

Membership Network Newsletter

No 39 Winter 2014

Dear VRT Member,

Christmas greetings to you all from all the VRT Tutors and we wish you a healthy, happy and prosperous New Year.



On my travels this year I have spoken to many reflexologists and other therapists who have commented that the "shoots of economic growth" do not seem to be reaching their neck of the woods! It is certainly true that, when money is short, clients may stop coming for a while or, in many cases, spread out their sessions from monthly to every six weeks, for example. We, as reflexologists, can play an important part in keeping people healthy but sometimes need inspiration regarding attracting nor keeping clients.

Health is priceless and without the benefit of a healthy body many ordinary and great things in life can still be achieved but often with difficulty. The professional organisations such as the Association of Reflexologists (AoR) and the Federation of Holistic Therapists (FHT) in the UK have leaflets and guidelines to help members promote their business. Word of mouth is always the best but VRT plus classical reflexology in a half hour session can bring about excellent results. Many VRT Practitioners have found that offering shortened reflexology sessions as well a full time slots can be just as effective but the lower cost means that more people can benefit.

This is the 39th VRT Newsletter and we are just putting the finishing touches to the archive of these newsletters which will shortly be available on-line on our website with various search facilities so you will easily be able to search for particular topics. This is are a rich source of interesting articles, research, case histories and comments from members, tutors and from the international world. In early January we will email you all with the link and description of the facilities available.

Many of the articles and case histories in the VRT newsletters have made inspiring reading. An article in this current edition is no exception

and is written by reflexologist, Janice Salthouse, who Chairperson of The South African Reflexology Society (TSARS) in Cape Town. Janice has been classified as disabled since contracting polio as a child but her gifts, attitude and intelligent approach to overcoming difficulty means that she has reached out to help others in her life and career. Her article on page 6, *The only Disability in Life is a Bad Attitude*", gives great inspiration and food for thought.


Many of you have been taught by the internationally acclaimed reflexologists, Dorthe Krogsgaard and Peter Lund Fransen from Denmark and we are hoping to bring them to Bristol again later in 2015 to teach for us. They have written a fascinating article on page 2, discussing the effect of *Inflammation* on the body.

We congratulate VRT Member, Anne Hughes, from Greenock in, Scotland on her many attendances on VRT and Nerve Reflexology classes over the years. Distance is never a barrier to learning for Anne! She has travelled to London and the South West to attend our courses for a total of 33 days of study!

Many of us will treat men and women who report, often as an aside, that they have chronic bladder issues. Help is at hand and reflexology can also play its part. Read about various support strategies on page 9.

Thanks again from all the VRT tutors for your support. Please continue to send in letters and articles for publication

Kind regards



for Booth VRT Ltd

Tel 0117 9626746

contact@boothvrt.com www.boothvrt.com

Page 2 Inflammation by Dorthe Krogsgaard and Peter Lund Frandsen

Page 4 VRT Practitioner Award

Page 5 Anne Hughes case history

Page 6 Janice Salthouse - Spine & Disability

Page 7 Antipodean Adventure – A Wring

Page 9 Reflexology and Bladder Issues

Page 11 Course/conference information

Page 12: Business recommendation (FSB)

Inflammation – Enemy and Friend

By Dorthe Krogsgaard and Peter Lund Frandsen

What has a splinter in your finger or a wound on the foot to do with the risk of developing Alzheimer's disease, a heart attack or contracting cancer of the colon? More than most people think! As we learn more and more about the causes of these and many other serious diseases, it becomes increasingly clear, that there is a link to our old defence mechanism; inflammation - the same biological process that causes tissue around a splinter to turn red and an injured foot to swell. The evidence is piling up and begins to radically change the perception of why we get chronic diseases.



Inflammation as friend

With tissue damage, whether it is large or small, there will always be inflammation. It is a necessary part of the body's self-repair. The damaged cells release substances that activate a cascade of events and present the classic signs of inflammation: heat, redness, swelling, pain and possibly loss of function. Local immune cells are activated and summon more, the capillaries become more permeable and fluid is leaking into the tissues. Damaged tissue is dissolved and removed by macrophages and reconstruction begins.

The substances responsible for the degradation of the destroyed cells are the so-called free radicals, which are positively charged ions with a high ability to break chemical bonds. When the process is complete, the production of free radicals stops and a possible excess is neutralized by the body's natural antioxidants.

