

# FootPrints

The Journal of the Reflexology Association of Australia



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

January 2020

Volume 24 No. 1



2020 NATIONAL CONFERENCE

# 16 - 18 OCTOBER 2020 DARLING HARBOUR SYDNEY NSW

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# From the President's desk



Welcome to the 2020 Summer edition of **FootPrints**. What a busy few months it has been. The Board Meeting and Annual General Meeting were held in beautiful Hobart and included two days of workshops.

The AGM was well attended considering other branches had events happening around that time and Tasmania is one of our smaller branches. The venue was centrally located, making it easy for interstate members to walk from alternative accommodation, walk to places of interest, socialise at the Old Woolstore or simply enjoy the atmosphere. Highlights at the AGM included the Annual Report, the Financial Report, the appointment of Directors and the Trevor Steele Award – the winner being Anita Smith from Whyalla, together with national recognition of Samantha Langridge from Victoria. Well done AGM Workshop Committee 2019!

At the Branch Chairperson Skype meeting held Sunday 24 November a question was asked: “Do branches need three or four CPT events per year with the National Workshop held each year”? Answer: It is the responsibility of each Branch Committee to organise a program each year that offers opportunities for your branch members to be able to gain 20 CPT points each year. The reason is that not all members have or get the opportunity to attend the National Workshop.

The 2020 National Workshop *Acupressure for the Digestive and the Immune System* has been well advertised. Thank you Vera and Michele for promoting this early. If you are having trouble registering online, contact the RAoA's office for some help.

This year we are excited about our 2020 National Conference, *Vision to the Future*, which will be held in beautiful Sydney in an amazing location: Darling Harbour, 16-18 October. The 2020 National Conference Committee has been working hard to have everything planned, organised and ready for members to register. Non-members are also welcome to register. Three international speakers and three brilliant topics: Sue Ricks (UK) *Reflexology for Babies and Children*; Lynne Booth (UK) on *Vertical Reflexology and Movement*; and Janice Hill (NZ) on *Colour Reflexology*. Check the National Conference website and Facebook page for updates. Well done Karen and team.

The Board has welcomed a new Director, Lyn Fava from Victoria. Lyn's appointment began on 1 November 2019. Lynda Kidd stepped down as Director for Tasmania on 31 October, 2019. Thank you to Lynda for working with the Board over the past 12 months. The Board is saving funds for the RAoA by having monthly Skype meetings. This

reduces the time required for face-to-face Board meetings.

All members are invited to attend the AGM on 17 October, so save this date.

Our Finance Director is now lodging the quarterly BAS to the ATO as a volunteer to support the RAoA accounting processes. Your Directors are working hard and need your help. The Board is seeking volunteers who have skills in IT, can work with web software or have governance and company secretary skills. We also need someone with skill in applying for grants. If you have any of these skills please contact me.

Have you looked at the videos under *Education* on the web site? Sue Ehinger and the Promotions Committee would love to hear your feedback. The RAoA now has Instagram and YouTube. Along with Facebook and our website our resources are growing to get the message out to people that reflexology is the key to good health and wellbeing. However we do need a few moderators. While on the website look at the current CPT program; you will find there are ways that you can earn CPT points when assisting with business tasks for the RAoA.

There is one emotion that has presented itself many times to me over the past year: grief. Grief presents itself in many different forms. Death, trauma (illness i.e. cancer), business changes, relationship changes, moving house, these can all create a domino effect on family and friends. Reflexology is a wonderful modality for helping people going through a difficult time. There is always a silver lining ☺ so I share with you some miracle stories.

There was news of a baby on its way after a couple were told they would not be able to conceive due to health issues of female partner. Now we have a healthy and happy mother as baby is due in the new year. Also doing well is a child, now one year old, who had craniofacial surgery in Adelaide. And then there's our champion fighter of breast cancer. Why am I telling you these stories? They all received reflexology and still are.

I would like to finish this column with a big “thank you” to members for supporting your branch, events and your colleagues; and to our awesome volunteers (listed on the front page of the website). Thank you also to our five paid people. You all do a tremendous amount of work, particularly during this past year. Tough times were experienced with the loss of health funds, yet the sun shines with membership growing. Well done. Long live the passion of reflexology.

Susan Jean Ramsey

January 2020

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Front cover – Photo courtesy of Reflexology New Zealand.

# Report of RAOA Board Meeting 19–20 October 2019

By Susan Ramsey, President

All Directors attended the two day Board Meeting and Annual General Meeting in Hobart on 19 and 20 October 2019. Board members were available to members and presenters at breaks and lunch. AGM 2019 was held Sunday morning.

Correspondence points were:

- ◆ An application for an account was made with Best Western Airport Motel in Melbourne to create a smoother process when the board meetings are held in Melbourne.
- ◆ Natural Therapies Review 2019–20. Nothing to report at this stage. The Australian Industries Skills Commission review for reflexology is due February 2020.

**Reports:** Reports from Branch Directors and Chairperson from branches with no director, the National Conference, Accounts contractor, Sub-Committees and Administration RAOA Office were read and received at the October Board Skype Meeting. The President, Finance and Company Secretary reports were accepted at the face-to-face Board meeting.

## Change of Directors:

- ◆ Lynda Kidd (Tasmania) – Lynda’s contract was extended to 31 October 2019. Lynda’s portfolio was Research and Promotions. Minute secretary and actions recorder to the Board. Thank you Lynda for working with the Board since October 2018.
- ◆ The Board welcomes Lyn Fava (Victoria) who commenced on 1 November 2019. Lyn is filling the casual position of Victorian Director and allocated Director for Tasmania. Thank you Lyn for stepping up.

**Strategic Plan:** Since the June Board Meeting the *Strategic Plan 2015–2020* has been reviewed and completed.

**World Reflexology Consortium:** Lynda Kidd attended the second meeting of the World Reflexology Consortium in the early hours of 6 September. Five countries were represented—United Kingdom, Canada, New Zealand, Australia and the United States of America.

**RAoA website:** The website still has some glitches. Michele works hard to keep on top of these. Some hiccups occurred when the server was updated in late July. Members need to find their way around the website; check from time to time as things change.

## Sub Committee news:

- ◆ *CPT Opportunities in 2020:* National Workshop on acupuncture; the National Conference theme is *Vision to the Future*; and Branch events.
- ◆ *Education:* Congratulations to Anita Smith, winner of the annual Trevor Steele Award.
- ◆ *Research:* Jon Adams spoke with the Board on Sunday. There are some 100 professional members who have joined PRACI. It was suggested it would be good to have 200 professional reflexologists join.
- ◆ *Promotions:* Sixteen short videos have been made.
- ◆ *Merchandise:* The wording of brochures is being checked for consistency when reviewed and updated for printing.
- ◆ Discussion held about what the RAOA could sell as merchandise. Members are encouraged to forward their suggestions.

**Directors’ actions:** These are kept on track with the Board holding monthly Skype meetings.

The Board will next meet face to face in Adelaide in February 2020.



## Hobart hosts AGM weekend

More than 20 reflexologists from around Tasmania and interstate gathered in Hobart for a weekend of learning, networking and to attend the RAOA’s Annual General Meeting (AGM) on 19 and 20 October 2019.

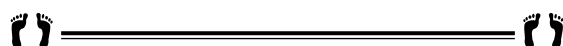
Workshops covered a range of subjects, from Chakras with Ruth Casper, to Medical Qigong with Bill Pearson and wrist and forearm mobilisation with Phil Boyd.

The AGM had a packed agenda which included Anita Smith announced as the recipient of the Trevor Steele Award (see page 15) and national recognition for Samantha Langridge (see page 3).

Lunches and a dinner on Saturday night gave members lots of opportunity to catch up and mingle, meeting old friends and making new ones.



Carla Farelly and Shirley Allen at Phil Boyd’s workshop on wrist and arm mobilisation



# RAoA recognises Samantha Langridge

*The RAOA's Board formally thanked Victorian member Samantha Langridge by nationally recognising her significant and tireless support and contribution over almost two decades to the development and growth of the Reflexology Association of Australia and the reflexology industry in Australia.*

*This took place at RAOA's AGM in Hobart on 20 October 2019 in a presentation made by President Susan Ramsey.*

*The following summary of her work is based on a document written by Emma Gierschick, a past National President and Life Member of RAOA.*



Samantha joined the RAOA in 2000 after graduating from the ASRR School in 1999 under the tutorage of Dee Leamon and Carol McBain.

At Sam's first general meeting, such was her dedication and passion that she immediately got involved, joining the Victorian State Committee as Treasurer – a role she continued for several years.

Shortly after, the committee was so impressed with Samantha's calm dedication, methodical approach and professionalism that she was unanimously elected the Inaugural State Delegate for the RAOA.

During this time she was responsible for assisting with the formation and transition of the RAOA to a national body, leading the association through the challenges and nuances of developing a national constitution and unifying the state branches.

She became one of the original nine directors of the RAOA. Samantha served as a Director for just over a year during its inception.

Simultaneously, while undertaking the State Treasurer role and as one of the original national directors, Samantha further took on the role of National Conference Convenor, organising and co-facilitating the first national RAOA Conference. This was long before a conference team or service was employed.

Together with Amanda Barnett Wood, Samantha undertook all the duties involved in organising and facilitating the smooth running of the conference, from securing a venue to organising marketing material, printing programs, organising accommodation, presenters, sponsorships, recruiting, organising and supporting volunteers and packing goody bags and certificates of attendance for delegates.

Samantha also wrote the first conference manual – used for many years by future states to plan and execute a successful conference.

Samantha took a well-deserved break from formal committee duties in 2003. However, she did continue to

informally pursue the advancement and promotion of the reflexology association and industry.

She organised to appear on ABC Radio promoting not only the benefits of reflexology but also the professionalism of the association, ensuring that members around Australia would benefit from this exposure and not just herself.

In addition, Sam has been interviewed for an international podcast promoting the industry of reflexology and the reflexology association. This podcast was accessible worldwide.

Samantha has regularly given multiple public talks and presentations around Melbourne to promote World Reflexology Week and in years past organised mini reflexology treatments for customers at several mainstream shopping outlets including Athletes Foot and the Body Shop.

At various times Samantha has held multiple positions including Chair, Vice Chair, Education Officer, Newsletter Editor, Fundraiser and general committee member. In addition, she organised foot swap meetings, specific state training and development days, tutored new students, supervised their clinical hours and offered support to new members.

She has also produced a video which has been aired at a Victorian National Conference. What is important to make mention of is the fact that all of Samantha's work has been voluntary and without payment.

Samantha is one of the most passionate, professional committed and hardworking ladies I have ever had the good fortune to meet and work alongside. Samantha has always been known for putting her hand up to take on a role, fulfil a need or assist sorting through an issue without thought or need of personal financial reward. Her energy and passion are limitless.

She is a popular, caring professional practitioner and undoubtedly known as one of the leaders and in fact elders of the reflexology industry in Victoria.

*"Congratulations Samantha Langridge, as we mark this, the 20th year since your graduation as a practitioner."*



# RAoA 2020 National Conference

Sydney, NSW 16–18 October 2020



We can now say “this year’s conference” and the countdown is on! Only eight months to go!

