database of practitioner collaborators who are interested in becoming involved with researchers on CAM projects. There is no registration fee or specific commitment attached to registering. You may choose to receive regular updates if you wish.

RAoA, as collaborators, will be encouraged to publish and disseminate empirical findings for consumers, practitioners, health management, policy-makers and researchers in a wide range of leading international academic and professional journals and research books. NORPHCAM would be recognized as co-authors in the finished research publication. The final product belongs to RAoA. In simple terms NORPHCAM are consultants/facilitators assisting us with publication, and to get our work out there. NORPHCAM's core collaborators have attracted funds of over \$6,000,000 in the past 4 years, for CAM research. A number have also held prestigious Fellowships and Scholarships (International Brisbane initiative, University of Oxford; and more). They are a network of investigators with strengths in a wide range of disciplines and methodology which ensures a range of disciplines and methods are brought together for an end product research that is of significance and benefit to those 'in the field'.

The research committee encourage you to go to the NORPHCAM website and put your names in as friends of NORPHCAM.

**Retirement & Lifestyle brochure** is in its final stages and will be sent to the graphic designer within weeks. It should be available by the end of March 2011.

**Reflexology Journals Index Days**—Although numbers were small in Brisbane on 14th January, probably due to the flood crisis, we were able to get the FootPrints index well under way. There was an excellent turn-out of enthusiastic Gold Coast members a few days later on 19th January. Nine attendees came with laptops and a willingness to assist in creating the database of journals. We were able to complete the recording of information for FootPrints. This will appear on the website very shortly.

As this has been so successful there will be similar regular opportunities for members to join in this CPT activity. The World Reflexology, the ICR Newsletter editions and various journals from around the world that are held in the archives have still to be recorded in the same format. One member said at the end of the day, 'This really has been a great day!' Everyone agreed and the plan is for this group to meet every couple of months, specifically to work on cataloguing other journals.

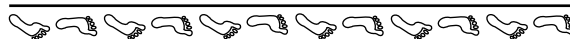


There is even the opportunity for members to take a number of journals home and work on them on their own. If you are interested in participating please contact the research committee.

**Research 2011**—As a flow-on from our amazing 'Reflexology Celebrating Research' conference the research committee is working on a survey to identify who our reflexologists are. Once identified we will have a clearer idea on how the RAoA might be able to better serve you the members, and move into more specific ailment related research. To assist us you should go onto the forum and record your ideas or email: [research@reflexology.com](mailto:research@reflexology.com).

The research committee is collaborating with NORPHCAM in processing the results of our 2010 research study into REFLEXOLOGY HELPED CLIENTS with the aim of creating a document worthy of publication in a notable peer review journal. Once the results are published we will be able to give full details of the survey in FootPrints.

Sharon Tay, in Tasmania, is currently heading up a group who will be commencing research very soon into the frail, aged and dementia. We will keep you informed as to the progress as it may be extended to other centres around Australia. 🙏



*Most people walk in and out of your life ... but FRIENDS leave footprints in your heart.*

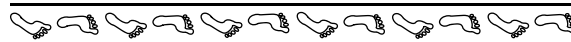
*(Author Unknown)*

Reflexology Association of Australia  
 Current as of 20/09/10 Check our RAOA website for regular changes and updates

**Health Funds currently accepting Reflexology—Professional Members**

Health Fund coverage	Contact	Number to use on receipt	Training required
AHM	134 246	RAoA Membership Number	Training accepted by RAOA
Aust. Unity Health (also Grand United)	132 939	Aust Unity Form to fill in if you are not already a provider	Training accepted by RAOA
BUPA (includes HBA, MBF, MBF Alliances, Mutual Community)	03 9937 4141	BUPA Provider Number	<b>If you joined after 1 July 2009 then HLT51707 Diploma required</b>
CUA Health	07 3365 0022	RAoA Membership Number	Training accepted by RAOA
Health Partners (SA)	08 8223 7588	RAoA Membership Number	Training accepted by RAOA
Manchester Unity	131 372	RAoA Membership Number	<b>If you joined after 1 July 2009 then HLT51707 Diploma required</b>
CBHS Health Fund Ltd	1300 654 123	RAoA Membership Number	Training accepted by RAOA
NSW Teachers Federation	1300 728 188	RAoA Membership Number	Training accepted by RAOA
Reserve Bank	02 9551 9037	RAoA Membership Number	Training accepted by RAOA
Medibank Private updated	132 331	0799501K	Training accepted by RAOA
HBF	133 423	RAoA Membership Number	Training accepted by RAOA
GMF	1300 653 099	RAoA Membership Number	Training accepted by RAOA

All Professional Members must keep the Administration updated of any changes including Current First Aid and Insurance.  
 membership@reflexology.org.au or 07 3396 9001



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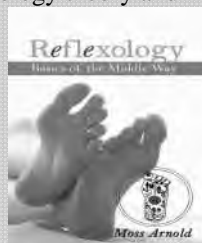
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# Reflexology and insomnia

by Cathie Bromwich

As reflexologists we all know the benefit of reflexology in helping clients get a good night's sleep. But it is also extremely good at assisting those clients who actually suffer from insomnia. Wikipedia (the online encyclopaedia) describes insomnia as: "most frequently defined by an individual's report of sleeping difficulties. While the term is sometimes used in sleep literature to describe a disorder demonstrated by polysomnographic evidence of disturbed sleep, survey studies define insomnia simply as a positive response to either of two questions: 'Do you experience difficulty sleeping?' or 'Do you have difficulty falling or staying asleep?'"

At some stage in our lives we all experience insomnia with either problems getting to sleep or in staying asleep but for the true insomniac the problems occur night after night with many only managing 3–4 hours sleep a night. This affects their ability to function mentally and physically and can eventually lead to other health problems.

It can have many causes such as stimulants like caffeine; stress and anxiety; or hormonal imbalances due to lack of magnesium in the body<sup>1</sup> etc. These outside influences should always be dealt with first and most of the clients you will see who have insomnia will have looked at all the different causes, though low magnesium levels can often slip below the radar. For many, stress and anxiety may be difficult to exclude from their lives as it may be related to family or work, but reflexology itself will help them by reducing the effects that stress has on the body.

I have achieved the most success in assisting those with insomnia by using a combination of foot reflexology (including the insomnia point from the Chinese workout), auriculartherapy, facial reflexology (Marie-France Muller's) and a few acupressure points. These include Heart 5 and 7, which are on the wrist, Kidney 6 and Liver 2, which are on the foot and ankle. The use of Kidney 6 by itself can be quite beneficial and it is easy to slip into a normal foot workout.

Dale (not her real name) is a great example of how well reflexology works even when the treatment was not specifically targeted at insomnia.

I first saw Dale when her usual massage therapist, who is a friend, was going away on a holiday. Dale had always loved having her feet massaged and my friend suggested that she try a reflexology treatment with me whilst she was away. Dale agreed although she didn't really believe that reflexology could assist her with any of her physical problems. She thought she would enjoy it as 'she did love having her feet rubbed'.

