



Booth VRT Newsletter 2 - Autumn 2001

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Dear VRT Colleague

Greetings to you following a very busy and interesting year in the development of VRT. Many of you have attended further VRT courses and, thankfully, a lot of you have bought my book '**Vertical Reflexology**'. It is a reflexology best seller and is already being reprinted.

The excellent full colour **VRT Wall Charts** are now available in high quality artwork with nine foot aspects. See separate form if you wish to order one.



But what really matters is that VRT *works* and can help the practitioner to achieve better results more quickly. One of the exciting developments in VRT is the '**VRT Nail-working**' which is taught as part of the new VRT Endocrine course. Practitioners are getting exceptional results when working the tiny reflex grid system, nail-on-nail, when weight-bearing. It is also very effective within conventional reflexology treatments. The VRT Harmoniser/Consolidator nail technique is so effective in preventing any side effects that we are now teaching it on every course. Further details overleaf.

This newsletter is intended to keep you up to date with VRT news as well as introducing you to new developments including, at last, the long awaited **VRT Membership Network**. Many reflexologists who regularly use VRT in their treatments have asked to be specifically kept up to date on news, special offers, research and development as well as being on a dedicated VRT Practitioner Register/website. If you wish to be affiliated to this new membership please complete the attached form, which lists all the benefits.

Please note: The existing practitioner list on the website list will be deleted in December and from then on only VRT Network Members will be eligible for inclusion.

It is interesting that VRT has also captured the imagination of the public due to good results. This has led to many articles in the mainstream press including the Daily Telegraph. VRT is now proving popular in the workplace with companies such as Sun Life and Sainburys. Several book signings have been a novel experience for me at branches of Waterstones and even Borders in Oxford Street, London and Brighton!

You will read that we very much welcome your input regarding case histories, comments on techniques and, of course, any queries you may have. I hope many of you will find a few minutes to fill in the feedback form regarding any particularly special VRT results you have experienced.

I look forward to presenting VRT at Conferences in the UK, Australia and South Africa in 2002. It is now being practised all over the world and 2,500 reflexologists have now been taught these advanced techniques which are becoming very much part of mainstream reflexology.

It's Better Standing Up!

"My long-standing client with multiple sclerosis commented that his carer, who comes in to shower him, had noted that his right leg needed to be manually lifted into the shower.

I have been using VRT on this client for some time, but because of his problems standing I had applied the technique with him sitting on his bed at the end of the conventional treatment. I felt that the deterioration in his leg warranted a standing position, which was achieved with the use of a walking frame.

In this upright, weight-bearing position the reflexes were much more sensitive and the knee spontaneously 'jumped', indicating some nerve response. This experience emphasised that VRT is much more effective in the standing and weight-bearing position."

Alison Dobbins - Senior VRT Tutor

VRT Recognition

We are delighted that many reflexology associations and schools have invited us to run courses for them. These include the Association of Reflexologists, the International Institute of Reflexology, the Royal College for the Blind, Chartered Physiotherapists, the Bayley School, Kristine Walker, Athena School, Bournville College, French and Dutch Federations of Reflexologists, the Reflexology Associations in Argentina, South Africa and Australia.

Request for Case Histories- from Lynne

When I wrote 'Vertical Reflexology' I was able to draw on many of my own case histories plus those of tutors and VRT practitioners. Please could VRT practitioners spare a few minutes to fill in the enclosed form giving a brief case study/resume of any interesting VRT results. A few lines only will suffice! It would be helpful to share information for inclusion in future newsletters. This may also help teaching and research and could provide examples for inclusion in my second book. We may contact you for further information.

It would also be interesting to hear in what specialist areas you have been using VRT i.e. infertility, terminal care, sports injuries, MS etc. We will give you feedback in the first members' newsletter in January 2002.

VRT Practitioner Results

After 6 VRT treatments she has a lot of energy, more air, sleeps better, constipation disappeared. A-M M. Holland

A man came for VRT on a sciatic nerve - it freed up on one treatment. Diaphragm Rocking is particularly effective when treating addicts at the de-tox stage. R S. London

After the treatment I could rotate my head further backward without pain. W T M. Holland

I arrived at the course with lower back pain. VRT alleviated it. Questionnaire Cardiff April 2001

Beware: Bogus VRT Courses

Imitation may be the best form of flattery but *not* when you have paid good money to be taught by an unqualified tutor who may not have even attended a VRT Basic Course! All VRT tutors are extensively trained to a very high standard. All VRT charts, literature and logo are trademarked and copyright.

We have received complaints that a few VRT courses are being run unofficially using our plagiarised notes or extracts from the book. In one case a "tutor" advertised a course far above the official VRT price and when confronted said she "hoped to fit in a day's VRT course with us" before she began teaching it! Of equal concern to many organisations are the Advanced Diploma Courses taught at some colleges. Far from giving a 'taster' of VRT and other therapies they are teaching the full courses. These tutors will have only had a day's tuition at most on the subject. Unlike our full trained tutors they also receive no updates, innovations or further training. If in doubt, please contact us.