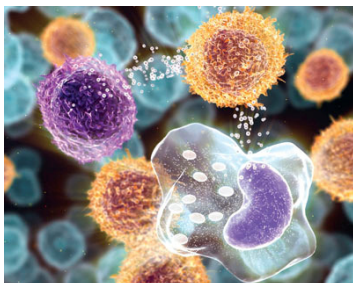


Fig. 1: A neutrophil granulocyte calls for help by releasing cytokines

Inflammation as enemy

Sometimes an inflammation process runs amok and continues much longer than is needed and spreads beyond the originally damaged area. There are several theories

about the mechanisms; perhaps something goes wrong in the communication between immune cells so that the signal to end the inflammation does not arrive. Maybe there are too many free radicals and/or not enough antioxidants to neutralize them. Degradation products from the inflammation process may bind to proteins in the connective tissue to form a barrier around the inflammation. When the process is encapsulated in this way, it is at high risk of becoming chronic, because immune cells and neurotransmitters don't have free access through the "inflammatory pouch". Various toxins may leak out from the area and create an irritation that generate further inflammation - and a vicious circle is started, which, depending on the person's strong and weak sides can develop into such seemingly diverse conditions as diabetes, bronchitis, asthma, chronic intestinal disorders, atherosclerosis, Alzheimer's, rheumatoid arthritis, multiple sclerosis, cancer

Medicine against inflammation

Inflammation has become one of the hottest topics in medical research, driven by the attractive idea that one may develop new drugs to fight inflammation in general. That would be much simpler than inventing specialized medicine against various chronic diseases, which so far has not been particularly successful. But as holistic practitioners our focus should be fundamentally different. It's not about "fighting" inflammation, it's about trying to understand why the inflammation is out of control and help the immune system to find a better balance.

Are we living "too sterile"?

Why is inflammation, which is one of our best friends, sometimes our worst enemy? Is it possible that our bodies seen in an evolutionary perspective, become victims of their own success? Our species evolved in part because of its ability to fight invading microorganisms. Do we now live in such a relatively sterile environment compared to earlier times, that the immune system is in fact oversized and has so little to do that it sometimes react against ourselves?

What balances inflammation?

Nutrition

It seems that many of the typical ingredients of the Western lifestyle - high consumption of sugar and saturated fat, limited exercise - are enhancing inflammatory processes.

What we eat is perhaps the most important regulator of inflammation. It is well known that fewer carbohydrates, less dairy products and more fish is a good idea, but here we will also mention three factors which are perhaps less known.

Variety is a key word. Most of our food is made up of a few items, and it turns out that the immune system can be triggered if it is constantly exposed to the same foods. The interesting thing is that this also applies even with super healthy foods. Especially the breakfast and to some extent lunch is for many people the same every day. It is a good idea to have at least three different variations through the week.

Gluten is another factor, which in many people works pro-inflammatory. One approach could be to take a month free of gluten followed by eating less bread and only every other day so your system gets days without gluten. This rule of days completely free of the most common food items often works wonders.

Fat is a very important factor for the regulation of inflammation. Increase omega 3 intake with fish, nuts, avocado, etc. and add a few tablespoons of flaxseed oil a day.



Emotions

That psychology affects our healing is not unknown. There is mounting evidence to suggest that emotional themes such as anger and loneliness (perhaps founded in childhood), shock, sadness and traumatic life events can be a contributing factor in the inflammatory body? The way we think as a much greater physical impact than most people are aware. The research field of psychoneuroimmunology is relatively young but very exciting to follow.

Earthing

New research shows that an effective way to regulate inflammation processes is such a simple thing as grounding. When the body has electrical contact with the earth, it takes up free electrons from the ground, which act as antioxidants and neutralize free radicals.

The mammalian immune system was developed at a time when animals - and later people - walked barefoot and slept in direct contact with the ground. So maybe our physiology is constructed to utilize free electrons from the ground to keep the inflammation processes under control. Today, most people are effectively insulated from the earth with rubber soles, hardwood floors, carpets, etc.

Half an hour daily

Being "earthed" at least half an hour every day has a great positive effect on the course of inflammation and tissue repair. This can be obtained by standing/sitting barefooted on a lawn. Cement and concrete have some electrical conductance, but the most efficient is swimming in salty ocean water.

The climate and other practical circumstances may be an obstacle, so alternatively it is possible to purchase bed sheets with silver threads woven into the fabric, or conducting mats to put on or below a desk, and connect those to the in-house ground wire of the electrical system or to a separate ground rod.

Some professional cyclists are sleeping in grounded "recovery bags" to speed up healing of injuries and overused muscles.



Fig. 3 Earthing: Let the feet graze!

Reflexology with adrenal linking

Reflexology is an obvious way to help the body balance the immune response. You can use many approaches and involve many different reflex areas.

The adrenal glands are key players in the regulation of inflammation. The following is an effective technique for working these reflexes to help balance inflammation.

Reflex linking means working two different reflex zones simultaneously.

Here we link the adrenal gland reflex with a symptomatic reflex area of inflammation (i.e. frozen shoulder, colitis, bronchitis, etc).

This method is an energy technique, in which the two reflexes are worked - or simply held - with a very light touch. The best results are obtained by being fully alert and focused on the energy exchange. Try to visualize how inflammation reducing hormones flow from the adrenals to the problem area.

Work with one adrenal gland reflex at the time. The linked reflexes can be on the same or on opposite feet.

