

FootPrints

The Journal of the Reflexology Association of Australia



www.reflexology.org.au

October 2018

Volume 22 No. 4



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From the President's desk

In 1981, when I was first introduced to Reflexology, there was no Private Health Rebate. We have seen the rebate come. We may see the rebate go. It is in the best interest of your business to promote yourself as a reflexology practitioner. If we were selling Amway, Essential Oils, Avon and so on..... you would be knocking on doors, ringing people, handing out flyers and getting on with selling what you know is a good product. Back to basics for everyone. Sell what you know works well. The RAoA promote up to a point for the members. For the upper edge in your area, do your own promoting. You will be pleasantly surprised with the rewards that your efforts will gain. ☺

June was a busy time for the administration office, with renewals, accounts and bookkeeping. All went smoothly. Facebook pages have been busy. Great to see our members communicating and sharing. Directors have made visits to reflexology schools/colleges in Western Australia, Tasmania and Victoria. The principals, lecturers and students have all enjoyed the personal interaction and being able to ask questions about reflexology and the RAoA.

The Chairs' Skype meeting on Sunday 22nd July was very well attended. On the agenda was Mapping for 2018/2019, paper work at a Branch level (administration and accounts), and World Reflexology Week. Much discussion took place and Question Time was open to all. The Chairs each shared their thoughts and questions openly. The new web site was a popular conversation topic. The National Treasurer, Vera, provided relevant information to the Chairs that will assist them in the role. The meeting was short, sweet and productive. Next Chairs' Skype Meeting will be held in late November 2018.

The Directors met in Melbourne on 28th and 29th July for a Board meeting. The Report from the meeting is in this issue of FootPrints.

A message from your Chairs!

Jill Jones—This is my third year in the position of Chairperson in Western Australia. I originally took on the role as I felt our State had become fractured over the years and my aim was to re-group and re-connect our amazing members. My desire to promote the professionalism of Reflexology here in the West culminated earlier this year in our bus advertising campaign – of which we, as a Branch, are incredibly proud. I am enjoying the variety of challenges the role demands and feel very privileged to have the

opportunity to interact with members both here in WA and also interstate, and to have some input into the future of Reflexology in Australia.

Catie Brown—I am the current Chair of the Victoria Branch of the RAoA. Currently I am working as a Reflexologist and Holistic Health Practitioner in private practice, Retirement Villages and teaching the Certificate of Clinical Reflexology with the Australian School of Reflexology and Relaxation.

I am interested in the promotion of holistic health and wellness, using holistic health practices such as Reflexology, to the broader community.

Reflexology is an excellent modality for the harmonising of universal life energy, preventing disease and helping to restore health and balance. I feel there is enormous potential for the practice of Reflexology in the community and would like to see it become a more accepted 'go to' for health and healing.

Pamela Nish—SA Branch Chairperson. I relocated to South Australia three years ago to be closer to family. I had spent many years living in Queensland where I gained my Reflexology, Massage and Reflexology qualifications. I had a busy practice in Queensland and was an active member of the RAoA Queensland branch, also having spent one year as Chairperson just before I left.

I now have a practice at my home in Moana, SA, and also visit local Retirement Villages to give Reflexology to the elderly (which I love doing). I lecture on Diploma of Reflexology at Aminya Natural Therapy College in SA.

As soon as I moved to SA I became involved with the SA branch as a way of getting to know people. This year I took on the role of Chairperson to give back to an Association that has helped me professionally and personally. I am very fortunate to have Susan Ramsey as a mentor in this role.

My goals for my time as Chairperson are to see more Reflexologists in SA join our Association, to promote reflexology to the community and to see more members taking it in turns of being Chairperson.

August saw the National Conference Committee ticking more boxes in readiness for Synergy in Reflexology – Adelaide 19, 20, 21 October. 'Long time between drinks'—2006 National Conference was in Adelaide.

Branches were busy with meetings and CPT events. Director nominations for Victoria, Tasmania and Western Australia were due by Monday 20th. **Sadly not one nomination was received. If you are interested, I sincerely ask that you contact me ASAP.**

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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.

Front cover – Courtesy of Susan Jean Ramsey "Footprints in Darwin on a full moon" 2008.

September was World Reflexology Week. There are many ways to celebrate this special time of the year as a Reflexologist: at a Branch level, and with individual events. When you are passionate about what you specialise in, it is with pleasure and pride you share your skills. **Thank you to all members** who celebrated and shared their skills and time during WRW.

I enjoy quiet time reading back issues of FootPrints. Issues not needed I give to students and/or new members. Often, I wonder about the people in the articles and think - 'Where are they now?' and 'What they are doing?' When I ponder upon the names of Reflexologists my mind has mixed feelings. Happy for the good memories of awesome practitioners and sad as I haven't seen, heard, or had the pleasure of a treatment from them in ages. There are a handful of reasons for why this is now the case.

Thankfully there is '**Find a Practitioner**' on the RAoA website to refer people looking for a treatment to. That is exactly what I have found myself doing the past year or so. I'm not sure if you have noticed it in your region but here on the West Coast of South Australia we have a constant trail of travellers. Great employment opportunities for some people. I myself am very happy to help someone in need knowing I may never see them again. But hey, I get a proud feeling knowing that one session with me will educate one person on Reflexology, teach them some homework and how to find a practitioner on their travels! Lifting the profile on Reflexology.

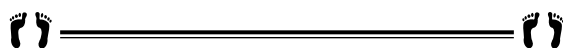
RAoA Logo—I want to share with all members my personal feelings and thoughts around the use of our RAoA Logo. As a member I use the logo wherever possible. The RAoA shirt and vest are worn whenever and wherever I

travel on RAoA duty. Why? To promote the Association, to promote my colleges and to educate the communities at large about Reflexology. Please consider how powerful it would be if all members did this. Think about what your choice would be if you were looking for a trade person to fix your car. Would you go for the 'Quick-Fix with Spanner' (Business card) with just the business details for information or 'Quick-Fix with Spanner' with business details **and** the automotive association logo? Another example is your utility bills. You go with the business that you can resonate with their logo? Correct? And lastly the logos used in sport. We recognise the team, the sport, the comradeship and the fun and feelings that go with it. Challenge yourself and try this for a couple of years and see what the rewards are. For you, your colleges and your community.

Where are we at with NDIS? From the National Disability Insurance Agency to the President of the RAoA, 30th November 2017:

"In reviewing the information in your letter, and consulting with internal stakeholders, I have concluded that the position of NDIA regarding the inclusion of Reflexology therapy remains unchanged. The NDIA does not fund Reflexology therapy as it is provided by other mainstream systems. As such, the NDIA does not register Reflexologists as providers within the Therapeutic Supports Registration Group. This is outlined in the National Disability Insurance Scheme Act 2013 (NDIS Act) and the National Disability Insurance Scheme Rules 2013 (NDIS Rules). The NDIS Act and NDIS Rules can be viewed at www.legislation.gov.au."

An email has been sent asking 'is there any way to appeal the decision in your correspondence reference no. EC17-002292. In your letter you state "as it is provided by other mainstream systems". I am seeking a more detailed explanation of this statement as Reflexology is a stand-alone modality.' No reply as yet.



Report from Board Meeting July 28-29— Melbourne

by Susan Jean Ramsey President RAoA

A two day Board Meeting was held in Melbourne Saturday 28th and Sunday 29th July. All Directors attended. Saturday was a very long day. Sunday was just as busy. Shorter breaks were taken to get through the Agenda. Thank you to our Directors for donating their weekend and travel time. A difficult time with flights being delayed and one Director having to arrive on Saturday morning due to flight delays.

In the future you will see a list on the website of the past Presidents of the RAoA. The purpose is for history records and to honour those who have paved the way, and also as a guide for those to follow in their footsteps. The list will be included once a year in FootPrints, in the same issue as Life Members and Outstanding Achievement Award receivers.

Our FootPrints Journal editor, Cecily, will be leaving us in October after 4 years of voluntary service. "In carrying out the role of editor, the past four years have been four of the most rewarding years of my life," said Cecily. It would be good if a replacement editor could be found in October or November, before the January edition needs to be compiled. The deadline for that edition is December 1st, 2018. Cecily is able to assist or work with the person taking over, throughout the coming months, so that there's a smooth changeover. "Thank you for your four years of service as Editor to FootPrints, Cecily. I remember the day Helen handed over to yourself. Time has gone very quickly.

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I wish you the very best in your future employment. A lucky employer, I say, when the time comes.”

The Board has advertised this position in the eNewsletter, an email sent out from the National Office to all members advertising this vacant position regardless of it being any level of membership.

At the meeting, reports were provided from each Director on their Branch progress and on their portfolios.

Reallocation of Research, WHS and Promotions portfolios: Research will remain as a Working Party and Promotions also will remain as a Working Party. Members are encouraged to join Committees or Working Parties. Susan Archer was reinstated as WHS Director. It was noted the National Conference Committee acceptance of Christine Spencer on to the National Conference Committee. The Board has been advised the National Conference Program is full.

The National Treasurer presented a Current Financial update; all Directors are of the opinion that there are reasonable grounds to believe that the Company will be able to pay its debts as and when they become due and payable. The Board supported National Conference 2020 accounts, registrations and website being managed in-house. Office accounts and registrations are now able to effectively, efficiently and more economically provide what Conference Design was originally contracted for.

Education and work on the RTO/CoCR visit project. An update on the schools that have been visited. WA – Perth School of Reflexology, Australasian Academy of Wellness Therapies (Julie), Western Australia Director. TAS – Tasmanian Academy of Reflexology, Launceston and Island Health, Hobart Schools (Sue). Tasmanian Director has visited both schools. The Board agreed to the motion to accept Sarah Robinson as Education Consultant for the RAoA.

The Annual General Meeting (AGM) 2019 will be held in Hobart, Tasmania. This will include a training weekend, Saturday 19th and Sunday 20th October.

A Membership Engagement Survey “have your say” will be available to members on Survey Monkey. It is anticipated a set of “have your say” questionnaires be created for different areas of RAoA business. As a reward to members who complete the questionnaire a 0.5 CPT activity 3 will be granted.

The Board discussed the National e-newsletter ‘history of percentage opened and clicks on hyperlinks embedded in documents’ from November 2016 to June 2018, showed, on average, 60% of members are opening the newsletter and an average of 9-10% click on the hyperlinks.

Often we hear members say, “I didn’t know ...”. The Board would like to encourage members to read the monthly e-newsletter as this is one of the mediums through which the National Office and Board communicate with you in regard to industry updates, and other news such as upcoming CPT workshops and events, announcements of new merchandise or merchandise promotions, insurance specials, special offers, partner program special offers and advertising from various advertisers.

Risk Mitigation Strategy—the Board believes that in reflection of good governance it will continue to identify risk and ways of managing this. It acknowledges that this is a massive undertaking and will continue to keep working to formulate a document into the future.

