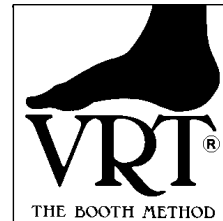


# Vertical Reflex Therapy



## Membership Network Newsletter

No 17. Autumn 2007

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Dear Colleague,

Greetings to you all and many thanks from all the VRT tutors and myself for your great support and feedback throughout the year. We never fail to be delighted, and in awe, of the wonderful results that VRT and reflexology can achieve gently and naturally. Thank you so much for sending in your reports and comments about your clients or your own experiences. Some of these are shared in the Letters section on page 7.

In the run up to Christmas we can all get pretty fraught as we juggle with our professional and private commitments. Do make time for yourself and if someone asks you what you want for Christmas, why not ask for a reflexology voucher from a fellow practitioner or a relaxing massage. When you are the giver of presents why not give something unusual like an offer of three hours gardening for a friend, if you have the time and inclination, or offer your skills as a reflexologist. Good use of our time is priceless so also make time for yourself.

We all know about the power of therapeutic touch and many of us work closely with clients over a long period and support them through protracted or terminal illness. Death is obviously inevitable for us all but there can be a "good death" where the person is helped by allopathic and complementary therapy to pass away as peacefully as possible. Reflexology is a key therapy in palliative care as it is gentle and non-invasive. Diaphragm Rocking, Synergistic Reflexology and some gentle VRT on the hands or semi-weight-bearing seated feet can be applied. Last month I was called to the bedside of a 90 year old woman whom I had treated for the last three years. When I arrived the nurse said she was unconscious, or in a very deep sleep, and the family had already gathered

round and said their last farewells. I sat beside the bed and stroked her hand and talked to her as we are always told that the hearing is the last to go. Suddenly she whispered: "Treat my feet". There was obviously a recognition of the profound touch she associated with hand and foot reflexology. I gently worked her feet for about 10 minutes. Interestingly, for reasons unknown, she roused the next morning, ate a little food and communicated with her family lucidly for a few days before slipping back into unconsciousness and eventual death.

VRT tutor, Chris Roscoe has a special interest in Sub-fertility and conception and works at the beginning of the lifecycle with her clients. In her poem on page 4 she shares her interest and delight in her work. See enclosed booking forms for her, and my, new Master Class dates.

Pets and VRT/reflexology are of perennial interest to many of our members and I was delighted to meet a very experienced and intuitive reflexologist, Yvette Eastman, when I was teaching in Vancouver this September. She has written about Pawspoint Reflexology on page 5.

Our policy is to donate the money we would spend on VRT Christmas cards to a charity and this year we have chosen The Samaritans who offer invaluable counselling to anyone who feels desperate or depressed. Read about their work on page 10.

Enjoy your Christmas and I look forward to meeting many of you in the New Year.

Kind regards

Lynne Booth

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## **PhD Reseach into Reflexology in the Management of Acute Pain**

**Carol Samuel writes about her fascinating reflexology research. It is therapists like Carol who will take reflexology to a more professional standing.**

My training in complementary therapies began in 1994 whilst I was still working as a Purchasing/Special Projects manager for a worldwide credit card registration company. In 1995 after 10 years working with this company, I was made redundant and thus began the journey for my new career.

I trained in Body Massage, Sports Therapy, Aromatherapy and Reiki before taking my Certificate in Education. In 1997, just two years after completing my first course I began my lecturing career. I continued to lecture on and off for a further 5 years, during which time I also learned Indian Head Massage and Reflexology. It was my dissatisfaction with the NVQ system of lecturing that led me to seek a BSc in Complementary and Alternative Medicine at the University of Portsmouth. In order to be eligible for this course however I had to do a Chemistry Access course. Unfortunately for me the BSc course did not get validated and the University did not run the course, however they were to revamp the course and give it a scientific foundation year. It was during this phase that I was invited to a meeting whereupon I was offered an opportunity to carry out my current research project. My fascination with reflexology did not cease and I went on to do ART, VRT – advanced and endocrine, Meridian Therapy and 5 element work, Taiwanese Reflexology, Adapted Reflex Therapy on Spinal Pain and Whiplash Injury and Nerve Reflexology.

I began my research in October 2002 and it has been the longest and most challenging journey of my life, but the end is now in sight and I plan to submit my theses in September 2008.