Duration: As long as both therapist and client can maintain focus and sense "some kind of connection".

As a variation you can try a technique, where you apply firm pressure on the adrenal reflex and very light touch on the symptom reflex. Then slowly release pressure on the adrenal and increase it on the symptom. This should be done very slowly (30 sec.). Then reverse the technique back to full pressure on the adrenal reflex. (Inspired by Lee Anthony Taylor, www.effektivereflexology.com)

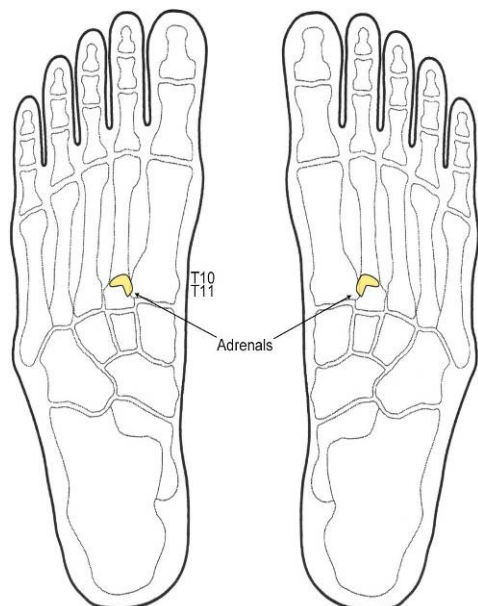


Fig. 4 The adrenal gland reflexes are found deep in the feet, level with the 2nd toe and thoracic 10-11 (© Touchpoint)

Learn more about inflammation and many more specific reflexology techniques in the Touchpoint workshop "Round about: The Immune System".

References

James Oschman: Seminar, September 2010, Copenhagen
 Candace Pert: Molecules of Emotion: The Science Behind Mind-Body Medicine, Simon & Schuster, 1999
 Mia Damhus, Center for Nutrition and Therapy, www.cetcenter.dk – www.ifib.dk
 Clinton Ober: Earthing, Basic Health Publications, 2010 www.earthinginstitute.net
 Lee Anthony Taylor: Effective Reflexology - A Practitioner's Guide, Effrex Publications 2004

Touchpoint Ryegade 27 DK-2200 Copenhagen N, Denmark
info@touchpoint.dk +45 70237047

Touchpoint: Workshop - summer school Taught in English in Copenhagen

Nerve Reflexology I:
 Spine-organs-pelvis-legs
 20 July 2015
 Round about: Fertility
 24 July 2015

for more details: www.touchpoint.dk

VRT Practitioner Awards **Congratulations to Anne Hughes**



Continuing from our VRT Practitioner Award in the last issue, Anne Hughes is another great reflexologist who takes her CPD training seriously and regularly travels from Scotland to the UK to continue her studies of various reflexology techniques. In the last issue we congratulated Helen Kemp as the person who has attended the most classes organised by Booth VRT over the years. Anne has attended 17 different classes organised by us with over 30 days training! VRT CPD Training classes began in 1998 and since then we have taught over 7,000 individual reflexologists internationally with classes held in over twenty countries.

We all send Anne our warmest congratulations she has received a bouquet of flowers forward to seeing her on future classes.

Anne writes:

My journey in this industry first started after I had qualified in City and Guilds Beauty Therapy in 1980. After working in this area I wanted to include more of the therapies which would enhance a person's well being physically, mentally and emotionally and a journey of discovery was started.



I trained in aromatherapy with Shirley Price and using the feet as a reference to the client's health found this part of the training exciting and interesting. This interest led to me training at the Scottish School of Reflexology where I completed in 1992. The aromatherapy training also sparked my interest in Shiatsu and after completing my reflexology training I started with a three year diploma in Shiatsu which I completed in 1995 and passed the Society's assessment in 1996.

My love of yoga also made me think about becoming a teacher within this subject as I wanted to give back into the community a class which would be non-profit making and allow as much inclusion as possible within the deprived area I live in. In 1995 I passed my teachers assessment in Scotland in the style of Hatha yoga.

Cranio-sacral therapy appeared to naturally follow on my learning curve and I studied in London for two years from 1995-1997 and gained my qualification in this subject. I finally felt rounded and the desire to train in new areas did not have such a pull as before.

From 1992 I have been very lucky to have had robust CPD from a variety of therapists:

- Cranial reflexology - Martine Faure-Alderson,
- Chi reflexology - Moss Arnold
- Maternity reflexology - Susanne Enzer
- VRT - Lynne Booth
- Touchpoint - Dorthe Krogsgaard and Peter Lund Frandsen
- Nerve Reflexology diploma - Nico Pauly
- Language of the feet - Chris Stormer

I have attended numerous weekend and single day seminars where busy people have given their time to share their experience and knowledge to help others in their quest to further their client's experience. I have been very lucky to have met wonderful, interesting, knowledgeable people who have shared their insights and made me really look at my practice and I am most grateful to have had and continue to have the chance to journey in reflexology.

