

Vertical Reflex Therapy



Membership Network Newsletter

No 8. Winter 2004

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Dear VRT Member,

I trust you are enjoying, rather than enduring, the run up to Christmas with many extra pressures on your time. Some therapists, including myself, find that a few clients want to fit in an extra treatment before Christmas to "top up" their health ready for an onslaught of activity, or indeed inactivity, and excessive eating! Don't forget to have a treatment yourself at this busy time.

This autumn has seen a lot of activity for Booth VRT with VRT courses being run by fellow tutors and myself in Edinburgh, London, Leicester, Wolverhampton, Bristol, South Africa, Scotland, USA and Belgium.

I recently taught great groups of reflexologists in Chicago, Ohio and California during the interesting run-up to the Presidential election.

The VRT Hand and Nail-Working courses are proving very popular as almost all the techniques learnt can be applied to the feet as well. I am delighted that many schools are now teaching much more hand reflexology as part of their professional diploma courses. The reflexologist Kristine Walker is a great pioneer of hand reflexology. Details of her work and also her talents in the field of mosaics can be found in an article about her work on page 3.

The very successful Association of Reflexologists' Conference at Warwick University took place in July when about 500 reflexologists, many from overseas, enjoyed an excellent three days. The professionalism and organisation was second to none and the variety and quality of the speakers meant we went away inspired and informed. I was one of the presenters who spoke to 50

- 60 delegates at a time on *VRT and new developments*. The new development for me was that I had to give the same 50 minute PowerPoint presentation 6 times in two days. I was one of several speakers who did this including Hanne Marquardt and Suzanne Enzer. It was a stimulating and exhausting challenge! The key to keeping the content fresh was to stick closely to the carefully prepared sequence of slides and change the examples and anecdotes as there was a danger in feeling you were repeating yourself to the *same* audience when in fact you *were* repeating what you had recently said to a *different* audience!

The first group of 24 Nerve reflexologists gained their Diplomas in Nerve Reflexology from Nico Pauly in September. We have had a stimulating 8 days of study over three weekends from January to September. See my report on pages 7 and 8.

Please keep your letters, comments and ideas coming in. All of the VRT tutors and myself greatly value your input and support. Many of you have now attended 4 or 5 VRT courses over the years and it has been good to welcome some of you back on a recent VRT Basic and Advanced Refresher Course in Leicester last month.

With very good wishes to you for Christmas and the coming year
Kind regards

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CHRISTMAS HINT!!!

OVER-INDULGING



It may be helpful to show clients, family and friends the stomach reflexes on both palms of the hands so they can discreetly work their reflex points under the table to aid digestion during a large Christmas meal. Working the weight-bearing hand for heartburn can be very productive if the diaphragm, stomach, oesophagus and solar plexus reflexes are worked plus a quick brush round the wrist Zonal Triggers.

GOODBYE CRUEL WORLD: Country music makes you suicidal

"It's something we've suspected for a while, and now researchers have confirmed it: country music can make you suicidal". Researchers found that American cities in which radio stations played a higher than average amount of country music also had higher than average suicide rates. Only the white populations in the cities were affected by the music - because they were the only ones to listen to it. Suicide rates among the African-American communities were no

higher than in the cities that had the good grace to broadcast something else". (Source: British Medical Journal, 2004; 329: 817 - emailed on the *What the Doctor's don't tell you* e-news service Nov 25 2004 e-news@wddty.co.uk).

Lynne comments: I was rather sorry to read this report as I went to Nashville in May to speak at the Reflexology Association of America and enjoyed a visit to the Grand Ole Opry with Dwight Byers and my tutor Evelyne Huegi. However, I have to say that it was the blues in Memphis that got my top vote!

What price fashion?

A client of mine had come for a couple of sessions of Reiki as she was suffering with recurrent teeth problems.

She'd had an infection, an abscess, nagging pain and a constant feeling of pressure over the past month and was quite low about it. Dental X rays and medication hadn't helped much. On her third visit, I noticed that she was wearing a toe ring which was new and looked quite tight. I suggested that she tried leaving it off for a while.