I am going to finish this report on a personal note to our Directors to acknowledge their support, skills, time away from home, and patience. Without these attributes being volunteered to the Reflexology Association of Australia our modality of Reflexology would not have grown to the business it is today.

Thank you.



Society threatened by disruption

by Dean Dorrell

Mike Cannon-Brookes was right to draw attention to the disruption coming to workers from technology, but I would go further. The very fabric of our society is at risk as the current wave of tech hits us at a pace we could never have imagined.

We must rapidly address the structural issues in our country. Let’s first remember that the economy has always been affected by technological and economic waves.

In bygone days think of horse domestication, iron tools, the plough, fertilisation and then the printing press. In more modern times, finance, railways, heavy machinery, the oil industry and the internet all pushed technological revolutions.

The theories behind them were open to interpretation, but it is clear that those cycles took decades to unfold. It is also clear that there were huge shifts in employment as those waves hit the workforce – stagecoach drivers didn’t easily become steam engine drivers.

There are two major factors making things different now—automation (especially robotics), artificial intelligence/machine learning and cloud computing, meaning change is much faster and has a greater impact.

This, combined with increased lifespan of workers, means that even skilled workers will find their jobs replaced or completely changed during their careers.

Not that long ago, a worker could start their chosen job in their late teens, work through their 20s and 30s, suffer ill health in their 40s and be dead in their 50s (life expectancy for a man born in the 1900s was 55.2 years).

Any worker who has only their labour to trade, or is reliant on having specialist knowledge that others pay to access, is going to have to retrain or experience extreme economic hardship.

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We face the prospect of an even more defined class system, whereby those that have IP, tech skills, capital, research level education and/or an entrepreneurial outlook, will dramatically outperform those who are paid by the hour – by a factor of 100 or 1000.

When every household has a robot that can cook better than the finest chef (and wash and clear away the dishes), cut your hair better than a stylist, and look after your children and elderly parents better than a carer, then there are swaths of people who will lose their jobs – maybe never to find another one.

Traditionally these economic changes have been reflected in real wages in those occupations being pushed down though time.

But people had the chance to react – and, frankly, die – before they were pushed into destitution or their jobs ceased to exist.

In the modern age, nominal wages are difficult to push down, so what is happening is the rewards for the winners are becoming bigger and the gap between the haves and have-nots will increase dramatically.

The solution? It's complex – a huge focus is needed on educating all citizens, but in the right skills – we aren't going to need more lawyers.

And did I hear anyone say UBI (Universal Basic Income)? Let the debate start – but the future is coming faster than we think and in a global, tech-driven world, a country that doesn't plan will see its economic fortunes pillaged by a powerful, probably overseas, elite.

This article was originally published in "The Australian FINANCIAL REVIEW", Tuesday 3 April, 2018. www.afr.com



When is a gut more than a gut? WHEN IT'S A BRAIN!

by Tracey Smith FMAR, BSc Hons, Reflexology Support Manager,
The Association of Reflexologists (UK)

Research by Michael Gershon of Columbia University has begun a deeper understanding of the role of the mass of neurones in the wall of the bowel to the point where it has become known as the "second brain". The twitchy stomach feeling you get when feeling excited or stressed, often called "butterflies in the tummy", is produced by the action of the "gut brain" sending out a surge of stress hormones that affects not only the stomach but other organs of the body too.



serotonin present, thereby increasing the physical levels of serotonin. The fact that the physiology of the gut in irritable bowel syndrome (IBS) is normal has led to the assumption that the root cause of IBS is psychosomatic. However, normally, when serotonin is released in the gut, the muscles in the wall contract, which causes a movement before a transporter molecule (SERT) removes any remaining molecules. In IBS patients there is a reduced amount of the transporter molecule which

The enteric nervous system is present in two of the five layers of the structure of the intestine. It contains approximately 100 million neurones – roughly the same size as a cat brain when put together – and it not only receives information from the main brain but also passes information back upwards. The brain's job description is that it controls behaviour, takes input and generates responses. The enteric brain primarily deals with digestion so that it is "on site" rather than having to pass through the central nervous system to the main brain. However, it has other actions too, as 90% of the vagal nerve fibres pass information from the gut to the brain rather than the other way around.

Electrical stimulation of this nerve has been used as a treatment for depression, so our guts really do inform the brain in relation to our emotions. It has been found that approximately 95% of the body's total concentration of serotonin is found in the gut – serotonin is the feel good hormone and the aim of several anti-depressants is to decrease the molecules that inhibit (SSRI's) the levels of

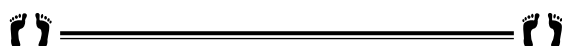
means the serotonin remains present to continue producing the muscular reflexes.

Drugs provided to cause changes in the mind often have an effect on the bowel as a side effect; it may even be the case that the enteric brain influences other illnesses. A recent study on rodents indicates that drugs which inhibit gut released serotonin prevented osteoporosis in post-menopausal female rats. By regulating the levels of gut derived serotonin, the degradation of the bone was reduced. It could be said that in all this, there is a strong message for keeping your gut happy!

References

- <https://www.scientificamerican.com/article/gut-second-brain/>
- <http://serendip.brynmawr.edu/exchange/node/7378>
- For more information, watch this talk – https://www.ted.com/speakers/heribert_watzke by Heribert Watzke, called "the brain in your gut".
- Pharmacological inhibition of gut-derived serotonin synthesis is a potential bone anabolic treatment for osteoporosis. Vijay K Yadav, Santhanam Balaji, Padmanaban S Suresh, X Sherry Liu, Xin Lu, Zhishan Li, X Edward Guo, J John Mann, Anil K Balapure, Michael D Gershon, Rudraiah Medhamurthy, Marc Vidal, Gerard Karsenty, Patricia Ducy Nature Medicine Volume: 16, Pages: 308–312 (2010)

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Medibank and AHM have released an update to their Ancillary Provider documentation that applies to Professional Members that are registered providers with them (those that have a Medibank or AHM provider numbers).

For your convenience, the RAOA have combined the four updated documents into the one PDF that you can read or download via the RAOA members' area of the website. The PDF document includes the following:

1. Recognition Criteria for other ancillary health care providers;
2. Recognition Criteria Frequently Asked Questions;
3. Ancillary Billing Standards; and
4. Patient Records Standards.

To download your copy of the document (plus access provider documentation from other health funds), just login to the RAOA website using your member number and password, from the members home page click on the "Browse Document Folders" button. From there, select the "Healthfunds" folder to see the list of documents. The Medibank/AHM updated Provider Documentation is depicted in the screen-shot below as the last PDF in the list.

MEMBERS DOCUMENTS



Medibank/AHM also distributed an updated version of their *Recognition Criteria for AHPRA registered ancillary health care providers*, which applies to therapies that need to be registered with AHPRA such as acupuncturists. You can request a copy be emailed to you by contacting our National Office or by visiting the Medibank website.



This is why your GUT ISSUES are not your fault

by Joel Grace

www.sunshinecolonics.com.au

Maintaining proper balance of healthy gut flora is a crucial yet widely misunderstood component of human health. I'm all for personal accountability when it comes to health, but sometimes things happen outside of our control that have long-term consequences on our body. Here's a few reasons why you're not to blame for your tummy troubles.

It all starts at childbirth

Your immune system undergoes major development during infancy, and two of the biggest factors influencing your microbiome are delivery and feeding methods. During natural delivery, direct contact with the mother's vaginal and intestinal flora can help build a colony of beneficial bacteria in the gut of the newborn. Because babies delivered by C-section don't have this direct contact,

bacteria colonies instead reflect strains that can be found on the skin or in hospitals. Considering the propensity to develop certain diseases can be influenced by your immune system, the makeup of a newborn's gut microbiome may be more important than we realise.

You are what you drink

Just as adults who eat probiotic-rich fermented foods generally have a microbiome with a wider variety of beneficial bacteria, infants that are breast-fed have a distinctly different gut flora to those that are bottle-fed. Breast milk contains a type of prebiotic that facilitates the growth of bacteria such as Bifidobacterium, which is likely why breast-fed infants have a higher level of this bacteria

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in their gut. Interestingly, babies who are fed a combination of breast and bottle are more likely to have a gut bacteria composition that resembles exclusively bottle-fed rather than exclusively breast-fed.

These genes don't fit

If your biological family have eaten a low-fibre diet over several generations, this can lead to the extinction of certain strains of bacteria in YOUR gut. This indicates that health problems could compound with each new generation, as this generational loss of bacterial diversity cannot be rectified with a short-term recalibration to a high-fibre diet. This is why it's important to eat a healthy, nutritious diet that includes a wide variety of prebiotics

and probiotics – not only for your own health, but also for the impact it may have on the gut bacteria profile of your children and grandchildren in the future.

Side-effect blues

Our overuse and abuse of antibiotics may be causing serious long-term consequences that we are only now becoming more aware of. When you take a course of antibiotics, it does not just seek out the problem bacteria in your body and attack those; many of your beneficial strains of bacteria are destroyed when you take this medication too. This is why it is imperative to be taking a probiotic supplement during this time to give your gut microbiome the best support and chance at rebuilding once you complete your antibiotics. Remember, even a single course of antibiotics can permanently alter your gut flora.

This article was originally published in www.holisticblissmagazine.com, November 2017.



Bond research report

by Heather Edwards

Does reflexology have a measurable impact on clients' mood state?

The study was written up in the form of the thesis of the two teams. Unfortunately, the quality of the results obtained were not robust enough to warrant initial publication in a peer review journal. In the long run, we as professional reflexologists really do require a peer review journal publication to make the case that reflexology has a measurable impact. Publication in FootPrints, alone, will not convince the medical profession or research funders of an effect.

All is not lost just yet: It sometimes takes 5 years or more to take a paper from data collection to publication

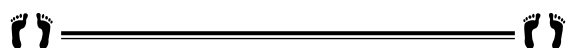
and that's with clear findings. There is still the possibility that further work will be done using this initial study. It is quite likely that a reviewer of the 4th year (not Masters' Degree) students' work will review it and conclude that the results obtained were placebo effect or expectancy biased and as such there is no guarantee (nor is there ever a guarantee) that the paper will be accepted for publication. On the other hand, it is possible that a review may initiate a second project.