We invited Anne to send in a case history and comments.

Complex case history from Anne Hughes

I have known the client M for the past 12 years and she has had various health issues and domestic stress experienced over this time.

M works full-time in FE/HE education and is married with two children and two grandchildren. She finds reflexology helps her with her health issues and stressful situations. The domestic



stress which she has experienced over the past four years is flooding eight times from her upstairs neighbour and most recent episode in October this month when her upstairs neighbour's roof caught fire and again she has been flooded and smoke damage to her property.

Presenting conditions :-

- Migraine headaches
- TMJ crepitis both sides
- Range of digestive issues
- Hormonal issues
- Swollen ankles
- General malaise
- So stressed feel my head is going to explode (Her words)

Reflexology treatments can vary in time from 10 minutes to one hour session.

Classical reflexology treatments lasting 50-60 minutes with firm pressure at least four times a year. Vertical reflexology on the feet and hands (Harmoniser technique works well in stressful situations and work on the spine with a variety of techniques- stimulation of the neural pathways and Zonal Triggers) at least once a month.

Cranial reflexology working on the toes for the migraine headaches and TMJ joint when required usually after domestic stress or flooding. Nerve reflexology (Nico Pauly) big toe and medial border of the foot this is worked after any medical procedures have been carried out.

Client self helps working on her hands focusing on the spinal reflexes and liver using VRT and classical reflexology.

M finds she has a "better" coping system after her treatments. This could be due to time out, able to off load her frustrations or feel nurtured. I do feel that all the different styles and approaches with reflexology used with this client does improve the quality of her life.

Positive indications:-

- Sleep improves, neck muscles less tense, bite less painful, head tension released, feeling of malaise reduced and ankles less swollen.
- The digestive issues are major and ongoing but the peristalsis moves more freely and evacuation of the bowel is easier if there is constipation. Migraines became less frequent when in false menopause which lasted six months per each round of treatment.

I have been privileged to work with M and try out new techniques from my various training and courses within reflexology and would like to thank Lynne Booth and her team for organising CPD in this subject with tutors who have delivered excellent courses.

Anne followed the above case history with an interesting account written by M, the client who

describes her own condition and medical history. It is helpful for us as therapists to try and have the widest background possible on a client's health history and illustrates the complex issues involved in managing ill health and the road to recovery. Here is an abbreviated comment:

Anne Hughes' client "M" suffers from Achalasia which is a rare disease of the muscle of the lower oesophageal body and the lower oesophageal sphincter. The cause of achalasia is unknown; however, there is degeneration of the oesophageal muscles and, more importantly, the nerves that control the muscles. **She writes:**

"Day to day I manage my conditions as best I can with the use of medication, simple home remedies such as hot water bottle and I firmly believe in the benefits of holistic therapies to help alleviate symptoms, reflexology in particular gives me significant respite from pain, stress & sleep deprivation"



Nerve Reflexology Upgrade weekend for Diploma Students with Nico Pauly and Griet Rondel on October 18-19 2014 in Bristol

28 reflexologists enjoyed a fascinating weekend learning new nerve reflexology and other techniques to help Headaches and Migraines. Here Griet is demonstrating on Nico. We enjoyed another sold-out class and it was interesting to hear from graduates how these clinical techniques are enhancing their practice. Nico plans to run another Nerve Reflexology Diploma class starting early 2016 and more details, from his assistant Dr Carol Samuel, will appear in the next VRT newsletter.



THE SPINE AND DISABILITY **By Janice Salthouse**

"The only Disability in Life is a Bad Attitude"

This title has been 'pestering' me since I saw it. So, when I received a Face Book message of "10 things a disabled person does not want to hear", it motivated me to do a short description of what I go through every day of my life.... which is nothing compared to many physically challenged people out there, but is enough to make me different to the normal and it has helped me understand the ramifications of paraplegia.

Firstly, as a 16-month old I contracted Poliomyelitis which no one picked up until I was about 10 years of age. In this time, I went through multiple corrective procedures which did not help. Then came the Orthopod who diagnosed the problem and the x-rays and operations started. One of the results was curvature of the spine (Scoliosis).

In one way, I was fortunate that once the operations started on the feet, the spine kind of stabilised. It did leave me with a continual nagging ache (also nagging from everyone else – sit straight, walk straight, stand straight)! The cosmetic side of it is that your clothes never fit properly – one shoulder is shorter than the other, the shoulder is also slightly curved forward and a distinct 'hump' is seen from the side.

Now, this is what causes that ache – the muscles are in continual spasm – imagine the people worse off than me. Scoliosis is not rare, many normal people have it as well, but that ache of the muscles being in spasm is not a joke. Muscles in spasm cause one to be a trifle 'tetchy' at times, believe you me, as it is nothing that can be put right and stay right.