## **Reflexology in the Management of Acute Pain**

C.A. Samuel, Dr I Ebenezer, Dr S.A. Campbell  
School of Pharmacy and Biomedical Sciences,  
University of Portsmouth, St Michaels Building,  
White Swan Road, Portsmouth,  
PO1 2DT, UK

### **ABSTRACT**

#### **AIMS:**

The main aim of this research is to test the validity of Reflexology in terms of its efficacy for pain management. It is proposed that Reflexology stimulates the mechanoreceptors (one of 2 types of nociceptors found in the dermis, epidermis, muscles and viscera). The stimulus is triggered by pressure, which is applied by the Reflexologist to the feet or hands. The programme seeks to establish if the treatment has a calming effect on the descending part of the reticular formation and to establish if there is a localised effect (prostaglandin release) as well as a central effect (analgesia)?

#### **METHODS:**

This is the second of two trials to ascertain whether or not any such changes were induced by a reflexology treatment. This second trial was undertaken using a Latin-square design with 27 subjects (24 females and 3 males) each assigned to a single treatment of standard reflexology, light touch reflexology and a control of no treatment to determine whether a) we could replicate the results of the first round of tests and b) whether a dose response to treatment was effective. Pain was induced by immersion of the non-dominant hand in crushed ice. Two measurements were taken (i) pain threshold (i.e. the time it takes for the subject to find the experience painful) and (ii) pain tolerance (i.e. the time it takes until the subject can no longer keep his/her hand in the ice water)(Ashton, Ebenezer et al. 1984). Measurements were taken at baseline plus 15 minutes, immediately following treatment and at 30 minute intervals thereafter until 120 minutes post intervention was reached.

Outcome measurements on acute pain included:

- (a) pain threshold and pain tolerance
- (b) heart rate measurements

## RESULTS:

*The data for each set of measurements were analysed by two-way analysis of variance (ANOVA) with repeated measures on treatment and time. Post-hoc tests were carried out using the Dunnett's test (n= 27 subjects).*

Mean pain threshold scores for the standard reflexology group show a minimum increase of 30.89% at 22.11seconds, and for pain tolerance 50.95% at 41.25seconds. Maximum mean pain threshold of 298.24% at 86.84 seconds and max. mean tolerance of 280.29% at 60 seconds. Mean pain threshold scores for light reflexology was 22.5% at 13.9 seconds and -2.33% at 34.29 seconds for pain tolerance. Mean pain threshold maximum of 180.5% at 91.5 seconds 200.02% at 68.57 seconds for pain tolerance. Mean minimum pain threshold scores for the control were 1.3% at 42 seconds and for pain tolerance 7.84% at 40 seconds. Max. mean pain threshold for the control group was 115.06% at 21.35 seconds and for pain tolerance 136.06% at 70 seconds.

## CONCLUSION:

These results confirm outcomes from the first round of tests which indicate a relationship between a reflexology may be attenuating pain, even with a lighter treatment (dose response). Much of the focus of pain management has been on the use of analgesics; reflexology research offers the possibility of a non-pharmacological alternative.

## REFERENCES:

Ashton, H., I. Ebenezer, et al. (1984). "Effects of Acupuncture and Transcutaneous Electrical Nerve Stimulation on cold-induced pain in normal subjects." Journal of Psychosomatic Research 28(4): 301-308



Christine Roscoe, VRT Tutor

A little bit of background to my poem ..... It came about during a bout of insomnia in the middle of the night, after a particularly joyous evening session with a client who had come for only the second time. She was 39 and had been trying to get pregnant for 9 years. No particular problem, it just hadn't happened. Her first visit was around her ovulation time, on Valentine's Day and she said jokingly that she was going home to have a 'nice romantic meal' with her husband. On her return visit the next month she said that she was pregnant - having conceived that very Valentine's Night. She was so overjoyed - and so was I. It was a very emotional and pleasurable moment. She went on to have a lovely and healthy daughter.

It started me remembering other clients who had also been so ecstatic at conceiving after Reflexology, and their great happiness. I also remembered going in to the delivery suite with a client and giving Reflexology right through the labour and immediately post-birth - to her and her baby. I started to think of the contrast in being a Reflexologist and other jobs I'd done. No job has ever given such satisfaction and happiness - both to me and others. No job has ever involved meeting people who are so positive towards me. No job has ever allowed me to give such support and to help people to succeed. Not many people have a job that they love and I felt very lucky and privileged to be a Reflexologist - and still do.

