

# FootPrints

The Journal of the Reflexology Association of Australia



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

April 2025

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# National AGM

Keep this date free:

18 October 2025

via Zoom



Thank you to all who travelled to Geelong for the very successful 2024 AGM.

We know that cost of living is high, so we have decided to run the 2025 AGM via Zoom to save you travel and accommodation expenses this year. We are currently talking to an interesting presenter to follow the AGM. Testing is planned via the new website walk through to gauge our ability to present this over the internet.

Tito Pignetti will present “Foot mobilisation better feet, better body, better life”.

Further information will be provided as arrangements are finalised.

# From the Chair's desk



Summer has just finished and autumn has begun. Our thoughts go out to everyone who has been affected by the devastation of Cyclone Alfred.

Since my last report Debbie Helm, the WA Director, has resigned due to family circumstances. I am currently finalising the engagement of a new WA Director, and she is due to commence her induction shortly. We also lost one agent due to family circumstances, however, due to the administration's introduction of succession planning, it has not been as difficult as in the past.

There are only two items on our list which are preventing us from going live on the website, and we hope to resolve these soon. Two months ago, it was twelve. The website committee has given a Zoom session on how to navigate the new website and this has been sent to all members.

The new name badges are proving very popular, and the turnaround is excellent. Once the order and payment have been received, the manufacturer will post them to your address. Members have been receiving them within a week. No longer do we need to wait until there is an order of five before we can place the order.

The Board has decided that AMs can have a badge with their name on it but without an RAOA logo. We have also sourced a company who can provide us with a polo shirt and a logo embroidered onto it. You will be able to order online through merchandise, and payment will include registered post. Once the order is placed it will be sent to you after two weeks. The best thing about this company is that we no longer need to keep a supply of different sizes, which may never be sold.

## Natural Therapies Review

The Therapies Review Committee held their last meeting on 10 December 2024 and this was followed by the final Stakeholders Meeting (representatives of the modalities being reviewed) on 13 February this year.

The head of the committee Dr Michael Kidd still needs to complete the final review. The draft document and recommendations were discussed. When this is finalised, the report will be given to the Minister to consider the recommendations. There is a Subordination regulation to remove any rules which have previously been imposed to prevent a service for a fee provided by the health fund. It does not have to go through Parliament, so we don't have to wait until they re-sit (in March 2025).

If there are recommendations to rejoin a health fund, there is a process that takes place. Individual insurers will have to make a statement as to whether they will accept to pay the benefit. The commencement date for this could take several months as there is a lot of paperwork involved.

The outcome in summary will be published on the Department of Health and Aged Care website, Natural Therapies Review 2025. Evidence and the final report will be published later. Stakeholders will be notified after there is a Ministerial decision. I will advise members when this is available to view.

Thank you all for your patience during this difficult time while we transform the administration of the Association and develop a new website to serve you all better and which will also reduce some of the complexities of administration that have existed in the past. I hope you will be able to see the fruits of the labour required to get to this point, before the next edition of *FootPrints*.

*MA Steinke*  
Marie Steinke



April 2025

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Front cover – Photo by Keri Wood. The image of the feet was painted to help those with special needs find their way.

# ADHD and The Five Elements: A new perspective on treatment

by Stella K



## The Five Elements: A foundation for understanding ADHD

For thousands of years, Traditional Chinese Medicine (TCM) has recognised that health is not just about physical symptoms—it's about balance. The Five Elements—Wood, Fire, Earth, Metal, and Water—form the foundation of this philosophy. They don't just represent nature; they reflect personality traits, emotions and even patterns of imbalance in the body and mind.

In TCM, the Five Elements act as the “psychology” of disease. Each element corresponds to certain emotions, strengths and weaknesses. When in balance, they contribute to health and well-being. When out of balance, they can manifest as stress, emotional challenges and even physical symptoms. This holistic framework provides a unique way to understand ADHD (Attention Deficit Hyperactivity Disorder) and ADD (Attention Deficit Disorder)—not as a one-size-fits-all diagnosis, but as an imbalance that looks different in each individual.

By identifying a person's dominant element, we can tailor treatments and interventions to support their natural tendencies rather than suppress them. Instead of forcing a rigid ADHD treatment model on everyone, this approach acknowledges that different people need different tools for success.

## The Five Elements and their influence on ADHD

### Wood: The driven visionary

- ◆ **Characteristics:** Bold, ambitious, energetic, always striving for growth
- ◆ **Emotions:** Anger, frustration when blocked; determination when balanced
- ◆ **Challenges in ADHD:** Restlessness, impulsivity, difficulty with patience
- ◆ **Strengths:** Quick thinker, goal-oriented, thrives on movement and challenge.

A child or adult with strong Wood energy needs freedom to move and explore. They learn best through action and hands-on experiences. When unbalanced, they may become aggressive, rebellious or easily frustrated. Telling a Wood-dominant child to “sit still and focus” may feel like a punishment rather than a solution.

### Fire: The charismatic leader

- ◆ **Characteristics:** Enthusiastic, social, expressive, emotionally intense
- ◆ **Emotions:** Joy and excitement; when imbalanced, they may experience anxiety or overstimulation
- ◆ **Challenges in ADHD:** Impulsivity, mood swings, sensory overload
- ◆ **Strengths:** Quick-witted, creative, excellent at connecting with others.

Fire types love excitement and thrive in stimulating environments. However, too much stimulation can lead to emotional meltdowns or hyperactivity. A Fire-dominant child in a traditional classroom may struggle with boredom, leading to disruptive behaviour. Supporting their creativity while helping them regulate emotions is key.