Next visit she reported that she'd had no pain, pressure or infection for the previous 3 weeks!! Of course, in Reflexology terms, the fronts of the toes do represent the teeth and this lady had on a new ring that was a snug fit, But wearing closed in shoes had caused greater pressure on the ring and thus on the toe and thus correspondingly on the teeth!! had been trying to figure out all sorts of reasons why she was suffering such recurrent problems - energy blockage, emotional issues etc, but sometimes perhaps we just need to look at the obvious!

Christine Roscoe
VRT Tutor

Kristine Walker has been an excellent colleague to me over the years and she has inspired many of us to look further than the feet when treating people. The hands are just as responsive as the feet - they just take a few seconds longer to kick in! In recent years Kristine has further developed her artistic talents in the field of mosaics. Kristine can be found on "ArtOutside" website under "Christine Walker" and "mosaics" and soon the website of the British Association of Modern Mosaicists. She is exhibiting with them at the Stratford Leisure and Visitor Centre, Stratford Upon Avon from May 23rd to June 26th 2005. The black and white photo does not do her excellent work justice!

Kristine is teaching a Head Zone Therapy workshop February 2005 in Belfast

For further information on her book *Hand Reflexology: a student's guide* and Kristine's Hand and head Zone Reflexology courses contact her direct: **email:walkerkristine@hotmail.com**
223 Hartington Road, Brighton, BN2 3PA. Tel: 01273 623577

Reflexology and Mosaics

After 15 years of reflexology I decided to take up design again, temporarily put on hold until my retirement. As I had problems with my eyesight at the time, mosaics was the chosen media, enabling me to select chunks of colour and move them about - easier than trying to mix pigments. To support my interest I studied interior design with Regent Academy and learnt the technical aspects of working with ceramics. I have to say that I have the advantage of a degree in textile design, so I found this course fairly straight forward and a lot of fun.

As a reflexologist I have learnt a number of important lessons. Firstly, you should have an excellent grounding in your craft. Secondly, you must be absolutely honest with yourself about what you are doing, and discard anything that doesn't feel right - you work with discretion. Thirdly, you have to reach a stage where you believe implicitly in what you are doing. When you reach this happy state (and it took me a few years!), you begin to have more intuitive hits, you have more moments of inspiration, and you learn to trust your "gut feeling".

As a mosaic artist I can appreciate how my reflexology has liberated me. There is such a fine line between intuition and creative inspiration. I trust my own judgement about design decisions and have the patience to persevere when things don't go according to plan. I try not to undertake anything that does not bring me joy.

In April 2004 I received my first public commission from the NHS and Southdowns Trust to make 3 panels for a Fostering Centre using children's art, and I am working towards 2 exhibitions in 2005. On the reflexology front I am studying Dr. Fitzgerald's original tracts on Zone Therapy and undertaking Dr. Riley's Correspondence Course in Zone Therapy Reflex Technique and Hook Work (1943)! I continue to teach Post Graduate reflexology, treat clients and have the occasional treatment myself.

I am pleased to say that there is no further deterioration to my eyesight.

Kristine Walker

Letters from Practitioners

VRT appears to bring about improvements to a paraplegic condition

It is always good to have some follow up when someone writes and asks about giving a particular VRT treatment. I met Anne Desouza from Canada when she flew all the way to Dubai to attend a three day VRT course. She and I were both rather intrepid travellers to the Gulf that week as Iraq was invaded/liberated on the Tuesday we were out there and although Dubai was peaceful, the airports and the country were on high security. I reprint two reports from Anne of her treatments and add the advice I gave her in between. The results are exceptional and it is interesting that the man instinctively felt his body needed a rest from reflexology after so many sudden changes to consolidate and continue to heal at a slower pace.

