

Vertical Reflex Therapy



Membership Network Newsletter

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Dear Colleague

I hope that all reflexologists, especially VRT practitioners, will be helping their clients remain fit and sane in the frenetic run up to Christmas – as well as looking after themselves! I am delighted that we have been able to arrange to distribute a free copy of the new Institute of Optimum Nutrition (ION) journal with this newsletter.

As usual we will be giving a donation to charity rather than sending Christmas cards to members. This year I have chosen to sponsor “*Jamie’s Farm*” (nothing to do with the chef) which aims to engage older school children, who are at risk of social exclusion/expulsion, by giving them an intensive experience of living and working on a farm for a week at a time resulting in positive long term changes.

See page 4 www.jamiesfarm.org.uk

One of the most cataclysmic forces of nature in history struck Japan earlier this year in the form of earthquake and tsunami which led to the meltdown and continuing problems at the Fukushima nuclear power station. My good friend and colleague, Mari Ogini, lives and practices as a reflexologist in Tokyo and is the translator of my first book into Japanese. She writes movingly in this newsletter about the reflexology treatments she has been giving to Japanese tsunami survivors as they come to terms with the shock and loss experienced in such unimaginable events.

Mari and I both attended the International Council of Reflexologists (ICR) conference in Portugal in September, where she spoke to the delegates about her work and the present situation. On page 2 Mari describes how she has been treating traumatised children and adults.

The ICR conference took place in the unusual setting of Castro Verde in central Portugal where the local mayor and townspeople

warmly welcomed the delegates. Hanne Marquardt, often called the mother of reflexology, was the keynote speaker and she is pictured above with the other presenters. VRT was represented in a presentation and workshops I gave on VRT for Older People. Read the report about the presentations and events on the ICR website:

www.icrreflexology.org/conference_2011



Presenters at the ICR Conference in Castro Verde. Portugal

This newsletter contains interesting articles written by colleagues whose work I admire: Mary Atkinson writes about Positive Touch for Children, Rob Wood describes the powerful effects of linking reflexology and Emotional Freedom Techniques (EFT), Brighton reflexologist Kris Walker tells us about a charitable project she has worked with called Action Lightworks.

The VRT tutors and I thank you so much for your support and best wishes for Christmas and the New Year.

Lynne Booth

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Reflexology for survivors of the Japanese earthquake and tsunami

Mari Ogino is an experienced reflexologist who lives in Tokyo and she presented this account at the ICR Conference, Castro Verde, Portugal in September 2011.

Eight months ago on March 11th, we call it 311, you may all have seen the pictures of the devastating Earthquake and Tsunami that attacked Japan, and heard the shocking news of the nuclear power plant damage. 15000 people died and more than 4000 people still not found.



Mari giving VRT in a footbath!

First of all, I would like to thank all of you who have sent us caring messages and powerful prayers and energy. We were so much encouraged by your support.

Also, I have to mention that Portugal also suffered from big earthquakes and tsunami. In 1755, November 1st, Lisbon was destroyed by earthquake followed by Tsunami but the city recovered beautifully. Just to give you an idea, the size of Japan is a little bit bigger than that of Great Britain. The Earthquake of magnitude 9 and the gigantic tsunami attacked the coast of these 3 prefectures, Iwate, Miyagi and Fukushima, the North Eastern part of Japan, we call Tohoku area.

Even the Tokyo area had severe damage. My friend who is a therapist, lives in Chiba and her work place was tilted because of the liquefaction of the ground caused by the earthquake.

We are working very hard to recover from the tsunami destructions. Most of the people in the shelters are moving to temporary houses. But beyond that, there is a very serious problem of nuclear power plant in Fukushima. The plant has not yet calmed down, the radiation leak is causing serious problems to our environment.

Three times in June and July, I went to the shelters, at the destroyed area for volunteer work with my therapist colleagues. We comprised a reflexologist, aromatherapist, and

body work therapist. The shelters we went were set up in the school gymnasiums. There are so many volunteers coming in, most of them doing the clearings, and there were all kind of therapists, singers, entertainers and so on. We gave foot baths, reflexology and back treatments to the people at the shelter. Everyone really relaxed and enjoyed our treatments.

While experiencing the reflexology session or foot bath, people started to talk little by little, and share their dreadful experiences, such as how they were chased by the tsunami, or how their houses were destroyed and washed away, or sometimes they complained that how difficult it is to win the lottery for the newly build temporary houses.

They lost everything, houses, offices, family, but most of them say, *"All we have to do is to start all over. We have to move forward, we are given our lives so we have to live"*.

