

# Vertical Reflex Therapy



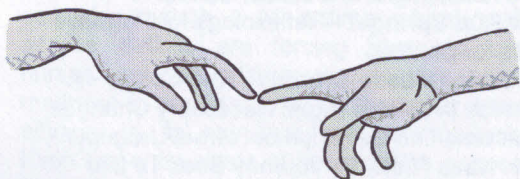
## Membership Network Newsletter

No 20. Winter 2008

Dear Colleague,

In October I went to Israel to speak at a conference on Reflexology and Cancer and met up with 120 delegates from all over the world including medical doctors who use reflexology in their clinics and hospitals. The conference was organised by ISRAC, the new Israel Reflexology Forum whose founder is reflexologist, Moshe Kruchik. It was inspiring to hear a Spanish paediatric surgeon speak about reflexology for children on her wards and how she has studied reflexology herself. Israeli doctors spoke about the complementary medicine departments in their hospital and we heard how reflexologists are being invited into hospitals and hospices to work alongside the medics in many medical situations including intensive care. In palliative care the medical and complementary staff have to use adaptive techniques to help patients as their needs and condition can change within minutes.

I was recently reminded the importance of the *therapeutic touch* in the following incident concerning an elderly client of mine:



A terminally ill woman aged 90 years was found to have experienced major organ failure in the previous 36 hours and, according to the medical staff, was either in a coma or a very deep sleep and the family had been summoned and said their farewells. I sat beside her and talked gently and then held and stroked her hand. After a few minutes she murmured several times: "Touch my feet", much to the surprise of the medical staff. I gently held her toes, nail-on-nail, and then stroked the spinal foot and lung reflexes. I also kept gently and slowly working her heels. Her breathing changed to deeper, rhythmic, more measured breaths, and I continued gently working her feet for about 10 minutes.

*She remained comatose all night but the following morning she awoke and declared she was hungry and ate breakfast. She was lucid and able to converse with her family. She said she could vaguely remember being aware of a different touch on her hands and feet, no doubt simply because her body was familiar with the specific therapeutic touch of regular VRT and reflexology. Two days later she lapsed back into a deep sleep/coma and eventual death. No-one would claim that reflexology brought her back to life but I was interested that her body instantly recognised the "therapeutic touch".*

Many thanks to all of you who have bought the new VRT DVD and for your positive comments you have sent in. We have even had some re-orders for Christmas presents as there is a self-help aspect for clients, family and friends as well as all the technical sequences! See our new website complete with a clip of the DVD on the Home Page – you can now order books, charts and the DVD online!

**[www.boothvrt.com](http://www.boothvrt.com)**

We wish you a Merry Christmas and, as in previous years, we are not sending members Christmas cards but instead will send the money to charity. We have chosen the NSPCC as it seems particularly appropriate this year in the light of the tragic Baby P case.

In these times of recession and gloom there is still much joy in the world and I hope it will touch you now, at Christmas and in the year ahead.

Kindest regards from us all at Booth VRT.

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**The First International Symposium on  
Reflexology and Cancer - ISRAC 2008  
took place in Israel from Oct. 29th to  
Oct. 31st 2008**

**"Reflexology and cancer: There is another  
hope .... let's talk about it"**

**Lynne Booth writes:** This was the first time that a symposium on Reflexology and Cancer was arranged, where doctors and reflexologists presented their findings alongside each other to initiate a forum of discussion. The aim of the organizer and founder of ISRAC, Moshe Kruchik, was to explore how reflexology, as a therapy, can contribute to patients with cancer.

Over the past five years there has been increasing interest to research the effects of reflexology on cancer patients. This interest has led to research by renowned reflexologists, who wish to bring hope to cancer patients and their families. The theme of the conference was to look at ways of reflexology and medics working together in the field of cancer. It was interesting to see how some clinics/hospitals around the world are arranging for reflexology to be used alongside medical procedures even in intensive care units. We heard how foot reflexology can calm a distressed patient enabling nurse could fit a cannular into the vein in only a few minutes



Lynne with Spirios Dimitrakoulas who represents the reflexology association of Greece with fellow presenters: Susan Beronsen and Zachary Brinkerhoff from the US and Carol Donnelly from Eire.

Many of the speakers had presented interesting studies and observational research on cancer including Dr. Bibiana Carrasco, a Paediatric Surgeon in Barcelona (who also trained in reflexology) and reflexologists, Leila Eriksen of Denmark and Edwina Hodkinson of the Christie Hospital Manchester.



Free gym facilities on the sand at Tel Aviv Beach.

**Fitness in Tel Aviv on the Sabbath!** Over a hundred people, aged between about 18 and 80 were dancing without partners to what was possibly Hebrew salsa music! Just part of the many exercise routines the Israelis embrace. All along the beaches there was high quality, permanent exercise equipment to use for free.