Hi Lynne,

Thank you for giving us this new innovative way of giving Reflexology and bring hope and happiness in the lives of people who have unfortunately been struck with debilitating diseases. I have worked on a paraplegic man. He suffered from epilepsy for years, one day he got an attack while walking down the stairs in his house and fell and broke his neck. He had this unfortunate accident about 5 years ago. He is in a wheelchair and cannot do anything for himself, except move his chair around the house, with his left hand, of which he has partial use. I cannot tell you the response I got after the very first treatment. He suffers from constipation since this accident, After treatment he had a big clear out, so it was a big day of celebrations in their house. They could not believe it. He has continued to show positive results after each treatment. In his paralysed hand the forefinger used to slide under the middle finger, now that does not. His foot used to turn when he tried to walk with his physical trainer, now it is turns very slightly. He has regular bowel movements. Yesterday when I gave him the treatment, his paralysed hand actually spasmed and straightened for a few seconds, and this happened repeatedly, I was amazed. His physical trainer is so impressed with his improvement, because

his limbs seem more freer not tight and restrictive. He is able to lift his leg higher than even his wife can. I thought I should write and tell you this amazing story of improvement and I have given him only 4 treatments. I am using hand and foot reflexology, VRT on feet and doing his nails, which seems so powerful in his case. Could you advise me on anything else I can do to help him further.

Lynne replies: *I have often noticed that when there is a healing of any kind in the body there will be a large bowel clearance. Naturopaths often treat the bowel first to help cleanse the system so it is better able to cope with other ailments. I think the body did this naturally in this case - especially as he had problems in that area already. The results in only four treatments are exceptional. Advice: you seem to be doing very well but one thing you may like to try is to spend longer working round the hip/pelvis reflexes and then "pinch either side of the ankle underneath the bone and hold for 45 seconds while pressing the mid point on the big toe point if standing. If reclining - then hold ankle from underneath while pinching the big toe...your index finger pad is on the toe pad and your thumb nail on the central nail. Now slowly and gently rotate the whole toe in a semi-circle and reverse the process.. This is very helpful for balancing the body and for the whole central nervous system.*

Anne Desouza's follow up comments:

My client - Frank, is continuing to do amazingly well. He now has a bowel movement mostly 5 times a week, he also now gets the feeling when he wants to have a bowel movement or pass urine (something he could not feel pre-VRT). He is walking better. He is able to life himself off the bed with minimal assistance, something he is proud of. His occupational therapist, massage therapist, and physical trainer, are all pleased with his progress and wanted to how what he is getting done. "Nail on Nail" is working extremely well on him. I am doing his heel area, and whenever I worked his sciatic reflex, his legs would straighten, he nearly fell off his chair, we had to push him back. He says his legs feel like they want to move. He is so happy with the progress, but feels his body is moving too fast and he

does need a break from reflexology . I am thrilled of course.

VRT and meridians

Dear Lynne

I felt the need to share another angle I've found with VRT. I was trained in a Reflexology method which focuses on the meridians mostly - so this was my starting point. When using the trigger technique, I've connected two points on a meridian, with the usual ankle trigger, on the particular meridian. The second point (which would usually be on the hand for foot VRT), I use on a meridian point on the leg (mainly the calf) (for the 6 "foot" based meridians).

For treating meridians on the hand, when I have done a foot focused treatment - I use the nail on nail technique for treating the meridian which is out of balance. I hold the nail - closest to the first point of the meridian in the finger for a few seconds - at a stimulating, but not painful pressure - until the client finds the tenderness eases or until I feel it has been well enough stimulated.

I have used these methods very successfully on clients who have had "orthopaedic" complaints - ie those who have actually come to me for a deep tissue massage and where I have found it more appropriate to use reflexology - mostly because of their discomfort level (which would not allow much deep work with their amount of pain) or because of very difficult areas to massage - like near the groin.

Clare Roy
South Africa

Tips for using Reflexology/VRT when working with children

Dear Lynne

Thank you for the great day I had on your Endocrine course on 20th June at Bristol. I've already put it to good use. I'm looking forward to the Hand and Nail course.

Do you have any experience of treating children and any tips or guidelines, you would like to let me have. I am also working on a child with special learning difficulties.