Are you planning on joining us? 16 to 18 October in Sydney, NSW.

Online Early Bird Registration is open now at [www.national.conference@reflexology.org.au](http://www.national.conference@reflexology.org.au)

The theme *2020 Vision to the Future* is so appropriate as we commence a new decade with opportunity for new beginnings, new insights and new successes. Our program is filled with fantastic speakers who can provide you with new skills, new direction and renewed enthusiasm. Keep an eye on the web page for other updates to the program as things develop further.

## Our international speakers

**Lynne Booth (UK)** is an internationally renowned reflexologist, best-selling author, practitioner and lecturer based in Bristol, England. Lynne discovered and developed **Vertical Reflex Therapy (VRT)** in the 1990’s and it has now been taught internationally to more than 10,000 reflexologists.

**Sue Ricks (UK)** is founder of **Gentle Touch Reflexology (GTR)** and has developed specialised critical care training programs for premature babies and children, as well as being fortunate enough to have done extensive charity work in supporting children and their parents using Gentle Touch Reflexology.

**Janice Hill (NZ)**, through an interest in self-healing and personal development, began her training with colour in 1994 followed by reflexology in 1995. Janice has been an **Aura-Soma Colour and reflexology practitioner** for 23 years and teacher for 21 years. She teaches both nationally and internationally, as well as in her hometown of Palmerston North.

<https://nationalconference.reflexology.org.au/speakers>

## Introducing our interstate and local speakers

**Helen Callanan** will be visiting us from Sunbury Victoria, and is a practicing End of Life Doula and the owner and educator of Preparing the Way, which presents the **End of Life Doula Training** in collaboration with the Australian Doula College. Helen is also a Reiki practitioner and teacher and has spent many years practicing Traditional Chinese Medicine and body work.

**Ian White** is a familiar face around Terry Hills and the Ku-ring-gai Chase National Park in Sydney, the home base for his **Australian Bush Flower Essences**. Ian is a fifth generation Australian herbalist and a practicing naturopath. His great-grandmother and grandmother were among the first white Australians to research and use Australian native plants for healing.

**Claire Tait** is a Kinesiologist and Reiki Master who has a practice located in our beautiful Sydney northern beaches.

Claire once worked in the corporate world, but found her passion was with natural therapies. She works extensively with meridians and their associated acupoints, and her **Holistic Kinesiology** blends Eastern Traditional Chinese Medicine with western chiropractic medicine and many other therapies.

**Gretel Spiegel** is a holistic healer and metaphysician located in Sydney. She is passionate about reflexology and is a reflexology trainer and clinic supervisor at Nature Care College. Gretel has worked for many years with cancer patients, previously as a volunteer at the Sanitarium Hospital Wahroonga and currently as a Clinical Reflexologist in the Integrative Medicine Program at the Chris O’Brien Lifehouse, a designated cancer care hospital in Sydney.

<https://nationalconference.reflexology.org.au/speakers>

## Key days and information

- ◆ Early Bird Registration: Until 1 July 2020
- ◆ Full Conference Early Bird Price: \$585
- ◆ Gala Dinner Harbour Cruise: \$140 additional cost per person
- ◆ Conference Dates: 16 October 2020 to 18 October 2020
- ◆ Pre/Post Conference Workshops: 14 October to 16 October 2020 and 19 October to 21 October 2020
- ◆ Venue: Novotel Sydney on Darling Harbour, 100 Murray Street, Darling Harbour NSW 2000
- ◆ Conference webpage: [www.nationalconference.reflexology.org.au](http://www.nationalconference.reflexology.org.au)

## Handy hint

Early Bird Registration closes at the time membership renewal fees fall due, so register early and beat the end-of-financial-year budget blues.

<https://nationalconference.reflexology.org.au/registration>

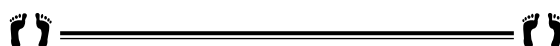


## People’s choice lottery

This year the RAOA will be involved in a second Community Lottery Draw. Tickets are only \$2 each and place you in the running for fantastic prizes while supporting our Association to raise valuable funds. Remember 100 per cent of funds raised (less GST) come back to us, the RAOA. Watch out for our lottery key date updates and direct link to the RAOA. 2020 lottery ticket sales start April 2020.

Purchase your tickets online: <https://communitylottery.peopleschoicecu.com.au/public/tickets/>

*From the Conference Committee: Karen Riley, Jacqui Baldwin, Ingrid Turner, Graeme Murray, Maxine Blanchard*



# Touching lives—reflexology for clients with cancer

*There are few of us not touched by cancer. In this issue of FootPrints, we reached into the heart of the reflexology community to find out what makes reflexology for clients with cancer different and special. We started by asking **Maxine Blanchard** about her work as a reflexologist and oncology massage therapist.*

**FP:** Where are you based?

**MB:** I work as a reflexologist and oncology massage therapist at The Grafton Welbeing Centre in NSW. I've been working here for 17 years, with time off for family responsibilities. My colleagues are psychologists, chiropractors, physiotherapists, naturopaths, acupuncturists, hypnotherapists and counsellors. We share services to best help the client. My clients are mainly farmers, nurses, teachers, police, lawyers, tradies and every day family members. I have a program where, if they come for 10 treatments they get the 11th treatment free as my loyalty discount. Grafton is situated in the country and my clients are very happy and predictable; 20 per cent of my clientele is 80 per cent of my business.

**FP:** How did you come to specialise in cancer?

**MB:** My interest started in 2003 with my stepfather. He passed away due to kidney cancer in 2005. One night, at Lismore Hospital in the middle of June 2003, we were told to say goodbye to him. I asked the doctor if I could do a reflexology treatment. The doctor, a leading oncologist, agreed and I worked on my stepfather's feet for half an hour, mainly working kidney reflexes and kidney flushers, with a bit of liver work.

The doctor was very impressed and asked me to stay in Lismore and work on my stepfather every day. I did so for one week and then he was released from hospital. It was so successful he got another 18 months of life.

With this in mind I continued my studies with Oncology Massage Training in 2003, 2004 and 2005. I was with one of the first groups to go through this training in Australia. Since then I have worked in a medical practice for two years in Western Australia before returning to the eastern side to be with my mother who needed help at the time.

**FP:** What differences do you see in your clients?

**MB:** The difference I see in my clients after a treatment is significant drug free pain relief. When I streamline the treatment to their presenting imbalances the results of pain reduction is quick and efficient. I find that listening to the whispers of the body (and sometimes screams) and addressing these areas first is paramount, rather than just doing a general all over reflexology treatment.

A series of treatments packaged together can have profounder, longer lasting results; exciting both patients and me. In a series, treatments are usually one week apart or sometimes two half hour treatments per week. My patient's feedback is improved quality of life and reduced pain levels and nausea. If I'm treating cancer/oncology patients who don't have cancer, the feedback can be total repair and total absence of their pre-existing presenting symptoms.

*Rebecca K:*

*"I have been having treatments for Stage Four metastasised melanoma / cancer and pain over the past three years. I wouldn't be where I am today if it wasn't for Maxine. I like to use her treatments to reduce my pain."*

**FP:** Is reflexology different for cancer or oncology patients?

**MB:** My reflexology treatments are different for cancer/oncology patients. I have to take a very thorough client history. I ask more detailed questions. The treatment techniques are different because

they are adjusted in line with the pressure and white blood cell count. My speed often matches the energy level of the client. I have to consider how much pain relief medication the patient has in their system. I consider if they've had a good week or a bad week. Sometimes the patient likes to talk and sometimes they don't want to talk at all; whatever they prefer is just fine.

**FP:** How do you feel about working in this area?

**MB:** I feel that this area is a much needed service in society. I'm very passionate about one day teaching when my life allows the space. Until this happens I am enjoying my clinic life. It feels very good to be able to help people with drug free pain relief and watch them live a better quality of life while they're still living.

I feel very excited and proud of them while I watch them transition into remission. Working daily watching patients staring at their own mortality sure does make you appreciate your own life and be grateful for all who are in my life.

I am very aware about practitioner burnout and when I lose a patient I always climb a mountain and say goodbye to them at the top of the mountain. This is my way of dealing with the sadness, often sometimes deep sadness and loss, but thankful for the opportunity to walk with them.

**FP:** Should more of us work in this area?

**MB:** Yes, I would definitely encourage people to study cancer oncology and reflexology. You receive lots of encouragement from your patients to always continue this work and help those that are coming behind them.



# Cherry's story—a case study from Adelaide's Cancer Care Centre

By Reflexologist Lynne Forrest, a volunteer at Cancer Care Centre

The Cancer Care Centre is a community-based, not-for-profit organisation, funded by memberships and donations in Unley, South Australia. It offers complementary care to support individuals with a diagnosis of cancer and their families during treatment and recovery.

The Cancer Care Centre bases its approach on research which has demonstrated that complementary care improves cancer patients' well-being and may assist them to better tolerate medical treatments such as chemotherapy, radiotherapy and immunotherapy.

Complementary care embraces a range of wholistic health services which are utilised alongside conventional medicine, with the aim of enhancing clients' wellbeing on physical, emotional, mental and spiritual levels.

Staff include volunteer support workers, counsellors and therapy practitioners, many of whom have experienced cancer personally or have supported relatives who have been affected by cancer.

## Case study

Cherry (not her real name) is a semi-retired 69 year old female. She is actively involved with family, friends and community. She stays fit with yoga, walking, fitness classes and a wide range of hobbies. She has presented at Cancer Care Centre anxious and stressed, concerned with the reappearance of bowel cancer. Her medical history includes:

- ◆ Previous illnesses: 2016 and 2018 Bowel Cancer diagnosis / chemotherapy
- ◆ Operations: 2016 bowel resection and removal of 21 lymph nodes (one malignant); 2018 bowel resection and no lymph nodes removed
- ◆ Feb–Jul 2019 chemotherapy; Oxaliplatin fortnightly.

Presenting symptoms (listed in order of importance to client):

- ◆ Fatigue, insomnia and sleep problems
- ◆ Neuropathy, numbness, 'pins and needles' in fingertips, loss of dexterity for fine work. Lack of sensitivity in feet when driving. Reduced when weather is warm
- ◆ Swelling, pain at operation site, some tightness and discomfort in the belly
- ◆ Oedema
- ◆ Bruising
- ◆ Bone density loss.

Treatment plan:

- ◆ Outcome: to restore homeostasis in all body systems; elicit the relaxation response
- ◆ Typical treatment:
  - ◇ Review health status to identify specific concerns
  - ◇ Relaxation techniques. One-hour full Rwo Shur treatment of all reflexes on both feet with

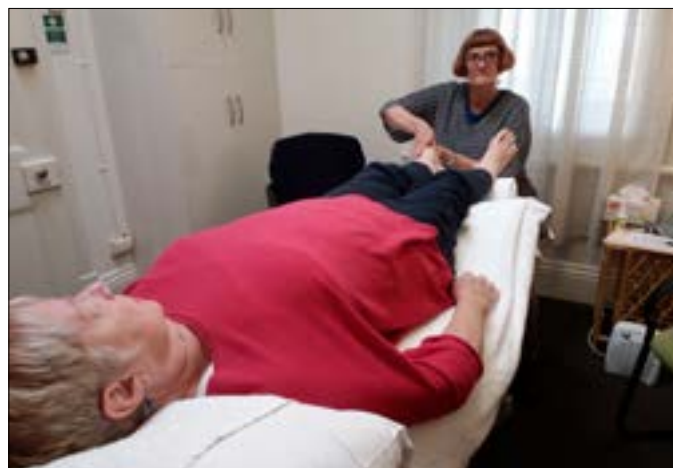
additional emphasis on: whole of spine, brain, digestive and endocrine systems, diaphragm, solar plexus, insomnia point, feet and hands, autonomic nervous system reflexes

- ◇ OR Manual Lymphatic Drainage massage
- ◇ OR a combination of modalities
- ◇ Energy work with Reiki and Chakras.