A girl enjoying her first reflexology session with her mother



The Tohoku people are so strong One of them gave us an impressive comment during reflexology. *"I did not know that touching the feet is so much relaxing. When my feet relax, my heart opens!"* I realized that we went there not to **give** some help to people, but to **receive** so much precious lesson.

So many natural disasters are occurring globally right now. I really wish that all the reflexologists around the world will show their power to help people recover from the desperate situations.

Thank you very much.

Mari Ogino & Lynne Booth



It's only Energy!



Rob Wood writes:

I have been combining EFT (Emotional Freedom Technique) with reflexology in my clinical practice since qualifying as an EFT practitioner in 2006. Observing how both therapies work so well in combination, led me

to consider what attributes and qualities they have in common, which I would like to share in this article.

What is EFT?

EFT stands for Emotional Freedom Technique; it is a self-help tool that combines certain principals of ancient Chinese medicine with modern psychology.

Doctors of ancient Chinese medicine believe that our bodies have a system, or a circuitry, that carries energy or electricity along meridian pathways that traverse our bodies. The concept is similar to acupuncture, but instead of needles, we tap on the acupuncture points, using a light tapping motion with our fingertips, while focusing on the problem or emotion we want to clear. When we do that we clear what we call “energetic blockages” from our mind and body.

History of EFT / Meridian Tapping

The first tapping method came from a psychologist in California, Dr. Roger Callahan. He called his method Thought Field Therapy, or TFT. He was the first to combine emotional issues with this tapping on specific meridian points on the face and body. One of his students, Gary Craig, later developed EFT, a simplified version of Dr. Callahan's original version.

Why is tapping so effective?

Gary Craig was convinced that, “*All negative emotions are caused by a disruption in the energy system.*” So if you clear out the disruptions in the flow of energy through your body, you clear out all the associated negative emotions, conflicts or challenges that you are facing.

We also know, thanks to all the research that has been done recently on the effects of stress on our bodies, that unresolved negative emotions are strong contributors to physical pains and illnesses. So if we can access the

meridian system with tapping, then we relieve the tension and the energy blocks from the electrical system in our bodies. Consequently this promotes health in our body and mind.

Reflexology and EFT

As therapies reflexology and EFT share the following qualities:

- They both use specific points on the body to effect therapeutic change.
- They both lend themselves to ‘self-help’ thereby empowering the client in managing their own wellbeing.
- They both have a direct therapeutic effect on the energy of the body.

As reflexologists we work through the feet and hands of the client, and no matter what system or technique we use (conventional, VRT, Precision etc), we are enabling healing to occur as a direct result of manipulating these reflex points.

Similarly, a round of ‘tapping’ with EFT will directly influence the emotional and physical energy of the client. As a consequence of this influence, the client will experience a perceptual shift in their subjective reaction and awareness of what they defined as “the problem”.

Although it is an over-simplification, I believe that what changes is the energetic flow in the body, whether by reflexology or EFT.

What is Energy?

Energy is everywhere – a simple fact! Universally, it is the energy of the galaxies, our solar system, the planet we inhabit, the wind, the oceans and so on. Within our bodies, it is our life-force. The quality of our energy and its capacity to move, continuously affects all the organs and systems of the body, even at a molecular level.

Candace Pert in her book “The Molecules of Emotion”, when referring to ‘subtle energies’ states:

“It's my belief that this mysterious energy is actually the free flow of information carried by the biochemical's of emotion, the neuropeptides and their receptors. When stored or blocked emotions are released through touch or other physical methods, there is a clearing of our internal pathways which we experience as energy.”

How it works in Practice

When a client is having a combined session, I usually start with EFT and end with reflexology.

With EFT the technique of tapping on a sequence of meridian points whilst simultaneously stating the negative emotion or physical issue you want to change, is intended to remove the "short-circuiting" that is maintaining the negative emotion(s). This process can quite rapidly alter the client's perceptions and habitual reactions to their problems. This is because the negative energetic patterns, when altered by tapping, can move more freely and the client feels less 'stuck' therefore more able to make positive choices about their feelings and emotions, rather than being controlled by them.

The reflexology that follows is usually geared towards balancing and 'grounding' the energies that have been "stirred up" and altered by the EFT. I usually use a mixture of reflexology techniques that are suited to this aim. The VRT techniques of Diaphragm Rocking, Harmonising and Balancing are great for helping the energy move to where it is needed and allowing it to settle. Using the Pituitary Pinch can influence the endocrine system to support the energetic shifts that have occurred. I also use appropriate Precision Reflexology 'linking' techniques, again with the purpose of supporting and consolidating the energetic shifts that have taken place.