See below the Abstract as compiled by the Bond research team:

Abstract

Complementary and alternate medicines and therapies (CAMT) such as reflexology are rising in popularity within Australia and abroad. Despite this trend, there is little evidence-based research available regarding either the physiological or psychological effects of CAMT treatments on individuals. In late 2014 and early 2015 five student researchers from Bond University conducted two studies to investigate the effect of reflexology treatments on psychological health states with a focus on depression, anxiety and stress. They also explored the influence of treatment expectations on client outcomes. The studies included two samples. The initial 2014 study included 35 clients undergoing reflexology within Queensland metropolitan sites. The 2015 study included 99 participants from Victoria and Queensland and sampled more broadly across rural as well as urban areas. All participants received the same treatment type and standardised implementation of the Ingham method. Clients either started treatment immediately or were placed in a wait list control group. The treatment condition received weekly reflexology treatments over a 4 week period while the waitlist condition received no reflexology treatments over the same period. Psychological status was measured using standard measures of depression, stress and anxiety, mood states were measured before and after treatment using the Depression Anxiety Stress Scales (DASS) while treatment expectations were measured before treatment by the Stanford Expectations of Treatment Scale (SETS). Results from the 2014 Queensland study and the 2015 broader sample confirmed a significant decrease in depression, anxiety and stress states following reflexology treatment, with no significant change found for depression, anxiety and stress states in the absence of reflexology treatment. Changes in psychological status could not be accounted for by differences in client expectations about treatment outcomes. The significant decrease in mood states suggests reflexology treatments may convey some relief of depression, anxiety and stress symptoms. As yet the mechanism for this change is unexplained.

S. Ryan, R. Shaw, N. Keller, S. Fuchs, R. Kiang and M. Bahr



RVP Reflexology Volunteer Program makes it way to Asia in its 10th year

by Gina Stewart

The definition of volunteering is someone who freely and selflessly gives their time, effort and talent to a need or cause without profiting monetarily. As Reflexology Therapists, we have the capacity of volunteering the gift of health and well being through the passageway of the feet. Whether we choose to be at service locally or internationally, I have come to learn that connecting with people through touch has a far greater impact than we can ever imagine.

In October 2017, a group of international Reflexologists journeyed with the Reflexology Volunteer Program (RVP) to Taiwan and lent their gifted hands at a not-for-profit organization. Seven dedicated Reflexologists helped to ease the daily tensions of life with Foot and Hand Reflexology. The staff members from the Garden of Hope Foundation, who work selflessly to help disadvantaged young girls and women, were indeed elated to experience, for themselves, the benefits of our treatments. During the three day program, the volunteers shared that they had felt great connection to the Taiwanese people who participated in the RVP. Each and everyone of them had shown us how truly appreciative they were of our time and efforts as Reflexology Therapists. I believe I speak not only for myself, but for the volunteers, when I say that it was a very special time for all of us having made meaningful connections with all the feet and hands that we touched.

In previous years, RVP has successfully been organized in Peru, Haiti, Nicaragua, Dominican Republic, India and

now holds the same international reputation in Taiwan. This year's RVP volunteers came from far and wide: Japan, Taiwan, USA and Canada. As Program Director, I am always rewarded to see how Reflexologists come together as a team, all while being committed to the task at hand. The appeal to most of the therapists who decide to volunteer internationally believe it will offer them a chance to give something back or perhaps make a difference to the people around them, all while experiencing a different culture. As one volunteer put it, "An opportunity to grow in all directions."



I am astounded as to how effortlessly the volunteer program comes together and what often comes to mind is Margaret Mead's quote, "Never doubt that a small group of thoughtful committed citizens, in this case Reflexologists, can change the world. Indeed, it's the only thing that ever has." In its tenth year, RVP has given many Reflexologists an opportunity to grow both personally and professionally. I am in gratitude to the people I have met along the way and to everyone who has taken part. It is with great personal satisfaction that I say that the RVP is here to stay and I hope to see a few more new faces at the upcoming RVP program in Nicaragua 2019.

Please visit: <https://www.facebook.com/Reflexologyvolunteerprogram/> or contact me: ginastewart50@gmail.com youtube video: <https://www.youtube.com/watch?v=XkhfQMijENo>



Gina Stewart's Reflexology journey began in 1999 with the Reflexology Association of Canada and is a Registered Canadian Reflexology Therapist RCRT - Licensed Canadian Foot Reflexology Teacher. She is currently the President of the International Council of Reflexologists www.icr-reflexology.org. Gina's profession has taken her across the globe as she regularly organizes Reflexology Volunteer Programs - RVP. Her passion is to encourage others to journey with her and to give back to communities on a global scale. Both a rewarding experience and occasion for personal and professional growth in the field.



Creating your dream workplace

by Sarah Hoey

How many of us have had the exhilaration of passing our Reflexology qualification, we are enthusiastic to start our own clinics ... and then, BAM!!! Practicality kicks in and we ask ourselves ... "Where will I work from?"

Many of us will be hastily transforming a spare room within our houses; or will trawl through the internet or local paper looking for a room to lease; or will buy the lightest tables and chairs to give ourselves the ultimate mobile clinic. Some may even have that spare Granny Flat in the back yard just waiting for you to transform into your little "haven". I'm sure many therapists can relate to this.

Once we start imagining our "haven" we then think of other important questions such as ... How much will the rent be? What comes with the room? What will my son think when I ask him to move out of the Granny Flat? How will I always keep my house clean with people walking through every day? Again, all very important and valuable questions, yet there is one question we have not asked ourselves ... "How much space do I really need?"

When I first completed my Diploma of Reflexology I was the enthusiastic practitioner desiring the ultimate haven to bring this awesome therapy to as many people as possible. I decided to go with what I saw as the cheapest option and hastily transformed a room in my home. I busily redecorated the room and made my peaceful workspace ... then my young children became teenagers and I soon realised that having a room within the house was not working out to be the peaceful haven I desired. My children had been asked to "behave, be quiet, turn the music down, don't laugh" once too often ... My little haven needed to move.

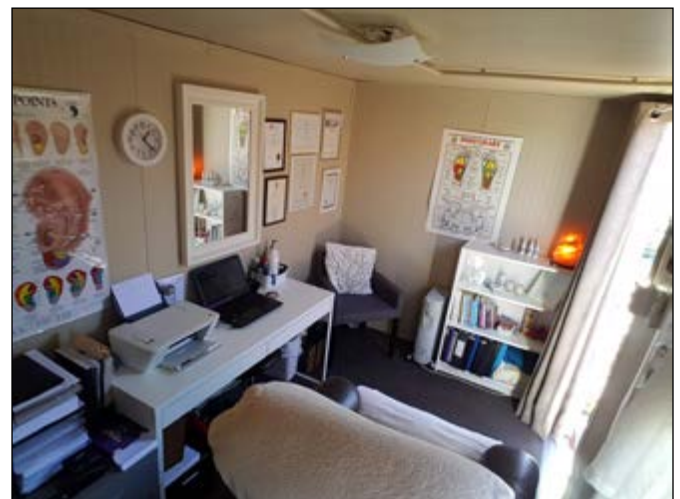
I looked at rooms to rent, yet the thought of earning enough to cover the rent of a space was a concern for me. Also, I had started my clinic so that I could work from home, so why was I looking for a workplace elsewhere? The cost, Shire permissions and time required to build a Granny Flat was not achievable for me. This was when my husband asked, "how much space do you actually require?" My answer was ... "Not much!"

After a bit of investigation my husband found a "little box". It was a small demountable office (3.8 m by 2.7 m) that was being used as a site office for a transport business. It was smaller than some caravans that people have on their driveways, and it was just enough space. We managed to negotiate the price to include delivery and, after a good clean, a bit of paint, installation of a hot water system, and flooring laid, the "little box" was being transformed into the "ultimate box of tranquillity". The transformation took just a few weeks and, including all the fixtures, the final cost was a quarter of the price we had been quoted for a Granny Flat.

Within this little box I can fit a nice comfortable chair for my clients, a good sized desk, shelving for books and products, a towel cupboard and all the necessities for the ultimate and compact home office. Many of my clients have commented on how it feels much bigger inside my box than what it looks like on the outside, which is a good job when my client list has included IronMan Competitors and State level football players!

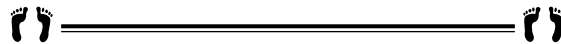
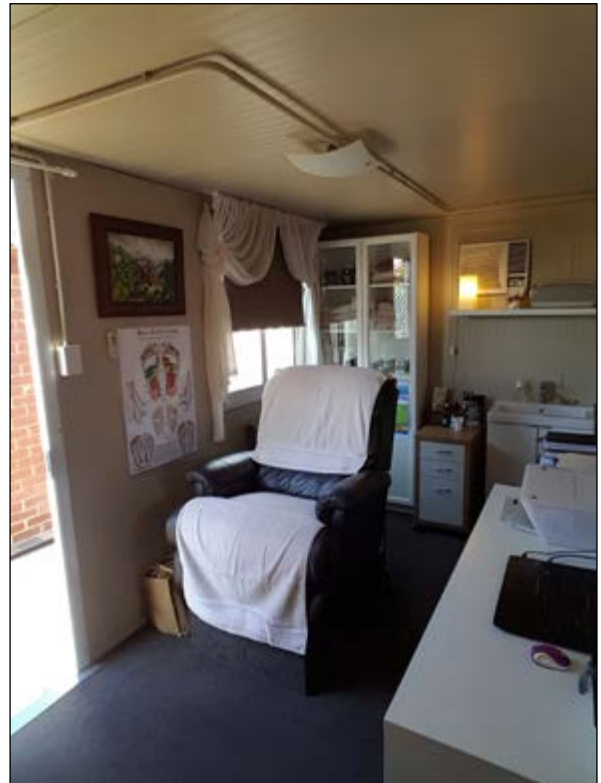
My little box has been a very rewarding workplace which can be felt in the warm energy that resonates within it. Over the past few years my Reflexology Clinic has expanded to include a team of 9 practitioners that provide a successful mobile Reflexology and Massage service to multiple "At Home Care Providers" within the Perth Metropolitan area, all coordinated from this little box that is located beside my garage. It has its own entrance pathway and a gate that I can shut at the end of the day. My box is still me "working from home", yet I am outside of the house in my own "haven" and my children have the freedom to play all the music they want while I am working.

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As a newly qualified Reflexologist my original vision of what I desired as a dream workplace was a spacious and serene room dedicated to natural therapies, with easy bathroom access, plenty of parking and a waiting room or reception area. I am sure there are many of us who have had the same dream space in our minds. But what I have realised is that the perfect workplace is more than just the physical amount of space, it is about how your work fits for you, your modality and your family.

Developing your own “ultimate box of tranquillity” can be a rewarding alternative to using a spare room or renting a clinic room and can be created out of old caravans, sheds or demountable offices lacking in character (subject to appropriate local Shire/Council approvals). Transforming my box into a busy clinic has been a fun, cost efficient and satisfying way of creating a serene workplace. I have plenty of parking available, and since moving my clinic into the box I have been amazed at how many clients now do not need to use the toilet ... because they don't pass the bathroom on the way in or out! Most importantly I am most grateful that my little box has now enabled my house to revert back to being a family home. And the best bit is that I can leave work in my box at the end of each day, close the gate, and go home.



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Reflexology in Australia

by Heather Edwards

With standards in education, both nationally and internationally, becoming more and more sought after as the criteria of training for professionals, I believe that this presentation should be centered on the development of Reflexology training in Australia since its conception almost thirty years ago. Australia is a multicultural country and the development of our Reflexology training content is likewise.