The venue was the Shefayim Kibbutz Conference Centre, 10 miles north of Tel Aviv. Many took the opportunity to go to the Dead Sea spas, Jerusalem, Nazareth, the Sea of Galilee, Haifa and the warm golden beaches of Tel Aviv etc. A highlight for many overseas delegates were the kind invitations of many the Israeli reflexologists to come and celebrate Shabbat in their homes on the Friday night.

**Conference Book:** A book of 53 case histories and extra information on reflexology and cancer has been produced by ISRAC, collating information submitted by the presenters. It is a large glossy publication and Booth VRT has a limited number of copies available for sale. The price is £30 per copy plus £2.00 p&p. Please contact us for further details if you are interested

**ISRAC Conference Speakers**

***Israel***

**Dr. Dorit Gamus** - Israel Research in Complementary Medicine.

**Dr. Shahar Lev Ari** Complementary medicine in a Multidisciplinary Centre for Cancer Patients

**Dr. Opher Caspi** – Challenges To The Integrative Medicine System: Food for thought  
**Dr Ayelet Dor** – Report of 2 years of working as a reflexologist in a cancer centre.

**Mrs Ruti Springer** – Reflexology for Palliative Care for Children

**Mauricio (Moshe) Kruchik** - Reflexology - A Therapy in its own Right: Necessary Changes, Directions and Development Israel/Uruguay.

**Mrs. Nava Ridi** - My Journey Back To Life

***United Kingdom***

**Beryl Crane** – Effective Reflexology in Cancer

**Edwina Hodkinson** - Meeting the Patient's Needs: Adaptation, Change and Safety Through the Cancer Journey.

**Lynne Booth** - Vertical Reflex Therapy (VRT) and its Role in Palliative Care.

***Eire***

**Carol Donnelly** - Educating for Cancer Care - Changing Rhythms

***Denmark***

**Leila Eriksen** – Reflexology Research and Cancerbarn: A Special Project Where Children With Cancer Give Reflexology To Their Parents



### **Spain**

**Dr. Bibiana Carrasco** - Treating Children and Adolescents With Cancer in the Hospital Environment

### **France**

**Dr. Martine Faure-Alderson** – First Conclusions and Facts in Reflexology Research Program on Cancer Patients in 5 Hospitals Around the World.

### **USA**

**Susan Berenson** - Reflexology in a Comprehensive Cancer Centre: Symptom Management and Contraindication

### **Workshops:**

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

**Beryl Crane** - Auricular Therapy.

**Lynne Booth** - Vertical Reflex Therapy (VRT).

**Zachary Brinkerhoff** - The Philosophy of Reflexology of Eunice Ingham/The Original Ingham Method.

**Mr. Moshe Kruchik** - Reflexology and Motion: Techniques for Deep Relaxation.

**We hope to reprint a paper from the ISRAC conference in the next newsletter.**

### **Alternative Medicine – a flawed diagnosis**

The Independent, Editorial, 24.05.08

On the face of it, the demand by a group of Britain's leading doctors that the NHS should stop using complementary therapies seems sensible enough. At a time when health service deficits are forcing trusts to sack nurses and ration life-saving drugs it seems madness to spend money on therapies whose efficacy is, to say the least, controversial. Even the enthusiasts of homeopathy concede that no one knows why it works – if it does. It does not help that one of the most prominent advocates of alternative medicine, the Prince of Wales – who is behind two of the initiatives doctors single out for criticism – is easily mocked as the man who talks to his house-plants. Yet there is something disquieting about the absolutist nature of the attack from members of a closed shop on anything not rooted in their biochemical model of medicine.

Why waste money, they ask, on treatments that make people better, or feel better, when the recovery may be produced by a placebo effect – even if that placebo is non-toxic and cheap, as homeopathy is? They give their own answer: because it makes people better, or feel better.

Wellbeing is as laudable a goal as physical health, even in the purely utilitarian calculus to which these eminent doctors subscribe. And alternative medicine – whose practitioners are often able to devote far more time to individual patients than do harassed GPs – can be particularly important in offering psychological and spiritual support to those suffering with critical illness.

It is also important to keep the issue in proportion. Huge amounts of public cash are not spent on this. The NHS has a £3m budget for research into alternative therapies. It is spending, for example, just £324,000 on three research projects examining the role of complementary therapies in the care of patients with cancer. Moreover, under the "alternative" umbrella is a wide range of therapies, some wholly irrational and weak and others, as the House of Lords Science and Technology Sub-Committee pointed out, with a strong track record and a good research base.

Twenty years ago acupuncture was dismissed, largely because the theoretical base outlined by its practitioners made no scientific sense. Yet acupuncture, we now know, does work – though for reasons other than those set out by those who practised it. Had scientific fundamentalism held sway 20 years ago we wouldn't have acupuncture available on the NHS today.