Dale presented with insulin dependent diabetes, a 'dead' thyroid gland, pernicious anemia and had had a heart stent implanted 8 years previously. She suffered from a painful lower back due to a 'gap' between Lumbar discs 3

and 4 and had arthritis in her thumbs and wrists. She was on insulin and thyroxin to assist with her diabetes and thyroid problem.

If reflexology could assist in reducing the discomfort of her lower back and wrists she would be extremely happy and, by inference, surprised. Whilst doing this client history she at no stage mentioned insomnia or any problems with sleeping.

That first session I aimed the facial, ear and foot workouts towards assisting with her lower back and wrist pain. I marked in my notes from that session that the left insomnia point (from the Chinese workout) was tender.

Dale went back to having her regular massages with my friend when that friend returned from her holiday. Then six months later she approached me again to help her with the pain in her wrists as the last session had helped quite a bit. I saw her for three weeks in a row and then a fourth week with a fortnight's break, working the points to ease the pain in her wrists and back. She had still not mentioned suffering from insomnia.

After a month's break where I did not see her at all she turned up and said that her 'sleep patterns had deteriorated again' and she wanted some more reflexology to help her sleep. When I questioned her about this she explained that she had had insomnia for years and only slept a maximum of four hours every night but whilst she had been having the reflexology treatment she had slept six to seven hours most nights.

So I changed the focus of the treatments to assist with her insomnia whilst still doing extra work on the wrist and back points. I used the auriculartherapy workout for insomnia and the facial workout from Marie-France Muller's book as well as adding the Kidney 6 point to my meridian balance at the beginning of the foot workout. I always do the insomnia point from the Chinese foot workout.

The next treatment was two and a half weeks later due to Dale being busy. At this stage her sleep patterns were still not good with her still having trouble getting to sleep and waking around 3 or 4 a.m.

I continued with the previous workout. Dale generally slept through the foot workout of most sessions and woke at the end feeling 'wonderful'.

The following week Dale had slept reasonably well for two nights so we continued on with the same treatment pattern.

The insomnia was improving by the next week but still not 'under control'. She reported that both adrenal reflexes in the feet were tender this week.

Her sleep patterns had improved by the following week except for the night before she saw me. Again the adrenal reflexes were a bit tender.

<sup>1</sup> W.H. Davis and F. Ziady, 'The Role of Magnesium in Sleep', Montreal Symposium, 1976



# CPT Education and World-Wide Conferences —Calendar of Events



**Inclusion in the CPT Calendar of Events is a further bonus for advertisers**

Place your advertisement with FootPrints Advertising Coordinator—[footprints@reflexology.org.au](mailto:footprints@reflexology.org.au)

2011	Presenter	Title	Location/Contact
16/17 March	Australian College of Chi-Reflexology – (Moss Arnold)	Basic Theory & Treatment Techniques – day 3 & 4	Springwood, NSW **** (see below for details) Day 3 and 4
19/20 March	Australian School of Reflexology	Using TCM with Reflexology	Sydney (Killara) ++++ (see below for details)
22–24 March	Kim Rusten	The Missing Link Cranio Sacral	Melbourne Contact: Lyn Fava 0412 353 385 <a href="mailto:info@assr.com.au">info@assr.com.au</a>
26/27 March	Leanne Moore	Ayurvedic Foot, Hand and Head Massage	Glenreagh, NSW Contact: 02 6649 2214 <a href="http://www.padaveda.com">www.padaveda.com</a>
2/3 April	Carol Donnelly & Ursula Courtney (from Ireland)	Reflexology for People Living with Cancer	Brisbane, Adelaide, Hobart Contact (for Brisbane workshop): Maria Armstrong – 0410 552 652 email: <a href="mailto:mad85@bigpond.com.au">mad85@bigpond.com.au</a>
2/3 April	Australian School of Reflexology – (Sue Ehinger)	Auriculartherapy	Sydney – Killara ++++ (see below for details)
April (date now deferred)	Dr Martine Faure Alderson	Cranio Sacral Reflexology – Level 3	Brisbane, Queensland Contact: Heather Edwards – 0424 678 450 email: <a href="mailto:reflexca1@bigpond.com">reflexca1@bigpond.com</a>
5 April	Embrace Holistic	Engaging in Birth Seminar	Mackay, Queensland – Contact: 0420 231 700 email: <a href="mailto:enquiries@embraceholistic.com">enquiries@embraceholistic.com</a>
7 April	Embrace Holistic	Engaging in Birth Seminar	Cairns, Queensland – Contact: 0420 231 700 email: <a href="mailto:enquiries@embraceholistic.com">enquiries@embraceholistic.com</a>
9/10 April	Australian College of Chi-Reflexology – (Moss Arnold)	Chi-Reflexology 2 – Balancing/ Diagnosing Techniques	Springwood, NSW **** (see below for details)
6-21 April (16 days)	Deborah Johnston Tour Manager/Coordinator/Reflexologist	Chinese Reflexology Study Tour – China 2011	China, Shanghai, Tai Shan, X'ian, Beijing Contact: Deborah Johnston – 0402 065 684 email: <a href="mailto:orientaljourneys@netspace.net.au">orientaljourneys@netspace.net.au</a>
9/10 April	Carol Donnelly & Ursula Courtney (from Ireland)	Reflexology for People Living with Cancer	Adelaide, South Australia Contact: Jo Booth – 0419 804 949 email: <a href="mailto:jobooth@bigpond.com">jobooth@bigpond.com</a>
16/17 April	Carol Donnelly & Ursula Courtney (from Ireland)	Reflexology in Cancer Care	Hobart, Tasmania – Contact: Sarah Blain email: <a href="mailto:smblain@bigpond.net.au">smblain@bigpond.net.au</a>
16/17 April	Australian School of Reflexology – (Sue Ehinger)	Auriculartherapy	Perth, Western Australia Contact: Lynn Hatswell – 08 9381 2935
19 April	Australian School of Reflexology – (Sue Ehinger)	Combining Micro-systems	Perth, Western Australia Contact: Lynn Hatswell – 08 9381 2935
14 May	Australian College of Chi-Reflexology – (Moss Arnold)	Hand (Acupressure in) Reflexology	Springwood, NSW **** (see below for details)
15 May	Australian College of Chi-Reflexology – (Moss Arnold)	Foot Talk	Springwood, NSW **** (see below for details)
7 June	Embrace Holistic	Engaging in Birth Seminar	Sydney, NSW – Contact: 0420 231 700 email: <a href="mailto:enquiries@embraceholistic.com">enquiries@embraceholistic.com</a>
9 June	Embrace Holistic	Engaging in Birth Seminar	Canberra, ACT – Contact: 0420 231 700 email: <a href="mailto:enquiries@embraceholistic.com">enquiries@embraceholistic.com</a>
21 June	Embrace Holistic	Engaging in Birth Seminar	Melbourne, Victoria – Contact: 0420 231 700 email: <a href="mailto:enquiries@embraceholistic.com">enquiries@embraceholistic.com</a>
24 June	Embrace Holistic	Engaging in Birth Seminar	Hobart, Tasmania – Contact: 0420 231 700 email: <a href="mailto:enquiries@embraceholistic.com">enquiries@embraceholistic.com</a>
26 June	Australian School of Reflexology – (Sue Ehinger)	Combining Microsystems	Sydney – Killara ++++ (see below for details)
2 July	Australian College of Chi-Reflexology – (Moss Arnold)	Sports Reflexology	Springwood, NSW **** (see below for details)
22/25 July	Australian School of Reflexology – (Sue Ehinger)	Facial Reflexology 1 & 2	Sydney – Killara ++++ (see below for details)
9 August	Embrace Holistic	Engaging in Birth Seminar	Caloundra, Queensland – Contact: 0420 231 700 email: <a href="mailto:enquiries@embraceholistic.com">enquiries@embraceholistic.com</a>
19 August	Embrace Holistic	Engaging in Birth Seminar	Toowoomba, Queensland – Contact: 0420 231 700 email: <a href="mailto:enquiries@embraceholistic.com">enquiries@embraceholistic.com</a>
30/31 July	Australian College of Chi-Reflexology – (Moss Arnold)	Australian Bush Flower Essences & Chi-Reflexology	Springwood, NSW **** (see below for details)
13/14 August	Australian School of Reflexology – (Sue Ehinger)	Using TCM with Reflexology	Launceston, Tasmania Contact: Gaye Webb – 0419 574 562 email: <a href="mailto:gayewebb6@gmail.com">gayewebb6@gmail.com</a>
20 August	Australian College of Chi-Reflexology – (Moss Arnold)	Spiritual/Crystal Reflexology	Springwood, NSW **** (see below for details)
16-19 September	International Council of Reflexologists	Biennial Conference	Castro Verde, Alentejo, Portugal email: <a href="mailto:icr2011.conference@gmail.com">icr2011.conference@gmail.com</a> <a href="http://www.icr-reflexology.org">www.icr-reflexology.org</a>
10/11 September	Australian School of Reflexology – (Sue Ehinger)	Chinese Reflexology	Sydney – Killara ++++ (see below for details)
24/25 September	Australian College of Chi-Reflexology – (Moss Arnold)	Maternity Reflexology	Springwood, NSW **** (see below for details)
8/9 October	Australian College of Chi-Reflexology – (Moss Arnold)	Lymphatic Reflexology	Springwood, NSW **** (see below for details)
15/16 October	Australian College of Chi-Reflexology – (Moss Arnold)	Biomechanics	Springwood, NSW **** (see below for details)
17 December	Australian College of Chi-Reflexology – (Moss Arnold)	Essential Oils and Reflexology	Springwood, NSW **** (see below for details)