An interesting example of how reflexology and energy therapies overlap is with the 'Brazilian Toe Technique'. I was shown this technique on a 5 day course on 'Energy Medicine' I had the privilege of attending this year run by Donna Eden. It takes its name from a traditional Brazilian reflexology technique still practised: www.reflexologyworld.com/brazilian_toe.htm. Applying this technique, a reflexologist would see its similarity with Dr Fitzgerald's 'Zone Therapy'. An energy therapist would use the technique to influence the meridians that begin or end in each of the toes.

The technique is so simple and effective, it can be easily taught to clients who can then get friends/partners to do it on them. True self-empowerment!

VRT developed out of adapting conventional reflexology to circumstances, and from those initial discoveries of the effect of working on the weight-bearing feet and hands, a whole system of training and application has emerged.

'Energy Therapies' (an umbrella name including EFT, Energy Medicine, Energy Psychology, Emotrance and so on) are also developing as practitioners worldwide discover (some say, re-discover ancient knowledge about energy) the many therapeutic benefits of focussing on the energetic beings we all are.

References:

'The Healing Power of EFT & Energy Psychology' ~ David Feinstein, Donna Eden & Gary Craig

'EFT & Beyond' Cutting Edge Techniques for Personal Transformation' ~ Edited by Pamela Bruner and John Bullough

'Energy Medicine' ~ Donna Eden

'Vibrational Medicine' ~ Richard Gerber

'Molecules of Emotion' ~ Candace Pert

Professional background

I qualified as a Reflexologist in September 2000, having trained with The Bristol School of Holistic Therapies. I am registered as a professional practitioner with the International Federation of Reflexologists (IFR). I have further trained in Vertical ReflexTherapy (VRT), Precision Reflexology, and Cranio-sacral Reflexology. I am qualified as an Advanced EFT Practitioner with the Association of Meridian Therapies (AMT). Prior to this I was a Psychiatric Nurse for 32 years. I hold a Diploma in Counselling from Bristol University (1989).

What I offer

With 40 years experience of working with people's well being, I offer an individually assessed treatment approach to each client. This may be Reflexology, EFT, or a combination of both. Clients come for a variety of reasons. For some it is the simple relaxing effect a treatment provides, but for most it is for help with a particular health issue. Reflexology and/or EFT helps to restore your overall balance of health and well-being.

www.holisticreflexologyservice.co.uk

JAMIES FARM www.jamiesfarm.org.uk

Disruptive behaviour can result in exclusion or being expelled from school. Jamie's Farm offers small groups of older children, from inner city secondary schools who face exclusion, the chance to turn their lives around. Do look at this fascinating website with interesting video clips of the young people describing the effect of this valuable experience. and the benefits of which they take back to their school and home environment . **VRT Christmas Giving**

VRT – a client gives positive feedback regarding her shoulder and joint pain

Last year I had a really simple accident, I slipped off my kitchen step, but fell with my foot double back underneath me. My initial reaction was that I had probably sprained the ankle, but X-rays revealed it to be much worse. An operation meant spending many weeks in a plaster cast and thirteen weeks on crutches. 7 months later a further operation was needed to remove metal plates etc. thus resulting in spending a further spell on crutches.

I underwent many weeks of regular physiotherapy, but the stiffness in the ankle became a permanent feature. My shoulder was also quite sore, with restricted movement and pain that often kept me awake at night. I thought this to be the effect from the many weeks of using crutches and that it would probably wear off in time.

I had mentioned these problems to medical staff but the non committal answers seemed to be more or less “well at your age you can’t expect.....”(I was 64) so thought it was something I would just have to live with.

Around that time I had become a little aware of Reflexology and did wonder if it would be an option for me.

My first meeting with Lynne was a huge success and during treatment, I could instantly feel the (now permanent) tightness easing from my ankle. Whilst treating me, Lynne asked how long I had had a pain in my hip – this had not been mentioned before as I thought this to be another annoyance from not walking properly through injury and possibly something else I had to learn to live with; In a matter of minutes the pain was gone – a huge relief.

Shortly after, Lynne checked on my progress and I was delighted to report that everything was great, but I did take the opportunity to mention my continuing shoulder problems to her. The following session with Lynne suggested that I had a frozen shoulder and treatment was given.

During the treatment, I was asked to gently move my arm and shoulder whilst Lynne was working on my feet and I increasingly gained more movement as she worked. I could not believe the result, I had regained almost full movement, it was amazing. The following morning I awoke in disbelief that I had slept all night – no sign of any shoulder pain, I tried a little gentle exercise and, yes, it was still as mobile as when I had left Lynne the day

before. Each day that followed showed further improvement and within a few days the shoulder had returned to normal.