## THE MATERNITY REFLEXOLOGIST

In the quiet of my room I wait  
For my next client, a few minutes late.  
Her previous session at ovulation,  
The next two weeks filled with trepidation.

Her yearning has grown over three long years,  
Through tests and drugs and ops and tears.  
Disappointments came, every four weeks,  
Evidenced by those scarlet leaks.

How can I give this lady hope?  
What will help this couple cope?  
A loving treatment will soothe her mind  
And work on any imbalance I find.

Slowly, gently, improvement shows.  
Symptoms lessen, confidence grows.  
Eating better, sleeping well,  
The weeks went by, anxieties fell.

The doorbell rings and I open the door,  
A welcoming smile and cheerful Hello.  
I scan her face, looking for clues,  
Good? Or Bad? What is the news?

Her grin breaks out, happiness there.  
She's got wonderful tidings to share.  
"It's positive – the pregnancy test –  
We're over the moon. This is the best!"

Early days bring many fears  
But even morning sickness endears.  
Months go by and she grows a tum.  
Still finds it hard to say she'll be a Mum.

At last she too knows all is good –  
The baby is growing just as it should.  
Plans are made, getting things ready.  
Nursery's finished, there's even a teddy.

Treatments continue, it's almost time  
For Susanne Enzer's Labour Prime.  
At forty weeks all points are pressed.  
The client feels the urge to nest.

Stage 1 and the Reflexologist comes  
And works her feet with fingers and thumbs.  
Progress is smooth and Stage 2's soon there  
And in no time we see the baby's hair.

Here's the head and then the body is out.  
With a slippery slither and then a shout.  
We all smile with relief and see it's a boy.  
Oh what excitement, oh what joy!

As I speak, the baby looks at me  
He knows my voice it's plain to see.  
He holds my eyes, his gaze is deep  
Until he drifts off into sleep.

The birth is over, mum and baby fine –  
Time to go home and open some wine!  
To reflect on my job, so full of awe,  
Of privilege and love and all I saw.

The miracle of conception and then of birth  
Is the greatest achievement on this earth.  
To have added my skills, to play a small part  
Humbles me somehow and yet warms my heart.

Chris Roscoe June 2007



### **COUGHING:**

#### **Speech therapy can stop even the most persistent problem**

If you suffer a persistent cough that just won't go away even after several months, you don't need a doctor – you should be seeing a speech therapy.

Researchers have found that these specialists have successfully stopped a long-term cough by using techniques developed for voice disorders. In one study, relief came quickly, usually after just four half-hour sessions. The coughers were taught to suppress the urge to cough, and were given breathing techniques to relax the throat. They were also 'educated about the futility of repeated coughing', researchers said.

(Source: Thorax, 2006; 61: 1065). From '*What Doctors Don't Tell You*' 18.1.07

### A thought.....

"Twenty years from now, you will be more disappointed by the things you did not do than by the things you did do. So, throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover." - Mark Twain



Lynne writes..... enjoy this article below but please note that the UK has very strict laws on the treatment of animals and complementary therapists are not allowed to work on animals without the presence and permission of a vet. If you intend to pursue treating animals within the veterinary field, then Balens are a specialist insurance broker who offer very competitive schemes for complementary therapists and other health professionals. For more details, contact them direct – Balens, 2 Nimrod House, Sandy's Road, Malvern, Worcs, WR14 1JJ, tel: 01684 893006, fax:01684 893416, e-mail: [info@balens.co.uk](mailto:info@balens.co.uk), web: [www.balens.co.uk](http://www.balens.co.uk)

### This woman cannot be a reflexologist!



An American woman has entered the Guinness Book of Records with the longest nails in the world. Lee Redmond (above), from Salt Lake City, hasn't cut her fingernails for 27 years, and looks after them by eating a high-protein diet and soaking them in olive oil once a week. "People ask me, 'Don't they get in your way?' I say, 'No, they get in everybody else's but mine.' I have to cook and clean and take care of my husband, who has Alzheimer's. Probably the hardest is when winter comes and I have to put on a heavy coat because it takes forever to thread them through."

