

Vertical Reflex Therapy



Membership Network Newsletter

No1. Spring 2002

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Dear VRT Member

Welcome to our first members' newsletter. I hope you will find the information useful and gain some inspiration to help enhance your practice of VRT. We also invite members to write to us with comments and suggestions as the sharing of ideas is very much a two way process. We have published interesting case histories and I invite more members to send in their own short record of particular improvements following VRT treatments. We have received many fascinating studies already and some of these will be printed in future newsletters and others may well eventually find their way into articles on VRT or into my second book on VRT and weight-bearing hands.

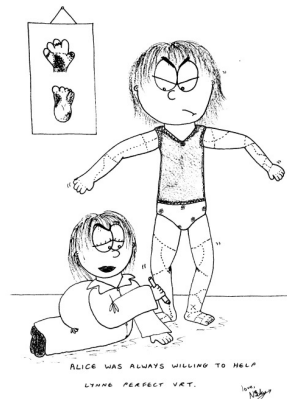
Reflexology is a wonderful therapy and it has been my privilege to meet so many practitioners over the past few years who share an enthusiasm for new knowledge and techniques. It is a much more respected and well known profession now than it was when I trained eleven years ago. Many of our VRT reflexologists are either in medical practice such as nurses and physiotherapists and others work in hospitals, NHS surgeries and hospices at the invitation of the medical staff. This is complementary medicine at its best: both dependent on each other to bring about holistic results.

VRT has a particularly important place to play as it not only enhances conventional reflexology but also allows more people to be treated in a shorter space of time, if need be. Reflexology/VRT is not a precise science but is a special skill to use on all ages and all conditions from a healthy new baby to an arthritic ninety year old. The

body's natural response to positive stimulation is to try to heal and repair itself.

In March I fly to South Africa to speak at the National Reflexology Conference in Johannesburg and will teach VRT in Durban and Cape Town. Hannah Marquardt, Inge Dougans and other international speakers will be present and I shall report on my trip in the next issue. I hope that you enjoy this newsletter and trust that it will become a forum for the exchange of ideas and results concerning VRT, please do write or email us with your letters

All good wishes



"Alice was always willing to help Lynne perfect VRT"

The cartoonist Nicola Pearson depicts Lynne's long suffering daughter !

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Can VRT help a bald person regain some of their hair?

If the answer was a categorical "yes" then VRT practitioners could become rich and famous very quickly!

What does interest me is that several reflexologists on various courses have reported that bald partners/clients began growing fine hair on their bald head within weeks of receiving VRT! They previously had conventional reflexology before but it was only after the introduction of VRT did their hair begin to grow!! One lady reported that her husband's hair was growing back a little darker and thicker than before! Are these one-off coincidences? I have not seen any improvement on the few bald men I have treated. If you have had interesting results or experiment and get good results, please contact us so we can share your knowledge. It seems the key is to work the tip of the toe just below the nail very precisely. I have to say I have had no first-hand sightings of any male returning to a lustrous head of hair! One reflexologist reported that reflexology appeared to help restore hair over a period of four months but the light "fluffy" hair that had grown on a bald pate remained at that texture. The person did not go on to gain a full head of hair!

LB

**Remember World
Reflexology Week
22-28 September 2002**

Reflexologists will be "Celebrating the simplicity of Reflexology and its dynamic results". Many national and local associations as well as individual reflexologists will be organising local exhibitions and taster session in reflexology.

Many VRT practitioners now use VRT in the Workplace. The general publicity and extra awareness that surrounds "Reflexology Week"

Is a good platform from which to approach companies and offer your services. Practitioners can offer free tasters sessions and a lunch hour talk as a starting point. More information in the Summer VRT Newsletter.

Get in touch with a local reflexologist who practices VRT

Reflexologists on VRT courses often comment it would be nice to have a VRT treatment or professional support from a local practitioner. We can send you a list of local reflexologists in your area who have attended VRT courses. It must, of course, be respected that they may not want contact with other therapists or their books may be full for new clients but many reflexologists are pleased to have professional contact with like-minded people, especially if they work from home or in isolation.

If you cannot see anyone on the website near enough to contact then please send us a stamped addressed envelope, or email preferably, for details of others in your area. We have a database of 2,500 reflexologists who have agreed that their names and phone numbers can be given to the public if they are looking for a therapist.

**VRT HINT -
DIAPHRAGM ROCKING**

Many VRT practitioners report that the self-help Diaphragm Rocking on the hands is very beneficial in helping insomnia. There is now an additional movement that may aid sleep further. The basic technique is to (1) hold your hand upright. (2) firmly press your thumb of the other hand near the top of the metacarpals between the 1st and 2nd finger. (3) bend your fingers slowly over the thumb in a slow rocking movement - back and forwards - for 1 minute per hand.