Thanks to Lynne and her VRT I am now totally free of joint pain and despite being told “at my age” I must expect deterioration. I am enjoying, and indeed able to do, everything I wish to do in my so called *twilight years*. A wonderful result - thank you.

Rita, Bristol

VRT Membership Renewal £25 per annum (£30 overseas) Pay by Standing Order - still only £20!

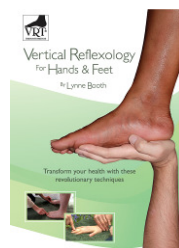
For those members whose annual subscriptions were due for renewal on 1st November 2011 you will find a blue renewal form enclosed. Please post this form with your cheque to the office address. **The membership in the UK is still £25 but you have the option to keep it at the original low fee by paying £20 via standing order.** Overseas VRT subscriptions are £30 by Credit Card On-line.

YOU CAN PAY ON-LINE www.boothvrt.com
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..

“I look forward to another year of fascinating articles and letters in your VRT Newsletter. You provide such value for money”.

Margaret B. VRT Practitioner

Give a VRT DVD as a Christmas present!



Very Special VRT members’ offer of only £15.50 (special web price is usually £17.99)

Light to post – useful all year!

Simple hand and foot instruction and general information for the general public as well as precise advanced techniques and information for reflexologists.

“This is one DVD you have got to have in your collection, a first class production.....by far the most professional I have seen”.

Reflexology World International Journal, Australia

ION Relaunches Printed Magazine



**Val Bullen, the
Chief Executive of ION writes:**

The Institute for Optimum Nutrition, often known as ION, is an educational charity whose aim is to educate the public and health professionals about the impact of nutrition on health and well being. Started in 1984 by Patrick Holford, the world renowned author of books on nutrition, the Institute has undergone several changes this year.

We have rebranded with a modern logo showing we are looking forward with new impetus to the major issues of obesity and chronic disease that are now affecting all age groups of society. We need to take a closer look at what, and how, we are eating to see the effect on our health. As we move towards personalised medicine we also need to realise that our nutrition needs to be optimised for us as well.

Many of us have experienced that infuriating diet that works for others but not for us and can't explain why; or the situation where we seem to do everything we are advised to do and still don't lose weight. Lifestyle and diet are intimately interlinked, as is our psychological and emotional states, so we need to take a broader view which is where seeing a trained Nutritional Therapist can help. ION is still a major provider of professionally trained Nutritional Therapists, our course being the first Diploma course to be accredited by the Nutrition Therapy Council in August 2010. We will be offering the course in Bristol (Clifton) from 2012 as well as in London. We will be holding an Open Day in Bristol on Saturday 4th February where you can learn more about the Course.

So if you, or someone you know, is considering a change of career, or wants a rewarding adjunct to what you already do, then please contact us via our website: www.ion.ac.uk or phone: 0208 614 7800.

The other major event for us this year was to go back into print with our Magazine. The Optimum Nutrition Magazine has been produced since ION first began. Although the content and format have changed over the years some of our Members have kept all the copies. Eighteen months ago we decided to modernise and go greener with an electronic format available on line only. Although some

prefer this format most did not and we decided to go back to print. You have a copy of our relaunched Magazine included with this newsletter. If you would like to subscribe you can get the Magazine only, or become a Member of ION and get added benefits besides the subscription. One of these is 20% off purchases, other than food, at Revital, which has stores around London and has an on-line facility. You can easily recoup the cost of membership with this alone, but we also have a deal with Goodness Direct and will be using our influence to negotiate further discounts and offers for our Members. See the Magazine page 4, or our website, for details.

If however some of you have a desire to write, recipes to share, or questions you would like answered, then please contact Cat Morgan at catherine.morgan@ion.ac.uk or telephone :0208 614 7817

VERY SPECIAL OFFER FOR VRT MEMBERS from ION – SEE BOOKING FORM ON PAGE 4 OF THE ION JOURNAL FOR A LIST OF ALL THE BENEFITS.

For anyone that takes up ION Membership from this newsletter before **Jan 31st 2012**, we will give you a copy of ***The Complete Guide to Nutritional Health (RRP £18.99)*** This book has more than 600 recipes for overcoming illness and boosting your immunity.

Please quote VRTNOV11 when contacting Saleema by phone on 0208 614 7800.

A great result using the VRT Wrist Twist taught recently on the Sleep/Mobility Classes in Bristol and London

I have had great success using the VRT Wrist Twist with a young rugby player with a severe Quad/Lumbar problem. He was in so much pain the physiotherapist could hardly touch him, but after the wrist twist and VRT, along with his classic foot reflexology, the change was fantastic. The pain went and his range of movement returned to normal. He was absolutely thrilled and couldn't wait to get to the physiotherapist the next day to show her the improvement!