The only authorised VRT Tutors are: Lynne Booth, Alison Dobbins, Hedwige Dirx, Françoise Petraman, Britta Stewart, Alberto Carnevale-Maffe and Beverley Alexander. Assisted by Sarah Tyndall and Geraldine McCullagh.

A year of VRT highlights since September 2000

- *Vertical Reflexology* published by Piatkus Books.
- Reflexology Outreach International teaches VRT (plus many other reflexology techniques) in Uganda.
- European Reflexology Conference in Denmark - VRT demonstrated to Danish schools.
- VRT taught in Belgium, Holland, Denmark and Eire and the UK.
- Over 2500 qualified reflexologists now trained in VRT.
- Lynne speaks at the Federation of Holistic Therapists conference in Birmingham.
- VRT Tutor Beverley Alexander teaches VRT at the Royal National College for the Blind. VRT literature now available in Braille. Please ring us for further details.
- Kristine Walker and Lynne ran a second successful weekend of Hand Reflexology and VRT in SW15.
- Excellent VRT book reviews - nearly 50 articles on VRT now published world-wide.
- VRT connections now in Lesotho, South Africa, Singapore, Kenya, Argentina, Australia, Japan, USA, Canada, Hong Kong, to name but a few - plus Europe!
- Senior Tutor Alison Dobbins teaches VRT to Chartered Physiotherapists/reflexologists.
- Tutor Françoise Petraman is translating Advanced VRT courses into French ready for Paris 2002.
- Belgium tutor Hedwige Dirx gains postgraduate recognition for VRT with the Dutch Reflexology Federation VNT. They also accredited her excellent Lymphatic Stimulation courses.
- Lynne begins work on her second book *VRT Hand Reflexology and VRT Nail-Working*
- Publishers in Holland commission *Vertical Reflexology* translation into Dutch. Available Spring 2002.
- Tutor Britta Stewart organises VRT events in N.Ireland and Eire and helps Lynne at the VRT/RIEN stand at the ICR Conference in Rome in Sept 2001.

Latex Hands and Feet!

Lynne's wonderful latex foot from an American joke shop cannot be replicated but **Adam Rouilly Ltd** can supply excellent fairly flexible PVC "mannequin" hands and feet for teaching/practise purposes. In fact, all parts of the body can be supplied!! Contact them direct on **0179 547 1378**. Prices start at £10 + carriage & VAT.

VRT Harmoniser/Consolidator Technique

Reflexologist Lisa Rose of West Sussex has had much success with VRT treatment of ENT conditions but found that some sensitive people had a slight balance problem while receiving VRT. Since learning this Harmoniser technique she has been able to treat *all* clients with no ill-effects. This light 15 second pressure on the nail and two specific reflexes helps avoid any possible mild side effects and can also be used at any time, reclining or standing, to calm and balance the body. In Holland M V-d-P suddenly felt faint but recovered in a minute when the Harmoniser was applied. She felt a surge of energy and colour to her cheeks. Full details, instructions and chart will be sent to all who register for the **VRT Membership Network** -see separate yellow form

**A friend spotted this sign outside a Reflexology clinic in Beijing last week! Beneath the Chinese writing it said:
"FOOT BOTTOM MASSAGE"**

ICR Conference in Rome September 21st- 23rd 2001

VRT tutors Britta Stewart and Lynne Booth attended this conference on the outskirts of Rome and also managed to see many of the glorious sights of Classical and Renaissance Rome in two exhausting days.....and evenings! Only 170 reflexologists attended due to the international situation. VRT was demonstrated and we enjoyed meeting reflexologists from many countries at the VRT stand. Highlights included a presentation by Cecilia Salvesen from South Africa on *Nutrition and the Meridians*, Gaston Saint Pierre on the *Metamorphic Technique* and a fascinating workshop by Belgium physiotherapist, Nico Pauly, on the Froneberg Method of *Manual Neurotherapy*. He concentrated on specific techniques for nerve reflex points.

Discovery Health - Cable TV Channel - "**The Alternative**" -an important 15-part series that will be repeated this autumn. The award-winning producer, Annie Moore, highlights a different condition for each programme such as arthritis, women's health, depression etc and looks at 3 or 4 complementary therapies that are specifically known to help. Lynne appeared on the programme on Cancer with Joyce Coles, who had a mastectomy five years ago and was unable to lift her arm due to scar tissue and lymphatic problems. Joyce was offered reflexology at Frenchay Hospital, Bristol, and then came to Lynne for VRT. Her general recovery was very fast and she was playing tennis again within four months with full range of movement. A book accompanies the series price £10.99 plus p&p. Videos each containing 2 programmes are also available. For full details contact B-Line Productions :
Tel: 0208 444 9574 Website: www.b-lineproductions.co.uk

Finally.....

A big thank you from Lynne, and all the tutors, to so many of you for the support and interest in VRT from its earliest beginnings. Also to other reflexologists who have so enthusiastically embraced the new techniques and helped us with our research along the way.