From *The Week*, 26<sup>th</sup> August 2007

## PAWSPPOINT TO THE RESCUE

By Yvette Eastman



Animals are excellent candidates for Reflexology. They benefit from Reflexology as much as people do and perhaps even more than petting! They walk and live in the same stressful settings as we do, breathe the same air, drink the same water and lead noisy, angry, deprived lives. For the love of humans, they have given up much of their freedom, and most of their instincts. It is time for us to give them something very special.

When you first work on an animal, you need to relax them with little moves that treat the foot gently eliciting sigh of pleasure. Just as in humans, you start with "treats" and relaxation exercises, then move into specific reflexes. So take their whole foot in your hands and gently turn it, and stretch it and "wring it" as if it were a dish cloth.

Gently pull a foot away from the body stretching it slowly backward, then forward, and at

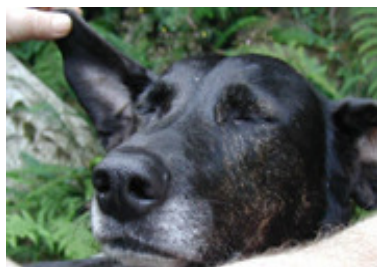


each position, hold it a moment. Hold it a few moments and stretch it a bit more.

Hold the tail root with both hands and softly pull backwards. The animal, whether dog, cat or horse will probably pull forwards. This gives excellent traction and feels great on their spine and neck. This is especially true of dogs that pull on their leashes and harnesses and horses improperly saddled and shod.



Reflexology techniques also involve the ears. Stroke and manipulate them both inside and outside paying



specific attention to the very points of the ear. This calms any animal and even brings them out of shock. I could put my donkey, Gringo, to sleep just by brushing the inside portions of his ear. There isn't a dog alive that doesn't grin when you give them an ear rub. When held gently, the points shown, on the very tips of the ears, calm an animal. Notice the calm pleasure in Sasha's face.



The points below the eyes release fear. Again, notice Sasha's delight in having these spots tapped. They released her fear of firecrackers and thunder. There was a beautiful older dog who was grieving for his deceased companion. He mourned, wouldn't eat or play. A few gentle taps around his eyes and on the side of his front paws and he was his old self again.

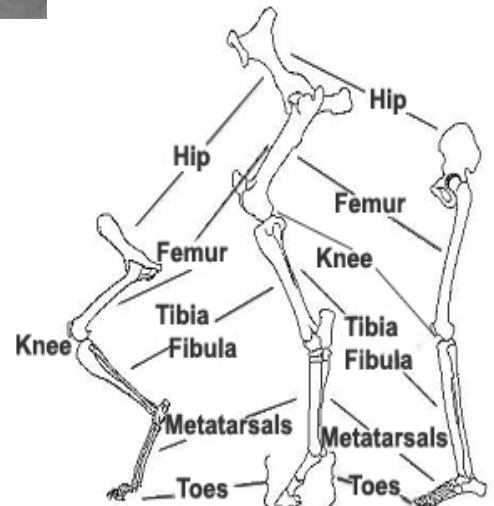
Although it involved a different emotion, tapping in the same places for the miniature schnauzer who was afraid of big dogs and any anything



new turned her into a very social being, now bolder and braver than her human!

Perhaps you want to do Reflexology on your friend. Please realize that your animal's paws are just her

toes, or maybe her toes and the ball of the foot. The area that is called the instep and heel on our feet never touches the ground in dog, cat or horse.



So if you try to work on paws alone, you will tickle and irritate your friend more than correct and calm. The hock is equivalent to the heel and in Reflexology terms, the hock represents the buttock, hip and low back area.

As the foundation of the body, feet and paws balance the body for which they are made. The horse stands on his middle toe. Can you imagine the muscular strength it takes a horse to carry us, pull ploughs and hay-wagons, follow and round up cattle and win races. And we trip over our feet! All animals, including us – the five finger-five toed kind - adapt to our weight, to the way we walk, to the way we stand and even to your emotions. Watch a happy yet exhausted dog returning from a long hike, compared to a tired dog who has been bored, asking you to take a walk. His emotions are in every step.