\*\*\*\* Contact: Moss Arnold – 02 4754 5500  
(courses run from 9.30 am to 5 pm)  
email: [moss.arnold@chi-reflexology.com.au](mailto:moss.arnold@chi-reflexology.com.au)  
[www.chi-reflexology.com](http://www.chi-reflexology.com)

++++ Contact: Sue Ehinger – 02 4976 3881  
email: [sue@reflexologyaustralia.com](mailto:sue@reflexologyaustralia.com)  
[www.reflexologyaustralia.com](http://www.reflexologyaustralia.com)

# Case study—Insomnia and Reflexology

by Dr Christine King, BlueSky Therapy

This article is the result of working with one client who was only having two hours sleep at night.

She had cancer, Restless Legs and although she was usually in very good spirit and coping extremely well, she was continually tired. I completed a search of the web for research on Insomnia and Reflexology and found three articles on insomnia. I asked my client if she would like to try the research methodology with the aim of increasing her hours of sleep. She agreed and the following is the result of this trial. My client did give permission for writing this article.

The research articles (British Reflexology Association/ BRA, 2004; By Gao Wa et al, year unknown; Duan Shuang-Feng, 1993) that I had found on insomnia indicated that 40%–90% of participants had some sleep improvement from Reflexology; varying from complete 'cure' to mild improvement. This included improvement in associated symptoms such as lack of concentration, anxiety, stress, forgetfulness, indecision, and low energy levels (BRA, 2004). The reflexes discussed in the research articles were adrenal gland, kidneys, bladder, sinus, brain and heart. Treatment times varied in the studies but the treatments in the research with the higher success rate were given twice daily over a period of ten days. Treatments were for twenty minutes.

**The client** is a 63 year old female who is retired and has cancer. She has a very supportive husband and she is a very positive person. As stated earlier, she had a poor sleep pattern. She stated her sleep pattern does change and sometimes she does get more sleep but not without periods of waking.

**Contraindications and precautions:** There were no contraindications or precautions and she was recommended to me from the Cancer Support Group.

**Medication:** I checked if there was any medication that was influencing the sleep patterns. I asked my client and she replied not that she knew of. I asked her to bring in the information sheets from her medications. Contrary to what she thought, one of her medications did influence sleep patterns. As the medication was for her cancer there was no possibility of replacing this medication with something else. However, it did help my client to know part of this sleeplessness was due to her medication. It was like an acknowledgement that the sleeplessness was not due to something within her. There was nothing we could do about the Restless Legs as no matter what she did or didn't do before she went to bed as soon as she relaxed and was ready to sleep the Restless Legs would start and the only way she could get any relief was to get up and walk.

**Reflexes:** All reflexes were worked in the first week, followed by emphasis on the following reflexes in the twenty minute treatments:

endocrine (pineal, hypothalamus, pituitary), brain, thyroid, lung, heart, thymus, solar plexus, adrenals, plus brazilian toe massage.

**Treatments:** Two every day for ten days.

Day 1: 2 x One hour,  
Day 2–Day 10: 2 x 20 minute treatments, morning and afternoon.

The same time every morning, 9 am and afternoon, 3 pm.

**Lotion:** The lotion used was an almond-based, free of petroleum product/bi-product and paraben, with chamomile, sandalwood and a very small amount of orange essential oils. The lotion also included a small amount of natural Vitamin E and Arnica.

## Pattern over the ten day trial

(See Table 1, next page)

## Reflexes that were predominant in Reflexology Treatments:

Day 1: Thyroid  
Day 2: Hypothalamus, Adrenals  
Day 3: Hypothalamus, Adrenals (morning) Spleen  
Day 4: Hypothalamus, Adrenals

Client started working hand for hypothalamus, three times a day each hand.

Day 5: Adrenals  
Day 6: Adrenals  
Day 7: Adrenals  
Day 8: Adrenals  
Day 9: Pituitary, Adrenals  
Day 10: Adrenals

**A Note about this case:** It was very challenging to work for ten days, twice a day, as this meant no weekends or days off. It was also a lot to ask my client but we both managed and felt it was worthwhile.

## Results:

From Day 8 there was an increase in sleep and fewer wake up periods but the client still felt very tired. This, of course, may be due to her medical condition of cancer. It is interesting that from Day 5 the Restless Legs were a lot better and predominately before bed. This is when the client started working the hypothalamus herself and, co-incidentally, when the hypothalamus was no longer a reflex that showed up every day. Sleep patterns did increase from 2.5 to 4 or more hours after Day 8.

