

Vertical Reflex Therapy



Membership Network Newsletter

No 5. Winter 2003

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Dear VRT Member

All good wishes to you as we reach the run-up to Christmas. We offer a warm welcome to all new Network members who have joined us recently. I would also like to say thank you to those who have renewed their membership and to say how good it has been to see old friends and familiar faces on the advanced Hand and Nail courses I have been teaching this autumn. These courses have been very well received and we are planning more for 2004.

Hand Reflexology is the way forward if you wish to expand your practice or offer treatments to those for whom foot-working is not appropriate. Kristine Walker is an exceptional reflexologist who has specialised in Hand reflexology and many of you will have her book *Hand Reflexology: a Student's Guide*. Kristine and I have taught Hand and VRT weekends in the past and intend to run more in the future. She encouraged me to explore working with the hands in the early days and through her I learnt that the hands are as equally effective and responsive as the feet. In some cases, one can find a better response, especially with sinus problems, for example. In this edition we explore the value of hands and look at the new Basic Hand VRT course on offer.

Enclosed, yet again, is a VRT Case History form. If each member kindly spent a few minutes filling out one case study each we could greatly increase our list of conditions that have possibly responded to VRT. I would be very interested to have brief account of any successes with conception when treating couples/women who are experiencing problems conceiving. I hear many anecdotal references when I teach

advanced courses from reflexologists who think that VRT may have helped infertility. However while we must, of course, never make claims about reflexology enabling couples to conceive, we can suggest that reflexology/VRT *may* have been instrumental in helping to trigger the body to help itself. This issue contains a very interesting article by Susanna Riviere entitled *A VRT Assisted Pregnancy?*. So please keep those case histories coming in.

Since the last newsletter came out I have been to the USA and taught reflexologists from all over America in Florida. One of those reflexologists was none other than Dwight Byers himself. As President of the International Institute of Reflexology he, and his Aunt Eunice Ingham, were instrumental in sharing her techniques (researched with Dr Jo Riley). Without these three people there would be no reflexology as we know it or modern foot and hand charts. Reflexology is constantly developing and changing as new techniques and methods are developed but we must never let go of the basic tenets and good working practice that we learnt during our professional training.

Thank you, as always, for your support and interest in VRT.

With all good wishes to you for the Christmas season and the year ahead.

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USA CLASSES AND ICR CONFERENCE IN JAMAICA

- a report by Lynne Booth

At the beginning of September this year I set off to Florida and Jamaica for two weeks on what turned out to be one of my most eventful teaching/presenting trips abroad.

I had been invited a year ago by Beryl Crane of the International Council of Reflexologists (ICR) to speak at their bi-annual conference in the luxury Half Moon Hotel in Montego Bay Jamaica. This was not an invitation to turn down for many reasons and I was honoured to be asked! I had been invited to teach the Basic, Advanced and Endocrine Courses in Orlando, Florida so it was an ideal opportunity to fly to the USA first and then make the relatively short trip to Jamaica via Miami.

FLORIDA

My colleague, Evelyne Huegi, from California arranged the classes in Orlando. We were both grateful to Dwight Byers for helping with the arrangements and loan of equipment. Not only did he help with our organisation and attend the course, he also took me to Epcot which is part of Disneyworld. Dwight and his wife gave us a wonderful day and the highlight for him and me was an exhilarating "ride" on an astronaut launch simulator. Very realistic complete with G force. So good, in fact, we went on it twice and did not discuss reflexology once that day!

Lynne presents Dwight with his VRT certificate

The standard of reflexology in the States is excellent and it was wonderful to teach such enthusiastic reflexologists from all over the States. One lady age 83 flew in from Vermont as she had heard of VRT and wanted to keep abreast of new developments. VRT helped several skeletal problems for course members. Tropical storm, *Henri*, caused some spectacular weather during my week but the VRT continued unabated despite, at one point, mass evacuations only 20 miles away.

