

# Membership Network Newsletter

No 40 Spring 2015

Dear VRT Practitioner,

Greetings to you and, as I write, the sun is shining and the Spring blossom is out everywhere!

How many reflexologists have attended an international conference? I asked this at several classes I have taught recently and the answer seemed to be not many. It was not due to lack of interest but that many could not afford to travel overseas, despite the interesting speakers and events on offer.

This year in the UK we are fortunate that the International Council of Reflexologists (ICR) is holding their international conference in Sheffield, Yorkshire on September 19-22 2015. It is open to ALL reflexologists. Its last destination was Cape Town, South Africa. A conference offers a great opportunity to spend 3 days net-working with like-minded colleagues from around the world, hearing fascinating presentations and sharing treatments plus, of course, the evening entertainment and delicious meals! I shall be speaking on *VRT and Sports Injury* and the full programme of presenters is listed on page 12. Do try and attend.

Great news: the new dates for the acclaimed Nerve Reflexology Diploma are announced for early 2016. See page 9 for details and page 14 for the booking form. This is always over-subscribed so please book early for level 1 only or for all 3 levels at a Bristol or London venue.

In this edition reflexologist Rose McCray presents a very interesting case study on how she used reflexology help a small girl with constipation. See page 2.

*Brilliant Business Magnet or a Worried Waffler - Which One are You?* Reflexologist and tutor, Elizabeth Calderara, poses this question in a fascinating and helpful article on page 4. Many therapists are brilliant practitioners who have a wealth of experience to offer but they are not experienced in marketing and have little natural business acumen. Consequently, they find it hard to reach the many potential clients who could benefit from their skills. Elizabeth shares many of her excellent ideas and offers a special rate for VRT practitioners on her classes. Be inspired by her article and experience.

I had a wonderful visit to Venice recently and came across this enormous foot fragment!



**Roman sculpture: foot of a colossal statue. The big toe alone is about 12-14 cm long!**

**National Archaeological Museum of Venice**

Sleep issues are a problem for numerous people and on page 5 I write about some of the solutions that reflexologists can offer to help obtain a better night's sleep. There is also short free video clip on the home page for Stress and Tension on my website: [www.boothvrt.com](http://www.boothvrt.com) complete with print off instruction sheet. Pass this information onto your clients!

Why not revise a VRT class for only £65 – we now offer the acclaimed VRT Fast Track classes which combine the Basic class with some advanced techniques or attend the New Sleep, Mobility and new development classes which offer many enhancements and new ideas to add to your skill set. The next Sleep and Mobility class is held in Hampstead, London on Sunday June 28<sup>th</sup> or come and revise your skills on a Fast track Class.

**SCROLL DOWN TO PAGES 13-16 FOR VRT VENUE SHEETS AND BOOKING FORM, NERVE REFLEXOLOGY FORM AND ICR SHEFFIELD CONFERENCE INFORMATION.**

Some of us rush around too much, and it is often me, so it might be more productive if we all slowed down! I was particularly inspired and amused by this old Zen saying that I came across:

*You should sit in meditation for 20 minutes a day, unless you are too busy; then you should sit for an hour.*

Kind regards from Lynne and all the tutors



**for Booth VRT Ltd**

**Tel 0117 9626746**

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## Reflexology Case study – “Alice”, a three-year old child with constipation

### Rose McCray

In 2009 I was asked by a client, “Sue”, to treat her three-year-old daughter. The child had been suffering from constipation for some time and was reluctant to pass a stool at all as she found it increasingly painful. The doctor had prescribed Movicol which she was taking quite easily. Although I had no experience of working with children, I have had three of my own and I was very keen to help. Before the first appointment we planned how to conduct the sessions and I searched for advice in my reference books and online.

I knew that the treatment should be short, no longer than 15 minutes for a young child, that Sue should be present and that pressure should be very gentle. In addition I discovered that in young children it is best to avoid points involving most of the endocrine system, exceptions being the hypothalamus and the

adrenal gland, which may often be felt like a hard little pea, because attention to the kidney, bladder and adrenal gland should aid with sleep problems and with regulating children’s energy. The nervous system, lymphatics, sinuses, ear and eye line and points, and neck and shoulder were all good areas to do too.

Sue had looked up the side effects of Movicol online – seeing that it could cause bowel distension and diarrhoea as well as treat it – and was reluctant to continue using it. I advised her to let Alice have the treatment alongside the medicine and possibly at her discretion decrease the dose if she found reflexology successful.

I was aware too that there may be a psycho-emotional cause associated with constipation and gently asked whether there was anything emotionally disturbing going on in the family life at present, but there was nothing out of the ordinary. We discussed diet, which I knew was good from my consultations with Sue, who very much enjoys cooking, and fluid intake. Alice did not drink enough in her mother’s estimation, however, and she found it difficult to get more fluids into her.

At the first appointment I worked on establishing a rapport with Alice and asked her if she would like to lie at the end of the couch supported by pillows

and pretend to be “Mummy having a treatment” and stick her feet over the end. She was very obliging, if a little tense and watchful generally.

I applied a soft effleurage from heel to toe on both feet for a minute or so before applying gentle pressure to the points mentioned above in paragraph 2, followed by a more consistent focus on the colon area for no longer than 5 minutes per foot. Alice slightly withdrew her feet as I worked the bowel area, which was taut and obviously tender. Rather than restrain her in any way, I followed her feet and we praised her for being so brave while I lightened my touch even further and finished the treatment. I handed Sue the VRT self-treatment sheet with three areas marked on it for her particular attention and suggested she carry out a few moves every day, perhaps at bedtime after the bath.