I recall a conversation with Inge Dougans after her 2-day Reflexology and Meridians course, in Brisbane in March 1998, when I requested that on her next visit to Australia we would like to have classes in the practical technique taught by the International School of Reflexology and Meridian Therapy. Her reply was *"But you already have the Original Ingham Method that you use, why would you want to learn another technique?"* My reply was *"Australians want to know as much as they possibly can about Reflexology. Our geographical positioning means that we miss out on the interaction particularly associated with South Africa and Europe where many different developments are occurring."* It was with some hesitation and disbelief, I think, that Inge came to schedule technique courses into her next visit to Australia.

Many of you are international delegates and newer Australian Reflexologists who have joined our ranks without ever experiencing a seminar with Dwight Byers, George Balut, Robert St. John, Inge Dougans, Bill Flocco, Harvey Lampell, Su Enzer or Trevor Steele, along with others like Chris Stormer, Hanne Marquardt, Tony Porter, Lynn Hatswell, Dee Leamon, Carol McBain, Sue Ehinger, Joyce Lockett, Sandi Rogers, Lynn Booth, Martine Faure-Alderson, Bert Davis, Moss Arnold and Pierre David, to name a few. I aim to enlighten and expand your knowledge and understanding of how we came to the level of training available here in Australia – producing quality individual Reflexologists: Reflexologists who develop their own special personal style, attracting the clients who will best be suited to them and by them.

In order to cover this fully I will also discuss the development of the Reflexology Association of Australia as it is an integral part of the developments and reasons education has evolved to its present level. I have, in parts, resorted to some of a lecture I gave in Sydney at the National Conference in 1996, which a few of you may recall.

The earliest structured history of Reflexology in Australia begins in Western Australia. In 1979, in Perth, Masseur, Derek de Bradley, learnt some Reflexology from Eugene Moore who had trained in the United States. At Kinesiology classes he met Lynn Hatswell whose interest in the reflexes was stimulated by a course in Prenatal Therapy (now known as Metamorphosis). Derek de Bradley and Lynn Hatswell began to test basic Reflexology with Kinesiology.

In 1980, Deborah Irvine, from Maine in the United States taught a 2-day course on Stanley Burrough's Vitaflex

Technique, the practice of which goes back thousands of years in Tibet. It is a form of Reflexology working very strongly and deeply into the foot and is closely allied with auricular therapy, chakras and body mind work. The treatment lasted about 10 minutes each foot and Burrough's combined this with his own colour therapy and dietary regime for some years in his clinic in Hawaii.

The Vitaflex Technique resurged with the arrival of Pierre David to Queensland in 1999. Pierre David was a student of Stanley Burroughs, in 1987, in Canada. He developed his course and presented it in Queensland and New South Wales with the aim of registering it nationally. But as many of us have found, National Registration of courses is a mammoth task. This we shall talk about further later. For some, this technique, with the inclusion of colour therapy, was a great boost to their clinic activities.

In 1980, Derek de Bradley and Lynn Hatswell ran the first half-day introductory classes in Reflexology at the request of interested friends – a very informal affair.

In 1980/81, Lynn Hatswell began to refine the foot charts devised with Derek de Bradley, who was now specializing in Applied Kinesiology. She ran one-day introductory courses on an informal basis. There did not seem to be any other Reflexology courses in Perth at that time. By 1982 Lynn was conducting two-day courses and they remained at this level for some time.

In 1983, after attending a Metamorphosis course taught by Lynn Hatswell, Bert Davis and Lynn Hatswell exchanged sessions and information over a year. Soon after this, Bert Davis began informal 'foot nights' at his home, combining foot massage, Reflexology and Metamorphosis.

It was in April and May 1984 that Australians were first privileged to have the opportunity to attend international seminars in Reflexology. They were presented during April in Sydney and Melbourne, and over the first weekend in May, in Brisbane, by the International Institute of Reflexology (IIR). The lecturers were Dwight Byers, President IIR, and George Balut, Director, with Nancy Byers as a practical assistant. Classes were attended by just fewer than 30 in all three states.

I was lucky enough to be one of the participants in the Brisbane class. I remember quite clearly my enthusiasm and fascination. I was so determined to get this right that by the end of the seminar I couldn't touch anything with my thumbs and the soreness lasted for several days. I learnt a valuable lesson – pressure is not important; let it develop as your strength develops with practice, if you deem pressure to be essential. We have since learnt, through the invaluable participation in Chris Stormer's classes, that amazing results can be achieved with very gentle pressure application. Certainly when teaching the students that attend my training, I emphasize the advice to minimize

Continued on page 11

pressure and focus on technique. Once competent in the technique, pressure may be applied, as and when required, by the individual practitioner.

I also recall how tender my adrenal and kidney reflexes were when Mr Byers showed how to work them on my feet. I'm sure if Trevor Steele were here he would relay similar experiences from his first seminar.

In 1985, the International Institute of Reflexology returned to Australia with seminars in each of the Eastern three capitals. This time, Dwight Byers had brought Tony Porter, the United Kingdom Director of the International Institute of Reflexology, to assist him on his lecture tour. Tony was another big man like Dwight, with big gentle hands, quite different to the small, chubby, gentle hands of George Balut. I attended the first seminar in Sydney, in mid-March, where I first met Trevor Steele from Victoria. Mr Byers went on to Melbourne, then came back to Brisbane in early April and I attended what was then the third seminar. There was a double purpose behind attending two seminars in 1985 for both Trevor and myself, that being so we could sit our exams in our own capitals. In those days the requirement to sit the examination was three weekend seminars and twelve months practicing the technique from the time of the first seminar. Unfortunately for both Trevor and me, Mr Byers had not brought any examination papers. Consequently we could not sit our exams.

In 1986 there was no seminar presented by the International Institute of Reflexology in Australia but there was in the United Kingdom. Christine Ritchie, a student from Sydney, gained her Certification with the International Institute of Reflexology while there. The closest contact we had was a letter in June stating the tentative dates for 1987. This was particularly disappointing for me as I was desperate for my official qualification. I might say at this point that I had taken the liberty of working Mr Byers feet before he left Brisbane back in 1985 to find out whether or not he felt I would have passed my examination, had I sat. He quite confidently said that I would pass so I had taken that as my cue to get on with the job of spreading the word, which I did both by working on feet and doing small introductory workshops and talks. Trevor had been promoting reflexology through his massage work in Victoria.

The proposed dates and venues for 1987 did not include a Brisbane seminar. Of course there was no way I, or the small band (approximately 15) of fellow students who had been meeting at my house for regular practice sessions since the 1985 seminar, were going to have Mr Byers in Australia without visiting Brisbane. After several letters and phone calls it was agreed that a seminar in Brisbane was essential and would be viable.

It was 1987 that the first examinations were held in Australia, firstly in Brisbane. Those who passed were: Alan Polglase, Jack Price and myself. A week later, Trevor Steele passed in Melbourne. On the weekend of March 28/29 the first one-day Advanced class was held in Sydney. Then on Sunday, those of us who had already passed assisted in

examining the New South Wales seminar students. It was at this weekend that I first met Diane Kibley from New Zealand and also Chris Greene, then from Victoria. Many of you will have read Chris' book 'Overcoming Allergies and Stress-Related Illnesses' or be aware of him for his work with Reflexology, particularly on assisting people with allergies to the 20th Century – e.g. Kirsten McFadden, as far back as 1984. Chris quite openly admits that he did not pass his Ingham Method exam on that weekend in Sydney in 1987, but he continued to use Reflexology very successfully in assisting his clients to good health and has always encouraged prospective students to contact IIR or RAA.

In January 1988, International Institute of Reflexology students received this letter:

January 1988

Dear Reflexologist,

Enclosed is the 1988 seminar schedule for Australia.

I will be in South Africa working with our affiliates there, so regretfully I will be unable to conduct the Australian seminars. However, George Balut will be there.

George is one of our best instructors. He greatly enjoys visiting Australia to present these seminars for you on behalf of the International Institute of Reflexology. As a matter of fact, this will be his third trip! We recognize the importance of traveling to your country two years in a row.

I encourage you to attend and bring a friend! It is quite easy to fall into bad habits which is why I recommend attending a seminar whenever possible to keep current. Also, the more you attend, the better Reflexologists you will be.

George and I thank you for your interest and promise to deliver a dynamic presentation!

*Yours for Better Health,
Dwight C. Byers
President*

Classes were conducted as scheduled, with Diane Kibley from New Zealand, Trevor Steele and myself assisting George Balut.

It was in 1988 that Lynn Hatswell attended one of Dwight Byers courses in Perth. By this time a small number of trained and self taught practitioners were operating around Perth. Lynn was teaching two-day courses and Bert Davis was doing more informal training. In 1988 Lynn also developed a 50-hour course for the short-lived Australian College of Complementary Medicine.

In 1989 there was another seminar tour, this time taking in only Melbourne and Brisbane. George Balut was the presenter. Before George Balut returned to United States of America he spent five days (19 to 23 March) at Bagara, Queensland with Diane Kibley, Trevor Steele and myself, training us to present the International Institute of Reflexology seminars i.e. completing our training in order that we could conduct the seminars without a representative from the United States or United Kingdom

Continued on page 12

being present. After a grueling four days, most of the fifth day was spent exploring the Great Barrier Reef, with a final tying together of ends that night and we were officially on our own – Australian and New Zealand Directors of International Institute of Reflexology. 1989 saw the emergence of the Australian School of Reflexology and Relaxation and Queensland School of Reflexology, specializing in teaching the Original Ingham Method. In both Victoria and Queensland regular gatherings were occurring to practice and discuss Reflexology. Victoria moved to form the first official branch of Reflexology Association of Australia, under the guidance and wisdom of Trevor Steele, in September 1989. This was closely followed by Queensland, who held their first meeting under the banner of Reflexology Association of Australia in January 1990. I will discuss the Reflexology Association of Australia's development in more detail later.

1989 saw Trevor Steele and me take Reflexology to the country, rather than just making classes available in the capitals. The first class together was held at Turrumurra, New South Wales, in May. Sue Ehinger was the facilitator and an extremely enthusiastic student. This was followed by a class in Daylesford, Victoria in July and one in Brisbane during August. These classes were part of the 45 hour course, over a period of 12 months. Meanwhile Lynn Hatswell began to teach short certificate courses and Bert Davis, West Australian School of Reflexology, taught 10 – 50 hour courses. These courses continued over the next few years until the Reflexology Association of Australia produced guidelines and specific hours of training.

In 1990 Trevor and I began seminars on our own, unless the groups were 20 or more. Tamworth, Launceston and

Townsville were included in the seminar schedule at this time, to be followed later by Cairns and Rockhampton.

In Townsville, I met Margaret Coventry at the first International Institute of Reflexology (IIR) seminar. Margaret had been 'practicing' reflexology since 1983 when she had been introduced to this fascinating art by Judy Laffan who had been a beauty therapist in New Zealand. Judy had had two lessons in reflexology before coming to Australia and assisted Margaret by working on her sore feet to relieve the pain. Margaret, being a training Nursing Sister, noted that the 'massage' on her feet was not that which a nurse would have given. She also noted almost immediate relief of the foot pain she had been experiencing for several months since the birth of her third child.