So take a few moments with your companion to stroke and knead the area above the toes – the metatarsals, and the heel. Move the skin over the flesh rather than massaging it. Move it in circles one way and then the other. Push the skin up, hold it there a few moments then pull it down. Keep repeating this in different spots

along the foot, then moving up the leg toward the knee and finally work on the thigh. Now repeat the procedure on the "hands". Just like us, their hands are different from their feet and are used differently. And if you already do Reflexology and know how to "hook" "inch" and "walk" to affect the reflexes, perform those on your animal friend and receive looks of love and pleasure.

Remember that the toes represent the head and you can knead them gently for eye and ear problems. The funny shaped pad reflects to the lungs. The metatarsal area relates to the liver, gall bladder and ascending colon on the right side and the stomach, spleen and pancreas on the left side. Although horses have no Gall bladder they do have a gall bladder function, so work that area.

Ah! The magic of feet! They are truly an enchantment to us Reflexologists who learn to read your system's feet first! The manual, Pawspoint Reflexology for Animals by Yvette Eastman, can show you step by step how you can work with your friend. You can find it, and more on the web at:

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

Yvette Eastman, director and founder of Touchpoint Institute of Reflexology teaches classes in Pawspoint Reflexology for Animals as well as all levels of Reflexology, Touch For Health and Emotional Freedom Technique (EFT). She has spent the last 34 years teaching students around the world while writing new programs and discovering new and easier ways too improve health. Each of her classes is a personal journey. Each is different and each is its own jewel of learning and sharing.



For more information, phone 604-936-3227; [Yvette@touchpointreflexology.com](mailto:Yvette@touchpointreflexology.com) and check her website at [www.touchpointreflexology.com](http://www.touchpointreflexology.com)

## **Letters from Practitioners**

Dear Lynne,

### **VRT returns the sense of smell**

Thank you for your encouragement and for the wonderful weekend of VRT which you taught in Vancouver, Canada. The day after the course my husband and I walked out of the house and I was overwhelmed with the stench of garbage. He did not smell anything and thought it was coming from down the street. The next day we walked out of the house and both smelled the same odour and realized the gate next door was open and the recycling was lined up in containers and that was what I had noticed the day before. My husband was surprised. Later my husband was going out and he came out of the bathroom and I was overwhelmed with the strong sense of after shave and I told him it was too much. He said we have been together for eight years and I have never known you to smell anything including cooking, skunks, etc. He was astonished that I had overnight developed a sense of smell. He had never said anything to me and I assumed the level of odour I perceived was normal for me. It never occurred to me that it was restricted in some way. Three days of working on my feet during the classes released a blockage and now I am smelling everything. It is such a new experience that yesterday when I was in the yard I smelled cooking and thought I left something on the stove so I ran back in the house only to find that the elements on the stove were off and I had removed all the pots from several hours ago, so what I was smelling was lingering odour and that was from hours ago! Now that is an amazing feedback! I have two clients today and I am using VRT at the beginning of the sessions. I am grateful that you blessed us by coming to Canada and I am grateful to Chris for bringing it to our attention.

Thanks again, Linda Walker, Vancouver, British Columbia, Canada

**Linda Walker then wrote again.....**I continue to have incredible results from my experience. Not only did my sense of smell return but I also broke out in a rash between my eyebrows and sides of nose. It is all part of the healing experience and I welcome it and embrace it. It is almost gone. What happened is I was sharing my story with a friend and she asked if I had hurt my nose when I was young and immediately came a memory not of my nose but my ear.

When I was 3 or 4 my brother pushed me against a bookshelf and my right ear was severed almost entirely however my mother held it in her hand on the way to the hospital. I can remember the gurney and the ether and that is all I can recall. My sense of things is that it could be related to my sense of smell as all is so close together inside the head and if you dissect you would see inner ear as well as sinuses etc. At any rate I sent Reiki into the past with blessings and forgiveness in case I was holding on to anything related to that incident. Go ahead and use the testimony as it will inspire others that we can release much more than we are conscious we are holding on to. So I thank you again, and look forward to your classes next year.

\*\*\*\*\*

Dear Lynne,  
Thank you ....

I found the courses (Suffolk, June 2007) most interesting and informative and put VRT into practice on the Tuesday following the courses on a client who came to me with a bad back. She reported to me that it cleared during the session and had not returned by the following week .....