The spine with its naturally curved S shape is the 'backbone' of our other organs – we know that the nerves to the rest of the body come from the spine – when it is out of alignment and in spasm, other organs have weakened energies.

Imagine being in a wheelchair – now the spine is in double spasm – all organs are cramped up with impaired energy flow and blood supply.

Therapeutic Reflexology is the one therapy that really works well to ease the discomfort, together with regular Chiropractic alignment.

Although I am loath to have anyone touch my feet due to all the corrective surgery – the Vacuflex system (www.vacuflex.com) has been my saving grace. It has restored much of the feeling back into my feet from nerves that were damaged during surgery and it keeps me balanced particularly as my Scoliosis is in the shoulder region, which affects energy to lungs.

The 'hollow' back in the lumbar region (which is a reflection of the slight curve in the thoracic vertebrae) also takes strain. So the muscles of the abdomen have no strength without continued breathing exercises and this can lead to a feeling of being 'dragged down, slouchy, can't straighten up posture. It then also affects the Large Intestine workings.....

So, living with this for all my life, Therapeutic Reflexology has been a learning procedure of understanding bones, muscles, nerves relating to meridian therapy as well as the 5 elements.

This story is just simply put, to give you an idea of what it is like to live with a less than perfect body. Every day I am grateful for the knowledge and workings of the body and every day as I age, I learn more - how age does affect the problem as well as how any injury or fall impacts on the challenge that is already there, and how to live with it, treat it, and how to work with the Physically Challenged Spinal Disabilities.

My last word on this to all of you is – study the spine and its intricate nerve structure and know your meridians and 5 elements. I have found they are imperative to your understanding of any physical, mental, spiritual challenges you will treat.

Janice Salthouse is the Branch Chairperson of The South African Reflexology Society (TSARS) in Cape Town.

First published in the TSARS journal Sept-Dec 2014 edition.



AN ANTIPODEAN ADVENTURE



Reflexologist and VRT Practitioner, Abigail Wring, is an ambassador for the International Council of Reflexologists (ICR). She reports on her visit to the Australian Reflexology Conference in October 2014.

My personal experiences are definitely testament to the saying "*Travel broadens the mind*" as I try to coincide my annual break with a chance to increase my knowledge by attending professional conferences. My recent trip was no exception. Accompanied by my eldest daughter and granddaughter (three generations of females together on a seven flight adventure was quite an event). I have just returned from attending the **Reflexology Association of Australia National Conference in Melbourne.**

The key note speakers included **Dr Peter Mackereth. U.K Clinical Lead for Complementary Health & Wellbeing Services, The Christie NHS Foundation Trust & Honorary lecturer Manchester Metropolitan University** whose presentation was "*Reflexology in Palliative Care and Cancer Care ; Adaptations, Research & Innovative Approaches*" His knowledge and experiences enthralled, educated and with his style of delivery amused everyone. He discussed the development and provision of Complementary Therapy Service at the Christie Hospital and the challenges for integrating Reflexology, including the need for research evidence.

Prof Marc Cohen, is a medical practitioner with degrees in Medicine, Physiology and Psychological Medicine and PhD's in Chinese Medicine and Biomedical Engineering. As one of Australia's foremost pioneers of Complementary Medicine he has made significant impact on education, research, clinical practice and policy. He is currently Foundation Professor of Complementary Medicine at RMIT University where he leads the world's first online Master of Wellness Program and is working to establish Wellness as a new academic discipline. His presentation "*Wellness and the power of Connection*" discussed recent trends

that are supporting the move to a wellness paradigm along with the importance of the power of touch and its implications for healthcare of the future. Moving from an illness model that focuses on a medical industry that deals with established diseases to a wellness model that embraces lifestyle and preventative measures.

Leanne Moore, gave a personal account of how as a reflexologist she supported her daughter when in 2011 aged 23 she sustained a spinal injury and became a quadriplegic. Her presentation was *"Spinal Cord Injury, Reflexology and the Hands"*. The impact of a spinal cord injury will depend upon the level of the injury and whether the injury is complete or incomplete. Generally the higher the level of injury to the spinal cord, the more dysfunction a person will incur. Quadriplegia occurs when the person injures the spinal cord around the cervical vertebrae. This will result in severe and debilitating effects upon the whole body and will impact upon all four limbs.

This deeply moving insight into how reflexology can assist orthodox medical protocols and procedures to support and help sustain healing was truly inspiring. A total of ten speakers, all delivering unique presentations created a fantastic atmosphere throughout the entire conference. Read more about the conference at www.reflexology.org.au

As ambassador for the International Council of Reflexologists I met up with ICR Australian members present at the conference as well as having the opportunity to make new friends and reconnect with colleagues from the past. This included meeting up again with a reflexologist, **Sharon Stathis**, whom I first met at the ICR Conference in Portugal in 2011, then again in South Africa 2013. Her **SMART method of Ayurvedic Reflexology**, that includes the Marma points, will be taught in London in 2015. I have limited knowledge of this particular technique of reflexology but am intrigued and will endeavour to learn more. Question = *What did I take away from this experience?*
Answer = *New knowledge and a renewed enthusiasm for the work that I do.*

We are never too old to learn but some just become safely complacent in the knowledge they have.