Extra: as you lay in bed rocking your hand - rhythmically rock *both feet together*, back and forward, at the same time.

Sleep well!

Case Histories from VRT Practitioners

Each newsletter we will be publishing some VRT case histories that show the diversity of VRT and the exceptional results that can be obtained. A Case History Form is enclosed so, if you have not done so already, please send one in. We keep them on file but they may also be used in articles or in the book I am writing. You, as well as the client, can remain anonymous if you wish. Many VRT practitioners have sent in case histories and the spread of experience has resulted in a very interesting selection of conditions that have been helped. These range from depression / alcohol dependence/ menopausal problems to orthopaedic conditions/Parkinson's Disease/dental abscess and many more.

Condition Treated :Digestive Problems and Headache
Client: Female, age 40 years
VRT Practitioner : Barbara Stanhope-Williamson London NW3
Duration of illness: 4 years
No of VRT treatments : 4
Contraindications: none

Aim of Treatment: To aid digestive problems

The client had ongoing digestive problems following helicobacter pylori 4 years before. She also mentioned in passing that she had fallen from a roof age 10 and landed on her head. This resulted in daily headaches ever since and she expected to live with them for the rest of her life.

Result: The headache completely cleared during the first treatment. Digestive tract improving

Comments: The lady did not expect to see any improvement in her headaches as she came specifically for the digestive problem. This has improved with VRT and dietary advice. She has only the occasional minor headache now. She wishes to continue the treatments because she finds them so enjoyable.

L.B. Additional Comment: Never underestimate the power of VRT combined with conventional reflexology to reach and heal deep-seated chronic problems. The advanced techniques of VRT, plus the profound Diaphragm Rocking appear to enable the therapist to sometimes trigger a deep healing response to a very long term chronic condition.

Condition Treated : Painful elbow
Client: Female, age 35 years
VRT Practitioner : F.J. London
Duration of illness: 2 -3 years
No of VRT treatments : 5
Contraindications: none

Aim of Treatment: To relieve pain in elbow

Result: Immediate relief after 1st session. Played squash before 2nd session and felt fine. Played squash after 3rd session and felt pain. After 3rd VRT treatment she had no further pain.

Comments: I have found with tennis elbow that symptoms return after the 1st and 2nd treatments but are gone by the 3rd or 4th. This appears to be the case for various other joint pain I have treated i.e. the shoulder and ankle.

L.B. Additional comment: Excellent results can be obtained on orthopaedic problems. VRT was discovered through treating such conditions and they seem to respond the quickest. I too have noticed that the client does not respond or receives a set back on the third or fourth treatment and then makes a leap to recovery on the next. Have any other practitioners experienced this?

Condition Treated: Benign Prostatic Hypertrophy (BPH)

Client: Male, age 52 years

VRT Practitioner : Anonymous

Duration of illness: 2 years

No of VRT treatments : 4

Contraindications: none

Aim of Treatment: To improve urination and reduce prostate enlargement

Result: Dramatic on first treatment. The client found urinary flow more difficult sometimes than others and was in considerable distress on arrival as he wished to urinate but was able to only pass very little. I administered VRT and within 10 minutes he was able to urinate with a very good flow.

Comment: Before he urinated he did however first feel very nauseated when the adrenal reflexes were worked on the dorsum and he had to lie down on the couch. This has happened each time when working the adrenal points. I now just treat him with conventional reflexology as I have a knee problem myself. The condition is now holding its own well and there are now no occasions when he is unable to urinate at all. He is not nauseous when the adrenals are worked conventionally.

L.B. Additional comment: This is an interesting case as the result was almost instantaneous but resulted in a very temporary feeling of nausea. This could well be overcome in future VRT treatments by using the Harmoniser/Consolidator technique several times in each session, especially after the adrenals are worked.

My other comment to any VRT practitioner who cannot kneel - temporarily or permanently - is to be versatile! If they are able, ask the client to stand on one leg (holding onto a chair or table) and place one weight-bearing foot on the chair. The reflexologist can then sit on another chair beside the client and apply VRT in the normal manner foot by foot.

Condition Treated: Multiple Sclerosis

Client: Female, age 35 years

VRT Practitioner : Karan Jones

Duration of illness: 4 years

No of VRT treatments : 7

Contraindications: None

Aim of Treatment: To enhance results of conventional reflexology treatment thereby creating a general sense of well-being.

Result: The client had more energy and her circulation was dramatically improved. VRT also helped her constipation. She did feel dizziness with the VRT and had to hold onto a chair.