Name and address supplied

Lynne replies: *Short treatments of 10 - 30 minutes work best for children. They like a bit of basic self help for calming or lung work for asthma etc. Someone I taught said they got the class of children to do 15 rocks per hand of Diaphragm Rocking at the beginning and end of each day. They liked waving their hand back and forwards and they were better behaved and more receptive from then on. Even other teaching staff noticed the difference. (These were not children with special learning difficulties.)*

A reflexologist who worked with autistic children found the foot DR very balancing and calmed the hyperactive children and gave a little confidence to some of the quiet ones..

If a child or adult is very upset or shocked or stressed I just hold the two thumb nails - nail on nail for about a minute to calm the body down.

The Knuckle Dusting on hands or feet has a calming effect and is also good for asthma..

I always get children to participate in their treatments so if they are tense I say to them that they should squeeze the base of their thumb as I work their foot neck reflexes etc. Not on all reflexes - just a couple. Start with DR if they are fidgets. Just do 5 minutes VRT and no passive reflexology if they will not lie down.

Results

Dear Lynne

I have been using VRT a lot and getting good results. I just did 10 minutes on an ME patient who also had a bad neck injury and has been having chiropractic treatment for years. I did about 2 months and his neck is much better.

An elderly lady who is having restless leg syndrome . She still gets that sometimes but much better now and after VRT her legs always feel good. When she had other problem eg shoulder, knee etc. VRT always helps quickly.

continued.....

Another elderly lady who had a shoulder problem and sharp pain going to her finger, but after one VRT it has gone.

Maki Quayle

Moss Arnold, Chi Reflexology, Australia discovered the Poison Point and described it in a recent article in our newsletter

Dear Lynne,

One morning I was having a manicure at my local beauty salon when a young therapist told me she had been stung the previous day. There were 4 or 5 bites up her right leg, which was extremely swollen, painful and itchy. She felt quite unwell. Her fellow therapist told her to go to the doctor later for some antihistamine.

I asked her to put her right foot up, and I pressed her poison points which were very tender. I did the same points on her left foot. The girl felt a tremendous heat throughout her body.

I was told on my next visit that within 2 hours the swelling of her leg diminished, and the bites were no longer uncomfortable and she never had to go to the doctor!

Carolyn Myles

Time for Ourselves

Geraldine McCullagh, VRT tutor for Scotland and the North of England writes:

I recognise the importance for myself and talking to other colleagues, the necessity to receive therapy for ourselves.

We expect our clients to come on a regular basis for 'a service/maintenance', but do we always practice what we preach?.

These should be your New Year's Resolutions - finding time to receive therapy yourself.

1. We also need to receive rather than always be the giver.
2. It helps us remember the feeling of receiving a therapy which we can then express to potential clients.
3. Helps prevent strains and injuries from working full time as a therapist.
4. We expect clients to spend money on themselves but do we think we are worth spending money on ourselves?
5. Helps us recharge our batteries.
6. The time to relax and just be.

I am also aware of the emotions brought up with clients also link in with what is emotional going on in my life at that moment. We can learn a lot from our clients for ourselves.

I work with many clients who have trouble conceiving. In a few cases there appears to be a common link where they say they feel "undeserving of what they totally want." Having a baby is so important to them but have put barriers in their way because if something is important to them, their belief is that they are undeserving of it.

This is my personal observation, but have any other therapists seen a common link with their pre-pregnancy clients or clients with other conditions that appear to be linked to certain states of mind or attitude?

**Geraldine McCullagh
VRT Tutor, Edinburgh**

Geraldine's comments are interesting. Do you agree with them? What is your own experience when dealing with particular ailments - could they possibly be related to a person's state of mind? Please write or email your comments to contact@boothvrt.com.

Thanks Lynne Booth

"We shall not cease from exploration
And the end of our exploring
Will be to arrive where we started
And know the place for the first time"

Little Gidding by T S Elliot

Nico Pauly Nerve Reflexology Course

The first group of reflexologists received their Diploma after completing their eight days of Nerve Reflexology tuition with Belgium Physiotherapist and Manual Neuro-therapist, Nico Pauly, this September. The course was in three Levels, two of which were three days duration and Level 2 was two days. The next group began Level One this November and we are planning to arrange another Course for 2005/6. Nico's expertise of thirty years of medical work, plus his knowledge of reflexology gained from Marquardt and Froneberg means we are privileged, possibly for the first time, to study clinical reflexology within the medical model.