Towards the end of 1983 Margaret bought 'Stories the Feet Can Tell' and 'Stories the Feet Have Told' by Eunice Ingham. Margaret therein continued to purchase any books she came across on Reflexology. Her nursing background helped her relate to anatomical systems. She attended a four-night workshop in late 1984 with a couple from Europe who suggested that it was better to work on a dry foot because one had to 'dig in' to stay on the reflex. Margaret remembers doing most of the work with her right hand.

In early 1985 she bought 'Better Health with Foot Reflexology' by Dwight Byers and any pair of feet became a challenge for her. Between 1984 and 1990 she talked to church groups and pre-school groups, helped a lass become pregnant and did small demonstrations. This was the most common form of education during the 80's. It is still well used to educate the public and stir interest in prospective reflexology students who now attend a much more rigorous course of training over many more supervised hours. Since 1990, regular twice-yearly seminars have continued in Townsville with the first advanced course occurring in 1996.



Banishing the fear of falling with Reflexology

by Amanda Weller, AdvBP, ParaBP

I have a lovely ninety-year-old friend who lives in Cornwall. She loves reflexology but I don't get my hands on her very frequently due to the distance.

Eighteen months ago, she was incredibly fit and strong, easily able to out-dig me in the garden and far more mentally alert than I will ever be! Then one day, while waiting for the bus stop, she fainted and hit her head on a stone wall.

Since then, she has had feelings of dizziness when she moved, and her legs and feet wouldn't do what she wanted them to. Fear of not being steady or in control of her movements resulted in her doing less and less.

My brother-in-law drove down to collect her and she came up to stay with my sister and family for a couple of weeks over Easter. Despite knowing how she was feeling from our telephone chats, I have to say that I was utterly shocked when I saw her. She resolutely refused to move from the sitting room to the kitchen unless she absolutely

had to. When she did stand up, she was hunched and she shuffled along uncertainly, walking stick in one hand, her other arm supported by someone else. Her feet were a tight squeeze in her shoes and she felt as though her feet didn't belong to her.

I did four reflexology treatments on her over the course of the two weeks. She also had two cranial osteopathy treatments with someone else.

The first time I worked on her, she was confused, not realising that she had to take her shoes and socks off and get into my reflexology chair. Her ankles and lower legs were solid, with very little flexibility and her toes were stiff and unyielding.

By the end of her four sessions with me, she had flexible ankles and toes and her shoes looked like boats on her. She delighted in standing on one leg while demonstrating to us

Continued on page 13

how much she could wiggle the other ankle. She felt like her feet belonged to her again. She was standing straighter and, although still dizzy when moving, her head no longer felt heavy on her shoulders. Not only that, the day before she left she went out shopping.

Her whole outlook was much more positive and confident and she even suggested coming up by train next time, as she did until eighteen months ago.

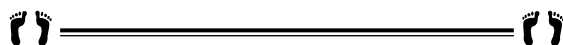
My friend has always really enjoyed reflexology and what I particularly love about this story is that it so brilliantly illustrates how our amazing bodies are always trying to get into the best possible state, no matter what age we are.

Sometimes stress and fears can really block us, and if something as simple as “twiddling my toes”, as she called

it, can help remind our bodies/minds to get back on track, I just think why not?

We discussed what an extraordinary change there had been in her over the course of the two weeks and that perhaps it might be worthwhile trying to find a reflexologist when she got home. Well, after my brother-in-law had dropped her home she boiled the kettle and sat down with the new parish mag. Lo and behold, there was a reflexologist in her village who she had not known of before. So, before she had even unpacked, she rang her and booked her in. She told me “Well, I don’t use my pension for much else, so I thought I would”. She is very happy with her local reflexologist and I am absolutely delighted that she has been so pro-active in maintaining her health and well-being.

This website article was originally posted in www.whentheygetolder.co.uk
<http://www.whentheygetolder.co.uk/banishing-the-fear-of-falling-with-reflexology>



The Journal of Alternative and Complementary Medicine, Vol. 24, No. 8

Analgesic effects of Reflexology in patients undergoing surgical procedures: A randomized controlled trial

Samuel Attias, Keren Sivan, Ofri Avneri, Avigail Sagee, Eran Ben-Arye, Ofra Grinberg, Gideon Sroka, Ibrahim Matter, and Elad Schiff
Published in Volume: 24 Issue 8: August 1, 2018
Online Ahead of Print: June 8, 2018

Abstract

Objective: Inadequate treatment of pain in patients undergoing surgery is associated with unsatisfactory perioperative outcomes. The aim of this study was to examine the role of reflexology in addition to standard analgesic treatment in postoperative pain management.

Design: This was a prospective, unblinded pragmatic controlled trial.

Setting/Location: Study participants included patients who were admitted to the general surgery department.

Interventions: Patients in the intervention group received reflexology while standard analgesic care was administered similarly in both groups.

Outcome measures: Pain intensity at rest and in motion was evaluated using visual analog scale (VAS [0–10]) at baseline, and 60–90 min after treatment.

Results: Pain reduction was clinically and statistically significant in the reflexology group, both for pain at rest (from mean VAS of 4.4 to 3.1, $N = 77$, $p < 0.0001$) and for pain in motion (from 6.2 to 4.2, $N = 77$, $p < 0.0001$). In the control group, pain at rest was not reduced at follow-up (from 4.7 to 4.6, $N = 87$, $p = 0.92$), nor was pain in motion (from 5.8 to 5.7, $N = 87$, $p = 0.65$). Comparison of mean difference for pain showed significant improvement in the reflexology group compared to the standard of care group ($p < 0.0001$). The most significant pain reduction in the reflexology group was observed among patients who had moderate-severe baseline pain (VAS >4).

Conclusion: Adding reflexology to standard analgesic care is effective in reducing postoperative pain at rest and in motion, especially for patients experiencing moderate to severe pain.



What you need to know about your fascia

by Dr. Mercola

The 2018 DW Documentary, “The Mysterious World Beneath the Skin,” delves into the workings and functions of your fascia, the fibrous connective tissue found throughout your body. Remarkably, this thin layer of tissue accounts for about 20 percent of your body mass.

As explained by Dr. Jerry Tennant in his book, “[Healing Is Voltage: The Handbook](#),” your muscles are stacked one on top of the other in a specific order (much like batteries in a flashlight) to form a power pack. Each organ has its own battery pack, which is a stack of muscle batteries.

These muscle batteries are in turn surrounded by fascia, which acts as a semiconductor — an arranged metabolic molecule designed to move electrons at the speed of light, but only in one direction.

Together, the muscle stack and the surrounding fascia serve as the wiring system for your body, carrying the voltage from the muscle battery inside, out, through the fascia and to the appropriate organ. In addition to moving electricity, fascia also acts as a hydraulic pump, and is responsible for moving fluid around your body.

As noted by Dr. Dana Cohen, a doctor of internal medicine and author of “[Quench: Beat Fatigue, Drop Weight, and Heal Your Body Through the New Science of Optimum Hydration](#),” a book about optimizing hydration, your fascia is actually a movement system for water in your body. To activate this system — and optimize cellular hydration — you have to engage in physical movement.

Pain transfers through fascia

Fascia has long been overlooked, but its functions are now starting to be investigated at greater depth. According to the featured film, fascia may actually play a significant role in pain, especially [back pain](#). The reason for this is because the fascia is one interconnected system, and when it loses its suppleness, pain can transfer from one region to another.

In other words, when you experience pain in an area, the actual cause and origin of that pain often stems from a completely different area. For example, Thomas Myers,¹ an expert on fascia and coauthor of “[Fascial Release for Structural Balance](#),” says he gets the best, long-term results in patients presenting with plantar fasciitis when treating the fascia in the lower leg, hamstrings or even the base of the neck.

According to Myers, the low back is a weak spot for most people, but the fact that it hurts there doesn’t mean a back problem is causing the pain. The pain may be sourced in the arches of your feet, knees, hips or shoulders, for example. Jan Wilke, Ph.D., is conducting sports medicine experiments in an effort to verify the anatomical chains proposed by Meyers and others.

His findings confirm that, for example, when moving the foot, the fascia in the lower thigh does glide back and forth, and by stretching the leg, mobility in the upper cervical spine of the neck increases. These findings suggest there is in fact a “force transmission across the fascia connections.” Wilke also suspects force is transmitted not only vertically

throughout the body, but also horizontally, which is what Myers contends.

Living fascia

The film also features Dr. Jean-Claude Guimberteau, a French hand surgeon, who singlehandedly has changed how medical professionals view fascia. While fascia has previously only been investigated using cadavers, Guimberteau wanted to understand its workings better in order to improve his own surgical techniques.

He came up with the ingenious idea to insert an electron microscope camera under the skin of a live patient. Footage is included in the film, but you can also see the water movement in action in the short video above. “It seems totally chaotic, but it isn’t,” Guimberteau says, adding the fascia is “a perfectly efficient system,” and one that makes life possible.

As noted in the film, “fascia exists everywhere in the body, in many shapes and consistencies.” Surface fascia is located directly beneath your skin, whereas deep fascia surrounds your muscles and organs, including your brain. Dr. Carla Stecco, who is also featured in the film, has made great contributions to our understanding of fascia by producing the first atlas of the human fascial system.²

This is the first time in human medical history that the entire fascial system of the human body has been systematically documented. Research by Robert Schleip, Ph.D., reveals fascia is made up of fibroblasts — cells that produce collagen and other fibers — held together by a surrounding matrix. Essentially, the fascia is primarily built out of collagen.

Physical movement is essential for healthy fascia

Collagen is what allows your body to close a wound and is an important part of your body’s healing system. However, too much collagen can cause problems, and excessive collagen growth is a result of [inactivity](#). One test showed that after keeping a broken arm in a sling for three weeks, the connective tissue had already begun to overgrow.

What Schleip’s research shows is that exercise is extremely important to maintain healthy fascia function — a finding that prompted Schleip himself to start doing daily jump rope exercises. Without adequate physical movement and exercise, the connective tissue structures start to overgrow, losing flexibility and suppleness. As mentioned earlier, cellular hydration is also impeded.

Overly tight fascia can even compress nerves and muscles, resulting in pain, either at the site or elsewhere in your body, via force transmission. The fascia is arranged in two layers, and when you move, those layers slide back and forth across each other. Healthy fascia has the ability to shift or slide about 75 percent of its total length.

This sliding ability, it turns out, plays an enormous role in back pain specifically. When comparing the fascia in people

Continued on page 15

with and without back pain, fascia researcher Dr. Helene Langevin³ discovered that the main difference between the two is the ability of the fascia in their back to slide across each other with ease. Whereas healthy fascia can move about 75 percent of its length, in people with back pain, this movement is reduced to about 50 percent.