Overall the client's hours of sleep did increase from a previous 2.5 hour block to 4 hour blocks. This may not seem like a lot but you can cope with 4 hours—it is difficult with 2.5 hours. It would be good to repeat this with a person with insomnia not due to medication and health complications. This one case would indicate a need for a much larger study to look at the relationship of insomnia and Reflexology. It would also be interesting

Continued on page 16

Case study—Insomnia and Reflexology  
Continued from page 15

TABLE 1 Sleep pattern

How did you sleep the night before:	Day: 1	2	3	4	5	6	7	8	9	10
Hours of sleep in blocks	2.5	2, 1.5, 1.5	2, 2	2.5, 2, 1	2.5, 1.5, 1.5	3, 1.5	3, 3 or 4*	7**	4, 5***	4, 2***
Number of times woke up	4	2	3	3	2	2	1	**	1	1
Restless Legs (y=yes, n=no)	Y	Y	Half the night without Restless Legs	Y	A little better	Until 11pm then better for 3 hours	N	N	Before bed only	Before bed only

\* Dozing, not heavy sleep  
\*\* Went to the bathroom twice but kept eyes closed and had a good night's sleep  
\*\*\* Light sleep after initial 4 hours sleep

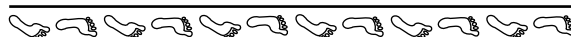
How did you feel the night before:	Day: 1	2	3	4	5	6	7	8	9	10
Anxious	N	N	N	N	N	N	N	N	N	
Tired	Y	Y	Y	Y	Y	Y	Y§	Y§	Y	Y§
Worried	N	N	N	N	N	N	N	N	N	N
Going over day events	Y	N	N	N	N	N	N	N	N	N
Relaxed	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Calm	N	Y	Y	Y	Y	Y	Y	Y	Y	Y
Other	Wide awake	Can't get back to sleep	Half the night without Restless Legs	Hot in evening	Temperature down a little	Feeling disappointed				
Any different in your life	N	N	N	N	N	N	N	N	N	N
Stress level 0–10 (10 extremely stressed)		0	0	0	0	0	0	0		

§ Very tired

to look at the relationship between Reflexology and Restless Legs as this situation did change and influence the sleep pattern. If it can assist sleep pattern under these difficult circumstances it has the potential to work well in less complicated medical situations. With saying this, if we can help people with illness increase their sleep, that is certainly something to write about!

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Christine King, Email: bluesky\_therapy@westnet.com.au

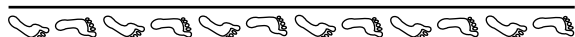


Reflexology and Insomnia  
Continued from page 13

Dale had a month's break from treatments but reported on her next visit that she had been sleeping well but that now things were starting to go backwards. I used the same treatment as before but added in the acupressure points Heart 5, 7 and Liver 2 to the next two treatments. This got her sleeping patterns back on track quickly.

At this point I took a 12 month's break from work and referred Dale to another friend who is a reflexologist. During this time she has found that with regular treatments she has no insomnia. Now that I have started practicing again Dale has come back as 'I am closer to where she lives' and often asks for the treatment to focus on other problems with only every second or third treatment focused on her insomnia.

Over this time Dale has gone from someone who was quite skeptical of the benefits of reflexology to a regular receiver of treatments and a strong advocate for the modality.





*Hey there Special One!*  
*Since my discs went up in smoke, when our flat was on fire, I have very few pics of me presenting or demonstrating on feet.*  
*If you have any good photos of me at seminars or congresses, I would be SSSOOO grateful if you could PLEASE email them to:*  
*inspired@worldonline.co.za*

*The South African postal system is challenging and post seems to travel the world before we get it ... IF we get it ...*  
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*Sending it 'Angel Mail' usually gets it here!*  
*May you always be blessed every step of the way, Special Angel!*  
 THANKS SSSSSOOOO MUCH!!!!

*Chris Lynne Fryer*  
*The Universal Soul Whisperer*

# World Reflexology Week 2010

by Nan Middlelditch

In order to celebrate World Reflexology Week this year I decided to organize a promotion at an aged care facility where I work. The staff have regularly asked me about reflexology and often, when I have been working, they looked on enviously and suggested that their feet be the next to be treated.

My promotion was the offering of fifteen minute 'Taste of Reflexology' treatments for the day. My suggestion was met with a lot of enthusiasm from the Director of Nursing as well as the many members of staff that I come into contact with. Staff drew up an appointment sheet and placed our reflexology week advertisements around the facility encouraging staff and residents to book themselves in for a treatment.

On the day, I was provided with a recliner chair, a bundle of towels and ample space in the main lounge room in which to work. I set up my working area with my reflexology charts and brochures, all of which were of great interest.

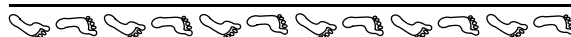
With my 15 minute per person schedule the day flew. The appointment sheet was fully booked and no one missed their time slot. Residents, seeing what was going on, were begging to be squeezed in and were willing to wait

in the hope that a free space would become available. As a result, my much needed lunch break became very short and my finishing time somewhat later than intended.

Without a doubt the day was a huge success. Everyone who received a treatment absolutely loved it, reluctantly leaving the chair for the next person and telling anyone listening how wonderful reflexology was.

The next day at work I got a huge surprise when I was presented with a beautiful bunch of flowers as a thank you from the staff and was told that everyone was talking about the reflexology day. What wonderful feedback!

All the support I received from the facility has made me realize how much support there is in the community for promotions such as this. With the help of the staff, organizing the day became very easy. The goodwill it has promoted within the community and the increased knowledge of reflexology (and that it is a beautiful therapy for people of all ages) has made this a truly worthwhile event. I would encourage all of you who have never tried this before to give it a go in 2011. You will be amazed at the response. I know I will be doing it again in 2011. People are already talking to me about it!☺☺

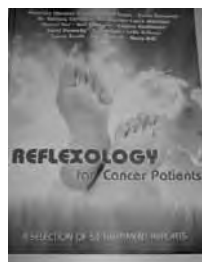


## Book review

### Reflexology for Cancer Patients —A Selection of 53 Treatment Reports

by Sharni

Various authors  
The Israeli Forum of Reflexology  
First edition—October 2008



This is an exceptional compilation of various reflexologists' experiences with cancer patients. The reflexologists include Mauricio (Moshe) Kruchik, Beryl Crane, Susan Berenson, Dr Bibiana Carrasco, Dr Martine Faure Alderson, Ayelet Dor, Ruti Springer, Edwina Hodgkinson, Carol Donnelly, Itzik Feigin, Leila Eriksen, Lynne Booth, Elias Rostein and Nova Ridi.

The cancers covered include breast cancer, ovarian cancer, acute myelogenous leukaemia, lymphoblastic leukaemia, lung cancer, lymphoma, pleural tumour and many more.

The opening story by Nava Ridi talking about 'My journey back to life' really sets the tone for the book.