A bonus is that Nico speaks excellent fluent colloquial English and the courses have been both a challenge and a great pleasure to learn. The results are exceptional and I intend to include brief case studies in the next newsletter.

Nerve reflexology is already gaining publicity and respect outside the field of reflexology (see the comments below regarding Trigeminal Neuralgia).

If VRT members are interested in taking the next nerve Reflexology Course with Nico Pauly in Bristol starting in July 2005 please let us know as soon as possible. Provisional dates are: 1st - 3rd July 2005, 7th & 8th October 2005 and 24th - 26th February 2006. If you are interested, please email, phone, write or fax so that we can contact you first. There is absolutely NO obligation if you register interest- it just gives you first refusal! The price for the last course was £315 for 3 days including a 60 page manual for each level - prices will be around this figure. The first course was fully booked by members in 2 weeks. Delegates so far have flown in from the USA, Slovenia, Belgium, Denmark, Eire, Scotland, Mexico and all parts of the UK to attend these courses and, and as the reputation spreads, we are getting more requests from reflexologists to go on the waiting list. Below we list the results of the course evaluations and some comments from attendees. Personally, Nerve Reflexology is greatly enhancing my practice especially when it is combined with VRT.

Lynne Booth

Some Nerve Reflexology Evaluation comments

"Excellent quality. Challenges the brain"

"Excellent course. Very well explained"

"Great. Well balanced"

"Comprehensive. Well backed up with notes and photographs"

"Wow, what an amazing three days, you were so right, Nico Pauly is an excellent teacher and therapist. The way he presented a very difficult subject had us hanging on to his every word and action. I would like to say a great big thank you to you for the super organisation and planning for the event in such an outstanding, exquisite location".

Summary of Final Evaluations on the Level 1, 2 and 3 Nerve reflexology Course

About the Organisation (Poor = 1 → → → → → Excellent = 5)

What do you think about the administration handled by Booth VRT?	5.00
What about the course venue (rooms, catering ...)?	4.36
Is Bristol convenient as a course venue (travel, sleeping facilities ...)?	4.09

About the Course (Poor = 1 → → → → → Excellent = 5)

What do you think about the course construction (3 levels, 3 weekends)?	4.45
How do you judge the new insight of this course?	4.59
Was there enough theoretical support for understanding the concept?	4.41
Your assessment about the syllabus (content, outlook ...)	4.73
Your assessment about the proportion between theory and practice.	4.59

About the Tutor (Poor = 1 → → → → → Excellent = 5)

Your assessment about the communication qualities of the tutor.	4.68
Your assessment about the qualities of the tutor to explain the theory.	4.82
Your assessment about the qualities of the tutor in the accompaniment of the practice.	4.73

About You (Poor = 1 → → → → → Complete = 5)

In what degree did nerve-reflexology change your way of thinking in taking care of a client (concept of treatment, insight into patient's pain ...)?	4.27
Do you involve a lot of nerve-reflexology in your treatments?	3.55
In what degree to you think you understand the art of nerve-reflexology?	3.45
Would you subscribe for follow-up courses once a year?	4.59
Would you like to be involved in research in nerve-reflexology (participating in treatment evaluations)?	3.59

These evaluation marks show the high quality of teaching and materials we have come to expect from Nico Pauly.

Future Conferences

The ICR conference was held in Jamaica in September 2003 and many of us enjoyed an excellent venue and topics and I was fortunate to be asked to speak. In September 2005 the venue is much more accessible for those in Europe as it is being held in Amsterdam, The Netherlands.

Reflexology conferences are a great opportunity to network with fellow reflexologists from around the world, to have fun, serious discussion and to learn new techniques. Reflexology can often be an isolating profession and conferences afford us all an opportunity to gather with like-minded therapists!

