

Vertical Reflex Therapy



Membership Network Newsletter

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Dear Colleague

Welcome to the Summer VRT Newsletter and I hope you will enjoy a break regardless of rain or shine!

The Olympics are upon us and hopefully a new generation of young people will be inspired to participate in a variety of sports and take responsibility for maintaining their health in the years ahead.

Since the last VRT Membership Newsletter appeared in the Spring I have taught in various venues in the UK as well as travelling to Luxemburg to speak about VRT, Children and Babies at the Reflexology in Europe Network (RIEN) 7th Conference with the title: Children First. There was an interesting group of presenters including medic Dr Jesus Manzanares from Spain on *Reflexology and the treatment of ADHD* and Lydie Schoenmakers from Belgium on *Basic Principles of Energetic Vertebral Correction*. Read link about this international gathering on page??????.

I was delighted to run a workshop on the 3rd day with two children to demonstrate on: two week old baby Kenny and three year old Amber.



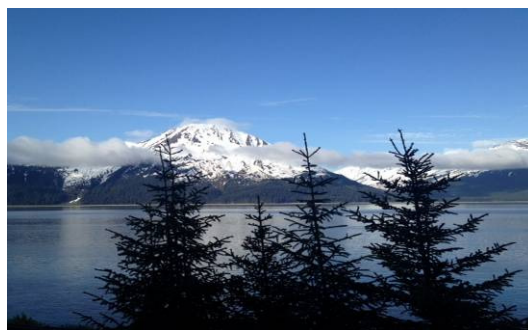
Synergistic VRT with little Kenny

Reflexologists have recently learnt VRT in Australia with Cheral Waters, Eire with Britta Stuart and in Belgium with Suzy Jacobs. It is always inspiring, when the tutors and I travel, to meet reflexologists we have taught years before and who are still using our weight-bearing techniques. On the back page you can meet the UK and Eire team of tutors and will see that VRT is "much more than just standing-up"!

We aim in the coming months to demonstrate the versatility of VRT and its application for older people who are sitting or lying down. Also self-help on the hands, for children and people of all ages, weight-bearing foot self-help for athletes and agile clients plus the new classes such as VRT Sleep and Mobility which are taking VRT to

new heights with a combination of VRT, mobilisation and simultaneous pressure on the dorsal reflexes.

In this issue VRT Tutor Christine Roscoe writes about her experiences when judging a reflexology competition and asked if this is the right way forward to compete with our skills? See Page?? She describes how reflexology/VRT fits in with other modalities that they practice. Penny has studied VRT intensively in many venues and counties as well as Nerve Reflexology and writes about her career and philosophy on page?????



At the end of May I set off on a VRT teaching trip to Vancouver, Canada and Anchorage, Alaska. I met with dedicated therapists many of whom who had travelled great distances by plane, train or car to learn new VRT skills.

As always, I learnt much from them and enjoyed being part of different, welcoming communities. I also took a sublime railroad ride through the wilderness and sailed on the Gulf of Alaska on the sunniest day of the year. Read more about the experience on page?????

The VRT tutors really value your comments and case studies – please keep sending them!

Kind regards

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Healing Touch for Children of the Japanese Earthquake and Tsunami

Mary Atkinson, author of 'Healing Touch for Children', has recently returned from tsunami destroyed Rikuzentakata on the north east coast of Japan. She worked with a team of volunteer therapists organised by Cocoro, a Japanese charity set up to bring aromatherapy and positive touch to the victims of the earthquake and tsunami. Mary shares her experiences.

For more information about Cocoro please visit <http://tinyurl.com/cocorouk>.

We were all so shocked by the pictures of the devastating tsunami that hit the north east coast of Japan in March 2011. I have many Japanese friends and students and felt so helpless in the face of this natural disaster.



Mary massages the Mayor!

Then last October, I enjoyed a chance meeting with Takiko Ando, founder of Cocoro (the Japanese word for both 'mind' and 'heart'), at a complementary therapy event and heard about her work in healing emotional wounds of victims of the tsunami through the power of touch. I had read an article by Mari Ogino in the Autumn 2011 VRT newsletter and felt inspired to do something positive to help these people recover.