Jane Chamberlain,
VRT Tutor.



Welcome to two VRT tutors from France and the UK



Lilian Gautheron began his studies in alternative medicine in 1992 by learning the Eutony method of Gerda Alexander, and after this kinesiology during 3 years.

In 2004 he decided to become a therapist and chose reflexology as subject. He joined the I.I.R. in France (Original Ingham Method) and became soon assistant lecturer. After several collaborations with Dwight Byers, he became an IIR trainer. He teaches the Ingham method in Spain. At the same time he follows the advanced courses of Tony Porter, Lynne Booth, Jan Williamson and Guy Boitout. Following several collaborations with Lynne Booth in France, England and Spain, he became a VRT tutor for France in 2011. Lilian's practice is in Toulouse, in the south of France.

Jane Chamberlain

began her working life as a teacher of physical education and English. In 2000 she trained as a reflexologist at The Oxford School of Reflexology, qualifying in November 2001. Jane runs her own practice in Stroud, Gloucestershire and developed her skills by following courses in VRT with Lynne Booth, ART with Tony Porter and Nerve Reflexology with Nico Pauly. Jane also attended Inge Dougan's course exploring meridian therapy and the 5 elements. Jane has worked along side, and assisted, Lynne Booth on reflexology workshops and recently become a tutor for VRT.



Positive Touch for Children by Mary Atkinson

Mary Atkinson is a complementary therapist and author specialising in running Indian Head Massage courses for beginners and therapists. Last year, Mary won the camexpo Outstanding Achievement Award 2010 and this year she was invited back to the exhibition as a Keynote speaker on the importance of touch for children. Mary's talk, based on the research for her book 'Healing Touch for Children', was so popular and informative that she has offered to adapt it for the VRT newsletter.



It is not easy being a child in the 21st Century. Our young people are so often bombarded from a tender age with physical and mental stresses, competitive pressures and high expectations from home, schools and peers. And in a society driven by computers, televisions, mobile phones and other high tech communication, where is the space for children to find calm and stillness? As therapists, we know the value of this inner peace that connects us with ourselves, with others and with the natural world around us.

It is my belief that positive touch through gentle massage and reflexology has the power to encourage children to discover a quiet and healing place within themselves that can help them cope better with the anxiety and stress that is leading to many health and behaviour problems today. And as therapists we can play a vital role by encouraging our clients to support their own children through touch in the home. Since my book *Healing Touch for Children – Massage, Reflexology and Acupressure for 4-12 year olds* was published in 2009, I have been privileged to hear stories from parents, therapists and children about their own personal experiences of the far reaching benefits of simple massage and reflexology techniques.

One mother told me that since giving her eight year old son the regular five minute massage suggested in the book, he no longer suffered pre-school tummy aches. And another said her ten year old daughter was now sleeping through the night, untroubled by nightmares. Whilst a six year old told me that he liked to massage his friends' backs because it made them feel happy and that made him feel happy

too. In a review on Amazon, a mother of a child with ADHD said that the simple reflexology moves from the book were helping make bedtimes more peaceful for the whole family. And this will make you smile - one young girl said she was now able to get rid of Daddy's headaches when he came home from work!

Learning from other cultures

In a society where touch is no longer considered the norm, surely it is vital to re-establish the importance of sharing nurturing touch within the home not only for the health and happiness of our own children but for future generations and society as a whole. In many cultures, touch and massage has been an integral part of family life for generations. Mothers massage their babies from birth, then when they reach three or four years old, they are given a weekly head massage. By the age of six or seven, children are sharing regular head massages with their parents and grandparents. Children are not formally taught to massage, they learn by experiencing the benefits of positive touch for themselves.



During the research for my first holistic therapy book *The Art of Indian Head Massage*, I spoke to many people from India who recalled sharing massages within their families when they were children and teenagers. They remember it as a special time, an opportunity for communication, for sharing worries and anxieties, for relaying stories and experiences, for 'bonding' within the family home. Even through particularly busy times, the regular massage slot was always honoured and appreciated as part of the family routine. Children of all ages need to know they are special. Yet all too often we do quite literally lose 'touch' with our children when they reach school age and adolescence – which is at a time when, possibly, they are most in need of this gentle and nourishing touch that can communicate unconditional love and respect far more effectively than words.

Touch is intuitive. Think how we naturally rub a sore spot to ease the pain or offer a comforting stroke on the shoulder or back to provide reassurance in difficult times. But do we reach out and touch each other enough during the daily course of our lives? Perhaps the answer lies in some research conducted by Sidney

Jourard in the 1960s into the number of times that pairs of people casually touched each other whilst chatting over a drink in a coffee shop. In San Juan, Puerto Rico, they touched each other casually around 180 times over the period of an hour. In Paris, it was 110 times. In Florida, it was only a couple of times. But in London, people did not touch each other at all.