### Earth: The nurturing peacemaker

- ◆ **Characteristics:** Empathetic, thoughtful, relationship-oriented
- ◆ **Emotions:** Worry, overthinking, deep concern for others
- ◆ **Challenges in ADHD:** Anxiety, indecision, people-pleasing tendencies
- ◆ **Strengths:** Strong sense of community, dependable, compassionate.

Earth types feel most secure when surrounded by supportive relationships. They are often **the caregivers in a group**, but their deep empathy can turn into worry and indecision. In ADHD, Earth individuals may struggle with organisation and **become overwhelmed by social pressures**. They need reassurance, structure, and time to process information.

### Metal: The logical perfectionist

- ◆ **Characteristics:** Precise, disciplined, detail-oriented, values order
- ◆ **Emotions:** Grief and longing; when balanced, they show deep wisdom
- ◆ **Challenges in ADHD:** Rigidity, difficulty shifting focus, perfectionism
- ◆ **Strengths:** Strong sense of justice, excellent analytical skills, thrives on routines.

Metal individuals seek order in a chaotic world. They are drawn to structure and predictability, which can be both a strength and a limitation. In ADHD, a Metal-dominant person may become hyper-focused on small details, struggling to see the bigger picture. Helping them find flexibility without losing their sense of control is key.

### Water: The deep thinker

- ◆ **Characteristics:** Imaginative, introspective, philosophical
- ◆ **Emotions:** Fear and deep reflection; when balanced, they embody wisdom
- ◆ **Challenges in ADHD:** Daydreaming, withdrawal, difficulty with time management
- ◆ **Strengths:** Creative, intuitive, loves deep discussions.

Water types live in their own world of ideas and possibilities. In ADHD, this can manifest as zoning out, struggling with deadlines, or being lost in thought. While Water individuals may appear inattentive, they often have rich inner worlds and deep insights. They need gentle guidance to stay grounded without feeling stifled.

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## Why one ADHD treatment doesn't fit all

ADHD is typically treated with stimulant medications like Ritalin or Adderall, alongside behavioural therapy. But the response to these treatments varies depending on the person's dominant element:

- ◆ **Wood types** often respond well to stimulants because they love fast motion and action. However, they can become reliant on the medication, making it difficult to stop.
- ◆ **Fire types** often dislike stimulants, as these narrow their focus and take away their natural enthusiasm.
- ◆ **Earth types** may experience stomach-aches or anxiety when on medication, as their focus shifts to social and emotional worries rather than schoolwork.
- ◆ **Metal types** may become overly fixated on details, struggling to see the bigger picture.
- ◆ **Water types** may become even more withdrawn, feeling emotionally disconnected and possibly even depressed.

This is why a holistic, individualised approach is crucial. Instead of forcing all individuals with ADHD into the same treatment plan, we can use diet, lifestyle, emotional support, and alternative therapies to help each person find balance.

## Finding balance: A holistic ADHD approach

So, how can we work with each element's strengths instead of suppressing them?

🌿 **Wood:** Needs movement-based learning, outdoor activities, and structured challenges.

🔥 **Fire:** Thrives with creative outlets, sensory regulation tools, and engaging environments.

🌍 **Earth:** Benefits from emotional grounding, clear routines, and reassurance.

✂️ **Metal:** Requires predictable schedules, mindfulness techniques, and flexibility training.

💧 **Water:** Flourishes with reflective time, artistic expression, and support to stay present.

By honouring each individual's natural tendencies, we can shift from a "fix it" mindset to an empowerment-based approach. ADHD doesn't have to be a disorder—it can be a unique way of experiencing the world when properly understood and supported.

This article is just the beginning! Join us for the ADHD & The Five Elements Workshop if you want to dive deeper into:

- ✓ How to identify your (or your child's) dominant element
- ✓ How diet, lifestyle, and environment impact ADHD symptoms
- ✓ Practical tools for creating balance without one-size-fits-all treatments
- ✓ Alternative approaches beyond medication.

<https://events.humanitix.com/adhd-and-the-five-elements>



# What does CPT mean to you?—A tweet from the CPT Working Group

By Miho Suzuki

The CPT Directors truly appreciate those who took the time to enquire or share their thoughts about the new CPT programme since its deployment. Members' voices are vital for the Association and the Directors would love to hear what you have to say!

Based on members' feedback, the CPT Working Group has been reviewing thoroughly and updating the new CPT programme as required. The latest updates are:

1. Exclusion of limit of maximum 10 points in allocation (Gold Category, Activity 1),
2. Addition of "Attending one day of the National Conference only" (Gold Category),
3. Addition of "On-line Zoom/Webinar related to mainstream Reflexology" (Gold Category), and
4. Addition of "Enrolled self-directed learning—related to Allied Health or Alternative through Online platforms" (Silver Category).

The updated CPT Record Form will be available once finalised. Until then, please stay tuned and kindly use the current form as a guideline and keep your own record.

When it comes to CPT, what does it mean to you? And how would you describe the relationship with you? My honest answer is happy and loving it overall, but a love-hate relationship occasionally. March tends to be the time of the year when I personally review my annual CPT record and see where I am at. Sometimes it is a time of assurance, and sometimes it triggers a panic moment of "oh no, not enough points!" Usually, most learning activities are taken to satisfy my genuine interests and upskill purposes. When the fear of inadequacy takes over the essence of CPT however, the selection of activity is likely to be "obligatory points accumulation" factor driven and the real purpose of CPT is forgotten. I assume some of you would say "me, too!"

Like us reflexologists, ongoing learning and growth are expected in professional life. But isn't it also necessary not only for professionals but all humans? I believe that learning and growth do not always mean achieving high scores or success, and the most important part is the process

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and experience. As we get older, we may become more reluctant to try something new or unfamiliar, like we used to. It could be because of the comfort of a safety blanket or the fear of failures. Perhaps, this principle is applicable to both professional and personal lives. I was there, but one thing has changed my approach—joining the CPT Working Group.