Lynne Booth

International Council of Reflexologists Conference, Amsterdam 16th - 18th September 2005
email: icr@mountaincable.net
Website: www.icr-reflexology.org

The RiEN Conference is being held in September 2006 in Eire

Good News!

All VRT Courses are now Accredited for 5 CPD Points each

All VRT courses are accredited by:
The International Guild of Professional
Practitioners (IGPP)
4 Heathfield Terrace
London
W4 4JE
Tel: 0870 201 1912

VRT Basic - C204 - 5 CPD points
VRT Advanced - C219 - 5 CPD points
VRT Endocrine - C220 - 5 CPD points
VRT Basic Hand & Intro. to VRT -
C529 - 5 CPD points
VRT Ad. Hand & Nail-Working -
C530 - 5 CPD points
VRT Basic & Adv. Refresher - C531 -
5 CPD points

Our courses are also accredited in America and other overseas locations where we teach.

This makes studying VRT even more valuable as reflexologists will be required much more in the future by their professional bodies to undertake continue professional development.



**WHAT DOCTORS DON'T
TELL YOU
READERS' BROADCAST**

E-news broadcast - 16 November 2004 -
No.107

Many reflexologists have clients presenting with Trigeminal neuralgia. **What the Doctors Don't Tell You** featured the following paragraph: We described it as the 'worst pain known to man' and a few of you who have endured it agree. We've been asked to help a reader's mother who suffered from this for nine long years, and conventional medicine has failed to help the problem. As usual, you've come up trumps with plenty of options. Several suggest a visit to a cranio-sacral therapist, while others believe that chiropractic can help. **There's also a new branch of reflexology, called nerve reflexology, which could help. Practitioners who studied the Nico Pauly course are beginning to appear around the country, so ask your local reflexologist if he or she happens to be one of them.** Acupuncture and Traditional Chinese Medicine (TCM) are recommended by several readers, one of whom believes that a qualified acupuncturist could sort the problem in just one visit. Check out the teeth, suggests another reader. Her friend had a tooth extracted, after which her trigeminal neuralgia, which she'd been enduring for months, disappeared. A company called Bioflow, based in St Ives, Cornwall sent us a testimonial of one patient whose trigeminal neuralgia cleared after about 10 sessions. They are prepared to treat people for free if you're prepared to make the trip to Cornwall. Homeopathically, try Spigelia.

**Cranio-Sacral
Reflexology with
Dr. Martine
Faure-Alderson**

Dr. Martine Faure-Alderson is a renowned reflexologist and osteopath who is also a doctor of homeopathy.

Martine will teach her unique and powerful techniques on a six day course,
spread over three weekends

12th & 13th February 2005,
7th & 8th May 2005,
& 24th & 25th September 2005
Central London
Book now!

£205 per weekend
Telephone: Booth VRT Ltd on
0117 962 6746
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website and see more details
www.boothvrt.com



Class of 2004!

Here are the first group of reflexologists to have completed the Nico Pauly Diploma in Nerve Reflexology in Bristol, UK.

**Celebrate Reflexology
with the
International Institute of Reflexology® (UK)**

Saturday 16th April 2005
10.30 am until 6.00 pm (Registration from 9.30 am)
The Columbia Hotel, London, W2 3NS

Guest Speakers include:
Tony Porter – ART, Lynne Booth – VRT
Susanne Enzer – Maternity Reflexology

Practical Workshops – Question & Answer Sessions – Time to Network – Special Discounts on Merchandise – Meet Representatives from RiEN and the Reflexology Forum

£60 for IIR Members, £75 for non-IIR members
includes light lunch and refreshments. Book early to avoid disappointment
Closing date for bookings: 16th March 2005

**Send your cheque, made payable to: IIR (UK) to:
Julie Parkes, Reflexology Celebration, 8 Violet Close, Middlemarch, Bedworth,
Warwickshire, CV12 0GQ Tel:02476 367910**

along with your name, address, telephone and e-mail details