The Massage in Schools Programme

What message are we giving to our young children? Is touch becoming so taboo that we are blocking a child's natural inclination to give and receive the healing power of touch? For Mia Elmsater, from Sweden and Sylvie Hetu from Canada, the vision of positive nurturing touch for all children, all over the world, is central to their work within the internationally respected Massage in Schools Programme. Now operating in xx countries, the programme was introduced into the UK in 2000 and has already made a real difference to many children's lives.

Children are taught a simple massage routine which they practice on each other, fully clothed in a sitting position, under the supervision of a trained adult for around 10-15 minutes in total, (that's 5-7 minutes each child). Only the child's back, head, neck, arms and hands are massaged. A popular time for the massage session is first thing in the morning or after lunch break when children can be very active and excited. Teachers and children agree that massage promotes sensitivity towards others, raises self-esteem and confidence and brings a sense of peace and calmness into the atmosphere which helps everyone concentrate and focus on their lessons.

Kerstin Uvnas-Moberg, a Swedish researcher and author of *The Oxytocin Factor, Tapping the Hormone of Calm, Love and Healing* believes that the feel-good effect of touch is linked with the release of oxytocin and other mood-enhancing chemicals during gentle massage. Although research is still on-going, Kerstin suggests that this release of oxytocin into the bodies of those giving and receiving gentle touch could be one of the reasons why touch has such a positive impact on countering the detrimental effects of stress and anxiety on our physical, emotional and mental health and well-being. And some exciting developments in Kerstin's research show that those watching gentle massage also experience the feelings of peace and harmony associated with the release of oxytocin. So teachers, teaching assistants and those children not choosing to have a massage can benefit too!

An important part of the Massage in Schools Programme, which is now an integral part of the Anti-Bullying campaign, is that children learn self-respect and also respect for others. Each child asks permission from their partner to give them a massage, and then says 'thank you' at the end. Children have a choice and can say 'no' without any reprisals. In this way, they can begin to learn the difference between positive, caring touch and negative, abusive touch. Children are also taught to learn alongside their massage partner by writing letters and drawing shapes on each other's backs, or telling a story or singing a song accompanied by creative massage movements.

Healing Touch for Children

Among the feedback from schools implementing the programme is that young people are enjoying taking their new-found massage skills back into the family home which in turn, has created space for parents, children and siblings to share quiet time together and facilitated self-expression, reflection and healing on many levels. This brings us back full circle to the emotional, physical and spiritual value that has been placed on massage in the home by Indian families for many generations.

As the Massage in Schools Programme begins to gain momentum, supported by OFSTED, an increasing number of people, including complementary therapists, teachers, teaching assistants, health professionals and community workers, are being trained on a two day instructor course, to introduce the programme to schools and child orientated community services. If you are interested to find out more then you can visit their excellent website www.misa.org.uk You can find out more about my courses and the books mentioned above - Healing Touch for Children and The Art of Indian Head Massage - from my blog and website

www.maryatkinson.com. Simply click on the **Publications tab** and follow the links.



Lynne writes: I highly recommend Mary Atkinson's wonderful book both for reflexologists and other practitioners as well as for parents, grandparents, family and friends!

Leila Eriksen, Denmark Reflexology Research



Leila has been a pioneer in Danish and International Reflexology Research. Member of project teams behind several reflexology studies.

She functions as fulltime reflexologists, CAM consultant and spokesperson and is connected to research projects in hospitals and universities. Leila has a close relationship to The Association of Cancer Children in Denmark and has visited children hospitals in countries as Australia, Israel, Spain and China.

She's member of The National Board of Health, Council Concerning Alternative Treatment. Has been co-ordinator for RiEN (Reflexology in Europe Network) Research, since 1997. She is the first reflexologist in the world, who has succeeded in presenting reflexology internationally at the highly respected International Congress on Complementary Medicine Research (ICCMR)

Leila went to Chengdu, China in May this year, to present to researchers, from all over the world, what reflexology can bring to the healthcare system. The abstracts are now published in Journal of Traditional Chinese Medicine, which is a huge step for our reflexology profession.

In September 2011 Leila was given the **Special Recognition Award** for her contribution to research by the International Council of Reflexologists (ICR at their conference in Castro Verde Portugal.

Can VRT members contribute to help put more professionalism into the body of reflexology research? – see enclosed sheet? Ref: www.nafkam.no

Has a client of yours had a particularly spectacular recovery or result following a reflexology or reflexology/VRT session? If so, please document and share it with us.