After several months of fund-raising, including a Japanese Evening at our home in Chichester, my husband and I raised enough money to join Cocoro charity on their trip to Rikuzentakata, the city that suffered the most destruction, in April 2012.

We worked with a team of holistic therapy volunteers offering 15 minute massage/reflexology sessions to adults in a variety of local venues. We also visited kindergartens where we introduced a simple story about the healing power of nature accompanied by basic massage moves for

children to try on each other, fully clothed. An image of the sun rising in the sky, for example, goes with a circular movement on the back. The story had been specially written for the children of Rikuzentakata, based on my experiences as a Massage in Schools Instructor, and approved and translated by local social workers.



It was an emotional and exhausting trip but amazingly rewarding and positive. Here are just a few of our most powerful memories.

- We were **shocked** by the scale of the devastation and the piles upon piles of rubbish still to be sorted and shifted. We were so sad to see the interior of a secondary school in Rikuzentakata still in the same state as when the children and teachers had to flee the tsunami in March 2011 leaving everything behind.



- We were **frustrated** on behalf of the gentle local people whose lives are in limbo waiting for decisions to be made about their future. Thousands of families are now living in temporary accommodation which is cramped and dark with walls so thin that any noise can be overheard. Many bereaved elderly and disabled people live far from their community and feel lonely and isolated. A great cause for concern are those people who do not leave their homes as the outside world now seems so alien to them.
- We were **exhausted** just looking at the faces of the men and women struggling to come to terms with the loss of their loved ones, homes and a way of life. One teacher was so tired that, despite sitting on an

uncomfortable child's chair, she fell fast asleep within minutes of beginning a foot massage. She told me that it was one of the best sleeps she's had since the tsunami because she felt safe. Another lady told me she could not believe that a 15 minute reflexology session could make her feel so calm and relaxed. It was a privilege to be able to offer some peaceful respite to these strong people who have been conditioned by their culture not to complain and to bury their fears and anxieties.

- We felt **saddened** on behalf of the men who have lost their livelihood and now have too much time on their hands to think, remember and worry about the future. When the Cocoro team visited in September 2011, few men were interested in massage. However, the numbers were much higher this time and, as trust in the charity deepens, they were more willing to share their stories and concerns. It became obvious that the need for mental health care will continue for several years.



- We felt **inspired** by the local people who say they are no longer 'victims' of the tsunami and are determined to do all they can to help rebuild their own lives and those of their community. One local fisherman who has been forced to work in Tokyo until the fishing industry restarts, offered his services as our driver and worked with others to make arrangements for our visit. They were so enthusiastic about our volunteer work that they even managed to organise a visit to the Mayor of Rikuzentakata and we were able to offer him a massage!
- We felt **humbled** by the response of the local people to our Positive Touch for Children project. We had initially planned to begin the programme in three kindergartens and were uncertain of the reaction as it is a novel initiative in the area. We had not anticipated the spontaneous applause and cheers which greeted our simple story massage when we first introduced it. Or that during the visit we would meet with teachers, parents, grandparents and guardians of children of varying ages who could immediately see the benefits in helping children cope with the many

challenges ahead. It did not take long for the local people to put forward ideas for their own story massages and songs and we left feeling hopeful that the project would gradually build its own momentum.

But above all:

- We felt **grateful** to have been given the opportunity to do something positive for these kind and generous people whose lives have been turned upside down by a natural disaster. We were continually being told that the very fact that we had travelled so many miles to visit their city held great meaning for them, far greater than words could express. The local people were surprised and delighted by photographs of our Japanese Evening and felt heartened that they had not been forgotten. Messages of support from The Japanese School in London and from other UK schools helped boost morale and we soon realised that the most important thing we can offer these people is to remember them so that they feel less alone in their struggle to rebuild their lives.

Positive Touch for Children Day Course

Mary runs an FHT accredited day course 'Positive Touch for Children' which explores and encourages gentle and appropriate massage for children, including **creative story massage, in the family home.** www.maryatkinson.com

Since reading an article by Mary in VRT newsletter, Autumn 2011, Leila Erikson (www.carecam.dk) has invited her to facilitate this course in Copenhagen in November 2012.