It is not simply that there are more things in heaven and earth than are dreamt of in a scientific philosophy. It is that open-mindedness is a scientific virtue too.

*Please let us know your comments on this editorial.*

**SPOTTED! A Reflexology Clinic in Cheyenne, USA.**



*Obviously there is great demand for reflexology in this hard-working Wyoming clinic, especially with a \$30 (£20 approx) special offer 7 days a week!*



*Just a few places left for these fantastic courses where you can learn many new clinical techniques to enhance your practice.*

**Experience a Nico Pauly  
Master Class in Nerve Reflexology**

Why not attend the first Level on the lumbar region for 3 days only and learn fantastic techniques to treat the lumbar area and abdominal organs?

**Fri – Sun, 13<sup>th</sup>-15<sup>th</sup> February 2009 (full)**

**or  
Fri – Sun, 3<sup>rd</sup> – 5<sup>th</sup> April 2009**

**£340 – 36 AoR CPD points**

**OR ATTEND ALL THREE WEEKENDS TO  
OBTAIN THE DIPLOMA FOR £940**

*"Nerve Reflexology completes our understanding of reflexology. It connects the classic foot reflexes to the nervous system. I strongly recommend professional reflexologists to attend these seminars."*  
Tony Porter, founder/director of Advanced Reflexology Training (U.K.)

Nico Pauly is the Belgium Manual Neurotherapist who has run 3 highly skilled diploma courses (36 CPD points per weekend) for Booth VRT over the past three years. The diploma course comprises three long weekends but VRT practitioners and other reflexologists are welcome to attend the first weekend only as it is an education in its own right. You will learn skills you can implement immediately.

*Comment from Nerve Diploma Graduate:*  
"Really appreciated Nico's course. The lymphatic massage at the end was amazing as I was able to do our friend with lymphoma of the brain who has just started chemo. He had his first sleep through the night and woke pain free in his legs for the first time in weeks. I taught his wife the routine as I was leaving London the next day."

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**Antioxidants and Cancer:  
Researcher admits she got it wrong**

**24 April 2008**

It was news when it was first revealed three years ago – and it was news again in April: antioxidant vitamins can speed up the development of cancer. But the researcher who first published the study has now admitted that she got it wrong.

The original study – which made headlines around the world – found that cancer patients who took either vitamin A (beta-carotene) or E (alpha tocopherol) supplements were 40 per cent more likely to suffer a recurrence of their cancer than those who didn't take any supplements.

Ever since, nutritionists and alternative therapists have been on the back foot, and have tried to defend the antioxidants. But their task was made even tougher earlier this year when the prestigious Cochrane Collaborative released a meta-analysis that suggested that antioxidants may even shorten our life.

But the researchers, led by Isabelle Bairati from the Quebec Research Centre, who published the 2005 study, have re-analysed their original data, and have discovered they got it wrong. The only people in the study who were seeing their cancer return were smokers who refused to kick the habit while they were receiving radiation therapy or chemotherapy.

Strangely, not a single newspaper has run with the story.

(Source: International Journal of Cancer, 2008; 122: 1679-83).

What doctors don't tell you WWDTY,  
April 08



## Letters from Practitioners

Dear Lynne,

Thank you for your newsletters which I enjoy reading. Now a tale about my husband: A few weeks ago he told me he was going to make a doctor's appointment about his back as it was unbearably painful again. He has Osteoporosis and has crushed vertebrae T8 & T9. He is 78years old.

Over 10 years ago, when he was given the above diagnosis, he was under the pain clinic at the local hospital and they operated, putting a Seecor (not sure on spelling but it is a coil in shape) under the skin over the left rib cage. This contained Morphine which when in pain he pressed two buttons to release a dose of Morphine down a tube into the spine. This tube had also been inserted under the skin around to his back into the damaged area of the spine. It helped the pain BUT the side effects were awful – feeling very, very hot and sweating profusely for an hour then feeling extremely cold and shivering for another hour and not being able to urinate for 24 hours. So he had the Seecor drained but did not have it removed because to do so would have brought back the 3 month long dreadful head ache/pain he endured when they inserted it. This happens when spinal fluid is released from the spine.

Reflexology helped a bit whenever he kept still long enough for me to give him a treatment! He is not one to sit around and he helps out over at our Church gardening and doing odd jobs, not to mention looking after our home and my mother's home. We were introduced to magnetic products and for nine years these products have helped him.

Anyway, I suggested that he find a good Reflexologist.....

So now I give him VRT treatments most mornings when I take him his early morning cup of tea in bed. After three weeks the discomfort along the spinal areas on his feet has vanished and he says his back is not so bad now. His throat area on his left foot is extremely tender which we think is the area at the back of his throat which the eight years of taking 'Fosamax' had damaged but that is another story!