Comment: The client came with low expectations saying "any improvement would be good". She was then so impressed with VRT that she requested information on self-help. VRT was ideal

for this patient as she could access her feet easily and the process is quick. VRT is a great advertisement and I've had many recommendations via this client!

L.B. Additional comment: It is always good to hear of VRT making major helpful changes to long-term chronic conditions. Some of you will have heard me say on courses that I have personally only had limited success with MS sufferers but do not be deterred! Other therapists report exceptional results in that field with clients gaining better bladder control, leg and arm movement as well as steadiness when standing. The Advanced Knuckle Dusting and Neural Pathway work seems particularly help for MS, and of course the Harmoniser/Consolidator.

Please remember to send in any memorable case histories, thank you

Can VRT improve the eyesight?

VRT has certainly appeared to help eye conditions such as styes, soreness from contact lenses and slightly blurred vision. This has, of course, all been part of an holistic VRT/reflexology treatment and the Diaphragm Rocking has often channelled energy into the part of the body most in need, in this case the eyes.

Can it actually help improve eyesight is another matter although our holistic way of treating relies on triggering the body to help heal itself. In my own case, I have worked a tiny very painful eye reflex on the toe and a block tear duct freed as I worked. However, at a seminar last year I had to disillusion a lady who was on a two day Basic and Advanced VRT course.

At the end of the second day she thanked me and said that she felt her eyesight had improved slightly as on the second day she found that the overhead projected foils were a little sharper, although she had been sitting in the same place on both days. I felt it best to come clean and tell her that the print for the Advanced foils was a little sharper than those for the Basic course which were being reprinted the very next week!

ART One Day Course Sunday March 17th 2002 in Leicester

Advanced Reflexology Techniques (ART) with Anthony Porter are a highly effective way of enhancing your treatments and they also complement VRT treatments. Anthony Porter, who is an inspiring and excellent

tutor, is running a one day refresher/introduction course in Leicester on Sunday March 17th 2002 and I would encourage anyone who has not experienced ART to spend a day learning new skills.

The venue is The Castle, Main Street, Kirby Muxloe, Leics.

Please phone the organiser who is Corrine Evert on 0116 285 7833 for details and a booking form.

A Report on VRT in Belgium and Holland

Hedwige Dirx, VRT tutor writes:

Belgium and Holland have many fewer professional therapists than in the U.K. We are fortunate that VRT is accredited by the only Dutch association (VNRT) for professional and licensed reflexologists. This association accepts three sorts of refresher courses which are: Dwight Byers' techniques, Lymphatic Stimulation (taught by Hedwige) and VRT. Members get 10 points for every attended training course. Professional therapists only keep their licence when they get enough points every year. The VNRT has asked Booth VRT to run training courses at their own meetings in several places given by Hedwige. Members will no longer be obliged anymore to travel around to attend one of Hedwige's seminars, she will come to them!

The same idea came from another Dutch school in the south of the country. This school for complementary therapies and reflexology gives most courses on Saturdays and in the evenings. For this

reason the first Basic VRT course was given on two evenings. They pay a standard price for their teachers to keep the enrolment low.

Getting VRT techniques into Belgian reflexology practices is much more difficult compared with Holland as the country is not only divided by three languages but there is no professional association or magazine. Hedwige must write personal letters to all reflexologists she knows. Never the less the Belgian Association asked her last year to give a demonstration course and their members reacted surprised and positive. Lynne Booth and Hedwige have run many successful courses in Belgium and Holland and Lynne's book *Vertical Reflexology* has just been translated into Dutch and is due to be published shortly. In March 2003 Lynne will return to Belgium and Holland to teach the VRT Endocrine course.

Health Plus! Magazine



A copy from this magazine about VRT and a wonderful lady called Mrs Lily King is enclosed in this issue. Some of you who have attended my Bristol Basic courses will have been privileged to have met her in person. She is now 86 years old and came to me about five years ago on two sticks and could hardly walk and was anxious she would have to leave her own home as she had become so infirm. She could not even brush the back of her hair. The article very accurately reports her road to recovery and her own will-power and determination plus VRT and reflexology that have made it

all possible. She has also used some standard nutritional supplements. Neither the journalist or myself made any claims that VRT had brought about weight-loss. Lily just happened to mention she had lost weight at the end of the article and this is what the editor seized on for a title. It is unfortunate that magazines concentrate on what they think will be a popularist subject such as "weight-loss" when Lily's holistic approach to full health and mobility is the real story and area of interest and inspiration.