Case study notes are concise and treatment protocols used by individual reflexologists are explained. Case studies cover all age groups. One thing that was evident

in a lot of the case studies was the struggle these exceptional patients go through each day and how we, as therapists, can bring them a little bit of 'me' time.

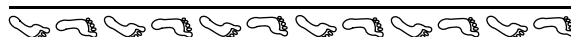
Some of the case studies are inspirational, some are very sad, but the bottom line is that this book will help reflexologists who treat cancer patients.

There is an appendix after the case studies on Complementary and Alternative Therapies in Palliative Care. This section is headed by a wonderful testimonial from a patient:

*'I was in so much distress that I wanted to let go. You gave me the Reflexology and now I feel like I want to go on living.'*

There is a place for Reflexology to help those people suffering from the many forms of cancer. The book brings home the many stories of how patients' lives were made just that little bit better from having Reflexology—from helping alleviate symptoms of nausea and tiredness to helping patients relax and sleep.

The good news is that a copy of this book has been forwarded to each of the State Branch libraries so make sure you borrow it. You will want to purchase a copy to keep on your own bookshelf.☺☺



**HOLISTIC REFLEXOLOGY**  
*the eight principles*



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- Investigate the body systems from a metaphysical perspective
- Understand the messages the feet are trying to convey

By considering the metaphysical connection between the foot, body and lifestyle, it can be easier than you might think to discover a starting point to what could be blocking the healing process.

Over the past ten or so years, Glenda has investigated a number of modalities, consolidated what she has learnt and applied it within her own practice as something authentically her own. She calls her work "Holistic Reflexology."

Excited by the invitation to be a speaker at the Reflexology Association of Australia's national conference in Brisbane in October 2010, she complemented her presentation with her book entitled "Holistic Reflexology."



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**HOLISTIC REFLEXOLOGY**  
Glenda Hodge

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# My Journey with Face Reflexology

by Sharon Tay

I began exploring with face reflexology back in 1994. At the time, I was unaware of acupressure points, meridian pathways or energy fields, zone therapy and reflexology. When I graduated from beauty therapy school in 1994, I immediately commenced my vocation treating older people, younger and infirm persons in care, visiting nursing homes, hospitals, private homes and other aged care institutions. It was my giving beauty therapy treatments that led me to explore further into acupressure and reflexology. 1995 began my journey with reflexology tutored by Dianne Yaxley through her School of Reflexology and Natural Therapies in Hobart. (Dianne sold her college in 1997 and Dianne Donovan now runs the college renaming it as 'Island Health College').

Whilst learning reflexology, I did not connect this therapy with the face points with my clients' reactions when giving them their facials. Clients remarked how wonderful they felt and how their skin looked and felt after receiving their treatment and how it had helped them with their headaches and sinus problems. I would gently massage the face incorporating rotation, pressure, cupping and stroking movements over the face, jaw line, head, neck and ears. I continued with an 'open mind' as I worked with my clients wondering if there was such a thing as 'face reflexology' or similar.

During the mid nineties the internet was not as popular as it is today and, consequently, there was little information on this topic. However, I did come across a few sites later when I was studying for my naturopathy certificate in 1997. It was during this time that I was given a book written by Viktoras H Kulvinskis 'Survival into the 21<sup>st</sup> Century'—with a chapter titled 'Zone Therapy and Acupressure'. The early drawings of zone therapy and reflexology points also show a face chart, mapping the organs and glands of the body and zones similar to foot reflexology and acupressure points. To my astonishment I realised that I had been practising these same points marked on the Viktoras face map, on my clients' faces. (Intuition is a very remarkable gift.) It is because of this I have continued to use the 'Viktoras chart' incorporating face reading and other valid pressure points (see Figure 1).

## Chinese face reading and acupressure

Chinese face reading is a tradition that reaches back thousands of years probably to around the 6<sup>th</sup> century BC. It is based on the theory that the face broadcasts a person's energetic profile as well as aspects of character and personality. The Chinese art of face reading is a very involved system which classifies facial features by colour of the skin, texture of the skin, shape of face, skin eruptions, lines and disfigurements. The origins of acupressure are as ancient as the instinctive impulse to hold your forehead or temples when you have a headache. Everyone, at one time or another, has used his or her hands spontaneously to hold tense or painful places of the body. More than 5,000 years ago the Chinese discovered that pressing certain points on the body relieved pain where it occurred and also benefited other parts of the body more remote from the pain and pressure point. Gradually they discovered other locations that not only alleviated pain but influenced the functioning of certain internal organs.

As a beauty therapist, I have found understanding and practising Chinese face reading has been very helpful when diagnosing skin problems and why they may have occurred. The most common skin ailment that many people may suffer sometime in their life is acne. In Chinese face reading acne on the *forehead and temples* may indicate digestive disorders such as difficulty breaking down certain foods. It could also relate to a toxin build up of hair products (shampoos, dyes), wearing dirty caps or hats and a build up of wearing contaminated cosmetics. Acne on the *cheeks* may be caused through stress, stomach problems, too much sugar, dirty mobile phones, a dirty pillow case and using dirty cosmetic accessories (brushes). The *nose* displaying acne indicates poor diet and gastrointestinal disturbances.

The different colour hues of the skin can also give a therapist an indication of what may be happening internally. For example, if a person has a *ruddy hue* (red) they may have either high blood pressure, heart or circulatory imbalance, hormonal changes in menopause, dehydration or skin sensitivity. A *pink flush* skin can also relate to sensitivity, heat, hormonal disturbance,

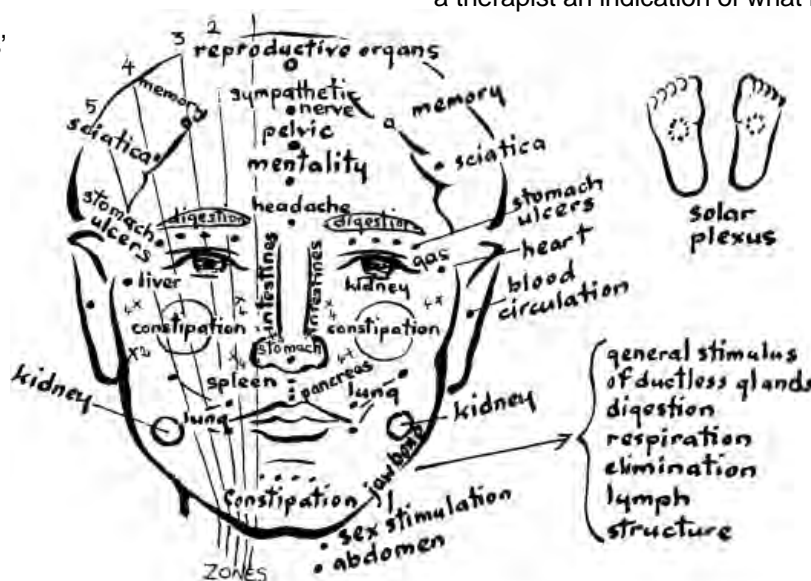


Figure 1. Viktoras face chart, 1975.