I do not use VRT with every client as kneeling is uncomfortable for me and I end up sitting awkwardly on the floor. However, I find it very beneficial with my client's structural problems. Kind regards, AC

Lynne replies:

Dear AC,

Many thanks indeed for your testimonial and I am so pleased that VRT is helping your husband. It is always so rewarding for me to hear of excellent results and it is always so good to be able to help a loved one yourself. Do keep up the VRT on him and try it on the areas beneath the thumb nails for the throat (as well as the big toe nails). Do remember that a little VRT on the hands – when you can't kneel - is very beneficial. I am a great advocate of using the hands and feet in the same treatment so do experiment in that area. See my book "*Vertical Reflexology for Hands*" or new VRT DVD for further easy techniques.



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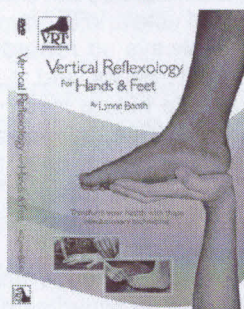
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**Great Reviews of new VRT DVD:  
Vertical Reflexology for  
Hands and Feet**



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**Special offer for members £16.99**  
**plus £1 p&p till December 31<sup>st</sup> 2008.**  
**or use enclosed order form and**  
**mark it "Members' Offer"**

**Val Bullen, Director of Education at the  
Institute for Optimum Nutrition, London:**

*"Having been a recipient of VRT which has helped me deal with long-standing hip and back problems, and helped in my recovery from a serious accident, I am pleased that this DVD is now available. The range of techniques presented by Lynne Booth are a valuable addition to a reflexologist's repertoire and the self-help techniques an asset for both professional and lay people. The DVD is creatively presented, easy to follow and a pleasure to watch because of the settings chosen, illustrating that these useful techniques can be done anywhere and by anyone".*

**Mary Atkinson, complementary therapist,  
tutor and author of over 15 books including  
her new book *Healing Touch for Children*:**

*"It is always a real privilege and inspiration to watch techniques being demonstrated by their original founder, and this high quality DVD is certainly no exception. Lynne Booth shares her passion for the far-reaching benefits of VRT for hands and feet with professionalism and easy of delivery that will appeal not only to qualified reflexologists wishing to learn or update VRT skills but also complete beginners. There is no doubt that this informative and motivational DVD will be greeted with enthusiasm by all therapists looking for simple self-help techniques to enhance the health and well-being of clients, friends and family. A key strength is that*

*techniques are demonstrated with easy to follow step by step instructions on a wide range of different people from all ages and walks of life, clearly showing how this revolutionary therapy can help ease a wide range of complaints and significantly improve general health and well-being. I shall definitely be recommending it to fellow therapists and my own clients, friends and family".*

**Kristine Walker, Hand Reflexology Tutor  
and author of one of the definitive books  
on Hand Reflexology now in its second  
edition:**

*"A unique and powerful treatment presented in a clear and simple way. This DVD shows how simply and easily VRT can be used on the hands as part of a classical reflexology treatment or for self-help. There are also excellent hand reflexology techniques for people with limited movement. Knowing the extraordinary benefits of hand reflexology, I am delighted that these techniques form part of the VRT repertoire".*

**Reflexologists' DVD comments:**

*"I have watched my VRT DVD and I found it to be very informative and easy to follow, I will be practising it tonight on my daughter. It will make following the VRT Workshop much easier to follow. The quality of the DVD is excellent and was worth the wait".*  
MW, Slough

**"EXCELLENT"**

*Really good to have a refresher course to bring me back in line!"* CC, Sussex

*"I have received the DVD and am very pleased with it, an excellent production as always, well done".* Sylvia W, Essex

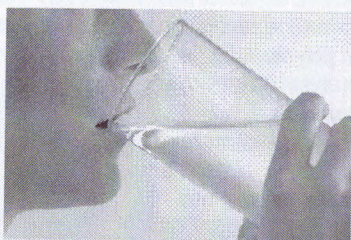
*"I am writing to congratulate you on the DVD and I thought it was really good. Very professional (but everything you do is very professional, and a joy to be involved with as a result), pretty to look at and very clear to follow. I was delighted to find new techniques that we hadn't covered or I had forgotten in the courses I did (e.g. the Metatarsal technique). I'm definitely a visual learner, so it's great to have it as a reminder. I encourage my clients to use self-help VRT, so I'll be suggesting the DVD to them too".*

Susan Hill, Penzance, Cornwall

*"I bought a DVD for VRT self-help but want 3 more now for my grown-up children for Xmas!"*  
Mrs RS, Bristol



## Water is life!



I hope you have all got a copy of the excellent book:

### **"Your body's many cries for water"**

By F. Batmanghelidj, MD. Available from booksellers. See also [www.watercure.com](http://www.watercure.com)

It is a preventive and self-education manual of the **water** cure for those who prefer to adhere to the logic of the natural and simple.