Abigail Wring is fully qualified, insured and DBS checked with over 20 years professional experience specialising in



Clinical Reflexology, Allergy Testing, Nutrition and Counselling. She is author of the book *"Holistic Health Tips"*
£7.50 + pp available from Buena Vista. Gypsy Lane. Weymouth. Dorset DT4 0BZ. Tel 01305 784986.
www.reflexology.org.au

Members! Refresher New Fast Track VRT one day class for 2015 Vertical Reflex Therapy (VRT) – Basic and Advanced Foot Techniques



Bristol-London-The Wirral-Cheshire-Cardiff 12 AoR CPD points.


Revise and learn a wide combination of Basic and Advanced award-winning VRT techniques which can be immediately integrated into your practice.

VRT members may attend a fast track refresher for only £65.

One day Basic and Advanced VRT Classes are also taught by VRT Tutors.

Please email us to arrange bookings: contact@boothvrt.com






Centralia Reflexology Mastership
(incorporating Agored Cymru units at level 5)

Contemporary Reflexology College

Taking Reflexology to the next level

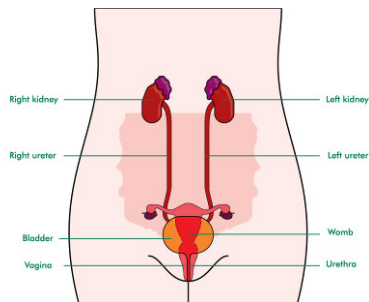
The latest and most progressive Reflexology Practitioner Course now in Manchester and Birmingham. Level 5 Reflexology, Level 4 Anatomy, Physiology, Pathology and Business Planning. Fun interactive part-time weekend course with comprehensive home study programme. Includes foot, hand and ear reflexology plus meridians, research, self-care and techniques for maternity and palliative care. Fully accredited with experienced tutor.

www.contemporaryreflexologycollege.com



VRT and Reflexology techniques to support the bladder

By Lynne Booth



Reflexologists see many male and female clients who suffer from a variety of bladder problems. Often they will present with another condition and only mention incontinence issues, as an aside, in the course of case-history taking. It is often seen as such an embarrassing subject that they do not even feel able to even talk about it to their GP. All the information presented in these articles is to help support a variety of conditions, of which there are many causes.

Clients should always be advised to seek medical advice first to eliminate more serious issues. Pelvic floor exercise, supportive organisations and reflexology all play a great role in helping a person regain full continence and confidence.

Give your clients homework!



Work the bladder reflex on the hand which is situated in the middle of the thenar muscle.



Gently stimulate and rotate the thumb for 30 seconds per hand



To consolidate the self-help lesson hold the central pituitary thumb reflex, nail-on-nail, for 30 seconds each. This also appears to calm and balance the whole body because the technique is inspired by the Ingham model of the whole body being reflected in the toe-pad.



The VRT Metatarsal pressure technique can be used to specifically stimulate the bladder reflex (this is the position of the reflex suggested by reflexologist Hanne Marquardt).

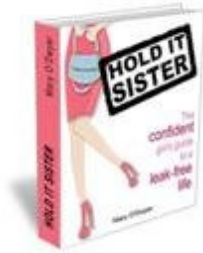


Some of the nerve innervation reflexes to the bladder are in the lower lumbar spine and these reflexes can be further stimulated by working the lumbar reflexes and the central nail pituitary reflex simultaneously.

Incontinence Issues: help is at hand

Hold It Sister

“essential reading matter for every woman”



Lynne Booth writes: *Incontinence problems affect millions of women at various stages in their life varying from issues after childbirth to menopausal problems. Men also suffer from urinary problems, especially in later life when frequency could be due to an enlarged prostate gland and we will deal with that male subject in the next VRT Newsletter*

*I would highly recommend the book **Hold it Sister** by **Mary O'Dwyer** for every reflexologist's library. She is an Australian women's health physiotherapist and author Dr Christiane Northrup says "Your book is excellent and I highly recommend it. Every woman needs to know what's in this book". It is aimed at **all** women everywhere and gives essential and valuable information at a preventative level as well as offering practical techniques and advice for incontinence issues. The information below is taken from the **Hold it Sister** and **Incostress** websites.*

Reflexology and VRT techniques can support and help incontinence issues but the practical advice and exercises in this book can empower woman to claim back their social lives without fear of embarrassment. The simple Incostress device which was developed by medically trained women who worked closely with patients suffering from incontinence issues. The confident girl's guide to a leak free life is the book many women have been searching for - an easy to read practical guide to understand and control a hidden and misunderstood area of their body – the pelvic floor. It addresses how to overcome and prevent the all too common problems of incontinence, pelvic organ prolapse and sexual dysfunction that negatively impact on a woman's self image and quality of life.