Florida workshop comments:

"Frozen shoulder gone! Thanks for sharing VRT!"

"I came to the workshop with groin pain and neck discomfort and groin pain. Both gone, I am amazed"

JAMAICA

Nearly 100 delegates flew in from all over the world to attend the ICR conference in Montego Bay - September 12 -14. It was deemed by many to be the best ICR conference to date with no fewer than three medical doctors as presenters. Interesting presentations were also given by Pauline Wills (Colour Reflexology), Father Josef from Taiwan and Moss Arnold (Chi Reflexology). An article about Moss' *Poison Point* is enclosed in this edition.

Doctor Anthony Vendryes from Jamaica is a world renowned medical doctor, naturopath, author and speaker. He has his own radio programme and his clinic employs numerous complementary therapists as well as medical practitioners. He was a totally fascinating and charismatic speaker who take about holistic medicine and healing of the body through nutrient and other methods. I gave a hour presentation on VRT and also ran a VRT workshop at the conference. VRT was well received by the delegates especially when the knee of one of the Jamaican reflexology committee totally freed up during a five minute demonstration. The lady ran up and down the stairs of the conference platform showing off her new mobility to cheers from all the audience!

Conferences are for networking and it was fascinating to have time to talk and learn from fellow reflexologists and meet

therapists whose training and background was so different from my own.

Jamaica itself is a beautiful island with wonderful friendly people, many of whom live in third world poverty. Despite the violence in some areas I was able to explore the island with Jamaican friends, swim in the sea for 90 minutes with dolphins. I treated some Jamaicans at the hotel and also on the front porch of a bungalow where I stayed up country! The Jamaican Reflexology Association invited me to teach VRT to them in Kingston after the conference. Monica Marsh is a brilliant reflexologist and the ICR awarded her the coveted Eunice Ingham award for services to reflexology. Monica and I went to a radio station to be interviewed by a doctor for a medical/complementary programme. For some reason my 50 VRT books were impounded by customs and after about 25 phone calls they were eventually released just in time to be snapped up by delegates before the conference ended! So all in all it was a very successful and stimulating trip.

NICO PAULY NERVE REFLEXOLOGY COURSE 2004

I am delighted so many members put their names down early for the Nico Pauly course. I am sorry that some of you were disappointed in not obtaining a place as applications for the three seminars were quickly filled. I am hoping to get Nico back at a later date and members will, again, have first options on places. I already have a list of those are interested so please let me know so I can add you name to the list. There is no obligation whatsoever - it just means you will have first refusal.

NB: Course attendees who wish to purchase a foot skeleton from Nico Pauly should contact our office at once to place an order as it is now past the closing date.

CASE HISTORY - PRIZE DRAW **JON WEBBER FROM SOMERSET IS THE WINNER!**

Congratulations to Network member Jon Webber of Radstock, Somerset who sent in a case history and whose name was drawn on September 30th.

He has received a VRT wall-chart and selection of chocolates.

Jon's VRT Frozen Shoulder results will appear in the next edition

We value your input immensely and we plan to list sections of case studies on the website to help therapists in their treatment. Please continue to send them in. A form is enclosed and you can always print one off the website or just type it out. The input on a variety of conditions is helpful for other members who seek advice on treating clients.

Thank you

STOP THAT HEADACHE!

TRY THIS VRT TECHNIQUE

A very simple Nail-working and passive hand technique is proving useful for severe headaches. Reflexologists report many good results. Recently a course attendee commented that her headache went within a few minutes of her colleague practising this technique on her as part of the exercise.

Method:

- Pinch the adrenal reflex on the right hand by placing your thumb on the dorsum and you index finger on the palm.
- Stimulate for a few seconds and hold.
- With your other hand pinch their right thumb, nail-on-nail and hold.
- Keep holding their thumb and slowly rotate it clockwise, the anti-clockwise, a

few times in each direction. Keep hold of the adrenal reflex throughout.