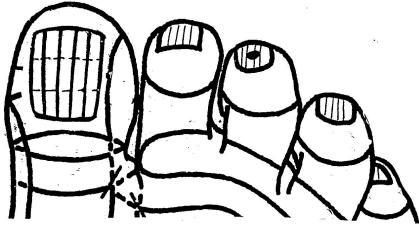
VRT Endocrine Courses

These are proving extremely popular and we are arranging more throughout the country as you will see from the venue sheet. The whole course is geared towards working the endocrine system based on VRT plus my new Nail-working techniques where a grid system on the nails is worked. All the techniques can be applied to all systems in the body so the course give the reflexologist new tools to work the entire body. The Nail-working is another way of accessing the body's innate healing response and is a very exciting development in VRT and reflexology in general. Lynne will be presenting some of the new nail-working techniques when she speaks at the Professional Therapist 2002 conference in Birmingham on April 28th 2002. This conference is run by the Federation of Holistic Therapists.

The Endocrine courses, as with all VRT courses, are held in many different venues that range from conference centres to hotels, from schools and colleges to occasionally somewhere rather special such as the country house clinic on the Sandringham estate in Norfolk where a small course has just been arranged for May 18th 2002. See venue sheet for organiser telephone number.

Thumb and big toe nails are the

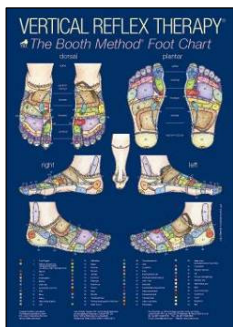
'junction box'.
Secondary nails are the 'fine tuning'



Five zones per toe

VRT WALL CHARTS
Special offer only £6.50
Save £2.00!

These full colour artwork charts on a dark blue background have been a great success and we have sold many copies - far more than expected! We are therefore offering them to VRT Network members at an especially reduced rate. They sell



on courses for £8.50 and through mail order at £10.00 which includes p&p in a cardboard tube. We are offering the posters for only £8.00 including post and packing in the UK! Hurry, this offer ends on June 1st 2002. See separate order form.

Relaxation Tapes

Would some your clients benefit from gentle relaxation tapes and self-hypnosis tapes to aid a wide spectrum of conditions from childhood anxiety or stress to specific problems like fear of flying?

I have been recommending Duncan McColl's tapes to people for several years. His 15 minute relaxation tape is particularly useful for tired therapists who need a short period of relaxation

in the day! Two of my clients were afraid of flying but listened to a specific *Fear of Flying* tape two weeks prior to their long distant flights (one "listened" to it as she slept in bed). Both clients had worry free flights and one even enjoyed a cable car ride in Australia which had been an unthinkable experience all her life. Duncan is an internationally experienced analytical hypnotherapist, gestalt, behavioural and management science consultant. Contact him for a full catalogue:

Pilgrim Tapes, PO Box 107,
Shrewsbury, SY1 1ZZ
Telephone: 01743 821270

Warning!
"Vitamins and Minerals - Disappearing soon from a store near you!"

New EU regulations are removing many of our standard vitamin and herbal supplements from our shelves. All new products developed since 1997 will have to undergo stringent trials costing hundreds of thousands of pounds. The manufacturers of supplements cannot afford the same research costs of the large pharmaceutical companies and so there will probably be no new products. If MSM and Glucosamine, which benefit thousands, had been developed *after* 1997 they would have had to undergo the pharmaceutical regulation trials for new products that would have exorbitant costs and therefore the public would be deprived of these helpful and natural products. Write to your MEP and protest. See the current issue 74 of Positive Health (www.positivehealth.com) which has a major article on the EU supplement directive. The article is entitled "Vitamins and Minerals - Disappearing soon from a store near you!"

Quotes from Hannah Marquardt, the inspirational German reflexologist. She has produced a little booklet of her *Collected Treasures from the "Foot-path" of Life.*

Fighting against a disease always creates a new enemy.
Fighting with disease is more likely to lead to beneficial results.

*"It is of more help to the patient if I say
"Shall we try it together?" than if I say, "But I
haven't had any experience with this yet".*

PLEASE REMEMBER TO SEND IN
LETTERS, COMMENTS, EMAILS,
QUESTIONS, HINTS AND CASE
HISTORIES. THE VRT NETWORK
MEMBERSHIP CAN FLOURISH AS
REFLEXOLOGISTS EXCHANGE IDEAS
AND SHARE EXPERIENCES. DO SEND
IN ANY CONTRIBUTIONS READY FOR
THE SUMMER EDITION OF THIS
NEWSLETTER, WE HOPE TO HAVE A
LETTERS PAGE!

Thank you. – Lynne Booth