When I was in East Anglia last year I saw an interesting local news item on the TV about the need for extra water for elderly persons. In Norwich there was also a very successful *Lavender Project* where elderly persons were given aromatherapy sessions to help with sleep and well being. In my own work with older people at the St Monica Trust I've observed that an elderly person's body has great potential for regeneration and better health given the right impetus. Many of the elderly residents at the Trust are highly motivated to stimulate their minds through concerts, poetry and discussion groups, charity work and also look after their bodies through reflexology physiotherapy, massage and some have tried Indian Head massage in the last year.



*Residents and staff at a care home for the elderly in Suffolk, UK are convinced that the improvements in residents' health is because they are now drinking more water after a "water club" was introduced last summer.*

*The residents at charity-run The Martins care home in Bury St Edmunds, Suffolk, were encouraged to increase their water intake when the water club was introduced by care home staff last summer. They were*

*encouraged to drink between 8 and 10 glasses of water a day, they were each given a jug of water in their room and water coolers were installed throughout the home.*

*A year ago, 88-year-old resident Jean Lavender struggled to walk, but now she goes outside most days for a walk, and feels 20 years younger. She said:*

*"I feel more alert - more cheerful too. I'm not a miserable person, but it's added a sort of zest."*

*The care home is also seeing fewer falls, significant improvements in health, fewer GP call-outs, reductions in the use of laxatives and urinary infections, less agitation among dementia residents, and residents reporting better quality of sleep.*

*Wendy Tomlinson, a former nurse who became manager of the home last year, suspected that the low intake of drinking water among the residents was not doing their health any good and with staff devised and introduced the water club. But even she was surprised at the difference it has made.*

*Tomlinson said on BBC News that the results have been "fantastic", and that the "whole home buzzes now; there isn't that period after lunch when everyone goes off to sleep".*

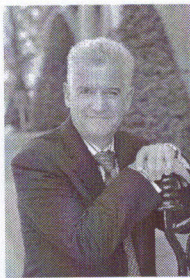
## MINDSTORE

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- Overcome the destructive negative emotions of fear, anxiety and guilt;
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Lynne writes: The above may be what you have heard from many people before! But..... I can personally recommend these techniques that I have used from time to time over the past 10 years. Not everyone can attend the courses but the Mindstore book is easy to read and assimilate and can bring many almost instant benefits.





Jack Black is the Founder and Course Director of MindStore, the UK's leading provider of performance excellence and personal development training. Jack established MindStore in 1990. Over 300,000 people have embraced the MindStore

approach with over 50% of the FTSE 100 companies included in an exceptional client list. Having previously worked in Education and Social Services and after witnessing the debilitating effects stress had on two of his colleagues, Jack decided to discover how stress could be managed and personal development harnessed to allow people to fulfil their potential. "MindStore" was the culmination of his findings and represented a radical, innovative approach to personal development in the UK. Jack based the MindStore philosophy on the need for people to have access to a simple set of mental tools and techniques. This offers a direct and practical framework which increases an individual's sense of self belief, creativity, problem solving, positive expectation and intuition. A range of courses were developed to assist people from all walks of life to achieve whatever they want in their personal or business lives.

Jack is recognised as one of the UK's leading authorities on personal development. His motivating presentation style moves his audience to make massive changes in their way of thinking; his style is inspiring and entertaining. Jack has taught the "MindStore" programme to people as diverse as world champion athletes, premier club footballers, company directors, musicians, engineers and those in the financial world. Jack Black has written two best-selling books on the subject: 'MINDSTORE The Ultimate Mental Fitness Programme' and 'MINDSTORE For Personal Development'.

See [www.mindstore.com](http://www.mindstore.com)  
Tel +44 (0) 141 617 0808

### **Karen Newton, VRT Tutor writes about a two-modality approach**

I have been a reflexologist for 22 years, originally training with the International Institute of Reflexology under Tony Porter. Since then I have continually updated my skills with ART, VRT and Nico Pauly's Nerve Reflexology courses.

In 1995 I qualified as a homoeopath and I really enjoy the contrast between the two therapies - one exercising the mental and the other, the physical. It is very useful to have more than one string to your bow and the following example illustrates this:

A client came to see me for a homoeopathic consultation for a dry cough following a period of overworking. While relating her case she happened to mention that she had a very painful shoulder as a result of falling over twice within the last five days. I immediately suggested that she let me change course temporarily and do some VRT for the acute pain in her left shoulder. She was amazed at the almost instant improvement she felt.