Nail-working?

A bit of bizarre light relief!

Lynne writes: Las Vegas singer, Chris 'the Duchess' Walton, helped to launch the new 2012 edition of the Guinness World Records book in September. Her nails measure 10-feet 2-inches on her left hand, and 9-feet 7-inches on her right hand. She says she is totally able-bodied and can cook, clean, dress and has brought up children and grandchildren perfectly normally despite her long nails.



Some of you may remember, a while back, that I was intrigued as to how someone functioned, let alone chose to “disable” themselves with long nails so I featured the previous Guinness World record holder, Lee Redmond, of Salt Lake City. Her nails measured a total 28 feet in 2008. Mrs. Redmond lost her nails, and her Guinness Book title, in a car crash the following year although she apparently recovered her health. Sadly for her, she had recently turned down about \$60,000 to have her nails cut off on TV!



Stressing the importance of always carrying disposable clear examination gloves. See article on page 12.

Lynne writes:

“Always be ready to protect yourself and your client. I recently had a young healthy male client with the worst Athlete’s Foot I have seen. Without gloves available I could not have treated him with foot reflexology”.

Boots sell green boxed packs of 10 gloves “Latex Free” price £2.19.

The charity: Sue Ryder for Life sell some of the cheapest gloves :

www.sueryderforlife.co.uk Boxes of 100 vinyl examination gloves start from £2.78.

They are available in a range of sizes. They also have Latex gloves but beware that some people are allergic to Latex. Buy clear, not blue, gloves!

Their phone number is 01952 91311

Identifying Skin Cancer

Useful information on the signs of skin cancer – reflexologists can play a vital role in noticing changes in a client’s skin.

The British Association of Dermatologists has produced a very helpful leaflet for well being, hair and beauty therapists because they come into close contact with clients’ skin every day and are in a unique position to spot possible skin cancers. It is vitally important that skin cancers are detected and treated early. Swift diagnosis and treatment can save lives.

Access this website and print off a very informative colour leaflet for your clients, friends and family:

www.bad.org.uk/sunawareness

The leaflet gives a guide to different types of skin cancers with photos as melanomas can vary greatly in appearance.

Skin Cancer Statistics:

It is estimated that more than 100,000 new cases of skin cancer are diagnosed in the UK annually, making it the most common form of cancer.

The **majority** of skin cancers are **preventable**.

The Main cause of skin cancer is too much **UV light** from sun and sun beds.

Skin cancer kills more than **2,500 people** in the UK every year.

Melanoma is one of the fastest rising types of cancer in young people **aged 15-34**.

Finally, if you notice a skin blemish on your client;

1. Don’t panic. It is obviously important not to alarm clients.

2. Remember you are not expected to diagnose conditions – just refer the person to their GP.

3. Ask your client if they are aware they have a mole or lesion.

4. Direct all clients to public information about the signs of skin cancer and how to help by printing off the Association’s leaflet.

Reflexology in the community with Active Lightworks by Kristine Walker, BA ATC CThA Director/Chairman of the Trustees 2008-11

In 1996 a small group of therapists offered their services to the Royal Sussex County Hospital and the Royal



Alexander Children's Hospital in Brighton. Initially, they were invited to treat staff, and after 6 months were allowed to work on patients as well. Our champion was head of Oncology, Jane Stachs, who believed that her staff needed daily respite in order to cope with the stresses of their nursing. Many therapies were represented but in particular Facial Reflexology was stunningly successful in the pain clinic, and Hand Reflexology was very welcome in the oncology waiting rooms and X-ray areas. In addition, after several years of service, 1 reflexologist was given an honorary status as a volunteer.

Therapists charged the staff £20 a session; patients free. To be accepted at RSCC therapists must undergo a rigorous screening and must be qualified for a minimum of 3 years. At this stage Active LightWorks had around 40 volunteer therapists, many newly qualified but eager to offer their services. I decided to set up community projects and offer our services to local groups. Over a period of a year we had attended or completed the following highly successful projects:

- Facial Reflexology on Friday afternoons for teachers at a school in a deprived area.
- A regular low cost clinic for means tested clients at a local training centre.
- Once a week Hand Reflexology sessions at a Stroke Club.
- Bi-monthly reflexology at a Dementia Support Day treating sufferers and their carers.
- 2 Reflexology workshops on this day to teach carers and sufferers self-help techniques.
- School events promoting health and wellbeing giving treatments to staff and parents.
- A centre for homeless young people.
- At an annual conference for parents of children with autism (AMAZE).
- Regular clinic sessions for members of charities RISE (women victims of violence) and RIEN (single parents network),

- Various conferences held in Brighton!
- Mini marathons and Fun-Runs.
- Establishment of 2 hubs from which treatments can be given in order to provide a service for the GP Consortium initiative planned for 2012.