In late 2023, Keri, the CPT Director, contacted me and asked if I was interested in participating in the group. It was totally unexpected and brought mixed feelings of encouragement and nervousness. After much consideration, I decided to take this opportunity. Despite my concerns, I am still a part of the team and have been enjoying working with them.

It took courage to step out of my comfort zone, and it has been worth doing it. That brought me not only great

learning and growth opportunities, but also rediscovery of some of my life purposes. Moreover, I feel my soul shines even brighter now. We often keep searching for our life purpose outside of us, but it is inside us and that might have never been acknowledged. That also means we all may have unspotted or forgotten talents and skills that deserve to shine.

If anyone feels pessimistic about CPT, my suggestion is to shift your approach from members' obligations to your self-discovery and soul pleasure opportunities. These opportunities may be something you never thought about or something within the Association. As the CPT programme and the Association have been going through an enormous transitioning period, why can't we transform ourselves and grow together?

Happy learning and let us keep evolving!!



## Vale Pauline Trent

Pauline Trent, a dedicated professional and active member of the South Australian community, passed away on Friday, 14 March 2025, after a brief illness. Her husband, Ray, shared the news with Susan Ramsey via a phone call.

Pauline served as the SA Branch Committee Member responsible for fundraising, a role she embraced passionately for many years. She organised raffles for SA Branch meetings and events, with 10-pin bowling emerging as a favourite. Annual collaborations with Krytrons Bakery and SA Bulbs further highlighted her creative fundraising efforts, supported tirelessly by her husband, Ray.

In 2006, Pauline contributed to the National Conference (Festival of Feet) at Hilton Adelaide as part of the National Conference Committee. Her commitment extended beyond conferences: when the idea of a mini-conference during a non-conference year was proposed at a Board meeting, she advocated for South Australia to host the subsequent AGM by rotation. This event featured guest presenters, including Access Bars, which Pauline personally coordinated. The session was warmly received by members and non-members alike.

Pauline discovered that Access Bars therapy synergised effectively with reflexology, a lasting legacy for all practitioners to consider.

*Susan Ramsey, Board Mentor*

### Epilogue for Pauline Trent

I can't recall the exact moment I first met Pauline, but I know it was sometime before 2006. From the very beginning, it was an absolute pleasure to know and work alongside her. Pauline was a dedicated reflexologist and a valued committee member whose presence made a lasting impact.

We spent many years together serving on the South Australian branch committee, working to support and advocate for all members of the Association. Pauline initially joined as an ordinary committee member, but it didn't take long for her to step up and take on the role of Fundraising Coordinator, a role she embraced with great energy and creativity. Though this was at the state level, every dollar raised went toward national initiatives that benefited the entire membership.

Pauline's commitment extended far beyond meetings. She was a regular face at Branch workshops and always ready to offer a helping hand. Over the years, she organised an incredible variety of fundraising events, from dinner and dance nights to cinema evenings, bowling nights, sponsored challenges, and product drives featuring everything from garden goods to baked treats. Her efforts were tireless, and always with the intention of uplifting the profession and our community.

She also gave freely of her time to support World Reflexology Day, offering complimentary treatments to the public and promoting reflexology as a respected healthcare approach within the broader community. Pauline's contribution did not go unnoticed, she was an outstanding achiever and was formally recognised for her volunteer work and dedication.

Pauline will be deeply missed by the reflexology community, not only as a practitioner and colleague but also as a generous, warm-hearted volunteer who worked for the benefit of others.

To Pauline's family, I extend my heartfelt condolences. May your memories be full of warmth and love, and may Pauline's journey onward be one of peace.

With warmest regards,  
*James Flaxman Company Secretary RAOA Ltd*

# A case study on epilepsy

Type: Absence seizures also known as petit mal

By Vicki Gean

Presented at the RAOA Victorian Branch Meeting on 1 December 2024

We'll call the client Mary. Mary grew up and currently lives in the central area of Greece, also my home country.

## Social history

We must go back to Mary's childhood and her early 20s to understand why she developed epilepsy at around 45 years of age.

As a child Mary was very intelligent, expressive, lovable and full of humour and fun.

In her early 20s she nursed her sick mother at home for a couple of years along with coping with domestic duties and running the household.

She had no physical or emotional support from family, so she suppressed her feelings for the sake of her mother.

When her mother took her last breath, the troubles started for Mary. She lost her vision immediately and became unable to talk or walk. She had a nervous breakdown.

The worst part was that the doctor pumped her with an injection immediately to help her cope with her mother's death. All the symptoms were restored two weeks after the initial shock. Hence, she did not grieve for her mother and was unaware of what was happening, and she didn't shed a tear. Only 30 years later did she begin to cry when she started having reflexology treatments.

## Medical history

Mary's epileptic seizures started at the age of 45 precipitated by severe stress including emotional distress, feelings of abandonment and despair.

A neurologist prescribed Mary with a handful of medication. Despite the medication, the seizures were getting worse, and the side effects were poor sleep, anemia, loss of energy, hallucinations and osteoporosis—she was in a mess.

The doctor stated there was no cure, and that no return to normality for Mary was expected.

Despite the negativity by Mary's doctors, a decision was made by a close member of the family in Australia, to travel overseas to pick Mary up and bring her back to Australia as she was unable to travel on her own. Once back in Australia I started treating Mary with reflexology.

## Condition of Mary's feet and body

- ◆ Both feet were very cold and pale in colour.
- ◆ The plantar section of the feet were wrinkled.
- ◆ The toes were dark red, and the tips of the toes were hard as rock.
- ◆ The feet were rigid, in fact Mary's whole body was rigid.
- ◆ She was very negative and didn't like to be touched hence kept her distance from everyone.