WORLD SKILLS – INTERNATIONAL REFLEXOLOGY COMPETITION

VRT Tutor Christine Roscoe writes: You learn something new all the time - I didn't even know that there was an International Reflexology Championship until I was asked to be a judge at the Welsh



round on March 22 this year!

WorldSkills UK Competitions were set up to highlight and promote quality training not just in Reflexology but in all practical skill subjects such as construction, horticulture, creative arts, beauty, engineering, IT and business. The competitions are organised by the Vocational Training Charitable Trust (VTCT) and supported by industry partners. The aim of the competitions is to reward real talent and drive up levels of expertise in apprenticeships, skills and further education. The competition focused on all the essential requirements for a successful career in reflexology.

The competition was held in Coleg Morgannwg near Cardiff and entrants had come from all over Wales – some dedicated students making a 5.00 am start from North Wales. Competitors had to set up a treatment station and give a 45 minute Reflexology treatment to a volunteer. The students were asked to do an in depth consultation with a standardised form to elicit relevant information about their client's health, medical history and lifestyle and select appropriate reflexology treatments.

There were three of us judging and we were awarding marks for professional appearance, professional work station with all essentials to hand and health and hygiene observed. Also important was ensuring client comfort, good communication skills and confidence in the consultation. Then, of course, a first class Reflexology treatment demonstrating their understanding of different techniques using the thumbs and fingers and the need for appropriate pressure.

We were all very impressed by the high standard of all the entrants. They all looked completely professional and did very good treatments. Paperwork was completed correctly and there was very little to separate the students in all these major areas. Eventually, the differences were in the little things – someone used an open bin for used cotton wool pads rather than a lidded bin, someone hadn't used a pillow to support under the client's knees, or offered a blanket, someone hadn't made eye contact with the client during the consultation process. They do sound like small points, but in a Reflexology career, we need to provide and project the 'complete package' to make a success, and it could be just those small things that separate you from the Reflexologist down the road.

Lunch was fantastic – provided by the college's catering students. Now I know what it is like to be Greg & John on Masterchef! In the afternoon, there was a presentation ceremony where certificates, awards and gold, silver and bronze

medals were given out. It was a really interesting day and great to see such enthusiasm and high standards.

The whole idea of a Reflexology competition was novel and strange to me, never having considered one before and the job of a Reflexologist is essentially one which we do in isolation. These are quotes from some of the participating tutors

'Competitions increase the confidence and self esteem of our students'

'Competitions raise standards of work and training'

'Competitions are inspirational and give our students a benchmark to strive to.'

We would like to hear the views of VRT Practitioners:

- What do you think about the role of competitions in our therapy?
- Is it a good idea or an unnecessary pressure on students?

Please write in with your comments!

Reflexology and Beyond by Penny Wilkinson



It was July 16, 2001, when I first contacted Lynne Booth regarding this fascinating, but strange form of reflexology, called VRT. I found an article on line months before and I ordered her VRT book. I read and reread the book and then contacted Lynne to ask her that if she ever planned on visiting the United States to share this amazing body of knowledge, I would be first on her list to attend. On April 22, 2003 I got the email I had been hoping for: Lynne was to teach her first 3-day class in Florida starting September 6, 2003. I have continued to study with Lynne in Illinois, Maine, New York, and her home town of Bristol taking the Nerve Reflexology classes with Nico Pauly. I thank God that I found that original article introducing VRT and the subsequent knowledge that I have gained over the years in knowing and applying VRT to my sessions. I have many tools in my

reflexology bag beyond my basic training. VRT, ART and Nerve Reflexology are essential, but I have learned so many other valuable tools that I share with my clients on a daily basis. I would love to share some of my favorite VRT testimonials and a few other items that have helped my practice that I thought you may be interested in.