Again, I thank you for your input into my training.  
Best regards, Ann Powell

\*\*\*\*\*

Dear Lynne,  
... Thank you so much for the vital Newsletters and particularly the article relating to beds and mattresses – very sound advice. Problems in hip and leg have gone!  
Kind regards, Caroline Fallon

\*\*\*\*\*

Dear Lynne Booth,  
You may recall me, I met you in March 2006 at the 3-day VRT workshop in Long Branch N.J. I am a visiting Hospice RN/ARCB from Pennsylvania. Upon my return from your workshop I worked on my pregnant daughter who was expecting twins. Actually she was scheduled for a C-Section on 04/07/06. Following a requested session of VRT on the 4<sup>th</sup> and plantar stepping she went into labour and delivered Megan and Jace naturally. That was just the beginning of my VRT experience.

Since then, many of my clients/hospice patients have been blessed with your VRT modality. It is a wonderful tool coupled with classical

reflexology in my hospice nursing vocation. I have discovered Diaphragm Rocking to be so useful in managing air hunger at the end of life. It is effortless to teach this to families of my clients who require additional respiratory support. I have found your book, Hand Reflexology, to be an invaluable tool and I will also be using it as a reference.

It has been an honour to have been educated by you. Your work is so needed, especially in my chosen field of hospice nursing and in assisting the dying in holistic symptom management. When and if you return to the United States, please let me know so I may plan to attend any workshop in which you are presenting. I truly thirst for more.....

With fondest regards, Judith Halper

\*\*\*\*\*

### **SOME VRT RESULTS**

#### 1. From Cheryl Close, South Wales

**Condition treated:** Coccyx (had coccyectomy 12 years ago)

**Client:** 35 year old, female

**Duration of illness:** 12 years

**No of VRT treatments:** 1

**Aim of VRT treatment:** During a course by Lynne, she demonstrated VRT to the group focussing on my coccyx.

**Result:** Pain now completely gone. Can now sit still. No problems sitting to standing.

**Other comments:** For 12 years I have suffered severe pain and discomfort. It find it unbelievable that in 10 minutes it has gone. It was instant! Amazing! Given me a new lease of life!!

#### 2. From Susie Gower, St. Albans

**Condition treated:** Gout

**Client:** 47 year old, male

**Duration of illness:** 5 years

**Aim of VRT treatment:** To eliminate the gout and prescribed drugs.

**Result:** After 10 days he is walking better, has attended golf matches ... The best result is that he is drug free. He was taking up to four anti-inflammatories per day.

**Any contraindications:** Ankle has sometimes been swollen – painful to touch.



**Other comments:** Pain spread to neck and shoulders. Again used VRT which has eased relief 85% so far!!

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## **Pot kept in fridge can save lives**

**Elderly residents and people with disabilities in many areas are being offered potentially life-saving information kits free of charge.**



The Data Link kits consist of snap-top plastic pots with an immediately recognisable green cross logo. Personal information is stored inside the pot for use in an emergency. The pots themselves are stored in the fridge, where emergency services look in such circumstances.

Details placed in the pot include name, date of birth, name of GP, health visitor, carer, next of kin or preferred contact, blood group and medication information. In addition, there is information about whether the person suffers from ailments such as asthma, diabetes or a heart condition, or has allergies to certain drugs.

Easy access to such vital medical information can speed up the response by the emergency services, increasing the chance of saving lives.

***MANY LOCAL COUNCILS, DOCTORS' SURGERIES AND ORGANISATIONS LIKE HELP THE AGED RUN SUCH SCHEMES AND FURTHER INFORMATION CAN BE SEEN AT:  
<http://sussexnhw.org/datalink.php>***

## **ICE in your mobile phone (ICE – In Case of Emergency)**

The original concept, conceived by Cambridge paramedic Bob Brotchie, involved putting the acronym ICE in front of your designated emergency contact.