- ◆ These symptoms indicated no energy; she was completely drained.

## Treatment – Week 1

- ◆ I did only relaxers and held the solar plexus point for ten minutes twice a day.
- ◆ I used light pressure, and this seemed to calm her a bit.
- ◆ The seizures continued for 1–2 days despite the medication.

## Treatment – Week 2

- ◆ I was able to work for 15 minutes, three times a day.
- ◆ There were not many changes on her feet, however she was more relaxed and getting better sleep.
- ◆ Meanwhile I took Mary to a naturopath to get some vitamins as the medication depleted her body of vitamins and nutrients.

## Treatment – Week 3

- ◆ At the end of Week 3 the seizures had reduced to every second day.
- ◆ Mary's emotional status was improving.
- ◆ She asked me if she could work on her own feet as well. I gladly said yes, and made a wooden tool and showed her how to work the great toe, especially the tip of the great toe, as close to the toenail as possible.
- ◆ She was now requesting a firmer pressure.
- ◆ I added a few more reflexes to the treatment such as the liver, spleen and kidneys. I also put more emphasis on the toes within the treatment.
- ◆ Mary was doing her own toes as well twice a day with the tool and using a firmer pressure.

## Treatment – Week 4

- ◆ By Week 4 we started to see more positive results.
- ◆ Her emotional status was really improving.
- ◆ I continued to work on her feet twice a day for 30 minutes with firmer pressure.
- ◆ By now I was working all the reflexes on her feet.

## Treatment – Week 5

- ◆ In five weeks, Mary was only experiencing a seizure once a week.
- ◆ The plantar side of the feet had some colour, and the tips of the toes were not as hard.
- ◆ The dark red colour of the toes had changed to a light red.
- ◆ At the end of the fifth week, I and Mary continued to do her feet daily.
- ◆ Also, at the end of Week 5, the doctors in Australia had reduced Mary's medication. This was great news!

## Treatment – 2 months later

- ◆ In Week 7 the seizures had reduced to one seizure in three weeks.

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- ◆ Emotionally she was feeling good and comfortable enough to socialise with other people. She was able to hug others with all her heart.
- ◆ It was beautiful to see this change, and it brought tears to my eyes.
- ◆ I remember in the past Mary commenting, "What is this hugging business with one another?" and I said, "Give them a hug too". She would say, "I have nothing to give anybody, I am empty inside. I am depleted, do you understand me?" How sad, I thought.
- ◆ We continued with treatments of vitamins and emotional support. By now I have incorporated a few ear points. Ears are very powerful.

#### Treatment – 4 months later

- ◆ The seizures stopped completely.
- ◆ The tips of the toes had softened, colour was back to normal.
- ◆ Now I have worked the entire foot, with emphasis on the liver and spleen for emotional detoxification.
- ◆ The result was great. The treatment had transformed her completely.
- ◆ Reflexology helped Mary to reconnect with herself. Slowly she was getting her old self back. It was fantastic.
- ◆ Tears were flowing freely, tears with a therapeutic effect. It was beautiful and rewarding to see.

#### Treatment – 5 months later

- ◆ After staying in Australia for five months, she was able to travel back home on her own, accompanied with the wooden tool, a reflexology chart and a smile on her face.
- ◆ She continued to work on her feet, not as often as she had been.
- ◆ She was still on Tegretol and Aloperidin, her dose being a quarter of what she was taking before the reflexology treatment. All other medications by the doctors here in Australia and overseas were stopped.
- ◆ Seizures stopped completely once she was able to live her own life.  
What a journey, with fantastic results!

#### What is reflexology?

The theme of the recent RAOA National Conference said it all: Reflexology restores balance.

Give it the right environment, the right conditions and the body can heal itself physically and emotionally.

Don't give up. It may take a bit longer in some cases, however you will see results.

#### Areas on the feet I concentrated on

- ◆ **Spine:** for nerve enervation. Plenty of relaxers and spinal twists.
- ◆ **Solar plexus:** for relaxation.
- ◆ **Kidney:** for liver detoxification to contra prescribed medication and emotional grief and anger.
- ◆ **Spleen:** for emotional support and anemia.

- ◆ **Lungs:** for unresolved grief she carried – she did not cry for 30 years following her mother's death. Three months into treatment, the deep-seated emotions started to surface, ready to be expelled through tears. What a relief!
- ◆ **All toes (great toe):** for brain function and brain support.
- ◆ **Adrenals:** for energy to help with emotional inflammation.

#### Areas on the ears I concentrated on

- ◆ **Zero point:** for balance of brain activity and balance of energy. Location: Concha ridge.
- ◆ **Shen Men:** for relaxation of the mind; good for anxiety, depression and insomnia. Location: Triangular fossa.
- ◆ **Thalamus point:** for tranquility and help with shock. Location: Concha wall behind the antitragus.
- ◆ **Master cerebral point:** for anxiety, worry, negativity, fear and pessimism. Location: medial side of the ear lobe.
- ◆ **Endocrine point:** for hormonal secretion and balancing hormones. Location: on the wall of the intertragic notch.
- ◆ **Master gland point:** for the control of all other glands. Location: on the intertragic notch.



**REFLEXOLOGY NEW ZEALAND  
2025 CONFERENCE**

You are warmly invited to join us in Auckland at our 2025 conference.

**When:** 13th-15th June 2025  
**Where:** Vaughn Park, 1043 Beach Road, Torbay, Auckland

Join us for a weekend where we will allow our theme of 'Colour' to shine through in every angle of our agenda and hear from some amazing speakers.