Number of treatments delivered: 14 one-hour sessions over a five month period. The sessions utilised therapeutic reflexology, manual lymphatic drainage, massage, Reiki and Chakra energy work.

General advice (within scope of practice):

- ◆ Dietary: engage with CCC programs for organic gardening and nutrition classes
- ◆ Relaxation techniques: engage with stress management options utilising gentle pleasures ie. meditation, yoga, Tai Chi, walking and singing
- ◆ Referrals: engage with CCC programs for needs assessment, support and counselling
- ◆ Encourage consultation with own physician, oncologist and specialists for all concerns raised during treatment
- ◆ Foot care products: use foot balm or Urea cream to maintain moisture content of skin.



Therapist Lynne Forrest, with Cherry.

## Conclusion:

A flexible approach is essential in choice of modality and application for clients under cancer treatment programs. Energy levels fluctuate widely. The priority is to elicit the relaxation response, then treat specific concern/s identified by the client at the beginning of each treatment session.

## Reflection:

It is a challenge, a privilege and a delight to work with such a courageous and inspiring client.

## Cherry's story

Cherry (not her real name) is a 69 year old, semi retired woman who presented at the Cancer Care Centre in Unley, Adelaide after recurrence of bowel cancer. See her case study on page 6. She received 14 sessions of reflexology, Manual Lymphatic Drainage and Reiki over a five month period and offered *FootPrints* the following observations about how the natural therapies helped her.

**Q.** *Were any of your cancer symptoms or side effects positively impacted by the natural therapies you received?*

**Cherry:** Oedema, neuropathy, discomfort, fatigue and stress were positively impacted by the therapies. It is hard to remember the detail over 14 sessions but in general I felt more relaxed, lighter and more comfortable after each session.

**Q.** *During each treatment session, were your current health conditions discussed with the therapist and was a treatment plan proposed and delivered that satisfactorily addressed your concerns?*

**Cherry:** One very important contributing factor was that I was listened to carefully and I was able to discuss my current symptoms and concerns in detail. It was great to have a choice of modalities and each time the treatment was modified to deal with the most pressing health conditions, sometimes/often using more than one modality.

**Q.** *Did the sessions contribute to your general wellbeing and welfare throughout your cancer treatment and recovery program?*

**Cherry:** All the modalities contributed to my general wellbeing. I think the swelling in the belly has reduced somewhat and the neuropathy is not so bothersome. Maybe that would have happened with time anyway, but I feel that I definitely benefitted from the treatments.

The focus on sore spots through reflexology was fascinating as I often mentioned a sore spot in my body and then during the reflexology the corresponding part of the foot was tender. After the reflexology I would feel some relief. I think the swelling in my ankles has reduced but I did not measure them so don't have any real 'evidence'.

**Q.** *Would you recommend these complementary therapies to others with a diagnosis of cancer as an adjunct to their treatment and recovery programs?*

**Cherry:** I would recommend these complementary therapies to others because the therapist was genuinely interested in my journey. She was knowledgeable, gentle and respectful and I felt heard and understood. Her comments were sensitive and appropriate, and she also had good ideas and suggestions.



## Renee's story

Renee was diagnosed with breast cancer in March 2019. Aged 33, she has three children aged 10, 8 and 3. Today she is cancer free, but her journey is a familiar one: chemotherapy, surgery, double mastectomy.

A local of Streaky Bay, SA, Renee had previously enjoyed her massages and reflexology treatments with Susan Ramsey. Her diagnosis made reflexology essential.

"The biggest thing I did to help myself was having reflexology treatments," Renee said.

"It helped so much. I always felt 100 per cent better after reflexology. I remember while I was recovering from surgery I felt so sore. On a Sunday night I couldn't lie down properly, then I'd have my treatment on a Monday and suddenly I could. It helped so much – with circulation, muscle tightness and side effects.

"I had a port inserted for treatment and the area would really ache. After reflexology, the aches would totally subside for several days."

Renee received monthly reflexology treatments until surgery was needed. Her remote location meant travel to distant Adelaide for surgery and a stay in accommodation when released from hospital.

"Susan arranged for a colleague, Marie Steinke, to see me. The 14 hour surgery meant I had a blood pressure cuff on my arm for a long time and I couldn't move my arm for

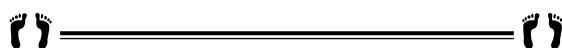
three days. Marie came to treat me while I was in hospital and later in the motel, so I could receive reflexology. It was such a relief. I'm home now and receive treatments fortnightly to help recover from the surgery."

Renee laughs about the sceptics in her life. "My husband is one. I tell him reflexology works; that I feel different, more relaxed. That my body works better.

"Anyway, I've done the hard yards and it's all about healing now. I am so grateful to Sue and Marie and so grateful that I've had reflexology to help me get through this difficult time."



Renee and her husband Mark with Dylan, Joshua and Kaden.



# Research on reflexology and cancer

*The following abstracts outline three major studies into the effects of reflexology conducted on patients with cancer. With thanks to Maternity Reflexologist, Lyndall Mollart, who follows research into reflexology with interest and supplied these to FootPrints.*

**Dikmen HA and Terzioglu F, 2018. Effects of Reflexology and Progressive Muscle Relaxation on Pain, Fatigue, and Quality of Life during Chemotherapy in Gynecologic Cancer Patients. *Pain Management Nursing*, 20(1):47–53.**

**Purpose:** Our aim was to investigate the effect of reflexology and progressive muscle relaxation (PMR) exercises on pain, fatigue, and quality of life (QoL) of gynecologic cancer patients during chemotherapy.

**Methods:** Eighty participants were randomly assigned to one of four groups: reflexology, progressive muscle relaxation (PMR) exercises, both (reflexology + PMR), or a control group. Data were collected with a general data collection form, Brief Pain and Fatigue inventories, and Multidimensional Quality-of-Life Scale—Cancer.

**Results:** In reflexology and reflexology + PMR groups, a significant decrease in pain severity and fatigue and an increase in QoL were found ( $p < .05$ ). In the PMR alone group, pain severity and fatigue decreased significantly ( $p < .05$ ), but there was no significant change identified in QoL ( $p > .05$ ).

**Conclusions:** Reflexology and PMR exercises given to gynecologic cancer patients during chemotherapy were found to decrease pain and fatigue and increase QoL.

**Ozdelikara A and Tan M, 2017. The effect of reflexology on the quality of life with breast cancer patients. *Complementary Therapies in Clinical Practice*, 29:122–129**

This study aims to identify the effect of reflexology on the quality of life in patients with breast cancer.

**Methods:** The population of the study conducted comprised of 60 patients; 30 forming the control and 30 the experimental groups (30 experimental, 30 control). Patient identification forms and EORTC QLQC30 Quality of Life Scale were used to collect the data. Statistical analysis used: The data obtained as a result of the study were assessed via computer using 'Statistical Package for Social Science 21.0' software.

**Results:** The results of the experiment demonstrated that the within-group symptom total score average of the patients in the experiment/treatment group decreased after the reflexology treatment; while the general health and functional total score averages in the treatment group increased; and the difference between pre-test and post-test measurements was statistically significant ( $p = 0.000$ ). Once symptom, functional, and general health total score averages from the post-test measurement are compared across treatment and control groups, symptom total score average of the patients in the treatment group turned out to be significantly lower than that of the patients in the control group ( $p = 0.001$ ). In terms of functional and general health score averages, patients in the treatment group scored significantly higher than those in the control group ( $p = 0.000$ ).

**Conclusion:** Reflexology was found to reduce the symptoms experienced by breast cancer patients, while at the same time increasing the functional and general health status.

**Sharp DM, Walker MB, Chaturved A, Upadhyay S, Hamid A, Walker AA, Bateman JS, et al. 2010. Randomised, controlled trial of the psychological effects of reflexology in early breast cancer, *European Journal of Cancer*, 46 (2):312–322**

**Purpose:** To conduct a pragmatic randomised controlled trial (RCT) to evaluate the effects of reflexology on quality of life (QoL) in women with early breast cancer.

**Patients and methods:** One hundred and eighty-three women were randomised 6 weeks post-breast surgery to self-initiated support (SIS) (comparator intervention), SIS plus reflexology, or SIS plus scalp massage (control for physical and social contact). Reflexology and massage comprised eight sessions at weekly intervals. The primary end-point was 18 weeks post surgery; the primary outcome measure was the Trial Outcome Index (TOI) of the Functional Assessment of Cancer Therapy (FACT-B) – breast cancer version. The secondary end-point was 24 weeks post surgery. Secondary outcome measures were the Hospital Anxiety and Depression Scale (HADS) and the Mood Rating Scale (MRS).

**Results:** At primary end-point, massage, but not reflexology, was significantly better than SIS on the TOI. Reflexology and massage were both better than SIS for MRS relaxation. Massage was better than reflexology and SIS for MRS easygoingness. At secondary end-point, reflexology, but not massage, was better than SIS on the TOI and MRS relaxation. There were no significant differences between reflexology or massage. There were no significant between-group differences in HADS anxiety and depression. Self-reported use of out of study complementary therapies indicated that this was unlikely to have a significant effect on findings.

**Conclusions:** When compared to SIS, reflexology and massage have statistically significant, and, for reflexology, clinically worthwhile, effects on QoL following surgery for early breast carcinoma.

# Cancer care CPT opportunities

By Catherine McIver, CPT Director

Working with those living with cancer can be both very rewarding but sometimes challenging to our skills as therapists and to our personal emotions.

In order to feel confident and comfortable in working with this group of clients as a volunteer, with private clients or as a paid professional in a variety of settings, it is important to undergo additional training and development.

The environments you may find yourself in with this type of work are as varied as the types of issues and stages of illness, treatment or wellness that each individual journeying with this prolific disease, in its many forms, experience.

This can sometimes be confronting, but increasing your knowledge will give you more trust in offering your skills to this group of clients.

There are a large number of training opportunities and resources available to you on-line, face to face and in book form that will earn you CPT points. There are many quality cancer care courses available online in the UK; keep an eye out for their offerings mentioned in FootPrints from time to time or include a workshop in an overseas holiday!

Volunteering to perform reflexology treatments on patients in hospitals, hospices and other settings is a good way to gain some experience in this field.

Professional reflexologists are highly sought after by a number of cancer centres attached to hospitals and other cancer care groups in each state and your time earns CPT points.

They usually have a number of criteria for you to meet before accepting your application to volunteer. The process can feel a bit like a job application but their process is there due to the care they feel towards their patients. Once accepted, most organisations will have a training and induction process in order to help you feel more confident in their environments.