Sections cover pelvic floor issues across all life stages - pregnancy, post partum, menopause and senior years. The section on athletes and gym makes **Hold It Sister** a valuable guide for all Fitness and Health Professionals who prescribe exercise for women.

This book is a compelling new vision for women's pelvic health – all women will benefit from the knowledge and expert guidance this book delivers.

Gaynor Morgan CEO writes:

"As a medical person I would recommend students in the medical field use this to learn to understand the workings of the female anatomy in a more in-depth 'female understanding' to be able to speak to their patients on a personal level.

As a mother my children should read this (yes boys as well as girls). Boys should have a better understanding and compassion about the female body. Girls should read this to learn to train their bodies before they even start having sex. As a woman I have learnt more about my own body and can now deal with my own personal hang-ups thanks to the simplistic and sympathetic way this is written. Excellent information in a way I want to understand about my body and how it works and why it doesn't work sometimes.

Hold it Sister

ISBN978-0-9870766-0-1

www.holditsister.com/content/hold-it-sister

INCOSTRESS – medical device

It took 20 years to develop and thanks to the women who use it, they continue to make improvements in size and shape for better efficacy. IncoStress is the only patented medical device which controls incontinence instantly and can also be used as a pelvic floor muscle trainer.

Do you clients find that they sneeze and wee and cough and wee? It is worth recommending that a client tries IncoStress which can put a stop to urinary incontinence as it:

- Instantly controls stress incontinence and supports the pelvic floor muscles.
- IncoStress can help you identify the pelvic floor muscles so you can discretely and easily start to gradually build up pelvic floor strength to control those embarrassing leaks.
- IncoStress can be used as a therapeutic aid to stabilize the bladder in cases of over active bladder.

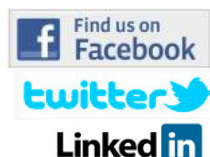
IncoStress can be worn day and night or simply when required. It is ideal for any women who can support a tampon. Ideal for sports women, women who have had a baby or who are preparing for childbirth, women who have incontinence, women who want to prevent incontinence and pelvic organ prolapse.

www.incostress.com

Reflexologist recommended by the FSB

The article on the back page was featured in the June/July 2014 issue of First Voice the in-house journal of the Federation of Small Businesses and is reprinted with the permission of FSB Publications; publishers of First Voice and Business Network.
www.fsb.org.uk

VRT is now on TWITTER and FACEBOOK as well as Linked-In. Please look at our postings and "like us" or re-tweet! Thanks. Read my regular Blogs on www.boothvrt.com/blog/.
Click on these icons:



VRT Classes for 2014-15

To book VRT classes and check on latest announcements of new venues please see website or call us for details.

Full contact details are on the website or venue sheets can be emailed or posted.

www.boothvrt.com/course-dates-booking/

Basic and Advanced classes

Suzy Jacops

6 - 7 Dec 2014 Hasslett, Belgium

Aliki Vythoulka

7 - 8 Feb 2015 Barcelona, Spain

2-3 May 2015 Barcelona, Spain

13-14 June 2015 Athens, Greece

24 - 25 July 2015 Barcelona, Spain

10 - 11 Oct 2015 Barcelona, Spain

Basic

Allison Walker

9 Dec 2014 Birmingham

26 June 2015 The Wirral

Lynne Booth

24 Jan 2015 Cardiff, S.Wales

28 Feb 2015 Bristol

Basic and Sleep/Mobility

Lynne Booth

7-8 March 2015 London NW3

Venue lists are continually updated as new classes are arranged.

Membership Renewal Notice

Members can now use the VRT logo on their leaflets and website.

The membership fee is £25 per annum for UK and international or £20 if you pay by Standing Order from a UK bank.

For those members whose annual subscriptions were renewable on 1st November 2014 you will receive an email request to renew online or send a cheque. If you pay by Standing Order already you will receive your new certificate automatically.

To renew online or pay by cheque please visit:
www.boothvrt.com/vrt-membership

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 newsletters.

Why not re-take a previous VRT class as a Refresher for only £65 per day?

For current courses see online:
www.boothvrt.com/course-dates-booking/

Contact us on:

contact@boothvrt.com
or phone 01179 626746 for more details.

"My approach to the term "healer" is critical. It is clear to me that I have never "healed" anyone. The fact that many patients get better is only partly down to me. The instrument may sound the note, but the music comes from somewhere else.

Reflexologist Hanne Marquardt writing in "Collected Treasures from the Footpath of Life"



Important Conference date for your diary
17-20 September 2015

The International Council of Reflexologists (ICR) announce their next conference will be held in the UK, in Sheffield, North Yorkshire.

www.icr-reflexology.org

The list of international speakers is yet to be announced but Lynne is speaking on VRT and Sports Injury.