Follow these hints to get the best out of ICE:

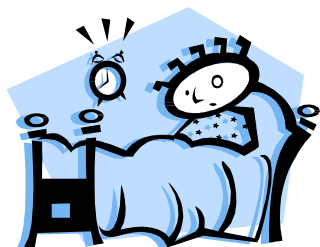
- Make sure the person whose name and number you are giving has agreed to be your ICE partner
- Make sure your ICE partner has a list of people they should contact on your behalf - including your place of work
- Make sure your ICE person's number is one that's easy to contact, for example a home number could be useless in an emergency if the person works full time
- Make sure your ICE partner knows about any medical conditions that could affect your emergency treatment - for example allergies or current medication
- Make sure if you are under 18, your ICE partner is a parent or guardian authorised to make decision on your behalf - for example if you need a life or death operation
- Should your preferred contact be deaf, then type ICETEXT then the name of your contact before saving the number

**'My phone doesn't show the callers name any more.'** This will be because your ICE contact number is a duplicate entry of another contact in your phone book. If you have two numbers the same, your phone won't know which one to display so it will show just the number. To get round this, simply type a \* after the number under your ICE contact. It will still work and will cure the caller-ID problem.

## ART BRISTOL WEEKEND WITH ANTHONY PORTER, SEPTEMBER 2007

Thanks to Tony Porter for a wonderful ART weekend in September. The 2 day course on advanced reflexology techniques was fully booked. The delegates' feedback was tremendous and confirmed what I have known since Tony taught me reflexology 15 years ago: i.e. he is an exceptionally gifted therapist, a great teacher and an excellent communicator. If you have not yet attended an ART course then I urge you to do so. Check out the ART website for countrywide and overseas courses.

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



### Is your bed past its sell-by date?

Most of us spend more time in bed than anywhere else at home, little realising that it could be time to change this most-important item of furniture.

There is an easy test, the Sleep Council Bed MOT (Mattress Obsolescence Test), that you can do to see if your bed is ready for retirement. If you can answer yes to three of the below questions, you are probably not getting the best possible night's sleep. If you have five or more yes answers, it really is time to buy a new bed.

- Is your bed more than 10 years old?
- Do you wake up with back ache?
- Is the mattress cover torn or stained?
- Are the springs sticking out?
- Does your bed creak or crunch?
- Do you and your partner roll towards each other unintentionally?
- Is the bed too small for comfort?
- Is the divan or base sagging?
- Are the legs or castors worn?
- Would it be embarrassing if the neighbours saw the bed without the covers?

## THE SAMARITANS

**THE SAMARITANS – BOOTH VRT IS PLEASED TO SEND A DONATION INSTEAD OF SENDING VRT CHRISTMAS CARDS.**

*“We don't know when you might need us.  
That's why we're open 24 hours a day.”*

Samaritans provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Their service is offered by 17,000 trained volunteers and is entirely dependent on voluntary support.

There are 202 branches of Samaritans in the UK and Republic of Ireland. Your local branch of Samaritans is always looking for people with the ability to listen, without passing judgment. You will be carefully trained to be a listening volunteer.

Alternatively, many branches also need professional advice or administration support from time to time. If you have expertise in fields like accountancy, marketing, construction or the law, you might be able to help.

### Find out more

UK: 08457 90 90 90

ROI: 1850 60 90 90

### Email us

[jo@samaritans.org](mailto:jo@samaritans.org)

### Write to us

Chris, P.O. Box 9090

Stirling, FK8 2SA

## VRT Courses in Canada and Greece, Autumn 2007, with Lynne Booth



**3-day VRT course for Vancouver  
Reflexologists**

I was fortunate to be invited to teach VRT in Vancouver and Kitchener, near Toronto, in September. Christopher Shirley had already flown to London from Vancouver to learn VRT and a couple of years later invited me to teach for him. I was pleased to meet a large group of very talented therapists from Chris' reflexology school and elsewhere. One of them was a teacher called Yvette Eastman who has written the article on animal reflexology in this edition. Chris will be teaching VRT for me in Canada and I am delighted to have him as a tutor. There will be more information about him in the next newsletter. I made the most of the invitation to Canada and had a wonderful holiday first in Alaska and the Rockies ....one of the great trips of a lifetime. We saw 3 black bears only 20 yards away on a nature walk through a rain forest in Alaska. Possibly too close for comfort for some but the bears were in a creek catching numerous salmon as they tried to swim up river and were too full of fish to worry about us!

**Kitchener in the Toronto area of Ontario** was my next stop for a two day course organised by Donna Holst with the Grand River Reflexology Associates. Once again I had a great two days with a high standard of therapist and they took me to a Mennonite village for a traditional supper. The inhabitants still use horse and carts, have buttons and hooks on clothes (but no zippers) and some will not even use electricity. I finished my trip to Canada with a bright sunny day at the spectacular Niagara Falls.