The homoeopathic remedy Rumex dealt with the cough and hoarseness which had been ongoing for three weeks.

At my suggestion she continues to have monthly reflexology to help her cope with the demands of her stressful job running a charity.



## **NAIL DISORDERS**

**Margaret Bill, VRT and Nerve Reflexology reflexologist** has kindly offered VRT members coloured photos and descriptions of 15 different nail disorders. She describes her project below. Booth VRT is able to send printed copies of these 15 page coloured set to VRT members priced £5.50 to cover costs and this special price includes postage and packing. The set is a large good quality coloured photo per page plus description. Please phone in or post your request to our office address with a cheque payable to Booth VRT Ltd.

### Margaret writes:

As a practising reflexologist I found that many of my elderly clients were unable to cut their own toenails. NHS chiropody services in this area were limited leaving clients' feet uncomfortable and thus causing difficulty in walking. (Private chiropody is often prohibitively expensive). This often had the knock-on effect of causing postural problems leading to other painful conditions. I wished, as a kindness, to be able to cut their toenails but required formal qualifications in order to obtain necessary insurance cover. Note that nurses are no longer allowed to cut toenails! In discussions with a local chiropodist she welcomed my providing this service as it allowed her greater time to attend to the more technical aspects of her profession.



I undertook a course in manicure and pedicure at technical college which also reinforced and further informed my awareness of the many maladies which can be indicated by the condition of the nails. This knowledge is important for reflexologists as we are very often the first practitioners to thoroughly and knowledgeably examine feet.

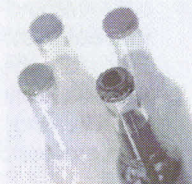


### Koilonychia

**Koilonychia** or spoon-shaped nail, is when the nail curves upwards, showing raised ridges and is also thin and concave. This is an indication of both Diabetes Mellitus and of iron deficiency anaemia. Clients showing these signs should be advised to visit their GP. The normal sequence of change in the nail is: brittle nails then straight nails, progressing to spoon-shaped nails.

*Lynne comments:* I think this sort of information should be included in all reflexology courses. Reflexologists can play detective when it comes to nails and other disorders that people do not often present to their doctors. For example, a person could be aware that their nails were flaking and had changed shape but would certainly not assume that this was an indication of possible Diabetes Mellitus. We are NOT diagnosing of course or telling the clients we think they have a specific problem but we can suggest they seek medical advice.

**The controversial sweetener Aspartame is used in numerous "diet" foods and drink but many want it banned as a toxin. Serious food for thought?**



Sainsbury's large retail supermarket chain in the UK banned the controversial sweetener aspartame from soft drinks on its shelves in 2007, but aspartame-containing soft drinks are still readily available around the world.

Natural News writes about Aspartame as

follows:

"The problem with aspartame lies in over-consumption". Aspartame, the artificial sweetener that often flavours sugar-free drinks and foods, and it has been suggested that it may induce convulsions and grand mal seizures in certain individuals.

So why is it still on peoples' shopping lists? "One reason is that over 130 countries have approved Aspartame for use in foods and drinks, as one can read at the Coca-Cola (TM) website. Aspartame is marketed as a sweetener, 180 times more powerful than sugar, under trade names such as Equal (TM) and Nutrasweet (TM). It is also added liberally to "diet" foods and "diet" drinks. Aspartame is a low calorie sweetener. Called a potent neurotoxin by several researchers, it is being sold as a sugar substitute for those on low calorie diets and for diabetics. If you like Coke or Pepsi "light", you certainly are at risk, but both industry and health officials deny that there is any truth to this story. Manufacturers have recently been sued in California. Trade names for Aspartame are NutraSweet, Equal, Spoonful, Canderel, Benevia, Misura, but in Europe we often cannot recognize that Aspartame is part of what we're about to swallow unless we know that it also hides behind the seemingly innocuous "E 951" label. It is suggested that no one should be consuming Aspartame and those responsible for putting it on the market - Donald Rumsfeld who had a part in politically forcing its approval - should be held responsible for unleashing an agent of chemical warfare on an unsuspecting public. Recently, much controversy has surrounded a claim that aspartame may produce an MS-like syndrome. A current review of recent peer-reviewed scientific studies has disclosed a pathophysiological mechanism to explain this connection. As far back as 1996 it was shown that the lesions produced in the myelin sheath of axons in cases of multiple sclerosis were related to excitatory receptors on the primary cells involved called oligodendroglia. Recent studies have now confirmed what was suspected back then. The loss of myelin sheath on the nerve fibers characteristic of the disease is due to the death of these oligodendroglial cells at the site of the lesions (called plaques). Further, these studies have shown that the death of these important cells is as a result of excessive exposure to excitotoxins at the site of the lesions. Ref:

[http://www.newmediaexplorer.org/sepp/2004/06/10/aspartame\\_and\\_multiple\\_sclerosis\\_neurosurgeons\\_warning.html](http://www.newmediaexplorer.org/sepp/2004/06/10/aspartame_and_multiple_sclerosis_neurosurgeons_warning.html)



The Ecologist ran a multi-page feature on the history and dangers of Aspartame in September 2005. They have a facility for obtaining back issues of their journal.