Although the aim of the charity is to provide free or low cost treatments, often funding is available to pay the reflexologists and other therapists a reasonable amount, or generous expenses. All the therapists are expected to give their time free, but are huge benefits to belonging to a group of this kind:

- Support for new therapists from experienced practitioners
- Self-promotion and generation of own clients
- Networking with successful organisers
- Experience with a number of diverse client groups
- Encouraging feedback from clients
- Access to clinics from which to practice
- Confidence to launch your own practices
- Your own sense of wellbeing and satisfaction

In March I stepped down as Chairman of the Trustees but my legacy was to find a permanent clinic space for Active LightWorks from which to offer treatments to deserving groups and charities, also a space that therapists could rent for their own developing practices, now at Palmeira Place Clinic in Hove.

The long term vision of this charity was to provide a national blueprint for similar services across the UK, but I hope that our success will inspire you to offer your reflexology to your local community. www.activelightworks.co.uk

Kristine Walker qualified as a teacher in Adult Education in 1971 and in Reflexology in 1989. She was Research Co-ordinator for the Association of Reflexologists for 3 years and an Honorary Member in 2003. Kristine pioneered Hand Reflexology in the UK in the early 90's and her book "Hand reflexology – a textbook for students" is in its second edition and translated in to Dutch and French. After running an AoR accredited school for 10 years Kristine decided to teach individuals "Advanced Techniques" and draws on her experiences in 20 years of practice. She researched Facial Reflexology in 2000 and her main references are the original Zone Therapy of Drs. William Fitzgerald and Joe Shelby Riley and the exceptional teaching and guidance of her tutor Jane Vukovic.

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Case study by Lilian Gautheron, VRT Tutor for France

Male 47 years old, Aeronautical engineer
 Sports: ski, windsurfer, kitesurfer.

Disorders:

After several bad falls on his head while skiing last year he presented with strong pains in the neck area and in the shoulders due to a cervical neuralgia (diagnosed by physicians) with irradiation in the right arm and sometimes a loss of sensitivity in the right hand finger and also pins and needles sensations. Presence of a beginning of cervical osteoarthritis, occasional headaches and stiffness of the neck

Protocol:

- VRT general treatment
 Sensitivity of both big toes especially the right one, dorsal part and lateral aspect
- Classical treatment in reclined position
 Diaphragm rocking

VRT specific treatment: Stimulation of the cervical vertebrae zone with use of the trigger points. Very strong pain on the right. Harmonisation of the whole spine, the neck and neck muscles. Strong general sensitivity of the diaphragm for loosening. Synergistic work on foot/hand on the cervical zone. Solar plexus on the nails to ease pain.

Self-help: I showed him the self help technique for the cervical zone and the neck. I asked him to use it every day.

Conclusion: After 6 reflexology treatment, the pains had decreased till they were nearby non-existent, Head's mobility improved a lot. I gave him the advice of being careful while practising sports and to do some more stretching and warm-up exercises before.

"Adaptive" VRT/reflexology

by Lynne Booth

A very different approach is required from normal practice when dealing with older chronically sick people, terminally ill clients and those with dementia. Although



the term Vertical Reflexology suggests hands are feet should be in an upright mode, a bedridden client may receive VRT when their semi-weight-bearing hand is pressed lightly on a book or tray as they lie in bed. Shortened treatments are essential in many cases for older and terminally ill people. VRT can be effective when applied in the sitting, reclining or standing mode (or in a combination of these positions). VRT



Synergistic Reflexology works the same hand and foot reflex simultaneously for a few seconds.

Special considerations for working with older or bed-bound clients. Improvising techniques for use on domiciliary visits.

- Reflexologists are advised to check their own position and posture at all times when treating clients in situ. VRT works well on semi-weight-bearing feet in wheel chairs.
- Many older or ill people have reclining chairs in their rooms and their feet or hands can be comfortably worked when the therapist sits on a small stool.
- Ensure that the therapist's chair is at the right height at the end of the bed by using cushions or towels to adjust the height if necessary.
- Chemotherapy, steroids and aging can all cause the skin to thin so work very lightly and carefully. Always carry vinyl disposable gloves (some people are allergic to Latex). Be sensitive to the client's feelings and dignity. For example, if a client has foot sores or ulcers, I work the hands instead or in other cases I always tactfully indicate I am putting on gloves to protect *them* from infection, rather than that I am protecting *myself*. (see page 10)
- Be prepared to break off a treatment, or move position, if the person becomes distressed, although reflexology usually brings about a calming outcome.