## VRT in Greece in October



Reflexology in Athens has had an international flavour lately as, within a few weeks, Tony Porter had taught ART, Nico Pauly had brought them his Nerve Reflexology and then I taught an enthusiastic group of people from various parts of Greece and Cyprus for 2 days of VRT. Kelly Kalfopoulou and Anthi Vretta came to Bristol last year to learn VRT and invited me back. They were immensely hospitable and I enjoyed some delicious Greek home cooking by Anthi who has written a vegetarian cookery book. I also made time to explore the tiny streets of Athens as well as the Acropolis.

And, as on all my trips this year, I saw these areas in beautiful sunshine! Reflexology is universally applied and valued and I consider it a privilege to have been able to meet colleagues, and learn from them, in so many parts of the world.

Lynne Booth

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

For those members whose annual subscriptions were renewable on 1<sup>st</sup> November 2007, 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.

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

**4 PERSON MASTER CLASSES**  
**WITH LYNNE BOOTH AND**  
**CHRIS ROSCOE**

**NEW DATES FOR SPRING 2008**  
**See separate booking forms**

**“Thank you so much for sharing with us  
and inspiring us. Thanks also for the  
delicious lunch”**

**SUB-FERTILITY MASTER CLASS**  
**CHRIS ROSCOE**

The programme includes looking at the Endocrine and Reproductive Systems, the causes, tests and treatments for sub-fertility. Also discussed are the emotional aspects of infertility and the 4 month Pre-Conception Plan for couples which looks at their lifestyles and aims to boost their general and fertility health. Our role as Reflexologists in giving support and information to clients is examined as it can be so vital. We can provide the humane and compassionate side of treatment which can counterbalance the more physical and mechanical medical treatment.

There is plenty of practical work too. The very powerful VRT Endocrine routine is learned and also the technique of balancing the Chakras on the feet. The day is very holistic in its approach and so there were aspects from other therapies practised, such as Precision Reflexology links to the Endocrine and Reproductive points. We also look at how magnet therapy, crystal healing, colour therapy and visualization can all help to empower the client and aid success.

We always enjoy a sociable and tasty lunch together (Chris is a keen cook) and the whole day is lively and stimulating.

**PAIN AND MOBILITY MASTER CLASS**  
**LYNNE BOOTH**

There are many practical sessions and it is important to examine the definitions of pain and how to help the client cope, often by means of self-help or hand reflexology. There are new techniques: VRT *Pelvic Balancing* and VRT

*Signalling* recently developed by Lynne, that can be used on the reclining or weight-bearing feet (or hands). *Pelvic Balancing* involves precise working of the heel to balance the body through the pelvis, lower lumbar spine and abdominal reflexes.

*VRT Signalling* was developed from Lynne's work with professional footballers, who often experience one-sided injuries and conditions, we experimented by locating precise reflex points while using alternating pressures to connect to Zonal Triggers and nail-reflexes. Results over a period of time suggest that healing is accelerated as the injured side appears to mimic the healthy side of the body. Other therapies such as kinesiology, Emotional Freedom techniques (EFT) and particularly Nerve reflexology are also briefly shared on Lynne's course. Working on individual fingers for limb joint pain can bring almost instant relief in some cases.

**Overview: Working in two pairs, with one highly experienced tutor, in these popular master classes enabled plenty of one-to-one instruction as well as dialogue, questions and discussion that would be impossible in larger groups. The classes combine the best of structured theoretical and practical work in a relaxed but very productive setting. The whole spectrum of the VRT repertoire was available regardless of what courses the participants had previously attended. Participants also benefited from the wealth of reflexology knowledge that Chris and Lynne have developed over the years. Copious handouts and an excellent lunch, that were included in the price, gave the attendees a different and very special day of tuition.**

**VRT MASTER CLASSES**

Cost £125 for members. Includes lunch, refreshments and handouts. **See enclosed booking forms.** If a small group want to book Christine Roscoe to visit their area for the Sub-Fertility course please phone or email her direct on:

Tel: 01179 658111  
e-mail: [chris.roscoe@blueyonder.co.uk](mailto:chris.roscoe@blueyonder.co.uk)