VRT Diaphragm Rocking (DR)

I personally believe the VRT Diaphragm Rocking (DR) is nothing short of miraculous. I use it daily on all my clients at the end of my sessions. I have used this on members of the water ski team I belonged to, helping to calm the central nervous system down after a bad fall or injury. You could see the balance take place almost immediately. I've used it in numerous hospital visits after surgeries. It just helps to balance and reset and has such a calming aspect to it. The most miraculous Diaphragm Rocking experience came in the order of an asthma attack. My son, Colin, years ago, did tennis drills with a number of other students at night. As it turned out, I was the only mom who stayed that night to watch. I noticed Kate (13 yrs old) come running up from the courts in a panic and holding her chest. She asked where her mom was because she had her inhaler. I told her she left. I asked her if I could help her. I had her sit down and I just took her hand. I told her to close her eyes and try to relax while I did the DR. It took about 30 seconds to see the transformation. I continued on both hands for a couple more minutes. She had a drink of water and resumed play. Bravo I thought! All-ways remember the DR in your reflexology tool bag.



VRT Hand and Nail-working

I work out most days alternating with resistance band training on a Vibe Plate, Longi yoga (yoga with a rope), Pilates, rowing, running and walking. I always start my workout with some VRT.



Penny is in top position!

believe it just opens the body up for a better workout. I like to call it my pre-workout exercise

for the nervous system. During my workouts I stimulate my hips and lower spine through the hands and nail working. When I run I actually use the nail working on the adrenal reflexes on myself. It's easy to do. Bend the thumbs over and take the nail of the middle finger and rollover the adrenal reflex on the thumb nail on both hands. It is quite sensitive just like on the hands and feet. I truly believe it helps to open up my lungs for a better run...it gives me a boost. This would also be great for any condition where the stimulation of the adrenals would be of benefit, for example, stress, hormonal issues, allergies, asthma, or any inflammatory condition.

VRT Pelvic Balancing and Signalling – Pain and Mobility issues

I have found the techniques that I learned in the Pain and Mobility class were most valuable. I use the “pelvic balancing” and “signaling” techniques for the hips and pelvis in most sessions. I find my clients surrendering into a deeper relaxation with this technique. It is interesting working both feet at the same and having them respond to the noticeable differences. If you have the opportunity to take this class, I would strongly encourage you to do so.

Music for Relaxation and more

As reflexologists we are always looking for new music that can help our clients transcend to a deeper level of relaxation. John Levine, from the UK, is the composer and creator of a new style of music called Alphamusic. It helps put your brain into an alpha state. An alpha state helps you stay focused while being relaxed. It is reported to help with various problems such as stress, insomnia, ADHD, autism, grief, emotional fluctuations and much more. It was amazing to see the deeper level of relaxation and to hear the comments at the end of the sessions. Therapists, meditators, spiritual therapists, energy healers are using John's music in over 60 countries. Alphamusic is also used by various schools, medical settings, airports, and hotels. a moment to

I had the privilege of speaking with Mr. Levine a few weeks ago about his transforming music. I ordered the MP3 version of Silence of Peace, Volume 1 and well as Silence of Vision www.silenceofmusic.com. See full list of titles.

“Tapping” Techniques

I know Lynne has spotlighted Emotional Freedom Techniques (EFT) in the VRT newsletter in the past. I have been a huge fan

for years and my passion for it just keeps growing. I was introduced, through the summit, to Stacey Vornbrock. She is an EFT practitioner who specializes in Sports Performance. I've ordered two of her ebooks at www.BreakThroughEFT.com. The first one is called Coming Back into BALANCE. I do tap-alongs from her protocols with many of my clients, ranging from Clearing The Energy of a Feeling to Clearing the Energy of a Substance (usually sugar). The second ebook I have is called Injury RECOVERY—The Ultimate Injury and Trauma Recovery Program. There are protocols for trauma, fear of re-injury, inflammation, etc. If you have athletes in your reflexology practice, this is amazing information to share with them for self help.

Meditation

Finally, I am a student of Spring Forrest QiGong. I try to do some every day. My favorite way to share QiGong with my clients is through the small universe meditation. The Small Universe Meditation was designed to help clear energy blockages along the two most important energy channels in the body. It helps one to open all the major energy centers located along these two key channels and restore energy balance. It is simple to learn and teach, yet powerful. I have had amazing results with my clients in the deepening of relaxation, especially when they arrive and they have a million things on their mind

If you are interested in learning more about the Small Universe Meditation, 30 or 60 minute guided versions of the CDs are available. You can get more information at

www.springforestqigong.com. You can also learn about this meditation in Chunyi Lin's book, titled *Born a Healer*.