If you are newly graduated the experience gained in these environments is invaluable to your future practice and the personal growth cannot be underestimated. A few links are listed here as an example, but look for those in your state:

- ◆ NSW <https://www.mylifehouse.org.au/>
- ◆ WA <https://solariscancercare.org.au/>
- ◆ Victoria <https://www.petermac.org/>

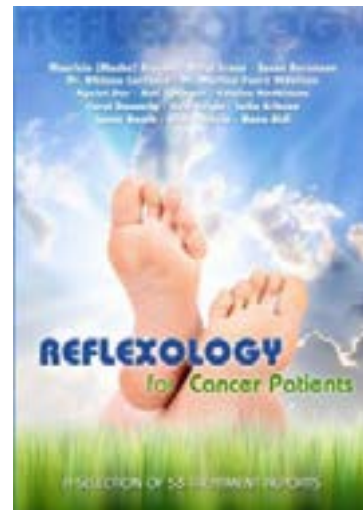
The Cancer Council <https://www.cancer.org.au/> is an amazing source of information. Its national website has information about a variety of specific cancers and the treatment protocols for each. This site also directs you to volunteer opportunities in your specific state.

YouTube is also a great education resource as you can observe demonstrations of techniques. One example is <https://www.youtube.com/watch?v=mpYmMMW6JF8>

As well as books specific to cancer and reflexology, look for resources on communication with cancer patients and other therapies that integrate with your reflexology treatment.

To learn more about the connection between Cancer and the immune system visit <https://www.cancerresearch.org/patients/free-resources-support-answers/cancer-immune-system-vital-connection> and download the free e-book produced by the Cancer Research Institute. This free e-book is equipped with a basic understanding of cancer biology, how our immune system works as well as definitions for the terminology of immune-oncology.

This disease touches all of our families at some time. Remember your reflexology is an amazing gift to use at these times.



*The e-book Reflexology for Cancer Patients—a selection of 53 treatment reports by a group of our respected professionals is one example of free books available.*

On a different and important note, the RAOA is proud to bring you the 2020 National Workshop Acupressure for the Digestive and Immune System. Learn how Chinese medicine recognises that all of the internal organs play a role in immunity and how to specifically support the Triple Heater, Lung, Spleen and Kidney.

Workshops are being held in Launceston, Brisbane, Sydney, Melbourne, Adelaide and Perth. To register go to the RAOA website (no need to log in with your member details) <https://reflexology.org.au/adis-info>



*Thoughts are like boomerangs.*

*Eileen Caddy*

# The Society for Integrative Oncology (SIO) 16th International Conference

October 19–21 in New York City

Report by Gretel Spiegel

I attended this conference with four of my colleagues from the Chris O'Brien Lifehouse in Sydney. The conference presented an exceptional opportunity for practitioners worldwide to learn about new findings in integrative oncology research from both healthcare and scientific disciplines that have the potential to transform cancer care.

It was wonderful to mix with a large multidisciplinary community of physicians, nurses, researchers, acupuncturists, nutritionists and other scientific health care disciplines, students and patient advocates and hear about their experience with evidence-based complementary therapies in their oncology practice.

The theme of the conference was *Advancing the Science & Art of Integrative Oncology* and there were four keynote speakers who delivered presentations on their most recent research topics:

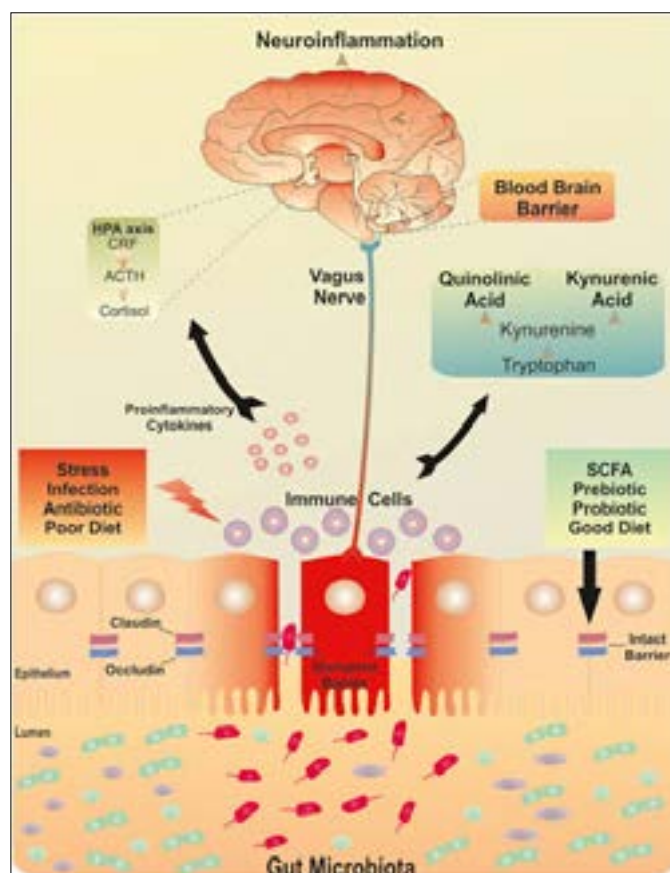
1. **Lee Jones**, PhD is an Exercise Physiologist from the Memorial Sloan Kettering Hospital in New York. He presented research on the mechanism and impact of exercise on cancer survivors. The selected group of cancer survivors were unable to come to the hospital due to various mindsets, distances and restraints, so treadmills were delivered to them in different parts of New York City. It was amusing to hear that some apartments were so small that they did not have sufficient space to comfortably fit a treadmill. His study focused on the efficacy and mechanisms of structured exercise training interventions on cardiovascular toxicities and tumour initiation and progression.
2. **Dawn Hershman**, MD, MS; her presentation was about the primary reasons why breast cancer patients avoid or discontinue treatment early due to the side effects from chemotherapy and hormone therapy toxicities. Her strategies for treatment adherence included lifestyle interventions, supplements and acupuncture.
3. **Michael W. Young**, PhD is a 2017 Nobel Prize winner, from Rockefeller University, who talked about how his original study of fruit flies led to the identification of a gene that encodes a protein which accumulates during the night but is degraded during the day. He is currently researching how the brain translates environmental cues into altered behaviour and how this has direct implications for understanding sleep disorders, the mechanisms of jet lag and the challenges of night shift.
4. **Jamie H. Von Roenn**, MD, FASCO who is an oncologist and palliative care specialist and did not fully realise the impact of cancer and being a carer until she cared for her dying husband during his

cancer journey. She attributes this experience to helping her become a better physician.

Plenary presentations and discussions highlighted the latest clinical research and methodological issues on lifestyle, microbiome, caloric restrictions and sleep. Topics included sleeping well after cancer, exploring integrative approaches to support cognitive health during cancer treatment and survival, and how creative arts therapies such as dance support the patient's mind, body and spirit.

The Memorial Sloan Kettering's Integrative Medicine Service was started 20 years ago providing comprehensive support to cancer patients, survivors, caregivers and hospital staff with evidence-based complementary therapies.

All their complementary practitioners are employed by the hospital and yes, they do offer reflexology to their patients. Their program has helped many people manage the physical and emotional effects of their cancer diagnosis and treatment, and has provided health care professionals with resources on integrative oncology and how it can help enhance patients' care and recovery.



There is increasing research into the microbiome-brain-gut axis

Continued on page 11

My main take-aways from the current research provided in the workshops I attended were:

- ◆ Gut microbiome dynamics—there is increased research into the dynamics of gut microbiome and the interactions and the impact on cancer risk. The microbiome-brain-gut axis functions as a bi-directional pathway between the nervous system and the digestive system. For more information see <https://fungi.com/blogs/articles/mushrooms-and-mycelium-help-the-microbiome>
- ◆ Asian medicinal mushrooms such as Turkey Tail, Shitake, Lion's Mane, Reishi, Maitake and Suehirotake are showing increased benefits in immune improvement, and reducing the risk of reoccurrence in gastrointestinal cancers. For details see Fungi Perfecti at [www.fungi.com](http://www.fungi.com)
- ◆ A vegan diet or predominately plant-based diet is highly recommended for cancer patients
- ◆ Intermittent fasting or caloric restriction has shown to vastly improve patient health outcomes
- ◆ Probiotics should be taken naturally by eating fermented foods such as yogurt, sauerkraut, kimchi or kombucha. It is more preferable than taking a probiotic supplement
- ◆ Health and wellness coaching is evolving as a tool

for ongoing support of cancer patients during their survivorship phase and beyond

- ◆ Faecal transplants are now being used to improve compromised immune systems
- ◆ Natural products such as cannabis, green tea catechins and mushroom extracts are being promoted and encouraged for improved outcomes in cancer care treatment
- ◆ The SIO community is bridging the gap between conventional medical care and complementary therapies. It may take time, but I feel that with their ongoing research they will eventually come to the same belief system held by complementary therapists.

I was excited that there was a research presentation on reflexology titled *Examining massage vs reflexology* for pain in the adult inpatient oncology setting which resulted in a positive outcome for massage being more effective. I am in touch with this researcher and will discuss with her the intervention that was used in their research as we are also conducting a similar reflexology study of inpatients at the Chris O'Brien Lifehouse.

Finally, I was so pleased to hear a SIO doctor publicly announce that a patient's healing needs to take place in the body, mind and spirit.

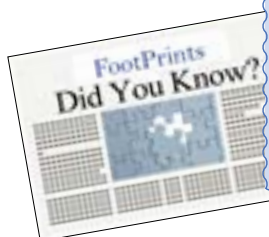
Small steps, but it gives me hope that the gap between complementary and conventional medicine will eventually be bridged.



## Wanted! Your articles and case studies

Do you combine reflexology with another modality? Or a skill that works perfectly with reflexology to enhance its benefits? Maybe it's Reiki, Bowen or massage? Crystals, music or aromatherapy?

The next feature of *FootPrints* looks at some of the ways reflexologists combine their skills to create improved outcomes for clients. If you would like to share a case study, article or story, please email the Editor at [footprints.articles@reflexology.org.au](mailto:footprints.articles@reflexology.org.au) as soon as possible to discuss your contribution.



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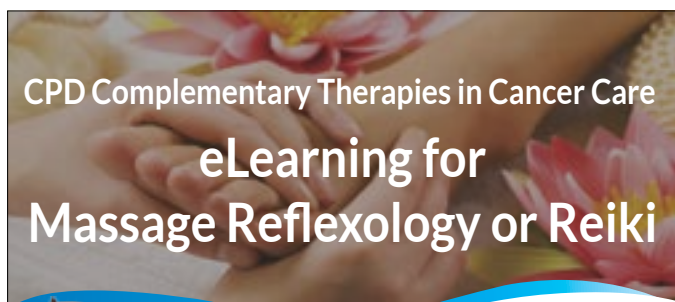
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<https://www.perthschoolofreflexology.com.au/our-courseslicensed-trainers-package/>

# “REFER A NEW MEMBER” PROMOTION

The RAoA has another NEW MEMBER BENEFIT! This is an ongoing promotion commencing January 2020 – for any existing member that introduces a new Associate, Intermediate or Professional Member\* to our Association—YOU, the referring member, will receive a \$50 Merchandise Voucher\* to spend on anything from the RAoA Merchandise range!