- Repeat on the left hand.

VRT Tutor Beverley Alexander found this telling illustration on:

Philosophy

In ancient Greece, Socrates was reputed to hold knowledge in high esteem. One day an acquaintance met the great philosopher and said,

"Do you know what I heard about your friend?!"

"Wait, said Socrates, "before telling me anything, I would like to pass it through this little test called the Triple Filter Test. Before you talk about my friend it might be good to filter what you are going to say. The first filter is *Truth*. Have you made absolutely sure what you are going to tell me is the true?"

"No" said the man, "actually I just heard about it and...."

"So" said Socrates, "You don't really know if its true or not. Now let's try the second filter, the filter of *Goodness*. Is what you want to tell me about my friend good?"

"No, on the contrary...."

"So" continued Socrates, you want to tell me something bad about him, but you are not sure it is true. It may still pass the last filter test: the filter of *Usefulness*. Is what you want to tell me about my friend useful to me?"

"No, not really"

"Well" concluded Socrates, "if what you want to tell me is neither true nor good nor even useful, why tell it to me at all?"

from The Times "Global Village" section

Letters from Practitioners

Dear Organiser

I booked on an Advanced VRT course recently and had to cancel at the last

minute due to illness. I realise your course information states that deposits are non- returnable but this was totally unavoidable so I was very disappointed not to be given my money back or a transfer to a future course.

Name and address supplied.

Reply: Along with many other training organisations we have a policy of non-returnable deposits *unless a place can be filled*. This is current practice to safeguard the viability of courses.

Venues are booked months in advance and often cost several hundred pounds for a day's hire. These have to be booked by a non-returnable deposit, often with the balance payable near the time whether the event takes place or not. Some venues charge per head attending and all venues charge per person per serving for liquid refreshments. In London we have had to pay up to £8 per person per day for drinks alone on occasion. This we are obviously prepared to do to make the courses as enjoyable and comfortable as possible.

When a person pays a deposit this shows their intention to attend the course. The organiser likewise pays large deposits to run the course. On a recent course no fewer than 6 people failed to turn up for a variety of very good reasons including sickness, relative ill and a car accident. However, if we had returned those deposits the course would have been barely viable.

If we can fill a place we always honour our word and refund or transfer a deposit as many of you have experienced in the past. We often have waiting lists so make great efforts to accommodate those who are waiting to attend and to help those who cancel when ever possible.

Hi Lynne

I can't tell you how excited I am with the VRT and the results I have been having with my clients.
I will tell you just a few....

John is a golf pro. His right knee has been bothering him to the point of almost going to the doctor. I did some VRT on him and he said, "It feels like you are pulling at my kneecap." He said that whilst I was working on him. I saw him two weeks later and he said it has never felt better.

Maryanne is a senior tri-athlete. She was complaining to me that she had "swimmers shoulder" and it wasn't any fun. She had been to see the Physiotherapist and it wasn't getting any better. I worked on her in a very spur of the moment situation and later I had heard from the receptionist at the club that her shoulder was better.

Deb is a massage therapist and was coming down with the first signs of a cold. I did a 20 min with VRT and it never amounted to anything. She said it was wonderful.

I want to thank you once again for the opportunity to learn under you. It has made all the difference in my practice.

All the best,
Penny Wilkinson USA

Hi Lynne,
Can you shed some light on this situation. I have given 2 treatments

to a 37 year old lady who is suffering with back and neck problems. I have also noticed a thyroid imbalance.

After each session she has had a horrible taste in her mouth she describes as metallic. Have you experienced this before or do you have any ideas on why?.

Steve Leavy

Reply from Lynne Booth

I have had this happen twice with 2 different clients in the past. Each time I was working on the endocrine system: once on the Thyroid reflexes. I am sure it must refer to a trigger of hormones...probably a momentary over-stimulation. It is the same taste that people report sometimes after anaesthetic or when they are having IVP tests on their kidneys. In the case of my 2 clients nothing untoward happened and they gradually improved over time. Have any other members had this experience with a client? Please let us know.