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*My journey with Face Reflexology*  
Continued from page 19

illness, fever and certain medications or the client may have just completed some physical activity such as exercise or running. A *yellow or brown* undertone may relate to liver or kidney imbalance, illness or fever. A *greenish* tone may be due to a gall bladder imbalance, fever, influenza, overload of alcohol, drugs, fatty foods and contaminated foods. A *blue hue* around the eyes may indicate a sluggish digestive system or overtiredness. If there is blue around the lips this may indicate a heart or circulatory imbalance.

Lines on the face mark a person's life. *Worry lines* that run horizontally in the centre of the forehead may be caused by tension, frowning or arching brows, digestive problems such as alcohol abuse, combined with dairy and fatty foods. *Courage lines* that run across the bridge of the nose may relate to tension in the lower forehead, lack of vision. *Vertical courage* lines can mean congested pancreas or spleen, poor diet including fatty foods and sweets. *Venus lines* extend from the corners of the eyes and may relate to the heart, circulatory problems, obesity, alcohol abuse, general fatigue, kidney and bladder problems. *Fragile lines* underneath the eyes relate to muscle weakness, reduced skin elasticity, fluid retention, allergies, alcohol abuse. *Horizontal lines across the lips* may relate to a hormonal imbalance. *Vertical lines on top lip* are smoker's wrinkles and can also relate to menopause. Tight lips indicate either liver imbalance or anger. Loose muscles around the lips may be due to poor digestion and stress. *Social lines* begin at the sides of the nostrils and run vertically down towards the mouth. These are called 'laugh lines' and represent a joyful spirit. If the lines are deep and rigid, expression of natural emotion is suppressed. Combining Chinese face reading along with beauty therapy facial treatments helps when assessing a client's skin analysis chart.

On Sunday May 5<sup>th</sup>, 2002, I gave my first workshop on face reflexology to members of the Tasmanian Branch held at Mary Farr's School in Launceston. (Mary closed her school in 2003. Pam Skeggs has taken over the school 'Tasmanian Academy of Natural Sciences'.) This was the first workshop to be held in Tasmania of this nature so it was a new adventure for the practitioners who attended. At that stage I felt like a novice educator, as I was still experimenting but wanted to share my experience and the benefits of face reflexology with my colleagues.

Since my workshop, face reflexology (sometimes referred to facial reflexology) has become a recent development in Australia and there are several face charts in textbooks and on the internet that differ from others, but mostly all have in common particular points that relate to the organs and glands of the body. Sometimes this can be confusing to the student. Unlike foot reflexology, face reflexology can be taught in a different way where the tutor with their experience and knowledge can guide the student to follow a specific face map chart all of which is valuable. Once a practitioner becomes experienced in using the techniques taught to them, they have the ability to expand from what they have learnt and begin to incorporate their

own findings and experiment with various points on the face gaining feedback from their clients. It is 'positive' feedback from clients that make face reflexology another therapy that can prove its claims.

My journey of sixteen years has proven that face reflexology is certainly here to stay and the positive result it brings to many people is astonishing. To this day I always complete foot reflexology treatments followed by face reflexology. I have found, for example, if I feel that the sinuses in the foot reflex points (toes) are congested, I will also find that working on the sinus points to the face are also congested. Face reading before a treatment can also be useful. Through recent clinical trials, one of my clients had remarked how her sinuses cleared up once I had applied face reflexology after a foot treatment.

## What is Face Reflexology?

Face reflexology is a combination of pressure and reflex points using manual techniques that stimulate the reflexes or acupressure points to the face, jaw line, neck, head, ears, improving blood circulation, lymphatic drainage, energy flow, tension release and skin condition. Regular treatments tend to firm the muscles of the face and jaw providing a natural, non-surgical face lift. Face reflexology can be used in conjunction with massage, facial beauty treatments, ear reflexology and Chinese face map reading. Face reflexology also restores balances within the body system and lowers stress levels.

## Face Reflexology for the elderly and infirm

Face reflexology is beneficial for clients who have a disability or illness. Clients can be treated whilst they are lying in a hospital bed, sitting in a chair or wheelchair. Props such as pillows, blankets, rugs, bed trays, etc, can also be used for support helping the client feel comfortable. It is also important that the practitioner is comfortable to give a treatment. The advantage a client receives is that they are getting one to one attention and TLC which is often lacking in some institutions. The main aim for treating a frail person who is in care is to allow them to become relaxed in a quiet environment without interruptions from other people around them and to enjoy special 'hands on' attention. I have found that many of my older and infirm clients gained a lot through having reflexology (face and feet). They become calm, more accepting of their condition and most have a positive attitude towards making the best of their situation. Most of all, they are accepting of reflexology. The other advantages for a client having face reflexology is where foot or hand reflexology is contraindicated.

## Viktoras chart

Reflex/pressure points with additional points. Some additional points relate to areas of the face that are not actually pressure or reflex points. For example, working pressure points around the mouth, you are also working the gums, teeth and tongue. Pressure points relating to kidneys/adrenals means you are working around the eyes.

*Continued on page 21*

## Reflexology Association of Australia

*My journey with Face Reflexology*  
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The face is divided into three sections.

1. Top region (largest part) top of head and forehead.
2. Middle region (between eyebrows and top upper lip).
3. Lower region (smallest part) from top lip down through the chin and neck.

### Top region

**The Skull** Top part of the head. Frontal and occipital bone and frontalis and occipitals muscles. Centre of skull—reflex point to stimulate body and centre of spine and centre for brain stimulation.

- i) From centre of head to sides of head—stimulation for reproductive organs, internal organs and brain. Stimulate blood flow and oil flow.
- ii) Back of head—stimulation of brain, nerves, helps blood flow, helps relieve head tension and induce relaxation. May help shed dead skin cells and increase oil flow in the hair.

**Base of the skull** Occipital bone and occipitalis muscle.

- i) Centre base of occipital bone near cervicals—releases tension in head, jaw and may stimulate saliva. Reflex point for cervicals and spine. May help migraine, headache and relieve head tension.

**The forehead** Frontal bone. Frontalis muscle.

- i) Centre top towards hair line—Pituitary and pineal glands. Nerve and mental stimulation.
- ii) Middle centre—above eyebrows—frontal sinuses, mentality.
- iii) Centre of brows—reflex point for headache, ethmoid sinuses and bladder.

**Side of head** Frontal, temporal and parietal bones. Frontalis, temporalis and occipitalis muscles.

- i) From centre of hair line down to top side—Memory, (1 o'clock), Sciatica (2 o'clock), reproductive organs just behind these two reflex points towards centre skull.
- ii) 4 o'clock close to temporal bone—headache.

**Middle region** Digestive

Eyebrow line. Frontal, occipital and sphenoid bones. Frontalis, corrugator supercilii muscles.

- i) In between brows—Ethmoid sinuses. May help relieve headache.
- ii) Underneath the brow line and above eye socket—helpful towards digestion and stomach disorders.