All you have to do is ensure the person you refer lets us know **you** referred them at the same time as they submit their membership application!

If the application passes our membership conditions you will receive the credit to spend on merchandise! Conditions of use for the credit are outlined below.

**The Reflexology Association of Australia is the only Association in Australia 100% dedicated to Reflexologists.** We would like to explore new promotions, concepts and activities to strengthen our unique Association and therefore it's important that membership continues to grow. As always, you, our members have every access to the National Office and Directors and your ideas and feedback are important to us (see Footprints page 24 for full contact details of National Office staff and Directors).

\*Membership status conditions apply.

+ Conditions of use apply – refer below.



## Important Conditions of Use

- Your credit is only redeemable for RAoA Merchandise (items permissible to your Membership type) and is non-transferable nor redeemable for cash.
- To redeem your credit, orders must be placed via the National Office direct – 07 3396 9001 or via email/completed current merchandise order form and send to [merchandise@reflexology.org.au](mailto:merchandise@reflexology.org.au)
- Not valid for shopping cart merchandise orders.
- Not valid for Postage/Package/Handling fees.
- This voucher is to be used in one transaction only, no partial credits.
- Existing Merchandise Terms and Conditions apply (see RAoA website for details).
- Offer valid to referrals from private individual members only (not from schools or colleges).
- Valid for **6 months** from date of issue.



# Case study: Reflexology and Periodontitis

By Sue Ehinger

Elise is a 45-year old yoga teacher who leads a busy life managing a home with three children, her yoga classes and her husband's private physiotherapy practice. She presented with chronic periodontitis, a condition that had been diagnosed 15 years before and one her mother had also suffered from.

Her symptoms were typical of this condition – bleeding gums, pain, receding gums and already a loose left third molar. Elise has been told she will eventually lose all her teeth.

**Periodontitis** is a serious infection of the gums that is caused by bacteria that have been allowed to accumulate on the teeth and gums. As it progresses, the bones and teeth can be damaged. However, if periodontitis is treated early and proper oral hygiene is maintained, the damage can be stopped.

It begins with inflammation in the gums known as gingivitis where the gums will bleed when the teeth are brushed or flossed.

In the early stages of periodontitis, the gums recede, or pull away from the teeth and small pockets form between gums and teeth. The pockets harbour harmful bacteria and as the immune system tries to fight the infection, the gum tissue starts to recede. Then bleeding and possibly some bone loss will be noticed.

If left to progress to moderate periodontal disease, apart from bleeding there will be pain around the teeth and gum recession. The teeth will begin to lose bone support and become loose. The infection can also lead to an inflammatory response throughout the body.

In advanced disease, the connective tissue that holds the teeth in place begins to deteriorate. The gums, bones and other tissue that support the teeth are destroyed.

Elise was determined to treat her condition as naturally as possible. She had always been very vigilant with her oral hygiene and despite cleaning and flossing her teeth daily, had been scolded by the dentist at each visit. She would attend the dental clinic every six months to have her teeth cleaned but this was extremely painful and had become traumatic.

## Health history

Elise takes no medication, eats healthily, does yoga daily and swims several times a week. She is seeing a naturopath and plans to use a herbal mouth wash and tissue salts.

**Surgery:** Nasal septum correction. A coronary artery anomaly discovered in utero. Her heart is 30 per cent less efficient as blood is re-routed through an extra blood vessel. Churgstrauss Syndrome, a rare disorder related to blood vessel inflammation.

Despite these serious health issues Elise is an outwardly healthy, energetic, active and positive person. However, two weeks before her first reflexology treatment she came down with a flu-like virus and severe pain in both hips leading to sciatica. Once this pain had subsided she

noticed that her mouth had begun to ache and the molar started to feel loose.

## Treatment approach

For the first two treatments I focussed on facial reflexology concentrating on points relating to the heart and small intestine meridians, mouth and her immune system.

The reasons for this are as follows:

1. In TCM the heart and small intestine meridians are related to the mouth. Each tooth is connected to a meridian pair. The third molar is related to the same two meridians. She also has a congenital heart issue and blood vessel inflammation.
2. Treating the immune system will reduce the inflammation and strengthen her resistance to infection.
3. In facial reflexology there are some very powerful points for the mouth.

For facial reflexologists the protocol was:

- ◆ Heart and small intestine neurovascular points
- ◆ Nerve points – thymus, spleen and mouth
- ◆ Intestinal link – thymus
- ◆ Yamamoto technique – spleen, mouth
- ◆ Homework – nerve points for the spleen and mouth.

From the third session I included foot reflexology focussing on the spine, head zones, jaw as well as areas that related to symptoms that arose during the treatment series. Elise reacted extremely positively right from the first session when she commented that her mouth had not felt as relaxed in 15 years.

## Reactions

Elise came about weekly for the first 11 sessions and thereafter every two weeks to a month apart for four more sessions. As the treatments continued her mouth and jaw became progressively more relaxed and the tightness I could feel on the left side of her jaw gradually reduced. She was noticing a wonderful sense of wellbeing within herself.

Following the first nine treatments she had sometimes really strong and unusual reactions in the order below:

1. Extreme itching on the lateral sides of both feet and a deep ache in her belly for two days, then aching in the lumbar area for two days. An upset tummy and poor sleep that was unusual for her.
2. Itchy feet again; felt unwell for two days. Her mouth felt relaxed for three days.
3. No itching; great feeling of wellbeing. Mouth and jaw much more relaxed – really noticeable now.
4. Feet and legs felt very 'tired'. The tight area in her jaw was much smaller and softer now.
5. Felt quite grounded but also clumsy for a while. Missed her period.

*Continued on page 15*

# Anita Smith wins Trevor Steele Award

South Australian Anita Smith was announced the winner of the RAOA's 2019 Trevor Steele Award which recognises emerging reflexologists.

The late Trevor Steele was a founding member of the Reflexology Association of Australia and in his honour each year a winning student receives the award and \$500 towards further education in reflexology.

RAOA's Education Committee received four nominations in 2019 for the Trevor Steele Award. In Hobart at the AGM, it was announced that Whyalla-based reflexologist Anita Smith had received the award.

Aminya's Principal, Katherine Lloyd and teacher Pamela Nish nominated Anita, acknowledging the high level of dedication she showed. "Anita showed utmost dedication, travelling four hours each way from her home at Whyalla to attend reflexology lectures and classes at Aminya Natural Therapies Academy in Adelaide", her nominators said.

"At the time, Anita had a full-time job during the week and is a mother of two. She has shown great stamina and dedication towards achieving her goal of becoming a professional reflexologist and helping out at the RAOA National Conference in October 2018. She gained her Diploma in September 2018."

Born and raised in Whyalla, Anita worked in retail for 25 years before moving to a natural therapies clinic. "I chose to study reflexology because I loved the treatment," Anita said.

"I worked with a remedial massage therapist who suggested reflexology when I asked what she thought I should study. After the first lesson I knew I had found my calling, I loved it. It was the best decision I have ever made; I just wish I had started it years ago.

"Winning the award is just awesome. I was so shocked! It will enable me to go to the conference in Sydney so I can just keep learning more."



Whyalla's Anita Smith is the recipient of the 2019 Trevor Steele Award.



Case study: Reflexology and Peridontitis ...  
Continued from page 14

6. After the sixth treatment her jaw was relaxed for a whole week.
7. Had a really bad headache for two days but said after that she felt better than ever. Feels very calm.
8. The loose tooth came out. Elise had three warts on the feet, one over the heart reflex. Now they have suddenly disappeared. Her gums are no longer bleeding.

Towards the end of the treatments the family were moving house so it was a very busy and stressful time. Nevertheless her reduced gum symptoms remained stable.

## Conclusion

This has been a very interesting experience for me and a positive result for Elise.

Facial reflexology in particular combined with foot reflexology is an effective treatment to reduce the symptoms of chronic and severe periodontitis.



# Leading Tasmanian reflexology educator retires

Pamela Skeggs, Tasmania's beloved 'mother' of reflexology and head of the Australian Academy of Reflexology and Natural Sciences is retiring, after 27 years of teaching reflexology to hundreds of Tasmanians.

At the age of 85, the unstoppable and unquenchable Pamela is reluctantly stepping down, having decided to sell her school to fellow reflexologists, Lynda Kidd and Susan Archer.

Pamela's careers have included the military – she joined the Women's Army in the early 1950s, seeing things that young ladies of the time would not normally see – and a long period working in administration in the health sector.

In the 1980s she learnt reflexology from Trevor Steele, who would travel to Tasmania from the mainland every six months to teach his few Tasmanian students. Her call to reflexology was 'one of those odd things'.

"I was moving house and found pictures of feet and reflexology charts," she said. "I had no idea what reflexology was and yet one week later, there was an ad in the local paper by a certain Trevor Steele, looking for reflexology students.

"It was hard going in the start," Pamela said. "There was no-one for me to practice with and no teacher in Tasmania to ask things. I just had to practice on family and friends. In my first year of practice, nothing happened! So I took a holiday and when I got back, somehow word spread and soon I was busy."

At Trevor's instigation, Pamela later studied to be a reflexology teacher and nearly three decades ago opened her Academy in Launceston. Since then, she has taught around 300 students, focussed on the practical aspects of reflexology.

She also supported the industry's moves to establish the Reflexology Association, firstly state by state, then nationally.

"Pam is a real blessing for Tasmanian reflexology," fellow educator Sue Ehinger said. "Her passion and commitment founded a vital reflexology community in Tasmania whose love and respect for her is very evident.

"She can retire knowing that her contribution has been well worthwhile."

Celebrations for Pamela's retirement have been held in recent months attended by students past and present.

While a cake, speeches and a gift marked her considerable contribution to the industry, in reality the greatest gift of all is Pamela to our industry in Tasmania. We thank you deeply Pamela, and wish you a happy and fulfilling retirement.



*Pamela celebrating 27 years of her college as she gets ready to step down.*



## Facial reflexology attracts new followers

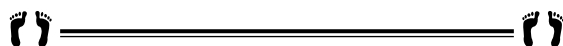


*King Island's Deb Denhy practices her new skills on fellow islander, Anne Love.*

A small group of Tasmanian reflexologists gathered in Tasmania's north in November to learn the basics of facial reflexology. Presented by Sue Ehinger and brought to Tasmania by the Australian Academy of Reflexology and Natural Sciences, the course covered the first module of the facial reflexology system Sorensistem™, developed by Lone Sorenson.

Over two days, participants were introduced to how the techniques were developed, the benefits of this form of reflexology and how to deliver a basic facial reflexology treatment.

Much of the workshop was practical, giving the participants the hands-on skills to begin practicing. All participants spoke highly of the weekend, with many expressing an interest in continuing studies in this field of reflexology.