This letter was sent to Evelyne Huegi the Florida VRT Course organiser

Dear Evelyn - Without a doubt I have never before had the response that I am now receiving from VRT treatments I have been giving my clients since returning from the VRT workshop.

I have found that VRT is so very effective in the sciatic nerve reflex area on the top of the feet and that is the area where I was actually "healed" while I attended the course. I was immensely aware of the fact on the second day of training that I was not experiencing any more "toothache" type pain down my

right leg into my foot and thought it was too good to be true and that it would eventually return but as of this date, September 25, I am still pain free!! What a terrific feeling! It was worth the cost of the courses just to be free of pain. All of my clients have experienced different responses after receiving VRT, one expressed her feelings of being on a "spiritual high", very uplifted in her senses of being. More have had major improvement in their backs and sinus areas and just think I have only been practising the "basics"!!

From HB USA

Dear Lynne

Two questions from C.S.

Question: I write with concern as I have treated an epileptic girl with conventional reflexology but starting with a few minutes of basic VRT so wonder whether I should be doing this as I know how powerful it can be.

Reply: I always err on the side of caution with epilepsy and would advise reflexologists to follow their professional advice from their own training body. I would just give her a Basic VRT treatment at the end of a session with no tapping on the spine whatsoever and would give her 2 minutes of Diaphragm Rocking.

Question: My usual reflexology session is a few minutes VRT at the start with Synergistic Reflexology (SR) and Zonal Trigger (ZT) as appropriate to the client followed by conventional reflexology because as I mentioned on the day, some of my clients are reluctant to "start again" after the conventional. Is it OK to continue like this and just do the endocrine flush right at the end or would the SR and ZT be more effective after

the conventional?

Reply: As I always say in the class- I would always suggest treating with VRT for a few minutes at the end of a session as well as the beginning. It is better to do the SR and ZT after the conventional at the end with the Endocrine Flush when the body has been treated and primed in preparation for the very powerful advanced VRT i.e. the ZT and SR advanced work.. My clients often tell me they do not mind standing at the end of a treatment as they feel the body being give one last "zap" of energy before they leave. New clients have no concept of life before VRT so take it all in their stride!

Dear Lynne

A few questions!

Question: If I start a treatment with standing basic VRT, then give conventional Reflexology, when I come to do some hand VRT - do I have to repeat the basic on the hand, or can I go straight into, for example, neural pathway with the reflex trigger point?

Reply: Go straight into the advanced Neural Pathway work etc on hands. The body is primed at the beginning with standard basic VRT and that is enough.

Question: Is there a knack when it comes to working with the nail to treat the spine - I find it quite difficult to hold the nail point, the spinal reflex and the Zonal Trigger point, because it's on an angle compared with the rest of the nails and hand points?

Reply: This can be a problem because of the splayed thumb. To overcome this I

often treat the spinal reflex on the index finger nail - this is lying flat. Or you could treat the lateral helper spine and use the spinal nail reflex on the little finger. This is OK as each nail mirrors the body

Question: When you were demonstrating on me on the Bristol Hand/Nail Course I commented on how, when finding the point on the nail that relates to the hand reflex, instead of intensifying the reflex point I said it numbed it? This has happened to 3 of my patients whilst working nail and hand reflex - it is very marked - I am not using excessive pressure, and when I release the nail they feel the reflex again. Thought you'd be interested - and I will see if I can find any pattern in this.

Reply: I am very interested in this remark but had not experienced it much myself until recently. VRT practitioners should look out for a *change* in intensity - the reflex could respond by becoming more or less sensitive.