Care helps shop owner back on his feet

The support of FSB Care transformed Alan Norman's outlook and wellbeing when a chronic pancreatic condition was making his life intolerable.

The support FSB Care has transformed Alan Norman's outlook and wellbeing when a chronic pancreatic condition was making his life intolerable.

Alan bought a gift and collectibles shop, A Coven of Witches, in the New Forest when he retired in 2005 after a long career with Cunard working aboard cruise ships.

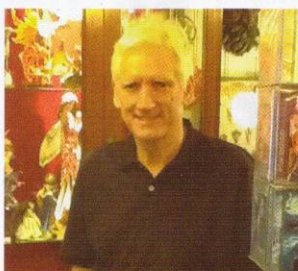
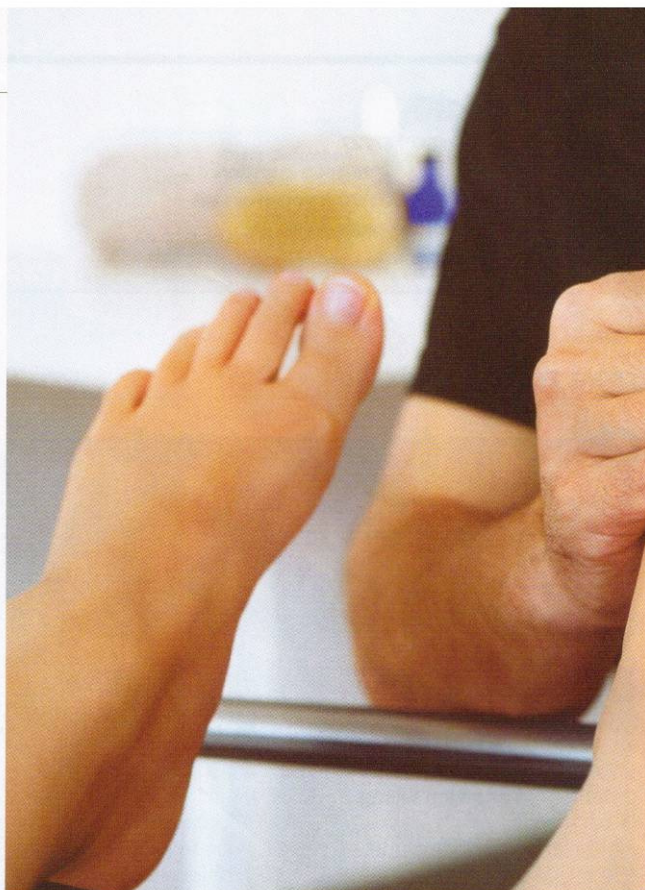
"I felt I was too young to stop altogether and could make use of my experience as a purser to start something new," said Alan, now 67, who became a member of the FSB soon after buying the well-established business in Burley.

For three years, the little shop flourished and Alan was

enjoying his new career. Late in 2008, however, without warning or symptoms he became violently ill with severe acute pancreatitis – a condition in which the pancreas begins to die.

He is now diabetic and dependent on insulin injections. The small part of his pancreas that remains functional is almost constantly inflamed, and at times, painful. Yet despite the severity of the condition, Alan was never given the follow-up care he needed. Instead, he pays privately to ensure his condition is monitored.

Problems surfaced again in 2013 when Alan began to experience severe headaches. After consulting his GP, he was referred to a chiropractor, but treatment offered no relief.



Alan Norman



Nurse Adviser, Shelley Sawkins

"I called FSB Care. It was the best thing I did."

"My whole life changed dramatically," he said. "I was unable to work for nine months, or even get out of bed. In desperation, I called FSB Care, but without any great expectation. I felt I was running out of options, so might as well give them a try. It was the best thing I did."

After a couple of lengthy conversations by telephone, Personal Nurse Adviser, Shelley Sawkins, suggested reflexology – a complementary therapy, which involves manipulation of the feet (see panel).

"I knew nothing about it," said Alan. "But I was in a bad place. I was willing to try. It had an almost immediate

impact. Within days, the headaches became less severe and less frequent and, in time, went away altogether.

"I don't understand how it worked. I just accepted totally that it did. It was an enormous relief to be free of the headaches. I found I had a lot more energy and was able to get back to work.

"Shelley still keeps in regular contact. She knows a lot about my condition, especially the diabetic problems I encounter.

"And she takes a lot of interest in my wellbeing. I am able to converse freely, no matter how trivial the problem might seem. She has, above all, given me the confidence to deal with my condition and allay any fears I might have."

What is Reflexology?

Reflexology is a holistic treatment, which involves applying pressure to the feet with thumb, finger, and hand techniques. There are around 7,000 nerve endings in the foot, and reflexologists believe zones in the foot correspond to organs in the body. Pressure applied to these areas in the foot stimulates the movement of energy along the nerve channels, helping to restore balance in the whole body and increasing its ability to heal itself, physically and emotionally.