**The eyes** Sphenoid, ethmoid and lacrimal bones. Orbicularis oculi muscle, levator palpebrae superioris muscles under eyes and cheeks.

### Right eye

- i) Outer corner of eye—liver and gall bladder.
- ii) Underneath eye close to lower lash line—kidney and adrenals.

### Left eye

- i) Outer corner of eye—spleen, heart and for wind problems.
- ii) Underneath eye close to lower lash line—kidney and adrenals.

**Cheeks** Zygomatic bones. Buccinator, zygomaticus major muscle.

### Right cheek

- i) Middle of cheek in line with pupil—maxillas sinuses, digestion, and for constipation.
- ii) Inner cheek bone close to nostril—bladder, sinuses, top right gum.

### Left cheek

- i) Middle of cheek in line with pupil—sinuses and digestion.
- ii) Inner cheek bone close to nostril—bladder, sinuses, top left gum.
- iii) Over cheek bone—help to relieve facial pain.

**The nose** Nasal, frontal and palatine bones. Nasal cartilage.

- i) Across the nose and sides of the nose—sinuses, helps relieve nose blockage and allergies.
- ii) From the bridge of nose down the sides of nose to nostrils—for the intestines.
- iii) Tip of nose—stomach.
- iv) Underneath nose centre of upper top lip—leg muscle cramps.

### Lower region Respiratory

Upper top lip and mouth. Mandible, zygomatic and maxilla bones. Orbicularis oris, sides of mouth. Levator labii superioris, buccinator, risorius, masseter, temporalis muscles.

- i) Join to septum of nose—leg muscle cramp.
- ii) Centre of upper lip—pancreas and spleen.

### Mouth

- i) Corner of mouth left and right—lungs. Stimulate salivary glands. Bottom gums, teeth, tongue.

**Chin** Mandible bone. Mentalis, buccinator muscles.

- i) Centre of chin—heart.
- ii) In crease of chin—for constipation.
- iii) The above will also act as reflex points for bottom gums, teeth and tongue.

**Neck** Cervical bones and hyoid bone. Muscles—Platysma, sternocleidomastoid.

- i) Front—Centre of neck - thyroid and parathyroid's. Sore throat. Reflex points for Esophagus and trachea.
- ii) Back—7<sup>th</sup> cervical - cervicals, spine, muscle tension, stiff and sore neck.

### The ears

While massaging the sides of the face I gently work around the ears using pressure behind the ears and in front of the head flap of the ear (Tragus). I hold the wide

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*My journey with Face Reflexology  
Continued from page 21*

ridge (superior part of the ear—reflex points for: foot, leg, knee, hip, lower spine) and the bottom lobe for the brain, jaw, head (inferior section) of the ear at the same time. I then change position to holding the lateral and medial side of the ear. The lateral side long groove (Scaphoid Fossa—reflex points for hand, wrist, elbow, arm and shoulder). Also good for blood circulation. The medial side over the tragus is the adrenal point<sup>1</sup>. When finished, I cup my hands over the ear and this helps towards soothing sore ears and loosening ear wax.

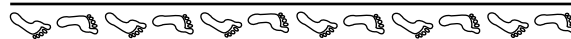
(Holding the pressure points around the ears helps to unblock ears when travelling on a plane.)

Face massage before and after applying face reflexology helps to aid circulation, improve skin tone releasing impurities from the pores of the skin and tone face muscles.

### Conclusion

Over the years, using the Viktoras technique for face reflexology has worked well with my clients, especially where I am unable to work on the feet or hands of frail clients. Face reflexology is widely accepted in my work and I hope to see that it is used along with foot

<sup>1</sup> Notes taken from Pam Skeggs workshop before AGM in Hobart, 2005.



reflexology as one of the mainstream therapies in the near future, especially in aged care and palliative care, being that it would be a lucrative market for business as well as promoting good health.

### References

[www.acupressure.com](http://www.acupressure.com)

[www.classic-feng-shui.com/chinese-face-reading.html](http://www.classic-feng-shui.com/chinese-face-reading.html)

Totora G and Anagnostakeos P, *Principles of Anatomy and Physiology* 5th edition (New York: Harper and Row, 1987).

Viktoras H Kulvinskas, MS. *Planetary Healers Manual—Survival into the 21st Century* (Connecticut: OMangod Press, 1975) pp. 200–2006.

Further searches: Go to Google and type in:

1. Chinese face reading
2. Skin disorders
3. Reflexology Face charts (see more hints below)

### Books to read

Kundan & Narendra Mehta, *The Face Lift Massage—Rejuvenate your skin and banish wrinkles* (London: Thorsons-imprint Harper Collins).

Rosalind Widdowson, *Head Massage* (London: Hamlyn).

Janet Wright, *Reflexology and Acupressure-pressure points for healing* (London: Hamlyn).

Mildred Carter and Tammy Weber, *Body Reflexology—Healing at your fingertips* (USA: Parker Publishing Company).

For research on the web; go to Google and type in: Face Reflexology, Ear reflexology, or Chinese face Reading. There are many sites to discover. Happy journey. 🙏

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## Workshop



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# STATE MATTERS



## QUEENSLAND

2011 has begun in a very traumatic way with the worst floods since 1974. Some of our members were directly affected but no one could escape the dramatic pictures and stories in the media. Witnessing the devastating loss of goods piled up on footpaths has left us shell-shocked and with a deep longing to support each other. We thank the National Board of Directors and all reflexology members around Australia for their messages of support. We are sending our thoughts also to our colleagues and their families and friends who may be affected in NSW and Victoria.

Many members are wishing to help and to this end a donation appeal has been set up. Please see our website if you would like to donate. The Association will ensure these funds will go directly to members affected by the flooding

My very warmest wishes and gratitude to you all.

Cathy Boyle



## WESTERN AUSTRALIA

Welcome to 2011. Apart from floods in Carnarvon, fires down south, cyclones happening up and down the coast, it's been fairly quiet on the western front here in hot WA.

Our first committee meeting for 2011 was held 7 February and the next one to be held 4 April. The Coffee Clubs are back up and running for the year in Perth, Mandurah & South-West. Our next study day is on 13 March up in Mundaring and the theme for the day is Different Types of Reflexology; the day is being run by our Vice-Chairperson Hollie. Our ABM is being held at Owens Homeopathic on the afternoon of 15 May – so get ready to step up to the plate and have a new and enlightening experience.

Our thoughts go out to all those affected by floods and fires around Australia. Until next time stay safe.

Tyna King

What a fabulous night we had on Saturday 13 November with our 20th anniversary celebrations. Due to a crowded restaurant and poor acoustics I was unable to deliver my speech. But I would like to express here what I was planning to say.

Firstly I would like to thank our organising committee of Sue Ehinger, Marijke Wester, Dott Stitt, Jenny Arnott, Misha Frankel, Barbara O'Keefe, Doris Litzki, Sue Rusden and Joan Harwood for putting a fantastic night of celebrations together for us. Loved the food, the belly dancer, the tarot card reader, the henna artist and especially the company.