**Highlights include:**

**Aura-Soma Colour**  
Presented by Janice Hill MRNZ  
Integrating CranioSacral Therapy into Reflexology  
Presented by Xanthe Ashton MRNZ MAR CST-D

**Zu Qigong - Foot Energy Work**  
Presented by Annamarie Huckin MRNZ  
and Karen Philipsen Brown MRNZ

**Reflexology Endocrine Balance**  
Presented by Janice Hill MRNZ

**Walk in Light and Walk in your Light - Emotions as they relate to organs of the body.**  
Presented by Gill Gibbons Dip IIR

**Sound Bath - Foot Energy Work**  
Presented by Sonya Reinink

For further information and to register please click through to the below link on the Auckland Reflexology website.

<https://www.aucklandreflexology.co.nz/rnz-conference>  
Contact person: Wairereraki Giffen - wairereraki@gmail.com

# The art of foot care: A ritual for wellness

By Marta Doyle, Serendipity Soaps and Skincare

Our feet carry us through life, absorbing the weight of our steps and the strain of our days. Yet they're often the most overlooked part of our self-care routine. In reflexology, the feet are seen as a map of the body, with pressure points that connect to vital organs and systems. Taking care of them isn't just about comfort—it's about whole-body wellness.

## Why foot care matters

Beyond keeping our feet looking good, proper foot care can boost circulation, ease tension and support overall well-being. Reflexologists know that when we nurture our feet, we nurture our entire body. But how often do we actually stop to give them the care they deserve?

Small, simple rituals—like soaking, exfoliating and moisturising—can make a world of difference. These steps help relax tired muscles, remove dry skin and keep feet soft and healthy. It's not about luxury; it's about giving your hardworking feet the attention they need.

## A sensory experience for the feet



Foot care isn't just practical—it can be a truly soothing experience. A warm soak with Himalayan and Epsom salts melts away tension, while essential oils like lavender and bergamot create a sense of calm. Ingredients like magnesium and citric acid help refresh and revive tired feet, making it the perfect way to unwind after a long day.

Gentle exfoliation with natural ingredients, such as walnut shell granules or mineral-rich clays, stimulate the circulation and leave feet feeling renewed. A well-formulated scrub can be a game-changer, removing rough patches and restoring smoothness.

To finish, a deeply nourishing moisturiser locks in hydration, keeping feet soft and supple. Ingredients like colloidal oatmeal are especially beneficial for dry or cracked feet, providing much-needed comfort and care.

## The power of natural ingredients

What we put on our skin matters, and our feet are no exception. Many conventional foot care products contain synthetic additives that can be harsh and drying. Choosing skincare made with nature's best ingredients ensures a gentler, more effective approach.



Colloidal oatmeal, for example, is known for its ability to soothe irritation, making it perfect for tired feet. Magnesium-rich salts relax muscles and ease discomfort, while lightweight oils like sweet almond and apricot, nourish without feeling greasy.

## Supporting foot care with handmade skincare

As a small business dedicated to natural skincare, we believe foot care should be simple, effective, and enjoyable. That's why we create products that bring together high-quality, skin-loving ingredients to support healthy feet. Whether it's a mineral-rich soak to ease tension, a gentle exfoliating soap, or a deeply hydrating cream, we craft each item with care, using nature's best to support your self-care routine.

## Making foot care a ritual, not a chore

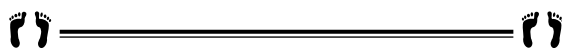
It's easy to neglect foot care when life gets busy but treating it as a mindful ritual can turn it into something to look forward to. A warm soak before bed, a light massage with a nourishing cream, or even just taking a few minutes to stretch the feet can improve circulation and comfort. These small acts of care don't just benefit your feet—they help you slow down and reconnect with yourself.

## Walking forward with care

Reflexology teaches us that our feet are the foundation of our well-being, and thoughtful foot care reinforces that connection. Whether it's through a relaxing soak, gentle exfoliation, or deep hydration, these small, mindful steps can have a big impact.

Because when we care for our feet, we're not just pampering them—we're honouring the journey they take us on every day.

If you're looking for gentle, natural ways to care for your feet, we'd love to be part of your ritual. Our handcrafted skincare is made with nourishing ingredients to support your well-being, one step at a time.



## Join us for the ADHD and The Five Elements Workshop!

✨ Discover a fresh, empowering way to understand ADHD.

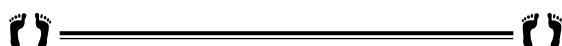
📅 10 May 2025—Online.

Your ADHD journey doesn't have to be frustrating or limiting. Let's find an approach that works for YOU!



ADHD isn't one-size-fits-all. Let's unlock the strengths behind the diagnosis.

<https://events.humanitix.com/adhd-and-the-five-elements>



# Taking the leap to reflexology teacher

By Tiziana Hill



I used to love watching the 'old' musicals with my Mum when I was a kid. We'd sit in front of the clunky VHS machine, with a cord running from our remote to the tube tv ... and felt we were at the cutting edge of technology!

If you can relate to this, you may recall Anna's line from *The King and I*: "It's a very ancient saying, but a true and honest thought, that if you become a teacher, by your pupils you'll be taught."

This year I clung to this thought as I embarked on one of the braver steps I've taken since becoming a reflexologist; I became a reflexology teacher.

I'm not new at teaching adults, though it has been a few years. And I have been a reflexologist for a few years now, so how hard could it be to teach reflexology?

So was I scared? Oh yes! My 'Voice' kicked in!

"Tiz, what are you thinking, you've only been a reflexologist for six years! How can you possibly teach it? What if students ask you questions and you don't know the answers? What if you have it wrong? What if ... you're an imposter?"

So stern words were exchanged. I explained to Voice I've got it. I can do it. I have the backing (and faith) of Australian School of Reflexology & Relaxation (ASRR), the college I would teach for. I could seek advice whenever I need to (which I did). I could refresh my teaching qualifications (which I then did). I could be slightly imperfect and learn as I go. I could jump in the deep end, take a leap and maybe fly.