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

For those members whose annual subscriptions were renewable on 1st July 2012 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. **The membership in the UK is £25 but you have the option to keep it at the same fee by paying £20 by standing order.**

Overseas VRT subscriptions are £30.

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.

Any members wishing to retake a VRT class as a refresher may do so for only £85

New York reflexologist and VRT Deborah Flanagan appears on the Dr Oz TV show and discusses self-help hand reflexology including the VRT wrist twist!



5 Secrets in the Palm of Your Hand By Deborah Flanagan

I recently took part in a self-help reflexology segment on *The Dr. Oz Show* on March 30th 2012. My segment, "Five Secrets Hidden in the Palm of Your Hand," involved teaching easy, self-help reflexology techniques viewers could use at home.

I love empowering my clients and often give them self-help techniques to use between sessions to extend the benefits of their session and help them see results faster. These techniques usually involve the hands (I find Lynne Booth's excellent Vertical Reflex Therapy (VRT) techniques particularly effective.

I worked with one of the producers to come up with the techniques I would demonstrate during the segment, selecting ones that would correspond with the show's demographics. We highlighted: digestion and the intestines reflexes, insomnia and the pituitary reflex, colds/flu and the sinus reflexes, back pain and the spine reflex, and low libido and the reproductive reflexes. (In addition to Lynne Booth, special thanks to Barbara and Kevin Kunz for their amazing million dollar golf ball technique and for their beautiful interactive foot and hand maps). I reiterated repeatedly that they should not mention the word massage because reflexology is a very different modality.

Dr. Oz was engaged and very receptive (as giving and nice in person as he seems on TV). He was especially intrigued by the technique for back pain, as he has low back pain himself and noticed that area on his hand was sensitive (unfortunately that didn't make it into the final cut). While I didn't get much of an opportunity to define reflexology and talk about some of the recent scientific studies, I was able to write an

article for his website which included this information, as well as how to find an ARCB-certified reflexologist.

Overall, it was a wonderful experience and I was happy that *The Dr. Oz Show* included reflexology in one of its segments, as it's a great vehicle for spreading awareness about the effectiveness and benefits of reflexology to an audience that's particularly open to integrative therapies.

Reflexology Association of America
newsletter, April 2012
www.deborahflanagan.com

Deborah's self-help reflexology ideas

1. Digestion: Intestines Reflex

I see a lot of clients with digestive issues, so this is one of my favourite self-help tips: the Million-Dollar Golf Ball Technique created by leading reflexologists Barbara and Kevin Kunz. This technique helps regulate and support your digestion.



Interlock fingers.

- Roll the ball around the lower area of the palms, or heels of the hands.
- This corresponds to the digestive reflexes for the small and large intestines.
- You might notice the area feels a little crunchy or bumpy if you have digestive issues.
- Do this daily for a minute once or twice a week for 2 weeks, and then as needed.

2. Insomnia: Pituitary Gland Reflex

This is a great technique if you have trouble sleeping. The pituitary gland is like the master conductor of the orchestra; it oversees the entire endocrine system, so this is a really important point to help the body balance itself. Find the middle of the whorl of your thumbprint. This is the reflex for the pituitary gland.

Take the side of the nail of the other thumb, and press it into the centre of the whorl of the thumbprint and hold.

Good metaphors to let you know you found the right spot: It might feel like a little metal ball under the skin.

Or, it might feel like you stuck a needle in your thumb. It might feel more sensitive if you've had trouble sleeping.

You can do this in the middle of the night if you wake up and have trouble getting back to sleep.

3. Colds and Flu: Head and Sinuses Reflexes

This is great for any kind of congestion and often helps immediately.

The fingers are the reflexes for the head and sinuses.

Press and rub from the base of each finger to the tip.

If you're congested, your fingers might feel a little tight or puffy as you get to the tips.

Do this on each finger on both hands a few times, 3-4 times a day, or as needed.

4. Back Pain: Spine Reflex

With back pain, it's hard to find things you can do yourself to help alleviate it, so this one is also a favourite. It's quick and easy.

The side of the thumb down to the wrist is the spine reflex.