# Welcome new members

September–November 2019

First Name	Surname	Suburb	State
Emi	Ambrose	Queenscliffe	VIC
Kim	Armstrong	Jindalee	WA
Susanne	Beyers	Duncraig	WA
Pauline	Blat	Elanora	QLD
Jade	Crowden	Devonport	TAS
Deb	Denby	Currie	TAS
Mia	Domin	Adelaide	SA
Sally	Edgerton	Drysdale	VIC
Sally	Harper	Ringarooma	TAS
Debbie	Helm	Riverdale	WA
Katherine	Jones	Bacchus Marsh	VIC
Rie	Juknatis	Cairns	QLD
Frank	Koster	Margaret River	WA
Belinda	McMahon	Bedford	WA
Sheryn	Morton	Newnham	TAS
Sarah	Nicholls	Applecross	WA
Pauline	O'Hara	Westcourt	QLD
Sarah	Pieters	Bibra Lake	WA
Kimberley	Vaughan	Maddington	WA
Pamela	Werner	Brighton East	VIC
Paula	Whitham	North Coogee	WA

## Reflexology New Zealand — 2020 Conference

**Save the Date: Friday 26th–Sunday 28th June 2020**

Venue: Quality Hotel, 10–20 Gladstone Road, Parnell, Auckland  
<http://www.theparnell.co.nz>

Accommodation Costs from \$173 /night (sleeps 2)  
 to \$255 night (sleeps 4 plus has a kitchen)  
 Quote reference 3792195 with hotel directly

Post Conference Workshops with Sam Belyea  
**Mon 29th and Tues 30th June**

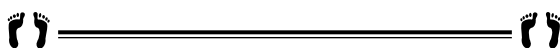


For conference details contact:  
 Steph Gowan +64 21 287 7400

Email: [gowan@xtra.co.nz](mailto:gowan@xtra.co.nz)

Alison Cross +64 21 246 7106

Email: [alisoncrossreflexology@xtra.co.nz](mailto:alisoncrossreflexology@xtra.co.nz)



**The 2019 FootPrints CPT Quiz is now available from the RAoA website and this year it can be completed by downloading the paper questionnaire OR ONLINE! At just \$20 to participate, our FootPrints CPT Quiz is a simple and inexpensive way to earn up to 5 CPT points.**

The Quiz has been developed for you to refresh and extend your knowledge by having a good re-read of our national FootPrints journal. The questions will cover the January, April, July and October 2019 Footprints editions. If you cannot locate your copies, please contact the National Office to request the missing editions be emailed to you.

To access the quiz, login to the RAoA website and click the first button on the Members Home page. The process will be very simple, if you wish to complete the paper version of the quiz follow the numbered steps to download, print, complete and return your entry. To complete it online, follow the numbered steps to complete and pay for your quiz fully online which is setup in a similar process to completing an online workshop registration followed by payment options including credit card.

The multiple choice and true/false questionnaire format is easy to complete and makes for a fast marking process at National Office, meaning our marking turnaround should be even faster than last year. We will endeavour to return your quiz results within a few weeks upon receipt of your quiz and payment.

**The closing date for participation is 31 March 2020.** Please ensure you complete your quiz online before this date or if using the paper method you will need to post your completed paper to National Office well before this date so it arrives in time. Payment is required at time of lodgement and Quizzes received after this date will not be marked.

The Quiz falls into Activity 9 of the current CPT Program and if you answer all questions correctly you will gain 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](mailto:membership@reflexology.org.au) or [cpt@reflexology.org.au](mailto:cpt@reflexology.org.au)

Good luck everyone!—CPT Committee



## Association awards

Life Membership	Outstanding Achievements			
<b>NSW</b> Sue Ehinger Graeme Murray Cherel-Sue Waters Judee Hawkins	Ronda Mackay Judee Hawkins 2009 Ann Jooste Jacobs 2009 Misha Frankel 2010 Joan Harwood 2010 Jan Cullen 2014	Stephen O'Rourke Sarita Atkins	2017 2017	
<b>QLD</b> Heather Edwards Sharon Stathis Tissa Hennig Dianne Yaxley Joan Boardman Smith <i>(deceased)</i>	Don Stretton Julie Bidwell Jan Williams 2006 Glenda Hodge 2007 Ian Gilbert Miranda Mann 2007 Irene Bull Patricia Maclean Margaret Coventy 2008 Catherine Lee 2008 David Wong 2008	Claire Siertsema Jan Kiss John Zurfluh Sonia Bailey Kate McKnight Sue Brooking Catherine Lee Helen Adendorff Kate McKnight Vera Emmi	2009 2009 2010 2011 2011 2013 2014 2015 2015 2016	
<b>SA</b> Joyce Lockett Rosemary Urban <i>(deceased)</i> James Flaxman Susan Ramsay	Suzanne Pfizner Susan-Jean Ramsey 2006 James Flaxman 2008 Marg Rowett 2011 Pauline Trent 2014			

Life Membership	Outstanding Achievements			
<b>TAS</b> Pamela Skeggs	Lorna Menzies 2010 <i>(posthumously)</i> Gaylene Webb 2011 Vicki Delpero 2011 Shirley Lawson 2012 Sarah Blain 2013 Lynda Kidd 2018			
<b>VIC</b> Dee Leamon Carol McBain Josie Magazzu <i>(deceased)</i> Marion Bond Trevor Steele <i>(posthumously)</i> Emma Gierschick	Natalie Baker 2006 Marion Bond 2008 Samantha Langridge 2010 Karen Fothergill 2010 Helen McCallum 2010 Dani Singer 2010 Anne Cooper 2013	Lyn Fava Yve Frankcombe Anne Hilarius-Ford	2013 2017	
<b>WA</b> Keith Solomon Brigitte Johnson Lynn Hatswell	Patrica Bell 2006 Flora Toft 2006 Gladys Duncan 2006 Chris Aubrey 2007 Des Bradley 2007 Lis Anderson 2007	Mairread Spooner Catherine Chandler Judy Moyes Dot Neems Carol Lee	2008 2008 2011 2017 2017	

## Past Presidents of the Reflexology Association of Australia



Name	From	To
Brigitte Johnson	2002	July 2003
James Flaxman (Acting)	July 2003	September 2003
Jan Williams	September 2003	September 2004
Emma Bettles (Gierschick)	September 2004	July 2007
Libby Stark	July 2007	July 2009

Name	From	To
Anne Young	July 2009	March 2011
Susan Ramsey (Acting)	March 2011	July 2011
Heather Edwards	July 2011	July 2014
Sonia Bailey	July 2014	October 2017
Susan Ramsey	October 2017	present



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# First steps towards rural reflexology

By Ines Zimmerman

If you'd told me 13 years ago that I'd be studying Clinical Reflexology in Western Australia I would have heartily laughed you off. But here I am: living in a tiny rural south west town called Boyanup whilst having fun with a most wonderful group of reflexology trainees in Perth once a week; plus doing heaps of case studies at the moment!

Originally I'm from Switzerland and met my future (and also Swiss) husband in Perth whilst studying English in Fremantle. He was offered a job in Bunbury (200 km south of Perth) and he asked me if I wanted to come along. I did and landed in a country full of sun, beaches, bush, quirky animals and open-hearted people. Finding my feet in 'Oz' wasn't easy as I had left a promising career as a journalist at home. Migrating to Australia meant that I had to start my life again.

Finding a job, finding friends, finding hobbies and fulfilment. A rocky path indeed.

Yoga gave me some solace during times of despair and soon led me to two yoga teacher training courses in Perth and Byron Bay. They were followed by a busy teaching schedule around WA's south west. Two years ago I started Boyanup Yoga with the generous help of the local primary school. It has turned into a popular Tuesday night community gathering, with willing Yogis who love to share the latest rural news whilst doing stretches and relaxation.

My interest in deepening my knowledge about bodywork and movement took me into completely new territory: feet!

Why I enrolled in Clinical Reflexology is still a mystery to me but I think it may have been that famous (or infamous??) 'tap on the shoulder' which led me to do so; plus the job I held at the time which I disliked and planned to leave sooner or later. Teaching yoga doesn't pay bills though, so there needed to be something additional, and why not reflexology?

Karen and Hollie from Perth School of Reflexology were

very welcoming. It was an easy decision to sign up for their course. Driving to Perth, a 400 km return trip every Tuesday with a 4am start proves to be the hardest. The squeeze through Perth's early morning and afternoon traffic can be quite painful, especially for a rural egg like me.

However, the very welcome reflexology treatment given by one of my peers in class, the interesting topics we cover in class and the overall supportive vibe we foster in our group makes up for it. Mid November 2019 we celebrated our 'half-way-through-the-course marker' and we decided in unison that we'd miss the Tuesdays from April 2020. A good reason to start planning now for the reunions!

So, how does reflexology 'fit' a former journalist with a background in horse training and extensive travels in younger years? Pretty good I must say. I like the simplicity of it. A stool, a cushion, cream, a bit of paperwork and my little old Corolla and I'm off into the bush, attending to the hard working feet of farmers' wives, local yoga students or people with disabilities and/or recent surgeries.

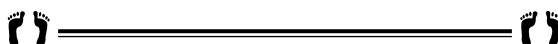
I'm still very much a fledging to-be-clinical reflexologist but already can see (and feel) the difference I make in these people's lives. I hold a deep enthusiasm and passion to build on this, to create an affordable rural mobile reflexology service whilst connecting to generations young and old.

A former volunteer at Riding for the Disabled Southwest where clients and colleagues gave me back so much over the years I was there, I am now looking into the possibility of offering voluntary services to Western Australia's Solaris Cancer Care Foundation in Bunbury once I'm qualified.

And all the while there's my ever supportive husband Arthur. Without him I couldn't do this. He patiently listens to his wayward wife's stories of other people's feet and lets her do foot 'things' he cannot fully understand for him and his mates! So, reflecting on it all, I'd say it's a solid foundation which will help me promote reflexology beyond WA's south west for sure.



*Reflexology student Ines Zimmerman and her supportive husband, Arthur.*



# What makes our members tick?

*In each issue of FootPrints, we invite members to tell us a little about themselves. In this issue we chat to newest Director, Lyn Fava.*

**Lyn Fava, Victoria, Board member**

## 1 What drew you to reflexology?

I had never heard of reflexology until I went to a *Massage for Care-Givers workshop*. Our teacher Trevor Steele had mucked up his calendar and due to the inconvenience, offered an additional workshop at no charge. Trevor asked us if we would like to learn a little about reflexology. I thought he meant reflexes, thinking that would be interesting!

Well was I in for a delightful surprise ... I loved this reflexology! I had been working out what to study next ... and as it happened, by coincidence (or divine intervention) Trevor was the Principal of the Australian School of Reflexology and Relaxation. The course was commencing the next weekend ... all perfect. I jumped in with both feet. And so the journey began and I have never looked back since.

## 2 Where do you live and work?

I now live in Brooklyn, Victoria. I have a private home practice; an aged care reflexology agency and I work (well play really) at the Australian School of Reflexology and Relaxation.



## 3 What grounds you?

Every morning I write my gratitude journey, set intent and ask for assistance from all in spiritual and sentient worlds who love and support me to assist me with all that is required of me today, in line with my soul purpose. I write a to-do list, to get it out of my head. I light a candle and reflect on *soul cards*.

## 4 What other modalities do you practise?

Reflexology only, all else I learn is integrated into a reflexology session.