So I did and the flight (however imperfect) is amazing. A year later, and here's just a few of the things I've learnt so far:

- ◆ It's okay to not know everything, and instead share what I know and explain where we can find answers - books, websites, other teachers, our clients, training courses and other practitioners. We can look things up together. I am grateful for the questions I can answer, and happy to receive questions I don't know the answers to, so we can explore together. I realised on my first day of teaching that other students will ask great questions that hadn't occurred to me when I was learning!
- ◆ How different we all are as students. Some need so much, others want so little. All different, and go about learning in different ways, making the job of working out how to teach several different ways fascinating. Different words, pictures, analogies, different ways of doing a technique. Some students learn so fast and some more slowly.
- ◆ Watching a student go from all 'thumbs' to proficient is amazing. We all make that transition, but watching someone else's skill blossom is affirming and exciting when you're the teacher.
- ◆ Hearing students express wonder and awe as the results of reflexology are revealed to them.

As reflexologists, we never tire of the wonder of it. My clients tell me it's 'like magic' even though I explain it's not! Running a student reflexology clinic gives you double whammy: hearing the client who says 'wow' and seeing the student reflexologist who basks in the positive healing effect they've just triggered in someone else.

An unexpected benefit is this: I'm barely off the starting blocks as a reflexology teacher and am already a much better practitioner for my clients. As a teacher, I have to model what's best and correct and safe. I have to read a lot, again, and extend my own learning.

For anyone who's thought about teaching reflexology in addition to running their own practice, and not felt able or confident enough to do it ... just do it! We need more reflexology teachers in Tasmania, and I imagine other places around Australia.

There are a range of opportunities out there if you go looking and the results can be surprising and affirming.

*Tiziana Hill is a Hobart-based reflexologist, oncology massage therapist and teacher. She is Chair of the RAOA's Tasmanian branch.*



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# Reflexology and nutrition: A holistic approach to health

By Carolyn Fletcher, tutor ASRR Diet and Nutrition Certificate Course

## The link between reflexology and nutrition

The body is a complex system, and its overall health relies heavily on how well its various components function together. Nutrition provides the essential building blocks needed for energy, cell repair, immune function and maintaining healthy bodily systems. At the same time, reflexology works by addressing energy blockages in the body, which can help to enhance the effects of a balanced diet.

In reflexology, the feet are considered a map of the body. By stimulating these reflex points, reflexologists aim to release tension, improve blood circulation, and facilitate the flow of vital energy (also known as Qi or prana) throughout the body.

## Understanding the importance of nutrition in reflexology

Proper nutrition supports the body's natural healing process and helps to optimise the effectiveness of reflexology. For example, eating a diet rich in antioxidants, vitamins, and minerals supports the immune system, which can help to promote quicker recovery and better energy flow during reflexology sessions. Similarly, a diet high in healthy fats (such as those from avocados, olive oil, and fish) supports the body's hormonal balance, which can improve the overall success of reflexology treatments.

## Encouraging whole, nutrient-dense foods

Reflexologists should guide clients towards whole, nutrient-dense foods, which are often easier for the body to absorb and utilise. Fresh fruits, vegetables, whole grains and lean proteins provide a wealth of vitamins and minerals that support bodily functions. These nutrients aid in detoxification and improve the body's ability to flush out toxins, enhancing the results of reflexology sessions. Encouraging clients to opt for foods that are rich in vitamins A, C, and E, as well as magnesium and potassium, can help with relaxation and stress reduction, which are key outcomes of reflexology.

## Hydration and detoxification

Incorporating proper hydration into nutrition advice is essential. Encourage clients to drink plenty of water throughout the day to support the body's natural detoxification processes. Water helps to flush out toxins and facilitates the transport of nutrients to cells. Proper hydration also supports the circulatory system, which is essential for both reflexology and overall health. After

a reflexology session, the body may release toxins, and staying hydrated helps to clear them from the body more effectively. Suggesting herbal teas such as dandelion root or nettle can also support liver detoxification.

## Supporting digestive health

Nutrition plays a significant role in digestive health, which is often linked to other issues such as low energy levels, poor skin health, or even mood imbalances. Reflexologists can advise clients to include fibre-rich foods like leafy greens, legumes, and whole grains, which promote healthy digestion and regular bowel movements. Certain reflexology points related to the digestive system may be tender or out of balance, and addressing these areas through diet can help improve overall digestive health.

## Addressing stress and emotional wellbeing

Stress is a common issue that reflexology addresses. Reflexologists can suggest foods that are calming or promote serotonin production, such as bananas, eggs, dark chocolate, and omega-3-rich foods (such as flaxseeds, chia seeds, and fish). A balanced, healthy diet can reduce the negative effects of stress on the body, which in turn may enhance the effectiveness of reflexology treatments.

## Personalised guidance

Every client is unique, so it's important for reflexologists to offer personalised suggestions based on their specific health concerns. For example, a client suffering from joint pain may benefit from foods high in anti-inflammatory properties like turmeric, ginger, and omega-3 fatty acids. A client experiencing chronic fatigue may be advised to eat more iron-rich foods like spinach, lentils, and red meat, while those struggling with sleep issues might benefit from foods containing magnesium (e.g. nuts, seeds, leafy greens).

## Conclusion

Reflexology and nutrition are two powerful tools that, when combined, can help support a client's health in a holistic manner. By encouraging clients to consume nutrient-dense, whole foods and stay hydrated, reflexologists can help optimise the benefits of reflexology and promote long-term health and wellness. While reflexology can aid the body in balancing energy and improving circulation, a well-balanced diet ensures that the body has the necessary nutrients to function at its best, leading to improved results and overall wellbeing.