[www.theecologist.org](http://www.theecologist.org)

## Essential Cards – Aromatherapy

Some reflexologists add essential oils to foot cream or are also trained in aromatherapy and these Essential Cards are excellent for students and practitioners. The information is concise and reliable, presented in a clear and logical structure, and enhanced by illustrations and chemical profiles. The latter, or Caddy Classic Profiles, also feature on the reverse of each card, partly to assist memorisation, but also for their unique ability to reveal an oil's nature at a glance. Caddy Classic Profiles depict the chemical make-up of typical oil samples. Cards 1.3 and 2.3 give the Key to the Chemical Families, which lists the possible properties for each chemical family. By using the Key Card to read the different Profiles, you will become increasingly familiar with the various chemical constituents.

While essential oils work synergistically, an oil's Profile helps to gauge its possible actions, usage and precautions, and should prove very helpful when selecting oils for treatments. The Essential Cards thus constitute an invaluable learning and reference tool for both students and qualified aromatherapists.

Rosemary Caddy is a qualified clinical aromatherapist running her own clinic and carrying out a programme of research on the chemistry of essential oils. The Caddy Classic Profiles, developed as a result of her research, enable students to enjoy the chemistry of their oils.



Sarah Thomas is a VRT practitioner and also offers other therapies including advanced aromatherapy. She devised the prototype Essential Cards as revision cards when studying for the ITEC Aromatherapy examination in June 2000.

Encouraged by her fellow students' appreciation of the cards, she approached Rosemary Caddy about producing the cards and using her Caddy Classic Profiles. The cards took them over a year to produce, as they laboured over every aspect of form and content, to make them as accurate and user-

friendly as possible. Working on this project was a challenging endurance test, but it was a very enriching and enjoyable collaboration.

View photos of the cards and for more information: CC Profiles

Tel: 01803 835290

[mail@ccprofiles.co.uk](mailto:mail@ccprofiles.co.uk) / [www.ccprofiles.co.uk](http://www.ccprofiles.co.uk)

## BOOK REVIEWS

### **Reflexology for Cats by Jackie Seagers**

(David Bateman, 2007)

\$20 NZ. Approx £8.00

(check current conversion rate)



#### **Author Jackie Seagers writes:**

*"This my first book on paw, face and ear reflexology for cats. The book also has chapters on acupressure and moxibustion, Bach flower remedies, craniosacral therapy, holistic pulsing and Reiki.*

*Natural remedies and therapies once thought to be only for humans are now becoming increasingly popular with our animal companions. Studies have shown that most people who use alternative therapies for their own wellbeing wish the same for their pets.*

Lynne reviews: I recently received this interesting professional book for review which comes with lots of pictures and information about other therapies for animals. If you are a cat lover and reflexologist then this is the book for you! However, the author comes from New Zealand where the laws on who can treat animals (other than vets) may be different from the UK and elsewhere. Do check with your own professional body and insurers first.

Although I am a purist when it comes to reflexology and have never treated an animal, I am aware of the value of complementary medicine in animal care. A few vets are interested in other therapies and I have heard of successes where reflexologists have worked on animals including dogs, cats and horses.



***The Complete Guide to Foot  
Reflexology (Third Edition)  
By Barbara and Kevin Kunz***

Lynne reviews: This book was a very formative publication for reflexologists from its first edition in 1980 and has been updated yet again to meet changes in our therapy. It is excellent for student reflexologists and newly qualified practitioners who want a good overview of reflexology and the protocols of treating clients etc. It is also a good read and revision for more experienced reflexologists.

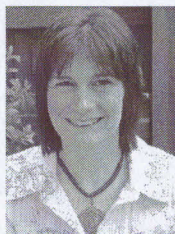
The book has good line drawings and there is a Directory of Protocols where they examine patterns of technique application specific to stress related disorders.

Barbara and Kevin Kunz are key figures in reflexology and have written many books and conducted research. Their website has a large range of abstracts and papers to view.

To order books and find out more about their research and other books— see their extensive websites:

**[www.reflexology-research.com](http://www.reflexology-research.com)  
[www.myreflexologist.com](http://www.myreflexologist.com)**

***Healing Touch for Children  
by Mary Atkinson***



**Published by Gaia 5<sup>th</sup> January 2009  
price £12.99**

*This is a beautifully illustrated book, with easy to follow instructions, it is a pioneering book. I just wish I had it available when my children growing up. I will be recommending it to my patients with young children, and for grandparents it will make a great gift"*

Dr Craig G Brown, GP and trustee of the British Medical Association.