Like Schleip, Langevin believes excess collagen production is responsible for this reduction in the fascia layers' ability to slide. Animal experiments demonstrate that exercise can counteract this overproduction, further confirming Schleip's findings.

Healthy fascia is important for inflammation control, wound healing and pain relief

Langevin also found that **inflammation** is decreased and wound healing is sped up through movement, such as gentle **stretching**. Why is that? Langevin found that when you stretch, the fibroblasts expand by up to 200 percent. The expansion of the cell causes it to transmit chemical signals ordering the muscle to relax. Langevin explains:

"What we found is that the stiffness of the connective tissue is actively regulated, minute by minute, by the fibroblasts. So, this is a dynamic, active cellular regulation of connective tissue tension. That could be important, because what we're finding is that when you do acupuncture for example on the tissue, fibroblasts actually respond and expand and that helps the tissue relax. The same thing [occurs] with stretching."

Another fascinating fact about fascia: It responds and contracts — completely independently of the muscles, nerves and organs it surrounds — to chemical messengers. Even more interesting, Schleip has discovered fascia responds not only to chemical messengers of inflammation but also to chemicals associated with emotional stress.

"It was a breakthrough for us to learn that the fascia also reacts to that, very, very slowly and sustainably," Schleip says. This is more scientific proof supporting the idea that emotional stress can cause physical tension and pain. Last year, I wrote about the late Dr. John Sarno, who exclusively used mind-body techniques to treat patients with **severe back pain**.

He believed you unconsciously cause your own pain, and that pain is your brain's response to unaddressed stress, anger or fear. The fact that fascia responds to your emotional state (via the chemicals produced by these states), helps explain why Sarno had such a remarkable success rate.

The culprit in question is a signaling molecule known as TGF, the release of which is triggered by stress. "If I'm tensed up for weeks, even in my sleep, it's mainly the red muscle fibers that are tense. [But] they relax fairly quickly. It's the white fascia tissue, the sheath around the muscle ... that [gets] hard," Schleip says.

Fascia tensegrity

The fascial system is now thought of as a tensegrity system. Tensegrity is a combination of the words "tension" and "integrity," and tensegrity modeling helps

us understand how the fascia works as a complete system to hold your body together.

The conventional view of the skeleton as a more or less rigid structure of connected bones is extremely misleading. As explained by Myer, your skeletal bones actually float freely, completely separated from each other. What holds the bones together is the connective tissue system. Were you to magically remove all the connective tissue in your body, your bone structure would collapse in a heap on the floor.

Similarly, the conventional view of the spine is that it's a rigid "pole" of stacked vertebrae with cushioning discs in between. The tensegrity counter model, demonstrated by Schleip, reveals a very different picture of the spine. The vertebrae do not actually rest on or press down on each other.

Rather they too are free floating, held together by the tension of the connective tissue. As long as the fascia maintains the proper amount of tension on each vertebra, your spine will remain erect and pain free — even if you have disc degeneration.

The importance of water

As mentioned in the beginning, fascia also plays a crucial role in the movement of water. In fact, the connective tissue is made up of about 70 percent water, and physical movement helps keep this water moving. Hyaluronic acid acts as a lubricant for your connective tissue. As explained in the film, the hyaluronic acid forms a "sponge-like network that binds large quantities of water."

As a result, the less hyaluronic acid you have, the less mobile you are, as your fascia will be drier, less supple and less able to slide properly. Here again, movement has been shown to be a crucial component. Low water content in the fascia makes it brittle and less elastic. Experiments reveal manual fascia manipulation techniques such as Rolwing help increase water reserves and suppleness of the fascia.

The force of the pressure appears to be key. When sufficient pressure was exerted on the fascia, it would actually fill up with more water once the pressure was released than it had before the pressure was applied. In other words, Rolwing helps press the old water out of the connective tissue, encouraging it to refill with fresh reserves.

If done hard enough, several times, the connective tissue ends up moister than it was before. The reason for this appears to be that hyaluronic acid flushes in along with the water, thereby improving the tissue's ability to hold water. Massage, if done deeply and slowly enough, will also help. However, the most effective strategy is active movement.

The importance of exercise recovery

With regular exercise, the fibroblasts increase their ability to produce fresh collagen. You can actually improve the quality of your fascia in as little as three days of active movement. However, severely agglutinated fascia — connective tissue that is firmly stuck together due to excess collagen production, caused by inactivity — can take up to one year to completely regenerate.

Continued on page 16

As you exercise, small tears in the fascia will occur, just as micro tears in your muscle occur during strength training. To allow the fascia to regenerate and heal, you'll want to recuperate for two to three days after vigorous exercise. Schleip recommends "alternating high doses of tensile stress with a two- to three-day break."

Is fascia pain sensitive?

Dr. Siegfried Mense,⁴ professor of anatomy at the University of Heidelberg, is studying whether fascia itself is sensitive to pain, which would necessitate it to contain some sort of nerve fibers or nerve endings. Indeed, Mense discovered back fascia contains rather dense clusters of nerve fibers.

In other words, the fascia does have pain receptors, and this too may help explain otherwise inexplicable back pain. The question is, how can you determine whether the pain originates in the fascia or in the muscle? This can be quite difficult. That said, tests reveal that the pain response of the fascia is greater than that of the muscle itself.

As noted in the film, the fascia is really a "key organ of sensory perception," and since stress has a direct impact on this connective tissue, that means your central nervous system is also a key component. Your sympathetic nervous

system connects your brain to virtually every organ in your body. When triggered, your sympathetic nervous system responds with "fight or flight."

A hypothesis brought forth by Mense is that the sympathetic nervous system may influence fascia via sympathetic nerve fibers embedded in the connective tissue. When those fibers are irritated through stress, chemicals are released that cause blood vessels to contract, thereby causing reduced blood flow and pain. He believes this may explain why many experience worsening back pain when they're stressed.

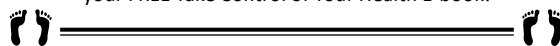
Take care of your fascia for optimal health

As you can see, your fascia is a vastly underestimated component of your body. The good news is it's fairly simple to optimize the function and health of your connective tissue. All you need to do is to move your body more. [Walk more](#). [Exercise more](#). Stretch. There are many reasons to get more movement into your day, and now you can add caring for your fascia to that list. Doing so may help address any number of different aches and pains, especially back pain.

Sources and References

1. Thomas Myers Bio
2. Functional Atlas of the Human Fascial System, Carla Stecco MD
3. Helene Langevin Bio
4. Siegfried Mense Bio

This article was brought to you by Dr. Mercola, a New York Times bestselling author. For more helpful articles, please visit Mercola.com today and receive your FREE Take Control of Your Health E-book!



CPT News—October 2018

by Jacqui Baldwin, Director CPT
cpt@reflexology.org.au



Get a group together and have an EPE!

What's an EPE I hear many of you asking?

EPE stands for **Educational Practicum Exchange**, and these are pre-arranged events

for RAOA members to get together to discuss educational matters of interest and relevance to the group. They are generally followed by a practical component, with attendees conducting reflexology treatments on one another.

Attending EPE events falls under Activity 3 of the CPT Program, and general EPE's with an educational speaker accrue one (1) CPT point per hour with a maximum of two (2) CPT points per event.

If you volunteer to conduct a presentation at an EPE you can accrue CPT points for the presentation time under Activity 10, that's two (2) points for a one hour presentation or one (1) for a 30 minute presentation.

Getting an EPE group up and running

If you have a group of members that are located within a reasonable distance of one another and willing to meet up, then organising an EPE group is a fantastic way of

getting those valuable CPT points, networking, learning new information and skills or brushing up on some old ones! The groups are a valuable opportunity for regional members to come together and share experiences.

Let's get started:

- ◆ select a Co-ordinator, a person that will advise and remind group members of EPE calendar dates and educational topics.
- ◆ the Co-ordinator is to maintain a register of attendee sign in/out details for all EPE sessions.
- ◆ each member is to complete and maintain their own EPE Members Attendance Record—*this form can be printed off from the RAOA website*.
- ◆ in the event of an audit, the EPE Members Attendance Record may be required as evidence by the Membership Officer.
- ◆ EPE's can be conducted anywhere that is convenient to the groups members, i.e. a member's home.
- ◆ EPE groups need to advise of their activities. Regional members notify your Regional Co-ordinator, all other members notify your Branch Committee. Where there is no Branch Committee, notify your Branch Director.

Continued on page 17

- ◆ to comply with CPT requirements, an EPE **must** be advertised in Branch Newsletters stating the event details, i.e. time, date, venue and topic.

Each EPE **must** contain an Educational component with an emphasis on the speaker topic, not just an exchange of reflexology treatments. It is recommended that the group organise in advance, preferably agreed upon at the previous meeting, a health issue or reflexology topic for discussion with the speaker component lasting 30–60 minutes.

A shared group Practicum exchange can then follow, to put into practice the new skills learned.

Some topic ideas for your EPE may include:

- ◆ Educational Component—Asthma, Diabetes, Sinus, Oedema, Constipation, Headaches, Anxiety
- ◆ Practicum Exchange—Lymphatic Drainage, Endocrine Balance, specific reflexology techniques.

The *Policy for Educational Practicum Exchange* and the *EPE Members Attendance Record form* can be found on the RAOA website in the Members Home Page, Documents folder, CPT Program.

Always remember to record your EPE event and CPT points accrued in your CPT Tracker as well.

2018 FootPrints Quiz is Coming Soon!

The FootPrints Quiz will be ready to download from 1 December 2018. Keep an eye out on the RAOA webpage, an easy way to achieve up to five (5) CPT points for only \$20.

Key calendar dates for your CPT planning:

October 2018	RAoA 2018 AGM/National Conference Adelaide – Activity 2
December 2018	FootPrints Quiz commences – Activity 9
March 16 & 17 2019	2 day Zen Reflexology Workshop – Melbourne – Activity 1
March 23 & 24 2019	2 day Zen Reflexology Workshop – Perth – Activity 1
May 2019	Annual Branch Meetings – Activity 3
August 17 & 18 2019	2 day Zen Reflexology Workshop– Sydney – Activity 1
August 24 & 25 2019	2 day Zen Reflexology Workshop – Brisbane – Activity 1
September 28 & 29 2019	2 day Zen Reflexology Workshop – Adelaide – Activity 1
October 2019	AGM Hobart – Activity 2

If you have any questions regarding CPT, I can be contacted by phone: 0415 696058 or cpt@reflexology.org.au

CPT Committee: Jacqui Baldwin, Vera Emmi,
Susan Ramsey and Karen Riley



2018 FootPrints CPT Quiz

The FootPrints Quiz will be available from 1st December to download from the RAOA website. If you would like to earn up to 5 CPT points then this annual Quiz can help you! The Quiz has been developed for you to refresh and extend your knowledge by having a good read of our national FootPrints journal.