## 5 What's important advice for a new reflexologist starting out?

Explore WHY you are doing reflexology. Remember the first time you gave a reflexology session and facilitated change in a person's life. Then if all else feels like it is failing, go back to basics and "do" a pair of feet.

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Irene Tasho, New Principal, Australian School of Reflexology



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### Courses with Sue Ehinger

Facial Reflexology  
1 & 2

March 20-23



Japanese Cosmo  
Face Lift

June 13 & 14

Using TCM  
with Reflexology

June 20 & 21

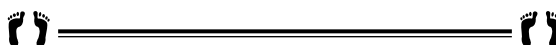
• FOR MORE INFORMATION CALL (+2) 9449 6161 • [www.reflexologyaustralia.com](http://www.reflexologyaustralia.com) •

# 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—  
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2020	PRESENTER	TITLE	LOCATION/CONTACT
January 12	RAoA WA Branch	EPE and Social Picnic 9:30am–12:30pm	Perth, WA Jo Siggs: <a href="mailto:soleattention@bigpond.com">soleattention@bigpond.com</a>
February 5 and 6	Lee Anthony Taylor	Effective Reflexology™ Two 1 day workshops See advertisement for details	Melbourne VIC Lyn Fava: <a href="mailto:info@asrr.com.au">info@asrr.com.au</a> 0412 353 385
February 9	RAoA SA Branch	Branch Meeting and Workshop Day	Brompton (TBC), SA Information and registrations via Branch newsletter or contact National Office for flyer
February 23	John Kirkwood – RAoA National Workshop	“Acupressure for Digestion and the Immune System”	Launceston, TAS Information & registrations online RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
February 28–March 1	RAoA Qld/NT Branch	Brisbane Mind Body Spirit Volunteers Needed	BCEC, Southbank, Brisbane Emma: 0423 258 223
March 12–15	RAoA NSW/ACT Branch	Sydney Mind Body Spirit Volunteers Needed	ICC Darling Harbour Sydney Natasha: <a href="mailto:tashreflexology@hotmail.com">tashreflexology@hotmail.com</a>
March 14	John Kirkwood – RAoA National Workshop	“Acupressure for Digestion and the Immune System”	Brunswick, Melb. VIC (2 dates available) Information and registrations online RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
March 15	John Kirkwood – RAoA National Workshop	“Acupressure for Digestion and the Immune System”	Brunswick, Melb. VIC (2 dates available) Information and registrations online RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
March 20–23	Sue Ehinger	Facial Reflexology 1 & 2	Contact: Irene Tasho Australian School of Reflexology 02 9449 6161 <a href="http://www.reflexologyaustralia.com">www.reflexologyaustralia.com</a>
March 21	RAoA WA Branch (Bunbury/SW Region)	Branch General Meeting and Study Day	Myalup, WA Contact: Monique 0474 434 377 or <a href="mailto:moniquevandening@yahoo.com">moniquevandening@yahoo.com</a>
March 22	John Kirkwood – RAoA National Workshop	“Acupressure for Digestion and the Immune System”	Spring Hill, Brisbane, QLD Information and registrations online RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
March 29	John Kirkwood – RAoA National Workshop	“Acupressure for Digestion and the Immune System”	Crows Nest, Sydney, NSW Information and registrations online RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
May 17	RAoA SA Branch	Annual Branch Meeting (ABM) and workshop Day	Brompton (TBC), SA Information and registrations via Branch newsletter or contact National Office for flyer
June 7	RAoA Qld/NT Branch	Annual Branch Meeting (ABM) & Workshop Day	Wynnum (Brisbane), Qld Information and registrations online April 2020 RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
June 7	RAoA WA Branch	Annual Branch Meeting (ABM) & Workshop Day	Date TBC Information and registrations online April 2020 RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
June 13 and 14	Dr Lyndall Mollart	Maternity Reflexology 1 See advertisement for details	Melbourne VIC Lyn Fava: 0412 353 385 <a href="http://www.asrr.com.au">www.asrr.com.au</a>
June 26–28	Reflexology New Zealand	2020 NZ Annual Conference	Parnell, Auckland NZ For conference details contact: Steph Gowan: <a href="mailto:gowan@xtra.co.nz">gowan@xtra.co.nz</a> or Alison Cross: <a href="mailto:alisoncrossreflexology@xtra.co.nz">alisoncrossreflexology@xtra.co.nz</a>
June 28	John Kirkwood – RAoA National Workshop	“Acupressure for Digestion and the Immune System”	Brompton, Adelaide, SA Information and registrations online RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
July 26	John Kirkwood – RAoA National Workshop	“Acupressure for Digestion and the Immune System”	Redcliffe, Perth WA Information and registrations online RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
August 23	RAoA Qld/NT Branch	Branch Meeting & Workshop Day	TBA (Brisbane), Qld More information available closer to date
October 16–18	RAoA National Conference	International Speakers: • Lynne Booth (UK) • Sue Ricks (UK) • Janice Hill (NZ)	Darling Harbour, Sydney NSW Information and registrations online at <a href="https://nationalconference.reflexology.org.au/">https://nationalconference.reflexology.org.au/</a> or click the ad on the RAoA website
14–16 and 19 to 21 October	Pre and Post 2020 Conference Workshops	See article in this issue of FootPrints. More information coming in next FootPrints	Location of venues and contacts to be advised.



# BRANCH NEWS



## NEW SOUTH WALES/ACT



Happy New Year! Can you believe that the NSW branch has been meeting every month without fail for 30 years this year? The founding committee had their first meeting on 1 November 1990 and I'm pleased to say we still have some of those original members as an active part of our branch. I want to thank every member that has helped over these 30 years. Many hands make light work and I feel very blessed to have a committee around me that all do their part towards making the branch run smoothly.

What better way to celebrate 30 years than to register to attend the 2020 National Conference on 16–18 October at the Novotel, Darling Harbour. Registrations are open now so why not sign up and know that you have secured

your spot. We only have limited spaces available so make sure you join us for what's going to be an amazing weekend of celebrations and education. Did you know that if you attend the conference you get your full 20 CPT points for the whole year?

We start 2020 with our first general meeting on Tuesday 18 February at Crows Nest Community Centre at 7pm. This is earlier than scheduled due to requests from members. We also have our volunteer event *Mind Body Spirit Festival* happening in early March. If you want to volunteer and get some CPT points at that event on 12–15 March 2020 please email Natasha Randall early on: [tashreflexology@hotmail.com](mailto:tashreflexology@hotmail.com)

Karen Riley

## TASMANIA



As I write this your Tasmanian Committee members have been breathing a sigh of relief that the Hobart National AGM event in October was a success, with 24 people attending the workshops over the weekend plus a couple more coming just for the AGM. Everyone seemed to enjoy the sessions from our locally based presenters. There was a good turnout from our local members as well as members attending from Queensland, South Australia, New South Wales and Victoria, making it a great opportunity to meet members from other states. Of course, the Board members and presenters were also mingling in the breaks and at dinner on Saturday night.

Our November branch meeting was cancelled due to low numbers. This was to be expected given the close timing of the October AGM event and a competing, privately organised, reflexology CPT event held in November at Poatina. Thank you to all those who *RSVP'd* so that the

venue booking could be cancelled in good time.

It has been confirmed that the national workshop: *Acupressure for Digestion and the Immune System* will go ahead so our February meeting will be held in Launceston on Saturday evening 22 February prior to the workshop scheduled for Sunday 23 February. Please join us for an informal networking dinner in conjunction with the meeting even if you're not planning to do the workshop—all welcome and venue to be advised.

The acupressure workshop will be presented by John Kirkwood and Tassie will be the first one. John has been teaching and practising acupressure for 35 years and runs a clinic in the Adelaide Hills. **Early Bird** for the Launceston workshop **closes 22 January** so be sure you don't miss out.

Sarah Blain

We have been planning for a *Self Care to Share* day in December. Dee Leamon spoke about *Practical Spirituality*, Margaret McConville talking about *Aromatherapy for Reflexologists* and myself talking about the *Power of Positive Thought*. Things for our own self care and to share with our clients.

We welcome our new Director for Victoria Lyn Fava, the Principle of the Australian School of Reflexology and Relaxation. This has allowed our working party group to become a committee.

Thanks to Maureen Wilson our events coordinator/secretary, Sue Whittaker our Branch Administration



## VICTORIA

Assistant and Nikki Reynolds for helping to sort through some reflexology research.

Christine Champion ran a very successful Seniors Month activity with practitioners Libby Ozolins, Amanda Barnett Wood, Nikki Reynolds, Robyn Chau, Mary Ann Ellul and Kath Murphy. Thank you all for your time and contribution. There was a great response from seniors, many coming from rural areas having booked in advance and very keen to return next year.

Congratulations to Sam Langridge for her National Recognition Award for her significant contribution and tireless support to the development and growth of our association and reflexology in Australia.

Cate Brown



## QUEENSLAND/NORTHERN TERRITORY



Queensland/Northern Territory Branch ended 2019 with a *Face and Neck AcuPoint Workshop* presented by Vera Emmi. Vera taught us the acupressure points of the head and neck and how to use them as part of a routine or incorporated into our reflexology treatments, assisting with various conditions. The workshop was very well received by all the attendees and a great opportunity to learn a new skill while also receiving a treatment in the course of our practical training. Secret Santa was again a popular addition to the program.

Planning is well underway for the *Mind, Body and Spirit Festival* in Brisbane at the end of February. The local QLD branch members work hard over these three days to present attendees the opportunity to experience reflexology. The sessions are always well attended and this event has proven to be a valuable source of revenue for

the RAOA to help fund services to members. Many thanks to Emma, our Events co-ordinator, and the events sub-committee and all our volunteering members.

Our bi-monthly *Reflexology in the Park* organised by Emma is becoming more popular with the public and another great way to showcase reflexology to the public. If you wish to partake in this event, please contact Emma Pavey.

Members are already making plans to attend the National Workshop, *Acupressure for Digestion and the Immune System* in Brisbane on 22 March, and the National Conference in Sydney this October.

We extend our best wishes to all our colleagues and wish you peace and happiness throughout 2020 and beyond.

Suzanne Jewell

WESTERN AUSTRALIA  
Hello from WA. In October, WA branch had a stand at the Conscious Living Expo which was held over three days. We had a small number of enthusiastic volunteers who set out to show the folk of WA how wonderful reflexology is. The booth looked great and although the expo was a little on the quiet side compared to previous years, we still managed to have a steady stream of business and everyone enjoyed themselves. Expos are always a lot of work and I would like to thank everyone who volunteered and made the expo possible; these events don't happen without the support of our dedicated members. A special mention to Jan Round and Jo Flynn who both spent many hours at the venue over the three days.

A study day was planned for January 12. We held a half day networking/practicum exchange at Perth's beautiful



Kings Park. The plan was to have a more relaxed time after the holiday season and learn tips and tricks from each other.

The South West branch has been very busy organising a study day to be held on 21 March. *Harmony in Referring* promises to be a fun and informative event covering modalities we can refer to which complement reflexology. With many speakers already secured in Kinesiology, sound meditation, crystal point therapy, bush flower essence and lymphedema, it's a not-to-be-missed mini expo in our beautiful south west of WA. If you are in WA at the time, don't miss out, come and join us.