Lynne reviews: This superb new book by Mary Atkinson covers reflexology, massage and acupressure. Many of you will have heard Mary speak at FHT conferences or attended her courses and read her many books. This publication is a must for parents, grandparents and family as she has seen a gap in therapeutic care for children. Adults have

many books available on touch, and there is a focus on baby massage, but what about the needs of children between 4 and 12? This book wonderfully fills the gap.

See enclosed press release for full details.

Mary Atkinson's website:

[www.indianheadmassagecourses.com](http://www.indianheadmassagecourses.com)

***From "Local Government Executive" – on-line  
newsletter.***

**Lambeth Council to spend £90,000 on  
reflexology. 04 November 2008**

*Lambeth Council is to spend £90,000 next year on reflexology for children with behavioural difficulties, despite the fact there is little evidence that such treatment improves behaviour.*

*London-based company Bud-Umbrella will work in 60 primary and 14 secondary schools, offering the alternative therapy to improve unruly children's behaviour.*

*The company's website promises that alternative therapy is "very beneficial" and can calm aggressive feelings, improve listening skills and concentration as well as relieve anxiety and stress.*

*Reflexology involves massaging, squeezing, or pushing on parts of the feet, or sometimes the hands and ears, with the goal of encouraging a beneficial effect on other parts of the body.*

**Membership Renewal  
Only £20 (£25 overseas)**

For those members whose annual subscriptions were renewable on 1st November 2008, you will find a blue renewal form enclosed. Please post this form with your cheque, or fax with a card number, to the office address. Apologies for the delay.

Members are first to hear of new courses and priority booking, their names are the only ones on our website and there are often special offers, reduced prices for courses and lots of hints and information in the quarterly newsletter.



## VERTICAL REFLEX THERAPY AND CRAMP

by Lynne Booth

How many of your clients, young and old, occasionally suffer from cramp when you are treating them? Many people report excruciating cramps at night often in their calf, or a foot, that causes them considerable pain, can result in insomnia and also may disturb the sleep of a partner..

Cramps are often caused by a lack of potassium, resulting in an electrolytic imbalance. Strenuous exercise with sweating and diarrhoea or other bowel disease may cause loss of potassium and other important minerals. It is very important to replace them with supplements. Some people get leg cramps at night for no apparent reason. This is called Restless Leg Syndrome.

### A definition of muscle cramp:

Cramp happens when an involuntarily, and forcibly contracted muscle, does not relax. When we use the muscles, such as those of our arms and legs, that can voluntarily be controlled, they alternately contract and relax as we move our limbs. A muscle (or even a few fibres of a muscle) that involuntarily contracts is called a "spasm." If the spasm is forceful and sustained, it becomes a cramp. Muscle cramps can last anywhere from a few seconds to a quarter of an hour, and occasionally longer. It is not uncommon for a cramp to recur multiple times until it finally goes away. The cramp may involve a part of a muscle, the entire muscle, or several muscles that usually act together, such as those that flex adjacent fingers. Muscle cramps are very common and become increasingly frequent with age. Any muscle under voluntary control (skeletal muscle) can cramp. The legs and feet, and particularly the calf are especially subject to cramps.

Cramping often comes while you are exercising.

- Keep hydrated. As you sweat, you lose important electrolytes, which are needed to prevent cramps.
- Warm up for 10-15 minutes before exercising. This will stretch out the muscles you will be using.

- A mineral deficiency of calcium and/or magnesium is probably the most frequent cause of night leg cramping.
- Acupressure: To stop leg/foot cramping, firmly press on the upper lip or point between middle of lip and nose. This is the meridian which is connected to the legs and feet.
- Some people support the old wives' tale of putting corks in the bed!

### VRT Nail-working "Toe Pinch" aims to help stop cramp anywhere in the body.

I hope you will experiment with the following techniques and report back to Booth VRT so we can share your findings in the next newsletter. **If a client experiences cramp: immediately pinch the base of their big toe or thumb and hold centre nail-on-nail for 30 – 40.** I have been experimenting for a year and it can sometimes almost instantaneously release a cramp. Repeat on the other foot or hand.

For self-help ideally hold the each thumb nail in turn and then squeeze the base of each thumb.



### **Referral Areas**



Don't forget to use the referral area on the lower arm for calf cramp! Remind clients to work the same referral area as they lie in bed if their calf goes into spasm. For bad cramps use the VRT weight-bearing mode as shown.

**"Problems are opportunities in work clothes."**

**Henry Kaiser**