Demonstration Latex Feet and Hands

You can purchase solid latex-type hands and feet from the following supplier. They made to fit onto mannequin models but are perfectly acceptable for demonstration purposes and are a natural skin colour. They can be bought individually. If interested you can send for a catalogue from the address below:

Adam Rouilly Ltd
Castle Road
Eurolink Business Park
Sittingbourne
Kent
ME10 3AG

Tel: 01795 471378

Brief Case Study by Lynne Booth 00

On a recent VRT Hand course a lady commented that she could not longer easily cross her leg and work her passive foot since a bad fall 4 months before. She had since suffered from hip and back problems and had experience considerable pain and lack of mobility.

I said I would use her as an example in the afternoon when I would work on the Zonal Triggers and basic nail-work. It was at this point that she commented that, before the accident, she was so supple due to yoga and exercise that she could "put her knee round her ear"!

During my 5 minute afternoon treatment I worked the dorsal lower lumbar Zonal Trigger and neural pathway reflex for the hip. I also synergistically worked the hip and groin reflexes.

She felt a movement in her body and I applied the Harmoniser several times. She could immediately raise her heel to the top of her leg.

At 5.00 p.m., as I said goodbye to people, a delighted lady came hopping across the room

Pre-menstrual Syndrome

A study revealed that reflexology treatments can significantly decrease pre-menstrual symptoms. 35 women with a history of PMS were given ear, hand and foot reflexology treatments or placebo reflexology. All subject kept a daily diary for 2 months monitoring 38 pre-menstrual symptoms on a 4-point scale. Half hour reflexology treatments were given weekly over a period of 8 weeks by trained reflexologists. At the end of the period the results were analysed showing a 46% reduction in pre-menstrual symptoms

Obstetrics and Gynaecology 1999

with her knee somehow hooked over her shoulder! How we all wished we had a camera!

Association of Reflexologists

**AOR CONFERENCE DETAILS
July 22nd - 24th 2004**

University of Warwick

**Theme: "You and Your Practice
over the next 5 years"**

**Open to non-members
Largest ever reflexology conference
in the UK**

**Key-note speaker: Hanne Marquardt
Also Inge Dougans, Susanne Enzer
and many other influential
reflexologists**

**Tel: 01278 733393
www.aor.org.uk**

VRT Accreditation

We have our VRT Course Accreditation by the International Guild of Professional Practitioners.

5 CPD points per course.

Reference numbers are:

Basic VRT Course: C204

Advanced VRT Course: C219

Endocrine VRT Course: C220

VRT Hand courses are pending.

International Guild of Professional Practitioners.

Tel: 0870 201 1912

E-mail: guild@ipp.co.uk

NEW - ONE DAY ADVANCED VRT HAND AND NAIL-WORKING COURSE

An advanced VRT workshop for reflexologists

who have attended the Basic VRT Courses. This brand new course is based on Lynne Booth's second revolutionary new book '*Vertical Reflexology for Hands*'. This covers new work on the weight-bearing and passive hands, in addition *VRT nail-working* using a precise grid system on the nail reflexes will be covered. Many other new VRT Hand techniques are introduced for specific ailments.

- Precise reflex working on the grid reflexes on the thumb nails
- Unique VRT Nail-working charts for practise sessions
- Working on the secondary helper nails and connecting techniques to dorsal reflexes
- Working individual weight-bearing fingers
- Making new connections to the Zonal Triggers and neural pathways.
- Special combinations of nail/reflex techniques
- Specific treatments for common ailments will be discussed
- Comprehensive handout provided
- Introductory coverage of classical and updated hand reflexology techniques
- Powerful self-help techniques for therapists, clients, family and friends

NOVEMBER VRT MEMBERSHIP RENEWALS PLEASE COMPLETE ENCLOSED BLUE FORM!

- For those of you VRT Network members whose membership is due for renewal at this time and I would encourage you do so.
- The new VRT book on Hand Reflexology is receiving excellent reviews and articles which will point readers seeking general VRT treatments to our website listing of authorised practitioners. Last year we received over 1500 requests for VRT practitioners.
- Special members offers will continue to be made, including reductions on subsequent or revision VRT courses.