Press with the flat of the opposite thumb, inching along from the top of the thumb down to the wrist.

For professional reflexologists we use a special thumb-walking technique, but this also works.

It might feel tender in some areas if you're experiencing back pain.

Spend more time on tender areas, but you don't need to apply a lot of pressure if it hurts. The "no pain- no gain" adage doesn't apply with reflexology!

- Do this on both hands; go down this area 3 or 4 times, 3 or 4 times a day.

5. Low Libido: Ovaries and Uterus Reflexes

This technique is called the Wrist Twist and was created by a reflexologist in the UK, Lynne Booth.

- The reflexes for the ovaries and uterus are on the sides of the wrist.
- Grasp your wrist with your thumb and forefinger forming a circle.
- Twist the opposite hand.
- This also applies to men – instead of ovaries and the uterus reflexes, you are targeting the prostate and testes.
- Clients often report feeling invigorated and energized immediately.
- Twist your wrist 20 times or so and then do the opposite wrist, 2 or 3 times a day.

I often tell my clients that they can do all of these techniques as a general tune-up between sessions, as a way to prolong the effects of their session or to see faster results. Many clients report feeling energized and relaxed with all of

these techniques. It's a quick and easy way to interrupt stress.

IMPORTANT NOTICE FOR ALL VRT MEMBERS

"FIND A VRT PRACTITIONER"

Our website has the facility to list your WEBSITE as well as your email address.

Please check your contact details are correct as our database has undergone a major overhaul and let us know of any changes.

www.boothvrt.com/directory

Which way should the energy flow?

A reflexologist wrote to Booth VRT Tutors with the following comments: I found it interesting that, through the implementation of your VRT technique, you are apparently working 'away from the heart', i.e. from the ankle towards the toes/from the wrist towards the fingers.

When I qualified 20 years ago, this was something I was told not to do....or at least to make sure I always completed a treatment or part of a treatment working back up the foot or hand (body) towards the heart when doing any effleurage movements and/or work on the lymphatic drainage system. I don't see you doing this.. and I wondered if the advice I was given no longer holds true?

When you developed and introduced the VRT system, did you encounter any queries from professional bodies about this?

Lynne replied: I have demonstrated these VRT techniques at over 20 international conference and not a single person has questioned the direction of action down the feet and off the toes. In other countries we have often debated which way to work the feet from an energy point of view in classes as an equal number of people (opposite to your teaching) are likely to say they have been taught to work "down the feet and



hands" – ie away from the heart....to take the negative energy out of the body.

My feeling is totally pragmatic regarding reflex points: I am simply pressing reflexes that connect energetically to parts of the body and by stimulating I hope to make an impact and get a response. I am not physically touching the area around the heart itself so, in my mind, it is of no consequence whether I approach from the ankles or the toes. If one takes the analogy of turning on a light switch....once pressed: the electricity has lit the bulb whether you press the centre of the switch or slide your finger along it one way or another.

Every school and tutor will have their own ideas and I do not say one is right or wrong...they are different and that is how every form of science advances by experimenting, changing and challenging. I think it is great you are questioning your teaching and whatever conclusion you come to it will not effect the good work you are obviously undertaking in reflexology.

VRT LETTERS



The VRT Newsletter articles are all so inspiring! I have also helped my husband's whiplash with recent VRT - only 2 treatments! Isn't it great? On another occasion he got bursitis in his knee and VRT came to the rescue, healing crisis ensued and he felt a bit shaky but following day so much better and no problems at all now!

Sarah Gilbertson

Might I just take this opportunity to say what a most fantastic day I had on the basic VRT course in Bristol. The workshop left me completely enthused and inspired.

I came away feeling I had retained all the information (which is very unlike me!) and the main message I came away with from the day was what a powerful tool we possess and how effective it can be in helping many people. Thank you very much

Lucy Sims

I really enjoyed the class today, and have learnt some very helpful information that I will be able to incorporate into my treatments. It is wonderful to be taught from yourself you have such a passion for reflexology and are so professional, thank you. I look forward to taking another one of your classes very soon.

On a positive note I am please to say my neck and shoulder have stopped hurting the first time since my early 20's. Thank you for treating those points for me.