This years' Quiz questions will cover the January, April, July and October 2018 FootPrints editions. If you cannot locate your copies, please contact the National Office to request the missing editions be emailed to you.

As we did last year, the Quiz format will be multiple choice and true or false answer only, making it easier to answer the questions and faster to complete. The revised format will also speed up the marking of quizzes and return of results to participants. So if we receive your completed Quiz in December/January we will strive to have your marks back to you by mid-February, those received in February returned by mid-March and those received in March returned by mid-April. The return of quiz papers is done once the Quiz closes.

The Quiz falls into Activity 9 of the current CPT Program and if you answer all questions correctly you will gain 5 CPT points.

Post or email your completed Quiz form to the National Office before the cut-off date of 31st March 2019. Payment is required at time of lodgement. Quizzes received after this date will not be marked.

At just \$20, the FootPrints CPT Quiz is a cost effective way to earn up to 5 CPT points.

Thank you for supporting the FootPrints CPT Quiz event and we look forward to receiving your papers. If you have any questions please do not hesitate to contact us:

membership@reflexology.org.au or cpt@reflexology.org.au

Good luck everyone!
CPT Committee

RAoA proudly brings you the
2019 National Workshop—“Zen Reflexology”

Expressions of interest **NOW open!** – contact accounts@reflexology.org.au
On-line registrations will open **November 2018** via RAOA website
www.reflexology.org.au

16–17 March 2019 – MELBOURNE—Mount Street Neighbourhood House, Glen Waverley

23–24 March 2019 – PERTH—Owen Homeopathics, Redcliffe

17–18 August 2019 – SYDNEY—Crows Nest Centre, Crows Nest

24–25 August 2019 – BRISBANE—Motel on Gregory, Spring Hill

28–29 September 2019 – ADELAIDE—19 on Green, Brompton



Early Bird \$395.00 (PM, IM & SM) add \$45 for AM's and non-members.

Standard fee \$430.00; Late fee \$480.00—add \$45 for AM's and non-members.

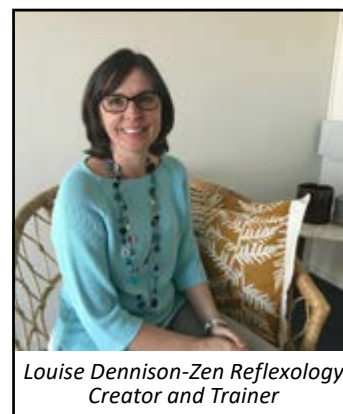
Melbourne and Perth, early bird until 10th February and 17th February respectively.

Sydney and Brisbane, early bird until 14th July and 21st July respectively.

Adelaide, early bird until 25th August.

Includes:

- ✓ 2 full days of 80% hands-on practical and 20% theory training
- ✓ 50g Zen Hand and Foot Crème (made by Louise)
- ✓ 50g Zen Herbal Foot Salts (made by Louise)
- ✓ Morning and afternoon tea
- ✓ Workshop notes – emailed to each attendee prior to the workshop
- ✓ Additional support via email is available after the workshop
- ✓ 18 CPT – Activity 1



*Louise Dennison-Zen Reflexology
Creator and Trainer*

What is Zen Reflexology?

Zen Reflexology is a fusion of Reflexology, meridian acupressure and aromatherapy focusing on the hands and feet. Not only can we access the whole body through the reflexology points on the hands and feet, but every meridian also starts or ends on the hands and feet. This fusion of modalities enhances the therapeutic effect.

The meridians are energy pathways which flow through our body. It's found in the wisdom of traditional Chinese medicine, known as the life force of Chi or Qi and Western science knowledge of quantum physics. If these meridians become stagnant or blocked they can ultimately cause our energy to become unbalanced which may result in feeling generally unwell or fatigued.

In this workshop with clear and demonstrated instruction, you will have the ability to access each meridian and clear it to result in enhanced wellness. You will learn how to clear the 12 meridian pathways in the body using specific meridian points on the hands and feet and how to combine it with your existing reflexology procedure. This technique can also be used on its own or to complement other bodywork techniques.

You will also learn the qualities of the essential oils used in the Herbal Foot Salts and Hand and Foot Crème and how these also strengthen the therapeutic effect of Zen Reflexology.

This weekend will bring the opportunity to up-skill and enhance your current reflexology practice. In my experience, once the meridian pathways are clear the reflexology procedure works with greater efficacy and speed, resulting in quicker and more lasting results.

Louise Dennison, Trainer

Continued on page 19

This is what previous attendees have said about this course!

"The workshop was wonderful, thank you so much. I feel like this workshop and all this new knowledge has opened a new door!"

"Great weekend making new friends with like-minded people sharing the experience of learning a new skill. Now looking forward to sharing this amazing treatment with my clients and incorporating meridian work in with reflexology treatments. Thank you Louise".

"I recently attended the Zen Reflexology workshop held by Louise. I found the hands-on, practical learning made the theory component much easier to grasp. I have combined this technique with Emmett therapy, which I have done for many years, with great results for my clients. I feel that Zen Reflexology as taught by Louise could be used very successfully in conjunction with many other body work therapies".

About Louise

From a young age she has been interested in health, healing and wellbeing. Louise heard about reflexology while still at school and recalls being blown away by it! After leaving school she completed a Higher Diploma in Food and Nutrition, with her research project being 'The relationship of dietary habits to the development of stomach cancer'.

In 1997, Louise completed a Certificate of Reflexology, beginning the journey that would eventually lead her to co-create the Zentai technique with a colleague in South Africa. By 2004, they had developed their unique technique based on the understanding that its combination of five different modalities (zen shiatsu, acupressure, massage, essential oils and reflexology) was a more complete treatment than any one modality on its own. At this point Louise realised that reflexology could be rendered more powerful by incorporating essential oils into the process, and therefore she also set about creating a specially formulated crème, which she will give to each attendee as part of this 2 day workshop.

Louise moved to Australia with her family at the end of 2008. **Zen Reflexology** has now been developed and fine-tuned to provide the perfect treatment for many conditions on both a physical and emotional level.

Qualifications:

- ◆ Professional Member—Reflexology Association of Australia
- ◆ Advanced Diploma—Nutritional Medicine
- ◆ Certificate IV in Training and Assessment
- ◆ Certificate of Natural Healing/Bio Energy Healing
- ◆ Reiki Master
- ◆ Certificate of Holistic Massage
- ◆ Certificate of Holistic Foot Reflexology
- ◆ Bach Flower Remedies
- ◆ National Higher Diploma Food and Nutrition—Thesis: 'The relationship of dietary habits to the development of stomach cancer'.
- ◆ National Diploma Food

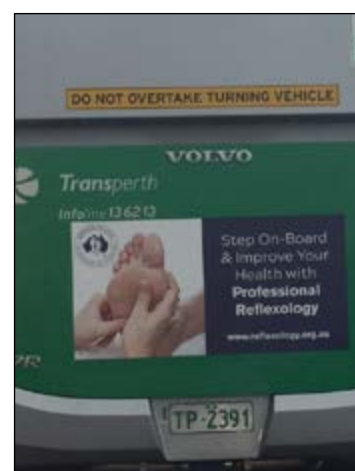
For registrations and payments contact accounts@reflexology.org.au Deposit option available.



We are so proud here in the West of our advertising campaign. I personally have seen the buses on 5 or 6 different occasions in different locations.

It is such a proud feeling to see our beautiful modality being paraded around the streets of Perth, and creating awareness. 😊

Jill Jones



Trade Space

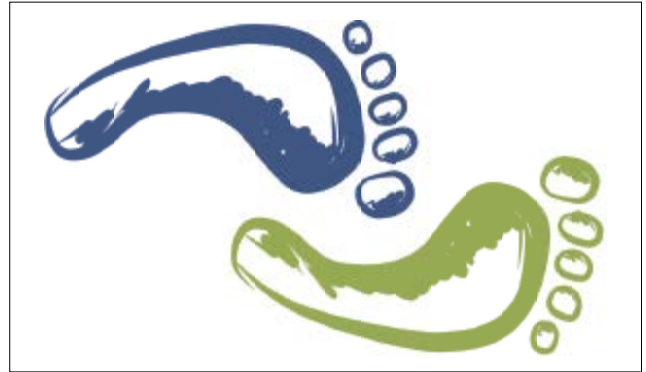
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To find out more or to book your 'space' email: promotions@reflexology.org.au

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Contact:

promotions@reflexology.org.au



Do you sell Essential oils suitable for Face Reflexology?

Contact us and sell them here!

promotions@reflexology.org.au



Do you have Reflexology Books or Charts for sale?
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Do you know anyone who has products that would benefit Reflexologists?

Ask them to contact

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Order via www.reflexology.org.au
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We know some of our members make beautiful soaps, but do all our members know? Let everyone know and add more sales to your business!



CPT Education and World-Wide Conferences Calendar of Events

Inclusion in the CPT Calendar of Events is a further bonus for advertisers and includes one free listing for each advertisement placed. Place your advertisement with the RAoA Marketing Manager—
marketing@reflexology.org.au



2018	PRESENTER	TITLE	LOCATION/CONTACT
October 13-14	Seren Natural Fertility (Barbara Scott)	Reproflexology (FHT 2017) Reproductive Reflexology Part 1	Fremantle, WA Enquiries Laura Reece Laura.serentraining@gmail.com www.serennaturalfertility.co.uk
October 17 & 18	Lisa Chan	"Pathologies of the Foot and Hand" Workshops	Adelaide, S.A. Enquiries Lisa Chan Healingnrg3@hotmail.com
October 19-21	"Synergy in Reflexology" 2018 National Conference  Keynote Speakers: Lisa Chan Barbara Scott	"Priority Reflexology using Hand/Foot/Ear Reflex Points" "An Integrative Approach to Fertility Issues using Hand/Foot/Ear Reflex Points"	Stamford Plaza 150 North Terrace, Adelaide, S.A. Further details and bookings available online. Join RAoA Conference 2018 on Facebook www.raoaconference.com
October 22	Jackie Segers	Animal Reflexology Workshop	Adelaide, S.A. Enquiries Jackie Segers vitalreiki@xtra.co.nz www.jackiesegers.com
October 23-26	Seren Natural Fertility (Barbara Scott)	Reproflexology (FHT 2017) Reproductive Reflexology Part 1 & 2	Adelaide, SA Enquiries Laura Reece Laura.serentraining@gmail.com www.serennaturalfertility.co.uk
November 4	RAoA SA Branch	Branch Meeting, Workshop and Conference Debrief	South Plympton, SA Information refer SA Newsletter. Registrations accounts@reflexology.org.au
November 11	RAoA WA Branch	Branch Study Day	Perth, WA – Information and bookings refer WA Newsletter
November 18	RAoA NSW/ACT Branch	Branch Meeting and Xmas Lunch	Crows Nest, NSW – Information and bookings refer NSW Newsletter
November 18	RAoA TAS Branch	Branch Meeting and Workshop Day	TBA, TAS – Registration Form to be emailed to members. Registrations accounts@reflexology.org.au
December 2	RAoA QLD Branch	Branch Meeting and Workshop Day	Wynnum Community Centre, Brisbane Information and registration form – refer Qld Newsletter. Registrations: accounts@reflexology.org.au
December 2	RAoA VIC Branch	Branch Meeting and Workshop Day	Venue TBA. Information via VIC Newsletter. Registrations via RAoA Website www.reflexology.org.au