Photo by Dose Juice on Unsplash



**DATES TO REMEMBER**

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2025	PRESENTER	TITLE	LOCATION/CONTACT
April 28	Marlene Rutherford	The Spine, Brazilian Toe Massage and Metamorphosis technique	Zoom; 5.00pm Qld time Contact your Branch for further details
May 4	TBC	VIC ABM	TBA Contact your Branch for further details
May 18	TBC	WA ABM	TBA Contact your Branch for further details
May 24	Lisa Fiocchini—Naturopath	SA ABM and training	Bowden Community Centre Contact your Branch for further details.
May 25	TBC	NSW ABM and Speaker Day	Crows Nest Community Centre Contact your Branch for further details
May 31	Linda Frank	TAS ABM; Educational workshop and member gathering— <i>Might a single reflex help PTSD and Long Covid</i> recorded webinar	Kingston Learning Centre, Kingston Contact: Tiziana Hill, 0484 349 902
June 7	TBC	QLD ABM	TBA Contact your Branch for further details
July 22	TBC	NSW Branch event	Zoom
August 16	Clare Sullivan	TAS Branch Workshop and member gathering— <i>Building Better Bones</i>	Kingston Learning Centre, Kingston Contact: Tiziana Hill, 0484 349 902
September 7	TBC	Victoria General meeting	2 Minona Street Hawthorn Contact your Branch for further details
September 23–29	'Awareness of our wonderful therapy'	WRW (World Reflexology Week) Awareness Day	Whyalla South Australia Contact your Branch for further details
September 28		NSW Branch WRW 2025 event	Crows Nest Community Centre Contact your Branch for further details
October 18	Tito Pignetti	AGM Adelaide South Australia "Foot mobilisation better feet, better body, better life"	Zoom only
November 9	TBC	NSW Branch event	Zoom
November 15	TBC	TAS Branch Educational workshop and member gathering	Kingston Learning Centre, Kingston Contact: Tiziana Hill, 0484 349 902
November 16	TBC	General meeting Victoria	2 Minona Street Hawthorn Contact your Branch for further details
November 21–22	TBC	SA Meeting and end of year celebration.	Walleroo North Beach Holiday Park Contact your Branch for further details
CPT event May 10	Stella K	ADHD and the five elements	Zoom; 4.00pm Perth time Book online: <a href="https://events.humanitix.com/adhd-and-the-five-elements">https://events.humanitix.com/adhd-and-the-five-elements</a>
CPT event	Stella K	Chinese elements	Available via CPT U-tube recording of the class plus e-book
Recorded Webinar	RAoA recorded webinar with David Wayte	"Hand Reflexology Masterclass"	Available via the RAoA website <a href="https://reflexology.org.au/hand-info">https://reflexology.org.au/hand-info</a>
Recorded Webinar	RAoA recorded webinar with David Wayte	"Palliative Reflexology"	Available via the RAoA website <a href="https://reflexology.org.au/palliative-info">https://reflexology.org.au/palliative-info</a>
Recorded Webinar	RAoA recorded webinar with Ian White	"Enhancing your practice and your patient's experience with the Australian Bush Flower Essences"	Available via the RAoA website <a href="https://reflexology.org.au/abfe-info">https://reflexology.org.au/abfe-info</a>
Recorded Webinar	RAoA recorded webinar with Ruth Hull	"Understanding the role of blood sugar imbalances in health and disease"	Available via the RAoA website <a href="https://reflexology.org.au/bsi-info">https://reflexology.org.au/bsi-info</a>

## Welcome new members

January – March 2025

First name	Surname	Suburb	State	
Sarah	Hollands	Bertram	WA	Student
Nissa	Barclay	Hillarays	WA	Student
Ceri-Anne	Nippierd	Joondalup	WA	Student
Vanessa	Knopkiewicz	Baldivis	WA	Student
Yasmin	Kent	Pennant Hills	NSW	PM
Saraa	Phoenix	Lancefield	VIC	Student
Vera	Washer	Quinn's Rock	WA	AM
Donna	Sweeney	Kenthurst	NSW	PM



# BRANCH NEWS



## NEW SOUTH WALES/ACT

Hello! Can you believe that the Reflexology Association of Australia is celebrating thirty-five years this year! 35 years is a remarkable milestone.

To me, it represents three and a half decades of commitment, adaptability and resilience.

I invite you to reflect on the remarkable individuals who volunteered their skills and time to imagine, set up and set forth the first National Association exclusively dedicated to reflexology. We thank them all for their creativity, dedication, and loyalty. Grateful, that they initiated, formed and upheld the RAOA turning it into the five state, two territory Association that today's volunteers work just as hard to support and safeguard.

**NSW/ACT ABM** For these reasons and more, the NSW/ACT Branch Committee is delighted to announce that our Annual Branch Meeting (ABM) which will be held on Sunday

25 May 2025, will also be a celebration FOR our members (current and past) BY our members. We will be inviting every professional member who registers to bring along a friend of reflexology for FREE.

We aim to make this an event to remember.

The day, expertly curated by Stephen O'Rourke, will feature some member speakers as well as some returning favourites.

Keep an eye out for our *Feet Speak* Newsletter email from Kerrie Baldock (Publicity) and check our FB group page both of which will provide important updates on our ABM and other events planned for this special year.

We are looking forward to a successful and joyful calendar of events!

*Angela Clark*

Greetings from South Australia.

Our first meeting for the year was held by Zoom. It was held mid-week in the evening, which suited most members. It was lovely to see everyone again and catch up. We decided that having one meeting in the year by Zoom, would cut costs on both travel and accommodation.