Zoe W

Reflexology in Europe Network (RIEN) 7th Conference: *Children First*.

May 11-13th 2012



RIEN speakers at the closing ceremony

Reflexologists from many countries joined together for an interesting and well organised conference in the historic town of Echternach, in the Grand-Duchy of Luxemburg. Dr Martine Faure-Alderson spoke interestingly on Cranio-sacral reflexology for children. Pauline Peck from Malaysia ran a workshop on *Effects of reflexology on children with cerebral palsy*.

For full details of the speakers' presentations go to www.luxreflexology.net

VRT in Vancouver, Canada and Anchorage, Alaska - June 2012

Canada It is always a privilege to be invited to teach reflexology and I was particularly delighted to return to Vancouver in June and meet old friends as well as reflexologists new to VRT. We had 3 days learning VRT Basic, Endocrine and Sleep and Mobility techniques. VRT tutor, Chris Shirley, organised the classes and booked the super therapy centre in the leafy, suburbs of the city. We welcomed reflexologists from Toronto as well as neighbouring states and enjoyed experimenting with the wrist-twist in seated



and standing positions..

Alaska I then set off for three days teaching in Anchorage, Alaska and was delighted to meet up again with the President of the Reflexology Association of Alaska who had organised the event. Kathy Ungerecht and I have met in other parts of the world including reflexology events in Nashville and Florida. The venue was a tasteful state of the art conference centre that BP had donated to the people of Anchorage. My colleague and tutor, Evelyne Huegi from Los Angeles joined us for the Basic class and we went on to learn the Advanced and Sleep



and Mobility techniques. Evelyne and I spent a wonderful 16 hour journey through the wildness by train and out in a small boat to observe the killer orca and humpback whales gorging in a sea of dark blue plankton. We watched over 40 puffins bobbing on the water and seals lying in the water on their backs enjoying the sun while balled head eagles flew over head as we sailed to wards a glacier that creaked groaned as blue ice calved (crashed) into the water.

We then took another 4 hour mountain journey back thought the wilderness in brilliant sunshine at 10.00 at night and saw bears, moose and even porcupines. A truly fantastic day that was almost like a meditation at times, such was the beauty of the scenery. Then we got down to the real reason I had come and shared 3 stimulating days of VRT with a

SLEEP, MOBILITY AND NEW DEVELOPMENTS CLASSES

Hampstead, London NW3, 16th September 2012 . Book for last few places! Plus Basic VRT on September 15th.

Reflexology: working corresponding limbs to ease restless



cramp, legs and

ummer 2012

tennis elbow.

By Lynne Booth

Reflexology has always been an attractive therapy for a wide variety of people because only the feet and hands are usually touched and there is no requirement to undress. There are also interesting possibilities for applying self-help reflexology in active situations to bring about immediate relief from an acute condition utilising the familiar reflexology concept of “Referral areas”. I recently watched a football match and saw a player fall, pick himself up and limp along for a few seconds while holding and rotating his wrist. He then resumed full participation for the rest of the 90 minutes. I was impressed to see that some of the immediate self-help reflexology principles I had taught him were being applied to a potential injury as he had been stimulating pressure points on his left *wrist* to help release a muscle spasm in his corresponding left *ankle*. I had previously shown the player self-help reflexology to prevent further injury. It is always a dilemma for a slightly injured athlete to judge whether to play through the pain barrier and recover or continue to function in pain with the concern that overuse of the injured part will exacerbate the problem. A referral area, in reflexology terms, is an anatomically related area on the body which can be worked instead of, or in addition to, the affected area. For example, if someone hits their right knee, they need not touch the painful knee itself but vigorously work the corresponding reflexes on their right elbow for about 60 seconds although this can be increased to several minutes of gently massaging and stimulating the elbow and perhaps applying a little arm rotation as well. The healing effect of reflexology may be amplified by working the *weight-bearing* arm to help a leg condition, or vice versa, using the concepts I developed in Vertical Reflex Therapy (VRT) [Ref 1 and 2]. In this mode the client works specific reflexes for a maximum of 30 seconds. In reflexology, the entire body can be stimulated via pressure, or “reflex”, points on the hands and feet and the aim is to bring about a natural balance and healing to the way the body functions.