Summer is here and it's time to slap on some sunscreen, relax at the beach and enjoy the sunset over the ocean; if you can have some reflexology at the same time, then life is perfect.

Joanne Siggs

SOUTH AUSTRALIA  
New Year's greetings from South Australia! We concluded a busy and information-filled 2019 when our SA Committee and members gathered at Bert Heister's home for our final SA Branch Meeting. Anita Smith was congratulated on receiving the Trevor Steele Award for further education in reflexology and this was followed by a presentation by Marie Steinke on Louise Dennison's Zen Reflexology workshop and a welcome practitioner exchange.

2020 is looking like it will be another exciting and information-filled year for SA reflexologists, beginning with our first meeting on 9 February at 19 on Green, Brompton, when we will learn how to make our own reflexology balm and hear about the experience of working as a volunteer



reflexologist at a Cancer Centre from two of our members, followed by a practitioner exchange.

Our next meetings and workshops will be on 17 May (ABM) and on 28 June, when John Kirkwood will present a workshop on *Acupressure for Digestion and the Immune System*. Information and registrations for this are on the RAOA website. On 12 September we will be going to Whyalla and 22 November we are having our Christmas get-together at Bert Heister's home. Details of these meetings will be in future editions of FootPrints, so put the dates in your diaries now.

We look forward to our continued learning and professional development in reflexology in 2020.

Elaine Tscharke

# FootPrints Journal

ISSN 1039-2092

Published by the Reflexology Association of Australia, Limited

## SUBSCRIPTIONS AND ADVERTISING

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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

Tiziana Hill

Email: [footprints.articles@reflexology.org.au](mailto:footprints.articles@reflexology.org.au)

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### Desktop Publisher

Margaret Clift

Email: [margclift@gmail.com](mailto:margclift@gmail.com)

### Attention contributors to FootPrints

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

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

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

## 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)

### Branches

<b>NSW/ACT</b>	Chairperson: Karen Riley Phone: 0415 657 251 Email: <a href="mailto:heartcentrednaturaltherapies@gmail.com">heartcentrednaturaltherapies@gmail.com</a> Secretary: Janet Burgess Phone: 0410 595 702 Email: <a href="mailto:jburgess21@gmail.com">jburgess21@gmail.com</a>
<b>QLD/NT</b>	Chairpersons: Eb Smith Phone: 0407 582 286 Email: <a href="mailto:workingwithsoles@gmail.com">workingwithsoles@gmail.com</a> Vera Emmi Phone: 0407 599 953 Email: <a href="mailto:hbhs08@hotmail.com">hbhs08@hotmail.com</a> Secretary: Bridget Allison Phone: 0414 906 110 Email: <a href="mailto:bridget@baysidereflexology.com.au">bridget@baysidereflexology.com.au</a>
<b>SA</b>	Chairperson: Pamela Nish Phone: 0421 648 790 Email: <a href="mailto:pamelanish@hotmail.com">pamelanish@hotmail.com</a> Secretary: Amanda Wilson Phone: 0433 343 790 Email: <a href="mailto:amanda.wilson8@outlook.com">amanda.wilson8@outlook.com</a>
<b>TAS</b>	Chairperson: Sarah Blain Phone: 0427 261 710 Email: <a href="mailto:smblain@bigpond.net.au">smblain@bigpond.net.au</a> Minute Secretary: Sally Stubs Phone: 0439 750 168 Email: <a href="mailto:sas.7@live.com">sas.7@live.com</a>
<b>VIC</b>	Chairperson: Cate Brown Phone: 0408 209 718 Email: <a href="mailto:catharinebrown61@gmail.com">catharinebrown61@gmail.com</a> Secretary: Maureen Wilson/Catharine Brown Phone: 0427 355 525 Email: <a href="mailto:mmwilson@netcon.net.au">mmwilson@netcon.net.au</a>
<b>WA</b>	Chairperson: Joanne Siggs Phone: 0417 817 373 Email: <a href="mailto:soleattention@bigpond.com">soleattention@bigpond.com</a> Secretary: Kristie Frean Phone: 0433 777 211 Email: <a href="mailto:admin@kineticreflexology.com.au">admin@kineticreflexology.com.au</a>

### Branches

If there has been a change in the above directory, kindly email Tiziana Hill, [footprints.articles@reflexology.org.au](mailto:footprints.articles@reflexology.org.au)

## Board of Directors 2019–2020

Please know that Directors can be contacted to clarify concerns

### President and WHS:

Susan Ramsey (SA)

[president@reflexology.org.au](mailto:president@reflexology.org.au)

0417 855 931

### Other positions:

**CPT:** Catherine McIver (WA)

[cpt@reflexology.org.au](mailto:cpt@reflexology.org.au)

0411 453 301

**Education:** Maxine Blanchard (NSW)

[education@reflexology.org.au](mailto:education@reflexology.org.au)

0459 251 786

### Research and Promotions:

Lyn Fava

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[promotions@reflexology.org.au](mailto:promotions@reflexology.org.au)

0412 353 385

### Finance and Admin:

Alison Torre

[finance@reflexology.org.au](mailto:finance@reflexology.org.au)

0406 144 517

(Non-Director position):

**Governance, Company Secretary and Webmaster:**

James Flaxman (SA)

[webadmin@reflexology.org.au](mailto:webadmin@reflexology.org.au)

0403 160 367

## National Office Admin Staff Contacts

PO Box 253,

Wynnum Central, QLD 4178

Hours open:

Monday–Thursday 10.00am–4.30pm

Phone: 07 3396 9001 or 1300 733 711

**Membership and Administration—**

Michele Jalland (staff)

[membership@reflexology.org.au](mailto:membership@reflexology.org.au)

[admin@reflexology.org.au](mailto:admin@reflexology.org.au)

**Accounts, Merchandise and Advertising—Vera Emmi (contract)**

[accounts@reflexology.org.au](mailto:accounts@reflexology.org.au)

[merchandise@reflexology.org.au](mailto:merchandise@reflexology.org.au)

[marketing@reflexology.org.au](mailto:marketing@reflexology.org.au)

# Acupressure for Digestion and the Immune System

RAoA 2020 National Workshop—book on-line NOW!



## One (1) day workshop—8 CPT RAoA Activity 1 (8 hours)

Acupressure releases tension, increases circulation, reduces pain, detoxifies, boosts the immune system, balances body energy and assists in improving general wellbeing, therefore working very well with Reflexology. The combination of using both will enhance the results of your reflexology treatment. Acupressure can also be used with Remedial Massage, Bowen and/or Shiatsu, other hands-on modalities, and/or on its own. Members and non-members are encouraged to attend this workshop.

Conditions of the digestive system and the immune system are common presentations and the cause of many ailments and health conditions. This has become more evident in today's society.

In this one day Theory and Practical workshop you will learn acupressure points on different parts of the body including head, torso, back, legs and feet, arms and hands as well as treatment patterns to address common digestive disorders and how to treat issues of the immune system from the Five Element perspective.

### 2020 dates: Early Bird \$220 RAoA members and \$240 for non-members

Launceston – Sunday 23 February

Early Bird until 22 January

Melbourne 2 dates – Saturday 14 or Sunday 15 March

Early Bird until 9 February

Brisbane – Sunday 22 March

Early Bird until 19 February

Sydney – Sunday 29 March

Early Bird until 26 February

Adelaide – Sunday 28 June

Early Bird until 27 May

Perth – Sunday 26 July

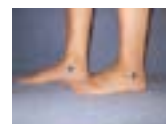
Early Bird until 24 June

### The day begins with a theoretical overview—1.5 hours

The complex system that is Chinese medicine has a different view of the human body from that of western medicine. These differences need to be understood and appreciated in order to treat in a holistic way and not just to alleviate symptoms. See website for full details.

### Practical—Acupressure for Digestion—3 hours

In this segment you will learn the specific differences between the Chinese medicine and the western views of the processes of digestion and how to treat conditions such as constipation, diarrhoea, nausea, vomiting, indigestion, reflux, bloating, gas, poor assimilation and eating disorders. See website for full details.



### Practical—Acupressure for the Immune System—3 hours



In the final segment you will learn how Chinese medicine recognises that all of the internal organs play a role in immunity, and how to specifically support the Triple Heater, Lung, Spleen and Kidney. See website for full details.



**About the Presenter: John Kirkwood** has been practising and teaching acupressure for 35 years. Originally trained in Jin Shin Do Bodymind Acupressure in California, he went on to study with a range of teachers of bodywork and acupuncture before returning to Australia to practise and teach his own style of Five Element Acupressure. John now teaches in five states while maintaining a clinic in the Adelaide Hills. He is the author of two books published by Singing Dragon Press: *The Way of the Five Elements* and *The Way of the Five Seasons*.



For additional information about this workshop visit the RAoA website  
<https://reflexology.org.au/adis-info>

# 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:**

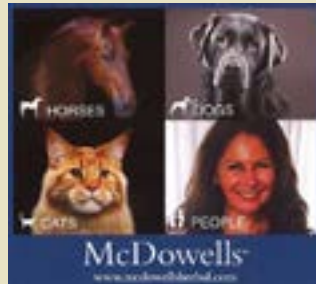
- Maintaining a viable and sustainable association.
- Maintaining high levels of training and qualifications.
- Promoting awareness, understanding and usage of reflexology in the general community and the health sector.
- Providing a professional support structure for members.
- Representing and advocating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

## Have you heard about our newest member benefits?



NSW | QLD | VIC | WA

RAoA members receive a 15% discount off the recommended retail price of HTLAID003 First Aid and HLTAID001 CPR Training Courses. Login to the RAoA website for further information



McDowells offer RAoA Members a special practitioner discount pricing of 10% off ALL their products (people and pets). Purchase these products for your own purpose and/or become a re-seller in your own clinic.



RAoA Members receive a very generous discount (cheaper than practitioner pricing) off all products when shopping on the Caronlab/ Hydro2Oil website – massage oils, gels and creams, clinic accessories, disposable and hygiene products.

Login to the RAoA website: [www.reflexology.org.au](http://www.reflexology.org.au) and visit the Member Benefits page to learn more (login required to access discount codes and links)

## INSIDE THIS ISSUE

From the President's desk	1	Case study: Reflexology and Periodontitis	14
Report of RAoA Board Meeting	2	Anita Smith wins Trevor Steele Award	15
Hobart hosts AGM weekend	2	Leading Tasmanian reflexology educator retires	16
RAoA recognises Samantha Langridge	3	Welcome new members	17
RAoA 2020 National Conference	4	<i>FootPrints</i> Quiz	17
Feature: Touching lives—reflexology for clients with cancer	5	Association awards	18
Feature: A case study from Adelaide's Cancer Care Centre	5	Past Presidents	18
Features: Cherry's story and Renee's story	6	First steps towards rural reflexology	19
Feature: Research on reflexology and cancer	6	What makes our members tick?	20
Feature: Cancer care CPT opportunities	7	CPT Education and World-Wide Conferences	
Feature: The SIO 16th International Conference	8	Calendar of Events	21
Refer a new member promotion	9	Branch News	22
	10	FootPrints—Contacts, deadlines, advertising	24
	13	RAoA contact details—Board, Branch, National Office	24