Most importantly I would like to thank the founding members of our NSW Branch. I would love to have



## NEW SOUTH WALES

interviewed you all on Saturday night to hear how the reflexology journey unfolded for you all. Thank you for having a vision and carrying it through to today.

Where will the Association be in another 20 years? Will we have advanced into the hospital system? Will we be sharing rooms at the local medical practice? Will reflexology get the kudos it deserves?

We have been given a legacy and it is up to us to create a vision for the future. We need to work together as a team and to believe and dare to dream so that we can make reflexology the most frequently used alternative therapy in Australia.

Let's make it great!

Gretel Spiegel

Another year begins and our hearts and thoughts go out to the people who have lost so much during the floods which have been disastrous in other states especially Queensland. We think of our colleagues who have suffered losses and we can only hope that things will improve and see them on their 'feet' again. Fundraising ideas in Tasmania have been discussed and our members are only too happy to give a helping hand where it is needed.

2011 brings many challenging projects ahead for our Tasmanian members. In 2012 we are holding the next RAOA conference and already many members have 'keenly' taken up a role on the newly formed Conference Committee. The Conference Committee will meet after each general business meeting which will be more frequent than our usual four meetings a year. This is necessary so that all members can be informed of update progress on the Conference and other important issues relating to reflexology.



## TASMANIA

Sharon Tay's workshop to be held on 6 February will be held at the Adult Education Centre in Kingston instead of Zep's in Campbell Town. The change of venue was due to members' choice as those who will be attending all reside in the southern region.

Our meetings are followed by educational programs that focus on enhancing our reflexology knowledge.

At the Christmas meeting in November Pam Skeggs gave a talk on aromatherapy and reflexology. Members enjoyed using the oils and learning which oil was best for certain conditions. At the last meeting on January 23 Lynda Kidd gave a talk on research methodology and explained the different aspects that influence how research projects are conducted, how this affects the outcomes and how they are reported. She demonstrated the different methods and their purposes by using research studies in reflexology.

On behalf of our Tasmanian members we wish our colleagues in other states a very happy and prosperous 2011.

Sharon Tay

# FOOTPRINTS JOURNAL

ISSN 1039-2092

Published by the Reflexology Association of Australia, Limited

## Guide to contributors

Contributions of articles, case studies, book reviews, personal experiences and letters to the Editor are welcome. The following guidelines will help make the editing and publishing process easier for all:

- Articles can be chatty and informal, or more formal and educational. They must, however, be accurate, well researched and fully referenced (if applicable).
- 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.
- Articles may be sent by email in Microsoft Word format to the Editor (jan.cullen@mallesons.com) using standard Times Roman or Arial fonts. Faxed, pdf and scanned articles are not acceptable.
- Photographs and line drawings are preferred at 100% size, 300 dpi resolution TIFF, EPS or PDF format. Original, high resolution, camera JPG files only are acceptable—preferably grayscale or high contrast coloured images. Photographs and line drawings should be forwarded as separate TIFF, EPS or PDF files—please do not embed photographs or line drawings into articles.
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- The Editor reserves the right to make alterations to or reject an article for publication. Where substantial changes have to be made, the Editor will show the final copy to the author, time permitting.
- Advertisements are to be submitted as required size in PDF or EPS format.
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The Reflexology Association of Australia Limited was incorporated in 2002 as a company limited by guarantee (ACN: 101 412 319)

### State Branches

<b>NSW</b>	Address: PO Box 366, Cammeray, 2062 Chairperson: Gretel Spiegel Phone: 0421 362 333 Email: gretsky7@bigpond.com Minute Secretary: Misha Frankel Phone: 0417 443 701 Email: misha@mail.webpub.net
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<b>SA</b>	Address: PO Box 104, Mundulla, 5270 Chairperson: Margaret Rowett Phone: 08 8753 4093 Email: maryfield@internode.on.net Secretary: Libby Ivens Phone: 08 8271 3398 Email: eri@internode.on.net
<b>TAS</b>	Address: 133 Lennox Ave, Lutana, 7009 Chairperson: Gaye Webb Phone: 03 6273 5032 (Mob: 0419 574 562) Email: gayewebb6@gmail.com Secretary: Lynda Kidd Phone: 0417 374 058 Email: lmkidd@utas.edu.au
<b>VIC</b>	Address: PO Box 66, Bentleigh, 3204 Chairperson: Samantha Langridge Phone: 0412 018 969 Email: pressurepointreflexology@hotmail.com Secretary: Amanda Barnett Wood Phone: mob 0449 972 982; clinic 9533 4431 Email: imprintz@hotmail.com
<b>WA</b>	Address: PO Box 1032, Leederville, 6901 Chairperson: Tyna King Phone: 08 9495 4496 Email: tynadave@optusnet.com.au Secretary: Michelle Hilder Phone: 08 9354 9440 Email: km.hilder@bigpond.com

### State Branches

If there has been a change in the above directory, kindly advise Jan Cullen by email jan.cullen@mallesons.com or by phone 0417 283 203.

### FootPrints Editor

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### FootPrints Advertising & Subscriptions

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Email: footprints@reflexology.org.au

### Desktop Publisher

Margaret Clift  
Phone: (02) 9858 2620  
Email: margclift@gmail.com

### Advertising policy

- As only a limited number of advertisements and inserts can be accepted it is advisable to book early.
- All advertisements including inserts must be booked in advance and copy provided to the Advertising Coordinator, Judee Hawkins. Mobile: 0412 187 238  
Email: footprints@reflexology.org.au
- Payment must be received by the date shown on the tax invoice issued; otherwise the advertisement will not be printed
- 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.

## Copy deadlines

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

### Advertising sizes and rates

Display:		Current price:
Full page	26 cm deep x 18 cm wide	\$250 per issue
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- 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	\$250
To an individual State	\$0.63 per copy

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# The Reflexology Association of Australia

**The Reflexology Association of Australia** is an independent, non-profit organisation and is not affiliated with any educational institution. It is managed by a national Board of Directors, and has branch committees in each state. All positions are honorary.

The Reflexology Association of Australia has been in existence since 1989, when it was first incorporated in Victoria and subsequently in all other states. As a national body, the Reflexology Association of Australia Limited was registered in July 2002 to further the aims and objectives of the Association, namely:

- ♦ To develop and promote an awareness and understanding of reflexology within the Australian community
- ♦ To represent the interests of the reflexology profession within the public and political arena
- ♦ To establish and maintain uniformity and high standards of training within Australia
- ♦ To maintain a high level of professional practice
- ♦ To serve and protect the needs of all members within the national structure
- ♦ To act as a central information and resource body for all members
- ♦ To act as an advisory body within the jurisdiction of the national body
- ♦ To promote co-operation with international reflexology bodies
- ♦ To establish and maintain relevant national databases of practitioners
- ♦ To provide ongoing professional development for members and a supportive network for reflexologists
- ♦ To promote research and development which support reflexology

The national magazine “FootPrints” is published quarterly. It keeps members informed about developments in the field of reflexology both nationally and internationally, and provides a platform for their news and views.

**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.