- Information on new techniques, case studies, articles. Priority booking for specialised courses

VRT RESULTS

BRIEF CASE HISTORIES/ANECDOTES REQUESTED

Please find time to let me know of any particularly good result(s) with VRT as this will help our research and some of these details can be shared in future newsletters. Please send this form back even if you are not applying for VRT membership. You need only write a few lines but I may contact you at later date if a little more information is required, especially if the details are to go into my new book or an article. Very occasionally we are asked by journalists, professional bodies or the medical profession to quote a case history. Please indicate below how you wish to be quoted - it can be anonymous if you wish. Thank you.

Please list the following:

Condition treated

.....

Client: Male Female Age

.....

Duration of illness (approx.) No. of VRT/reflexology treatments

Aim of VRT treatment

.....

Result *(continue overleaf if necessary)*

.....

.....

Any contraindications?

.....

.....

Other comments

.....

.....

.....

(If you wish, send more than one case history/anecdote on a separate page if necessary)

Name

.....

Address

.....

.

.....Postal codeTel. no..

Are you willing to have this case history quoted? Yes No

If so, do you wish to be quoted by Name Initials Anonymously

(Please tick relevant boxes)

Please send to: **Results - Booth VRT Ltd.** Suite 205, 60 Westbury Hill, Westbury on Trym, Bristol. BS9 3UJ, **Tel/fax:** (0117)962 6746 **Email:** contact@boothvrt.com **Website:** www.boothvrt.com

VRT MEMBERSHIP NETWORK RENEWAL

It is now over a year since you joined our VRT Network Membership. We hope you have enjoyed the newsletters and been able to take advantage of the discounts on further VRT courses. Remember you can have £15 discount if you repeat a course you have already done. From Autumn 2003 Lynne Booth has been teaching a 4th VRT course - *VRT Hand and Nailworking* - based on her new book 'Vertical Reflexology for Hands' - published in June 2003.

We now have over 400 members and we will be producing a register of members so you can keep in touch with others in your area. You can print a list of members from our website at anytime. If you wish us to post you a hard copy of all VRT Network Members please contact us and a copy will be dispatched.

The membership fee remains at £25. To continue to benefit from the VRT Membership please renew by filling in the form below, especially in the light of the publicity surrounding VRT and the new book..

We have now produced a stiff card full colour A4 version of the VRT foot chart. Very useful for travelling or if space is limited.

Annual renewal subscription still only £25.00 per annum.

Additional benefits of VRT membership:

- VRT Membership Network certificate.**
- Listing on our website** - anyone looking for a VRT practitioner is directed to the website lists
- A VRT practitioner register** of members will be provided on request
- Three newsletters a year** giving information, letters, news and instruction on new VRT techniques.
- £5.00 off** subsequent VRT courses once the Basic VRT has been attended.
- £15.00 off** any VRT course taken for a second time for revision/refresher purposes.
- Occasional special offers** on books and wall charts etc.- new A4 chart currently £2.00 only
- Access to case Histories** Information and specific treatments for ailments on request by email

Please send to: Booth VRT Ltd (Registration), Suite 205, 60 Westbury Hill, Westbury-on-Trym, Bristol, BS9 3UJ

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--I wish to **RENEW MY VRT NETWORK MEMBERSHIP** Network
No: _____ (if known)

Cost of membership £25 + I am ordering on separate sheet goods to the value of £

- I enclose a cheque payable to **Booth VRT Ltd.** drawn on a UK bank for a total £
- Please charge my **CREDIT CARD** : Visa / MasterCard / Switch with total £....., you may post this or phone or preferably fax this to +44 (0)117 9626746.

Card No: _____

Expiry Date: ___/___ and for switch only: **Valid from** ___/___ **Issue No:** _____

Signed : _____

Name.....

Address.....

.....Post/Zip Code:

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Tel No: Fax No:

.....Email:.....

VRT office use only: Date received :
renew

Details sent: