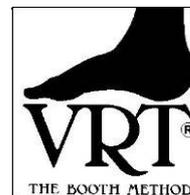


Vertical Reflex Therapy



Membership Network Newsletter

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No 22 Summer 2009

Dear VRT Practitioner

Greetings to you. I hope you are enjoying the summer and will get a chance to take time off from looking after others and relax a little yourself.

Last month I went back to Barcelona to teach another VRT weekend to an enthusiastic and skilled group of reflexologists from all over Spain plus one person came over from France. Each time I have taught there I have also met British reflexologists who have settled in Spain and it is great to see that the universal skills of reflexology and VRT are being used throughout the world. Alik Vythoulka organised the course and is a very active member of the Spanish Reflexology Association: EDIREFLEX.



Lynne with the Barcelona VRT group - June 2009

I felt privileged to meet up and share techniques and ideas with this highly motivated group of people. We had the skills of two excellent translators, Alik and Benedicte Taillard, who worked hard throughout the weekend. Benedicte has been commissioned by publishers to translate my books into French with the possibility of a Spanish translation next. It will be excellent to have the VRT books in the other two universal languages. The books are already published in Russian, Japanese, Dutch, Czech and Portuguese for Brazil.

This summer's VRT newsletter introduces Oran Aviv from Israel and I have published her report in full which describes her work in a day care centre in Israel for people suffering with dementia. Oran is a teacher of reflexology and learnt some VRT nail and hand-working skills from me when I spoke at the Cancer and Reflexology Symposium in Israel in October 2009. I have been encouraged by the results that she has had with her own work and VRT. Dementia and illnesses associated with older age are becoming more and more prevalent in our aging population. Reflexology and VRT can play an active role on helping clients live with such conditions as well as offering help to the carers and families.

Do look at the courses we have on offer in the autumn of 2009. There are the popular Master Classes plus a new one on Older People and Palliative care Issues. If you wish you knew more about Nerve Reflexology and other ways to treat back pain, then join us for two fascinating days on November 14-15 with Dorthe Krogsgaard and Peter Lund Frandsen where there is a special £10 discount for Network members see page 11. All courses are eligible for CPD points.

The tough economic climate is a challenge for everyone, yet I truly believe that positive thinking and setting goals is the key to attracting good things for yourself and for others. Following an exciting Wimbledon fortnight I was reminded of what Martina Navratilova said after winning the 2006 US Open mixed doubles at the age of 49,

"I wanted to show people that you can do great things, regardless of your age, if you believe it and go for it".

Kind regards from us all at Booth VRT.

Lynne Booth
for Booth VRT Ltd
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web: www.boothvrt.com

Caregivers in Israel learn Hand Reflexology to help patients with Alzheimer's/Dementia

Oran Aviv reports:

On Thursday February 21st 2009, there was an unusual celebration at the Kfar Saba Senior Day Care Centre. At a party with all the seniors at the centre, eight caregivers of patients with Alzheimer's/Dementia received their certificates for completing a course in *Hand Reflexology for Patients with Alzheimer's/Dementia*.



The eight foreign caregivers, from the Philippines, Indian and Nepal are all live-in caregivers for patients with Alzheimer's or another form of dementia. The caregivers participated in the Hand Reflexology course at the Kfar Saba Senior Day Centre while their charges were participating in activities at the centre's dementia wing.

They met weekly for classes and then practiced on themselves, friends and eventually, as they became proficient, on their charges.

Why Hand Reflexology?

Oran Aviv, a senior Reflexologist and graduate of the Israel Alzheimer's Activity Project Course, teaches memory games and gives private Reflexology sessions in the Dementia wing of the Kfar Saba Senior Centre. Oran also taught the Hand Reflexology Course to the caregivers.

"When I originally began giving Reflexology sessions to the patients with Alzheimer's/Dementia I thought it would be easier to begin with Hand Reflexology rather than working their feet because it would be easier for the patient with Dementia", said Oran. "I thought that after a few sessions, if the client felt comfortable, I would switch to foot Reflexology, but the results from hand

Reflexology were so good I decided to continue just with the hands."

For a patient with Alzheimer's/Dementia the world can sometimes be very frightening. Introducing something like Reflexology has to be done in a manner that is comfortable and not threatening. When performing Hand Reflexology the Reflexologist and client sit across from each other on chairs. There is constant facial contact and they can speak to each other. This makes giving Reflexology to the patient with Alzheimer's/Dementia much easier and does not cause unnecessary tension or anxiety.



The idea of teaching Caregivers Hand Reflexology

Two years ago JDC-ESHEL- The Association of the Planning and Development for services for the Aged in Israel developed a pilot program to train Day Centre staff in the basics of Aromatherapy. Four staff members of the Kfar Saba Day Centre participated in the program. The Day Centre then implemented the programme by leading both group and private sessions of simple hand massage. "When Oran offered her expertise in Reflexology and volunteered her professional knowledge and training to expand and improve the programme - it was a perfect fit" says Jeffrey Lieder, the Manager of the Day Centre.

Jeffrey had recently returned from a professional tour of Day Care facilities in England and France. "As advanced as Israel is in treating Alzheimer patients, the Europeans place a greater emphasis supporting the caregivers." The caregivers are those closest to the patients with Alzheimer's/Dementia and probably know their moods best. Jeffrey thought that the caregivers would be the ones who would be able to give Hand Reflexology to their charges on a regular basis.



Techniques taught in the Caregiver course

During the course the caregivers learned the Reflexology meridians and basic mapping of the hand, massage techniques, location of several reflex points on the hand and several Reflexology techniques.

The main emphasis of the course was divided into several areas:

1. Working the fingers to stimulate head/brain
2. Working the digestive system
3. Working the respiratory system
4. Techniques and reflex points to reduce anxiety

The caregivers learned to use the thumb walk technique for many of these reflexes. They were also taught Lynne Booth's VRT technique of working the thumb nail with the therapist's nail-on-nail technique.

As the caregivers began using Hand Reflexology on their charges, they began favouring specific techniques and reflex points over others. The techniques they seemed to favour most were massage along the fingers, the caterpillar technique on the thumb and the VRT nail-on-nail technique on the thumb nails. The caregivers reported that even if they did these techniques for a few minutes they felt they helped their charges relax.

What are the benefits?

The caregivers reported various improvements in their charges. Many told of using Reflexology to prevent anxiety if applied at the first signs of irritability. One woman with dementia suffered from great irritability and anxiety everyday in the late afternoon – a condition in dementia patients known as "sundowning". The family of the caregiver's charge had paid a friend to come over and talk to this woman at this time of day in an attempt to keep her from getting too irritable. The caregiver reported that since she began giving Hand Reflexology to her charge when she

wakes up from her nap, the woman is no longer irritable in the afternoons and the family no longer needs to pay for this additional person to come.

The caregivers also found that Hand Reflexology helped the patients with Alzheimer's/Dementia sleep better. One woman with dementia began sleeping 7 – 8 hours at night, where before receiving Hand Reflexology she only slept 5 hours a night. The caregiver welcomed more sleep for herself as well and found that her charge was less irritable and was fonder of her caregiver. Where in the past – the caregiver's charge would tell her to "Go away", she now told her that she loved her and that she was like her "doctor" because she made her feel better.

Another caregiver reported that her charge had an improvement in her digestive system. Before Hand Reflexology this woman suffered from constipation and would only go to the bathroom 2 times a week. Since the caregiver began giving her Hand Reflexology, the woman she is in charge of now has a bowel movement regularly every day.

One caregiver felt an improvement in the condition of her charge who has more advanced stage Alzheimer's. She was able to let her charge feed herself for the first time. Until then the caregiver has had to spoon feed her.

Not all of the caregivers saw drastic improvements in their charges and some of the patient's with Alzheimer's/ Dementia did not want Hand Reflexology. Some of the caregivers were very creative in finding ways to give Hand Reflexology – such as giving short Hand Reflexology while they washed their charge's hands or cut their fingernails.

A side benefit of the course is the emotional support the foreign workers gained in the learning experience. They reported feeling more valued and appreciated by their employers.

Many of the caregivers asked to learn specific reflex points that might help some of their own health issues or those of their families. Many of them were happy to learn how to relieve lower back pain which many of them suffer from the physical labour involved in their job. One caregiver from the Philippines asked how to use Reflexology to relieve her daughter's headaches. She has not seen her 13 year old daughter in 3 years.

The investment made in training the foreign workers improved their feeling of self worth

and their tremendous pride was evident to all when they were rewarded with their certificates.



Oran Aviv celebrates with the caregivers.

Future

Hopefully this will be the first of more Hand Reflexology courses for caregivers. The centre is also considering opening a course to teach Hand Reflexology to spouses and family members of patients with Alzheimer's and Dementia.

Treating and dealing with Alzheimer's and Dementia is one of the more daunting tasks of our generation. Society must be willing to explore any and all avenues in its search for solutions. It is critical that we allow the patient to guide us.

Oran Aviv also works at her private clinic in Kfar Saba. She can be reached at oran@reflexandmore.com or through her web site at www.reflexandmore.com

Practitioner letter

Dear Lynne,

It's been a while since our course and I am not sure if I took the opportunity to say how much I enjoyed being there. You have such a lovely way of teaching and it was so wonderful to be with fellow practitioners that I found it hard to step back into my other life.

Greetings,
Kristl Cumpstone, Brighton, Sussex.

Lynne comments:

It is always good to get positive feed back from VRT courses and thanks to Kristl for her comments above. I, and my VRT tutors, really appreciate all the contact we have with other reflexologists that we meet on our courses.

Whether I am speaking at a large conference, running a workshop or a small Master Class, it is invaluable to meet like-minded practitioners who are committed to learning more and sharing the wonderful art of reflexology.

Reflexology can be an isolated profession in some ways. We are always dealing with our clients one to one and they have come to us to receive our skills. Kristl mentions in her letter how important it was to be with fellow practitioners and I feel that it is essential, if we are to keep ourselves stimulated, to give and receive new ideas and insights. This is why member's organisations are so important and many of you belong to excellent local support groups supported by your national professional bodies.

*"Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose."
Dr. Wayne Dyer*

Nerve-Reflexology with Nico Pauly Bristol February 2009 by Gunnel Berry Physiotherapist and reflexologist



Nico Pauly with a group of students

25 attendees from an international background converged for three days in the comfortable surroundings of St Monica's Trust in Bristol to learn about Nerve Reflexology (NR) with Nico Pauly.

Of Belgian extraction and physiotherapist by profession, Nico has been a visiting tutor in Bristol under the umbrella of Lynne Booth's Vertical Reflex Therapy (VRT). This was the fourth diploma course run in the UK. Originally, 10 years ago Lynne was very impressed by Nico's knowledge and skills of reflexology and the human anatomy. So much so that she invited him to run courses in Britain. The full diploma course incorporates three levels. Each level includes three full days of teaching and practical training in nerve reflex

points on the feet relating to different spinal segmental levels. You can choose to take one level only on the lumbar spine. This weekend was Level One. The reflexologists came from all over the UK. Some had also travelled as far as from Italy, USA and France. Nico's reputation has travelled far.

The delegates all had backgrounds of reflexology experience and dutifully arrived on the Friday morning in full expectation of an exciting weekend of learning. We were not disappointed. Nico's reputation as a good teacher together with such an effective treatment methodology impressed us all. It was heads down and feet up - of course. Three full days were packed with learning the somatic and autonomic components of the nervous system: 'where it was going', 'which nerves were conducting impulses', and finally referring them to 'the nerve reflex points on the feet'. This proved quite a challenge. To graphically illustrate a point, Nico had us all lined up and linked up as "nerve ganglions" or chains of "nerve plexuses" related to "vertebral segments" in order to facilitate our spatial understanding of the architecture of the nervous system. I think I was "*Thoracic Vertebra number 2*"!

The anatomical resin foot model was very helpful to locate and mark the relevant nerve reflex points. These will be an important reminder of where to press on the foot in the clinical setting. Nico was helpful to explain the exact position and its relevance to compress the thumb towards the bony structure on the feet. Volunteers came forward throughout the course to provide a regular provision of tender feet!

It was certainly an ambitious programme preparing us to become more efficient reflexologists than before. Two thick and well-produced manuals were provided which explained and showed the anatomical structures as represented on the feet. These will be very useful reference material.

This course included the Lumbar and Sacral portions of the spine only. Further courses of similar design are offered including the Thoracic and Cervical portions respectively. I would highly recommend the Nico Pauly's courses in Nerve Reflexology to anyone who is interested and involved with clinical work using reflexology methods. Lynne, who runs the courses in Bristol, has worked very hard to get the courses off the ground. She has done a very good job. Pre-course communication and information was excellent. The lunches bought on the day at the St Monica's Trust

were excellent value and provided leisurely chatting and networking opportunities and I thoroughly enjoyed the weekend.

RESIN SKELETAL FEET FOR SALE



Nico Pauly left surplus new stock of a few high quality medical skeletal feet for sale. We are now able to sell these to members at the greatly discounted price of £47.00 each plus £3.00 P&P. The feet are wired and mobile and are sold on a first come first served basis. Contact the Booth VRT office on 01179 626746 or email contact@boothvrt.com

Florica Radu – VRT Appointed Tutor



We welcome Florica Radu as our new VRT Tutor in the USA. Florica is based in New York. She is a member of the American Reflexology Certification Board (ARCB), New York State Reflexology Association (NYSRA) and Reflexology Association of America (RAA).

Lynne writes: I am delighted to announce the appointment of Florica Radu as our new VRT tutor in the USA. It was a privilege to meet Florica 7 years ago in Florida when she flew

down to learn VRT on a course that was organised by VRT Tutor Evelyne Huegi with the help of Dwight Byers, President of the International Institute of Reflexology.

Florica was born in Bucharest, Romania, and started her career as a technical designer, designing chemical plants for chemical industry. In 1991, she immigrated to the USA and began a new journey. In 1995, she received her certification in reflexology from the International Institute of Reflexology. Since then she has improved her technique by enrolling on additional reflexology post-graduate training.

Additional Training:

- VRT with Lynne Booth in the USA and UK.
- Advanced Reflexology Techniques (ART) with Anthony Porter
- Nerve Reflexology Diploma with Nico Pauly
- Clinical Integrative Reflexology with Advanced Integrative Medical Institute
- Twelve Meridians and Five Elements with Lilian Tibshraeny-Morten

Florica volunteered for three years at the Hospital for Joint Diseases in a program for women with disabilities. Additionally, she volunteered for a year in a public school working with teachers, introducing them to reflexology and showing them how to use hand reflexology in order to help themselves. She has had her own private practice in Manhattan for the past twelve years.

Florica Radu writes:

A Heartfelt Intention with a Surprising Outcome



Two years ago, in September 2007, I received a letter from the New York State Reflexology Association (NYSRA) announcing World Reflexology Week. I thought about what I could do and decided to reach out to my neighbourhood public school.

I approached the Principal, letter in hand, and explained my intention. I wanted to introduce reflexology in general, and hand

reflexology in particular to the teaching staff as a self help tool. Teachers are always giving and are in such need of relaxation. She was somewhat sceptical at first, but became open and willing to give it a chance. An announcement was posted in the teacher's lounge, and it received an overwhelming response. TWENTY-FIVE teachers signed up!

Now, I was overwhelmed. I called Lynne Booth in England, the founder of Vertical Reflexology, and asked for guidance. She suggested that I start with small groups and introduce hand reflexology. We met once a week for two to three hours after school. The small groups then evolved into individual sessions where they were learning how to help themselves and their families.

One teacher had a son with severe allergic reactions. I showed her how to work on him. At first, the little boy wasn't sure of what I was going to do, but as I worked on him he calmed down and fell asleep.

The teachers were so amazed and grateful that someone was caring for them and showing an appreciation for all they do for children. Out of everyone I, myself, was most amazed because my idea that was supposed to be for a week grew and lasted the entire school year. Clearly, it went far beyond my original intention. I felt so validated in my intention that I now have another idea. My next project is to establish a programme for the elderly in my neighbourhood church.

If you want, you can do it too. Everybody can use a volunteer. It brings joy to share a God given gift. It is the gift that keeps on giving because as you give you constantly receive.

Practitioner Letter

I'm delighted with the implementation of VRT. One of my clients had a neck problem last Sunday and called me in. When I saw her she could hardly move her neck, having her head tilted to one side. However, after the complete treatment (VRT and conventional), she was able to move it 75% more, which gave us both tremendous satisfaction. She booked me for a few more sessions.

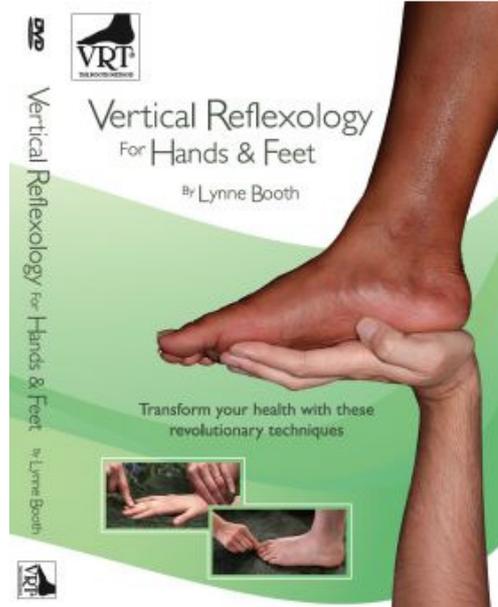
You can believe me if I say that I am your representative here, in this area of England. Wherever I go I talk and explain about VRT and its benefits.

Maria Casaus, Ipswich, Suffolk.

**THE VERTICAL REFLEXOLOGY DVD
IS SELLING VERY WELL –
WITH EXCELLENT REVIEWS**

HAVE YOU BOUGHT YOUR COPY YET?

**On special offer at £17.99 . Order online
from www.boothvrt.com, contact us or see
order form. 60 minutes of instruction.**



Excellent reviews in the International therapist Journal (FHT). See AoR Reflexions and Footprints.

day. (Source: Journal of Dentistry, 2009; 37: 424-31)

**WHAT DO YOU THINK OF WHEN YOU
SEE THE WORD "ICE" ?**

1.



2.



3.



As well as icebergs and ice creams think:
ICE - In Case of Emergency.

Message from the Ambulance Service

We all carry our mobile phones with names & numbers stored in its memory.. If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this **'ICE' (In Case of Emergency) Campaign.**

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As mobile phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case Of

**Is orange juice the worst drink for
teeth health ?**

01 July 2009

Orange juice is just about the worst drink for your teeth. Its high levels of acid destroy enamel, and eventually will erode the entire tooth. People who drink sodas or fruit juices every day should consider changing their diet, say researchers from the University of Rochester Medical Center, who discovered the harm the drinks can cause. "The acid is so strong that the tooth is literally washed away. The orange juice decreased enamel hardness by 84 per cent," said research team leader YanFang Ren. His team found that the juices caused the most damage when they were sipped slowly over a 20-minute period. So if you can't give up the juice, at least drink it quickly – and brush your teeth twice a

Emergency). The idea was thought up by a paramedic who found that when he went to the scenes of accidents there were always mobile phones with patients but they didn't know which number to call.

He therefore thought that it would be a good idea if there was a nationally recognised name for this purpose.

In an emergency situation, Emergency Service personnel and hospital staff would be able to quickly contact the right person by simply dialling the number you have stored as 'ICE'. Next of kin need to know as soon as possible and may have vital information to pass on to those treating you.

Lynne writes: We printed this information a few issues ago – have you keyed vital ICE numbers into your phone yet?

If not, please do so now and tell your family friends and clients. It really could save your life, or put a loved one's mind at rest.

For more than one contact name simply enter ICE1, ICE2 and ICE3 etc

PLEASE PASS THIS AROUND TO AS MANY PEOPLE AS POSSIBLE, AS THIS CAN HELP IN AN EMERGENCY.

“Thank you for your stimulating courses and very interesting Newsletters Very best wishes for the future”.

Caroline D

Working the larynx, throat, chest and lung reflexes

Lynne Booth

Loss of Voice Study 1:

I recently treated a singer who was nervous about performing because she had suffered from a throat and chest infection and was concerned that she would strain her voice and relapse. She also still felt a little tired and run down. I gave her VRT and classical foot reflexology but at the end of the treatment I worked her nails zone by zone. I also taught her how to work each zone up and down her own thumb nails for general self help and she reported that she felt her self-help gave relief.

Loss of Voice Study 2:

What I consider to be one of my great successes in reflexology was considered to be a failure by the clients. Many years ago I was

asked to treat an elderly woman in her 80's who had all but lost her voice 5 years before and could only whisper a few words. She had seen many consultants during that time and a speech therapist. She could barely be understood and could not use the phone and felt very isolated. I was in the early stages of discovering VRT and nail-working but after 2 treatments she suddenly said, “Thank you very much” in a normal voice which startled her husband and myself! For the next hour she could speak and phoned her stunned daughter for the first time in years. Her voice then faded.

The next week, after reflexology, her voice returned for over 2 hours and then same happened the 3rd week for even longer. She had the joy of phoning people and talking to her husband and friends. The 4th week I arrived and again she began to speak following the session. Later that week I had a phone call from her husband to ask me not to come again as her voice still did not last a full afternoon and they felt reflexology was not helping her enough. I was perplexed as I had assumed that a few hours of speech a week after 5 years of silence was a wonderful achievement to work on.

I surmised that perhaps it was her husband who did not want her to have this new found freedom of conversing but I was later informed that they both felt the treatment had failed as her voice *had not fully returned* after a month. For the rest of her life she lived in her almost silent, unspoken world with her devoted husband.

Instructions to help the lung/chest/throat



- 1. Work round the neck reflexes (base and sides of thumbs or big toes) and up and down the spinal reflexes.**
- 2. Concentrate on working any sensitive cervical reflexes.**
- 3. Work the tender adrenal reflex on palm or sole - see diagram - 30 seconds each hand or foot**

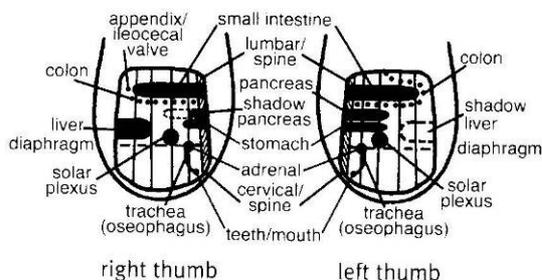
4. Hold the thumb nails for 30 seconds each by pinching your thumb.
5. Work your thumb or finger across the diaphragm reflexes and the solar plexus.
6. Work backwards and forwards across the chest/lung area.
7. Target particular reflexes depending on condition. Always work the larynx and throat reflexes.
8. It is helpful to work the tongue and mouth reflexes situated below the bed of the thumb and big toe nails.
9. The Vagus nerve itself can be worked for the pharynx, larynx, oesophagus, lungs, heart and stomach and most of the abdominal viscera. Located under the balls of the feet on the medial edge. You can also locate it in the same place on the palms

Note – to stimulate and balance all the body's reflexes:

Try working the thumb or big toe nails very gently, precisely and delicately nail-on-nail. Edge up each zone – starting in the middle Zone 3 and then Zones 1 & 2 followed by Zones 3 & 4. Use tiny little "bites" on the nail – with practice I can make 10-15 presses per zone! Repeat of the other foot or hand.

Always start and finish a treatment by greeting the feet or hands and holding the centre thumb or big toe nails for approximately 30 seconds while weight-bearing OR reclining.

Remember you are working all the systems of the body through the nails. See example below of the digestive and helper reflexes.



What is Health?

"Health is not just an absence of disease but a state of mental, physical and emotional well-being"

World Health Organisation (WHO)

Lynne writes: Despite the many developments in western health care over the past 40 years, and the elimination of many once fatal diseases, good health still eludes many of us. Medical care and new drugs can prolong and save many lives but it is much better to look at *preventative* measures so that we can enjoy a healthy, active life into old age.

Wellness is an intriguing concept because we take our health for granted till we are incapacitated either by short term illness such as flu' or life threatening illness. Our bodies have an amazing capacity for regeneration despite having often coped for years on a poor diet, bad posture, pollution, weak genetic inheritance and lack of exercise.

When we suddenly become seriously ill it is often not *sudden* at all. We have often ignored minor or major symptoms, have masked pain with pain killers or continued to eat or drink the wrong things for a long time. It is only when the body can no longer adapt any more that a full blown illness or crisis presents itself.

For example, it really can be "the last straw that breaks the camel's back" when someone says they only bent down to pick up a milk bottle and their back seized up and they could not move. It was not the simple movement of bending down that caused the sudden pain, instead it was possibly that the vertebra, muscles and possibly organs had been adapting and coping for ages with problems that had not been treated or corrected. When the person bent down to pick up the milk bottle the over-tense muscles finally went into spasm. The person may now be unable to move much and rests with pain killers or sees a doctor.

A person may take anti-inflammatory medication to mask the pain so they can carry on working but at what cost? The muscles may relax a little over time and they resume normal life until the next time. Bad backs cost the country millions of pounds each year in lost wages and yet many people could avoid these problems by looking at holistic complementary health care, diet and exercise.

The three main killers in the western world are:

1. **Heart Attack,**
2. **Cancer**
3. **Stroke.**

Prevention is better than cure

Cancer will soon take over as the number one killer although medical research suggests that two thirds of cancers could be prevented by life style changes.

So what can we do about preserving or regaining good health?

Remember to remind your clients that they are never stuck in a certain situation and that the body has a great capacity for regeneration given the right impetus.

Prevention and good health in some measure are always possible because the body has many natural healing properties.

We are not the same body from moment to moment. Our body undergoes a total process of birth and rebirth as cells die and are replaced. For example, the liver and skin cells last 90 days and all the liver cells are replaced within 6 months. In a year 90% of your body cells are replaced. You have it in your power to encourage the new cells to be healthier than the ones they have replaced.

Key pointers to health:

- **Nutrition**
- **Detoxification and cleansing - everyone should drink more water as well!**
- **Exercise**
- **Stress Management**

The **Standard American Diet** is rightly called **SAD!** Britain is following close behind with many of the population overweight and an increasing number are disabled through obesity.

Therapies that complement Reflexology/VRT

Reflexology and VRT complement most other holistic therapies and, if progress is slow, it is often pertinent to evaluate the situation and perhaps try a different therapy or combine the two. For example, VRT may help to free a stiff neck but the final improvement comes about after a deep tissue massage. It is very important to consult a trained therapist who has received a recognised training, is fully insured and belongs to a professional body. All

competent professional therapists will adhere to these ethics.

It is also advisable to suggest that a client lets their doctor know that they are undertaking a course of treatment with a complementary practitioner as many GP's are very sympathetic to complementary medicine and some offer therapies within their practice. If a client has serious health issues and is under medical supervision, it is essential that they inform their GP that they are receiving reflexology.

Now THREE VRT Master Classes!

NEW - OLDER PEOPLE AND PALLIATIVE CARE

*

SUB-FERTILITY

*

PAIN AND MOBILITY

one day courses maximum four persons

Held in BRISTOL with

Lynne Booth

Christine Roscoe

See enclosed booking forms

VRT Master Classes are a specialised concept for a maximum of four people and Lynne Booth, the originator of Vertical Reflex Therapy, and VRT tutor Christine Roscoe have run these very successfully for the past three years. Christine has great experience in the field of Reproductive issues and Lynne has shared her experiences in the Pain and Mobility classes.

The small numbers ensure a high level of personalised instruction where specialist skills will be learned and practised throughout the day. The individual course covers a wide range and combination of techniques from all VRT courses plus other reflexology skills that Lynne and Christine have learned or developed over the years. There are practical and theoretical sessions throughout the day with plenty of time for one to one instruction, discussion and questions with every participant benefiting from hands-on techniques from the tutor. Both hand foot techniques from the full VRT repertoire and taught practiced. A generous and delicious lunch is included in the price and towels, cushions, foot cream and wipes are provided.



Christine Roscoe

Sub-Fertility Issues

Sub-fertility affects many couples and VRT tutor, Christine Roscoe, has a wealth of experience and interest in these issues. She writes: In these Master Classes we look at some case studies and various combinations of techniques to, both standing for vertical or weight-bearing work on the hands, as well as reclining techniques on the plantar of the foot.

During the latter part of the day, there will be opportunities to discuss issues of concern to attendees and to look at individual client's problems.

We will put together a suggested sequence of techniques which can be practiced with reference to a specific client's condition.

Full details in the enclosed booking form.

"Dear Christine,

Thank you once again for the lovely day at the Sub-Fertility Master Class, and your warm hospitality. It is such a pleasure to attend these courses, and I am so grateful to you and Lynne for presenting them".

Lesley D. VRT Practitioner



Lynne Booth Older people and palliative care issues

Lynne is now pleased to announce a new one day master class concentrating on the needs on Older people and also Palliative Care issues for all ages. Lynne has 14 years experience working with older people in residential and nursing care and all her VRT research was carried out at the St Monica Trust. Lynne has also lectured at the Penny Brohn Cancer Care centre on VRT in palliative situations and new VRT and reflexology techniques will be taught as well as adaptations from the VRT repertoire. There will be instruction and variations on hand reflexology most suited to vulnerable clients making reflexology accessible to many more people. Lynne presented some of the techniques and findings at the Reflexology and Cancer Symposium in Israel in October 2008.

"Thanks to Lynne for a really useful, enjoyable and hospitable workshop. The day was packed with information and the handouts will be invaluable as a resource. I now have even more tools to use for clients in pain."

Chris Lamont, Wotton-under-edge, Glos

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

Albert Einstein

**SPECIAL VRT MEMBERS' OFFER!
£10 off this course - send in full
deposit and we will deduct £10 from
your balance!**

(This applies to those already enrolled)

**Dorthe Krogsgaard and Peter Lund
Frandsen present:**

Round about: The Spine - Back Pain
Bristol Nov 14 and 15 2009

Lynne writes: If you want to learn innovative new techniques and some acclaimed Nerve reflexology, look no further as I am absolutely delighted to welcome Dorthe and Peter to the UK. I first saw Dorthe at work in



Finland in 1998 and then met Peter a couple of years later at a conference in Denmark. They are both truly international practitioners of the highest calibre and, although we have met in places as diverse as Belgium, Nashville and Pretoria, we have never met in the UK! They have however taught in the UK before and also ran highly successful seminars for the Association of Reflexologists.

In each workshop they concentrate on a specific health problem or body area and examine it in detail from many viewpoints.

In order to develop a more effective and direct treatment, they include the best from different reflexology traditions around the world – more reflexes, better results.

Dorthe and Peter always include conventional knowledge such as anatomy/physiology, pathology and allopathic treatment. They offer alternative views on disease causation, and look at the philosophical and psychological implications involved.

The workshops have a strong focus on practical hands-on work and learning techniques that may immediately be set to use in the practice.

The goal of the workshop Round about: The Spine - Back Pain is to convey an understanding of back problems and how to treat them successfully. You will also learn how spine reflexes can be used to reach the entire body. If you wanted to attend Nico Pauly's nerve reflexology seminars, but were unable to then now is your chance to learn some of his invaluable techniques. Dorthe and Peter will introduce Nerve Reflexology, a natural extension of the original Ingham method. They will bring in different Scandinavian methods, detailed reflex zones for back muscles and you will learn a simple but effective way of analyzing and adjusting posture and gait.

Headlines for the workshop include:

- Common back problems
- Nerve reflex points for all spinal nerves
- Reflexes for the spine on the lower leg
- Muscle reflexes
- Seven techniques for working the spine reflex
- Stress management by balancing the autonomic nervous system
- Importance and treatment of the sacro-iliac joint
- Assessment and treatment of the Psoas muscle
- Analysis and correction of posture, stance and gait

With the workshop comes an extensive syllabus covering both theory and hands-on techniques plus comprehensive handouts.

The Round about: The Spine course is also fully accredited for 24 AoR CPD points.

Special Offer Fee: £210 for two days including full handouts and liquid/biscuit refreshments.

Membership Renewal Only £20 (£25 overseas)

For those members whose annual subscriptions were renewable on 1st July 2009, 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, 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 editions.

“VRT Membership is such good value for money – this has been the most useful skill I have learnt since qualifying.”

Margaret Bebbington

Overheard on a Train.....

A great success story and an extraordinary way to find a new client!.....



My friend and colleague Barbara Stanhope-Williamson is an excellent reflexologist, highly experienced and has been in practice for over 40 years. While many of Barbara's age would have retired 20 years ago, she is still a sought-after reflexologist in Hampstead, London. She has worked in the field of sub-fertility for many years, often with referrals from medical practitioners.

Although, reflexologists never make claims that their therapy may increase the chances of conceptionanecdotal evidence appears to suggest that reflexology may trigger the body to help itself in that field.

A few months ago Barbara had a call from a senior business woman in her late 30's who wanted an appointment. She reported that she and her partner had been trying to conceive for a long time with no success. The woman had been travelling home on the London Tube the previous week and had overheard two business men talking. One congratulated the other on the recent birth of his child. The new father replied that, after a long struggle to start a family, the child had been finally conceived, *“thanks to the reflexology my wife received from a great practitioner in Hampstead called Barbara Stanhope-Williamson”*.

The woman surreptitiously wrote down this distinctive name and later looked up Barbara

in the phone book. Suffice to say, that within two months, the client arrived to announce that she was convinced that she had recently conceived and, sure enough, a test had just shown she was pregnant!

Co-incidence?