Hand and foot reflexology can be expanded to include the arms and legs and there are also various specialised reflexology therapies such as face or ear reflexology. Reflexology referral areas are a powerful and simple adjunct to self-help and professional reflexology treatments.

Reflexology Referral Areas are a standard concept in all reflexology teaching. By working the appropriate reflexes on the hands or foot you can consolidate your work by stimulating the

reflexes on the actual parts of the body. Be very specific about isolating a particular reflex point that *precisely* corresponds to the same part of the limb and remember the rule concerning some of the more common referral areas:

- The wrist corresponds to the ankle.
- The individual fingers corresponds to the individual toes
- The elbow corresponds to the knee
- The palm corresponds to the sole
- The lower arm corresponds to the calf area of the leg
- The upper arm corresponds to the thigh area of the leg
- The heel of the palm corresponds to the heel of the foot

If a client has a fractured foot in plaster then reflexology cannot be applied to the foot but instead the two reflexology systems on the hand would be treated consecutively. Firstly, the reflexologist would work to generally stimulate all the organs, glands, and musculoskeletal reflexes that are mapped out on the hands in the same way as they appear on the feet. The hands are just as sensitive as the feet and the all hand reflexes are equally responsive. Secondly, “referral area” reflexology would be applied the left hand to stimulate the left foot itself. For example, if the big toe and first metatarsal bone were fractured on the foot then extra attention would be paid to gently applying pressure, rotation and stimulation to the left thumb and the fleshy areas around the first metacarpal bone to energetically improve the blood supply and homeostasis (balance) to the injured part.



One of the key factors in the successful utilisation of VRT/reflexology referral areas is to teach the client a few simple self-help

techniques, on their corresponding limbs, which they can apply twice daily for a few minutes.

Working referral wrist reflexes to stimulate the ankle using VRT.

Restless Leg Syndrome

A woman of 80 presented with restless leg syndrome often coupled with cramp in her calves. She woke several times every night with her legs painfully twitching and jerking. It was disturbing her sleep and that of her husband and both were becoming increasingly tired and anxious as medication and complementary nutritional supplements had not helped to alleviate the condition. The twitching and sensitivity usually began in her right leg and I firstly paid special attention to working the neural pathway and all spinal reflexes in her both feet but with special emphasis on her right foot. I taught her the Diaphragm Rocking self-help treatment for hands that I developed to help induce a peaceful night's sleep thus reducing tensions and general stress levels. After her first reflexology treatment she reported much deeper sleep and a slight cessation in the restless leg syndrome. On the second treatment I taught her how to use reflexology and Vertical Reflex Therapy techniques prior to going to bed and during the night. Before bed she would place her *weight-bearing* arms, one by one, on a table and rub, squeeze and press her lower arm in a series of little pressure points to stimulate the corresponding referral reflexes in her legs for about 2 minutes. This alone brought about a drastic cessation in the involuntary twitching throughout the night. If she woke in the night she would immediately start pinching and rubbing her lower arms, concentrating on areas

that corresponded to particularly sensitive areas of her legs while remaining supine. She would work the lower arm muscles to correspond with her calves. She only got out of bed occasionally to work her weight-bearing arm if the sensation would not abate. Within a month she was no longer much troubled by this condition but kept it at bay with preventative self-help techniques several times per week. Her husband too was delighted to return to restful nights and less daytime fatigue.

Tennis Elbow

A manager, mid-forties, in a large company, had been diagnosed with right-sided tennis elbow and was often in excruciating pain and sometimes even had difficulty shaking a client's hand without winching. He would also have a dull muscle ache in his lower right arm following a long drive. After general reflexology treatment he stood for 4 minutes of weight-bearing Vertical Reflex Therapy, including work on his calves to help his lower arm, and I worked his elbow reflexes on his hands and feet simultaneously for 30 seconds each. This is called Synergistic VRT as the result of two reflexes being worked simultaneously is greater than if they were worked separately. The knee is the reflexology referral area for the elbow and the client was able to press, and massage his right knee and he felt it helped to calm the inflamed elbow sensation he often experienced. Within four reflexology sessions over a month, plus daily self-help, he reported an great improvement after weeks of inertia.