Our second meeting will be on 24 May in Adelaide. This is our Branch's ABM, and we have asked Lisa Fiocchini, a naturopath, to talk to us about how plants and herbs can help build up our immune system.

We are planning our September meeting to be held in Whyalla. This event will also include World Reflexology Day. Plans are in place to hold the event at the Whyalla Wetland,



## SOUTH AUSTRALIA

a very popular place on a Saturday morning after the Parkrun. Hopefully we get a great turnout.

Our October meeting will be the National AGM. Attending a one-day event in SA has been cancelled due to the cost. At this stage the event will be held by Zoom only, but we are still sourcing a suitable presenter.

The November meeting will be held at North Beach Caravan Park, Wallaroo. We have decided to make this an end-of-the-year celebration, and have encouraged members to bring along their partners and stay the weekend.

*Anita Smith*

## TASMANIA



We've had a busy start to 2025 with planning underway for the year ahead and a great member's day held in Kingston on 15 February.

Members gathered for an EPE led by Sarah Blain. Sarah took us through a revision of the lymphatic system and we shared a cuppa and exchanged treatments in light and airy rooms. Those of us who had attended Sally Kay's Reflexology Lymph Drainage workshop in Geelong were able to put new RLD skills into practice, while other members used their knowledge and expertise to develop a focus on the lymphatic system.

An exciting initiative was realised when local private health insurer, St Luke's Health, accepted our proposal to

give community presentations on reflexology at their new Wellness Hub in central Hobart. Scheduled for Wednesday 24 September at 4.30pm and Thursday 25 September at 10.30am, the events will occur during World Reflexology Week. All members have been invited to participate and/or promote their business.

Our next gathering will be the Tasmanian Branch ABM on Saturday 31 May with a recorded webinar presentation by Linda Frank. We encourage members to consider joining the committee; the more the merrier! Our online meetings are short while the friendships last long!

*Tiziana Hill*



## VICTORIA

Greetings to all, from Victoria!

We had a very stimulating and encouraging meeting in December with the desire to raise the profile of reflexology and to encourage new and old members to join the Association. On 30 March we are having an “invite a guest” event, ex-members or students are all welcome. We will have a case study presentation by Samantha Langridge and tutorial on practical reflexology techniques practiced on each other.

We have found at our meetings case study presentations to be very inspiring for our attendees on the amazing benefits of reflexology and will continue with this inclusion.

Another area of focus is to energise our Education Practicum Exchange groups. Lyndal McLean has offered to be the resource and co-ordinator of this. Several of our previous groups have closed and we are hoping to

get a good representation of the geographical areas EPE’s available. EPE groups are a great way to connect and be supported and inspired by other reflexologists and to earn CPT points. We welcome students and other reflexologists that are not members. Please contact Lyndal alanlyndal@icloud.com if you are interested in setting up an EPE in your area.

Our ABM will be on 4 May 2025 at the Swell Center Hawthorn. Our members did want to change this date however this will be the date for this year. We are hoping for a refresh of our committee so welcome any members who would like to promote reflexology in Victoria and co-ordinate Vic branch educational, general meetings and networking events.

Keep grounded and care for yourself and loved ones.

*Catharine Brown*

## WESTERN AUSTRALIA



Greetings from WA.

As I write this, we are just entering Autumn after a long, hot WA summer.

We recently had our February WA Study Day. This had a FANTASTIC attendance by members, it’s so great to see members, past and present, all networking and learning from each other. We had three engaging speakers on the day. The day began with our very own member Deb Beech who spoke about the benefits of Vision Boards, and we were led through wonderful moving meditation, onto our new pathway. Our second speaker, again an RAoA member, Sabine Demarte, spoke to us about TCM

and the 5 Element Theory and how this knowledge complements her reflexology treatments. We look forward to Sabine’s workshop on this subject later this month. Lastly, we heard from Michele Castle, who is a Feng Shui expert and who gave us an incredible amount of information regarding the year of the Wood Snake and how we can make simple changes to our homes and selves to allow the energy to flow.

We are looking forward to getting together on 18 May at our ABM where our new Committee will be elected.

*Hollie Kelly*



## QUEENSLAND/NORTHERN TERRITORY



The Queensland committee is currently working on a speaker for our AGM on 7 June. Once that is arranged, we will return to our planned EPE sessions by Zoom. The Branch currently has 45 members scattered throughout the State. The past few years have seen a significant drop in numbers, especially in the southeast Queensland area. This has impacted on the attendance at Branch meetings and workshops, and this has led the committee to focus on providing sessions that all members can attend.

Zoom has proved very beneficial for communication with all members. The committee has been encouraging regional groups to re-establish Educational Practitioner Exchanges as this is an excellent way to keep in contact with local reflexologists. Coffee meetups have also been recommended as this has proven to be successful in other areas. The committee will continue to look at various avenues for education sessions for our members in this changed landscape.

*Suzanne Jewell*

# FootPrints Journal

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### Attention contributors to FootPrints

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

If you need more information on contributing to *FootPrints*, please don’t hesitate to email the current Editor of *FootPrints*: [footprints.articles@reflexology.org.au](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 for members of the public who wish to consult a qualified practitioner.

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Please know that Directors can be contacted to clarify concerns

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### Research and Promotions:

Marie Steinke (SA)

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James Flaxman

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

**We will achieve our mission by:**

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

## It's all happening from **May** 2025

*It's Annual Branch Meeting (ABM) and workshop day time again. The ABM is a very important event for your branch where existing branch committees step down and new committee members are voted in. Have your say at your ABM day!*

18 May 2025	WA Branch
4 May 2025	VIC Branch
24 May 2025	SA Branch
25 May 2025	NSW/ACT Branch
31 May 2025	TAS Branch
7 June 2025	QLD/NT Branch

**Contact your Branch for further details.**

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