RAoA NATIONAL WORKSHOP 2019—2 Day workshop

2019	PRESENTER	TITLE	LOCATION/CONTACT
March 16–17	Louise Dennison	"Zen Reflexology"	Melbourne VIC
March 23–24	Louise Dennison	"Zen Reflexology"	Perth WA
August 17–18	Louise Dennison	"Zen Reflexology"	Sydney NSW
August 24–25	Louise Dennison	"Zen Reflexology"	Brisbane QLD
September 28–29	Louise Dennison	"Zen Reflexology"	Adelaide SA Enquiries: accounts@reflexology.org.au
October 19–20	TBA	RAoAAGM weekend	Hobart TAS

Welcome New Members

June–August 2018

First Name	Surname	Suburb	State
Gaynor	Castle	Spencer Park	WA
Veronica	Doppler	Taree	NSW
Kristie	Frean	Aveley	WA
Carly	Harkins	Langwarrin	VIC
Heather	Harvey	Cervantes	WA
Tiziana	Hill	Crabtree	TAS
Clement	Huchin	Sunnybank Hills	QLD
Darryl	Kasch	Kuranda	QLD
Jessica	Kuehne-Yernon	Franklin	TAS
Julie	Ling	Gardners Bay	TAS
Anne	Love	Currie	TAS
Sue	McHugh	Gooseberry Hill	WA
Tracy	Page	Denmark	WA

BRANCH NEWS

Greetings from your South Australian Committees (National Conference and Branch) and members in the lead up to our exciting National Conference here in Adelaide from 19 to 21 October. At our August meeting our busy National Conference Committee reported that all is progressing positively with the organization of the event. Registrations for attendance are still open.

In August, we also held our SA Branch Meeting where we welcomed two new members, Nicki Adams and Amanda Wilson. Our next meeting on Sunday, 4 November at Bert's place will be a National Conference debrief and a Practicum Exchange. Dates for 2019 meetings and CPT events were approved at our August Branch Meeting – Sunday 10 February CPT, Sunday 26 May ABM and CPT, Saturday 28 and Sunday 29 September Zen Workshop, Sunday 10 November CPT. Registration and details of these

SOUTH AUSTRALIA



events will be provided nearer to the dates, in the meantime, please mark them in your diary.

Following our meeting Sunday 12 August we had educational presentations delivered by James Flaxman on Reflexology and the Nervous System; Pamela Nish on Reflexology and Multiple Sclerosis; Marie Steinke on Reflexology and Carpel Tunnel Syndrome, tinnitus and other ear disorders. Susan Ramsey spoke about Reflexology and Amputees, Reflexology for Asthmatics and Reflexology and Heart Attacks.

We now look forward to the opportunity to meet with Reflexologists from all of Australia and internationally to share in the learning and networking at the National Conference in October.

Elaine Tscharke

WESTERN AUSTRALIA



Greetings from WA Well the months seem to be flying by now and we can certainly feel Spring in the air here in the West. We had our first study day organised by the new committee in August and it was well attended. Our theme was 'Motivation and Marketing in our Reflexology Business' and I think we all came away with some new ideas and certainly a lot of food for thought. Our aim was to inject enthusiasm and inspire our members to continue to keep working at their businesses and I think we were successful in this.

It's not long now until our National conference and quite a few of our members are making the trek across the Nullarbor to Adelaide for the weekend. Some of us are staying a bit longer and have arranged to do a cycling wine

tour in the Adelaide Hills on the Monday!! How much fun does that sound?! If you're reading this before the event – come along, we would love you to join us ☺

We have a busy few months leading up to Christmas – Barbara Scott is calling in to Perth on her way to the Conference and is offering part one of her Reproflexology Course here. We have volunteer opportunities for members for World Reflexology Week at the new Perth Children's Hospital, and also later in October to help out at the Kalparrin Women's Retreat weekend. We are just putting the finishing touches to our study day in November which will complete our year so all in all, lots happening.

Until next time, happy reflexing, from WA ☺

Jill Jones

Hello from Victoria.

Our new working party is having enjoyable meetings planning an interesting training day for you all.

Save the date in December: Sunday the 2nd. The venue is likely to be the new Shamballa center in Bulleen.

We have Paul Whittaker presenting TCM and Reflexology; Miranda Foyster, a Feldenkrais teacher giving us practical ideas of improving our use of body and hands and some great techniques for releasing stress from the hands. We'll be finishing the day with Pam Allen and meditation.



VICTORIA

We also have our Seniors Month volunteer program on Thursday 11th October in Werribee, 10am-4pm. Contact Ester Sheppard on 0402 718 104 if interested. Also on Wednesday 10th October in Middle Park, 10am-3pm. If you would like to volunteer, please contact Zoe on 0402 103 811. A great opportunity to promote your business and Reflexology.

If you have any questions or suggestions on what you would like included in your training days, we would love to hear from you. Moving forward one step at a time.

Catie Brown



QUEENSLAND

Hello from Qld-NT Branch. Since I last wrote we have held our ABM, which can be heralded a success given that once again all committee positions were filled on the day with no need for coercion. We were also very happy to be joined by Alex, our newsletter editor, who travelled all the way from Darwin to Brisbane. It was great to be able to put a face to the person at the other end of the email line.

In June, members volunteered their time at Homeless Connect. This is an annual event organised by the Brisbane City Council, bringing many different health and social services together in one place for homeless people to access. Our reflexology services were in high demand and very much appreciated by every client. It was a rewarding and uplifting experience to be involved in this event, something that we will continue to support in the future.

The second-monthly reflexology in the park sessions are also extremely popular with the public. These have been running for over a year now and promote reflexology in the community while raising money for the Branch.

In November the Branch has been invited to be an exhibitor at the Women Expo on the Gold Coast. This is a two-day event promoting health and wellbeing to women specifically and gives our Gold Coast members the opportunity to promote reflexology as part of a healthy lifestyle.

As the year draws to a close the Branch Committee and sub-committees are looking towards next year, planning workshops and preparing for Mind Body Spirit 2019. It is always challenging being part of the Branch Committee and definitely never boring.

Wendy

TASMANIA



As this edition of FootPrints hits your mailbox this year's National Conference in Adelaide will be imminent, and at our next meeting we look forward to hearing the feedback from our local members who attended. Meanwhile our small committee in Tassie has been working on the CPT program that will be on offer in conjunction with next year's National AGM in Hobart on 19–20 October 2019. It seems a long way off but it will be here before we know it!

Our last meeting and workshop day was held in Campbelltown on 19 August on a very wintry day. Despite the freezing conditions we had a good turn out for our workshop on EFT Meridian Tapping presented by Joan Marshall. Joan shared her wisdom and passion for this simple but effective technique with great generosity, to the delight of all attending. Also, we welcomed two new student members, Tiz H and Jenny B, who came along for their first time.

Nominations for the position of Tasmanian Director on the Board were due on the next day following the meeting. Susan Archer advised in her Director's report that she would not be renominating and would be standing down after the AGM in October. As no nominations were received by the due date, Tasmania will not be represented on the National Board after October. On behalf of all the Tasmanian members, I'd like to thank Susan for representing our State and for her valuable and dedicated contribution to our Association.

At the meeting, many good ideas were put forward for future workshop events so watch your inbox for further announcements. Next meeting will be our traditional pre-Xmas get together, scheduled for 18 November at Campbelltown.

Sarah Blain

NEW SOUTH WALES



This year has flown past and here we are at the tail end of the year already. Thank you to all our members that volunteered to help at MBS this October- it really is such an amazing event to spread the awareness of Reflexology to the wider Sydney audience. This year finds the Festival back at Darling Harbour which will bring back lots of the regulars as well as so many more people in the city centre.

Also, we have the SA National Conference this month and it's so wonderful to see so many NSW members all

signed up to attend. It's always good to be able to network with so many reflexologists all in one place.

Our final General Meeting of the year will be on Sunday, 18th November, 10am @ Crows Nest Community Centre where we will be organising a Christmas lunch together afterwards. Keep an eye on your emails for details to be sent nearer the time. Hope to see you all soon.

Karen Riley

FootPrints Journal

ISSN 1039-2092

Published by the Reflexology Association of Australia, Limited

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Copy deadlines

April issue: Mar 1	October issue: Sept 1
July issue: Jun 1	January issue: Dec 1

FootPrints Editor—Articles only

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Attention contributors to FootPrints

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

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

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

Reflexology Association of Australia Limited

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

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If there has been a change in the above directory, kindly email Cecily Rose, footprints.articles@reflexology.org.au

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Please know that Directors can be contacted to clarify concerns

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Did you enjoy the Conference in SA?? YES!!

Next year, the AGM will be in Tasmania!!

Plans are already underway for an exciting weekend workshop in **historic Hobart**.

While we plan the workshop, you can plan your visit to Hobart. Take time to experience Tassie's many charms. Visit Salamanca Place and the Markets (Saturday morning) the waterfront, Mt Wellington/Kunanyi, and Mona.

- ** Fly directly to Hobart from Adelaide, Melbourne, Perth, Brisbane, or Sydney
- ** Or fly to Devonport, Burnie, or Launceston airport and hire a car
- ** Or take a cruise on the Spirit and bring your car (4-hour drive to Hobart with no sight seeing stops)

Reserve the date: 19th–20th October, 2019



Reflexology Association of Australia

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

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

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

We will achieve our mission by:

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

It's all happening from **March** 2019

RAoA National Workshop - "Zen Reflexology" with Louise Dennison is coming to Melbourne, Perth, Sydney, Brisbane and Adelaide in 2019. Refer inside this issue for workshop details!

16-17 March 2019 – MELBOURNE Glen Waverley
23-24 March 2019 – PERTH Redcliffe
17-18 August 2019 – SYDNEY Crows Nest
24-25 August 2019 – BRISBANE Spring Hill
28-29 September 2019 – ADELAIDE Brompton

Online registrations and payment will be available from 1st November 2018
via the RAoA website

www.reflexology.org.au



zen
Reflexology

❄️ RAoA Office Christmas Closure 2018 ❄️

Please be advised the National Office will be closed from 4:30pm Wednesday 19th December and reopen for business on Monday 14th January.

Due to our closure preparations, any Merchandise orders received after 13th December will not be sent until the New Year, so please place your orders in early December to ensure pre-Christmas despatch!

Wishing you all a safe and wonderful time with your family and friends doing what you enjoy!

Michele and Ashleigh – RAoA Admin.

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