A week later at session 2, the report was excellent. Alice had “gone” every day up until the last 2 days; she had also been that day of treatment but not the one before. We carried out the same procedure and I found Alice a little more chatty with me than at the first session.

On the third visit, Sue reported that Alice was “much more relaxed” about voiding her bowel and she had noticed more ‘twitching’ and sensitivity in the child’s feet. I told her it was quite common for sensitivity to increase in the feet after reflexology. We discussed how to get more fluids into Alice and I suggested for the time being giving her pressed apple juice 50/50 with water. I reinforced what we had discussed at the first treatment - a slightly wetter diet and increased fibre, and a few more vegetables in place of meat. Sue was anxious to avoid sugars but said she would do what she could.

At the fourth session, I managed to carry out a quick but full, very light treatment. Alice was a little twitchy and ticklish but not in any discomfort. On the contrary, she was very jolly and good fun!

I had to cancel the fifth session, unfortunately, as I was attending a full-day course, but at the sixth, Sue reported that without the usual treatment at a week’s interval, Alice’s bowels had “slowed down” again. She had halved the dose of Movicol straight after the last treatment and wondered if that was a cause. Alice’s bowels however had opened “every other day” and the stool was passed without pain.

We decided that overall this was a considerable improvement and decided to space out any future treatment to once every four weeks. Sue called me after a fortnight and said she was satisfied with the progress Alice had made and felt she could probably manage treatments by herself from then on. In fact, I am delighted to say that she has since become a qualified reflexologist herself.



Interestingly, just before her decision to re-train, she was divorced from Alice's father. I wonder therefore if the child had indeed been picking up on tension between them before their divorce, because children can be barometers of family dynamics, but we shall of course never know and it may be as well, as we must treat what we find!

### Cats' Paw Reflexology!

Lynne writes: We were intrigued to have received this photo from VRT member Terri Perry of her giving reflexology to her cat, Bosco. Terri tells us that he does not any problems but loves it just for relaxation! He enjoys a treatment on all four feet and then he goes to sleep. Terri says "He is the only one of our cats who lets us touch his feet". Terri, who lives in Italy, also remembered seeing a diagram of reflexology points for a cat's paw in an early VRT newsletter. We have found the "paw chart" but offer it for interest only with a disclaimer that we have never discovered the source of this diagram despite requests in the newsletter. It is also important to note that reflexologists and other complementary therapists are not permitted to offer their services professionally to animals unless a qualified vet is present!



**Terri Perry and Bosco**

**See newsletter archive for the Cat's paw chart in VRT membership newsletter no 3 2003 and scroll down to page 10:**

<http://boothvrt.com/wp-content/uploads/2014/05/VRT-Newsletter-3-Spring-2003.pdf>

**From VRT Newsletter No 3 2003**

*This illustration of a Cat's Paw Reflexology Chart is a bit of a mystery as no one seems to know its origin. It appeared in the journal of the Californian Reflexology Association and was subsequently reprinted in South African Reflexology Society Journal. We printed it purely for information and general interest. If any of you know of its origins please let us know !*

### NEW- VRT NEWSLETTER ARCHIVE!



**This important resource of nearly 40 newsletters is now available for you to search by subject or issue number.**

We have spent an enormous amount of time cataloguing the contents of all the VRT newsletters over the past 14 years. This valuable resource is accessible through our website [www.boothvrt.com](http://www.boothvrt.com). All newsletters issued have been uploaded for reflexologists and the public to use for reference purposes. We have indexed them in subject order so you can search for a subject like "back pain" or author for example. Or you can select any newsletter by date and issue number to read or print off in its entirety. To safeguard the exclusivity of the members' newsletters; VRT newsletters will only be uploaded for online use after one year so only VRT members will have current information and offers!

<http://boothvrt.com/vrt-newsletters/>



## Brilliant Business Magnet or a Worried Waffler - Which One are You?

### Elizabeth Calderara

In this digital age the speed of delivery and the quantity of information available has reduced the average on-line attention span to 3 seconds. In the natural health profession we understand the need for an on-line presence but we work with people. Our clients are not virtual. We understand the value and importance of human



contact and what a key role positive touch plays in our mental, physical and emotional well being. We love what we do.

Lucky for us people still talk to one another. Whenever you speak to anyone about your profession you are marketing your business. However, we are competing in a crowded market place. Lots of people have trained in the same therapies or teach the same subject as you. What if you don't have a high profile in the industry? What can you say that will make you stand out from the crowd without being pushy?

For everyone else. What do you say when someone asks you, "So what do you do'?

Chances are you might feel put on the spot. Many of you probably tell people about your skills. "Oh me, I'm a reflexologist / masseur / acupuncturist", followed by where you work and maybe who you work with, such as women, children, the elderly, men, sportsmen / women etc.

The listener. If they don't glaze over, with "hmm, that's nice". Or. "Oh, that must be very interesting, then maybe, "oh yes my cousin is a reflexologist too". And my favourite phrase. "Oh, I can't bear my feet being touched". That last one closes down a conversation faster than a cold bucket of water

You get my drift.

This method of chat makes the person or group of people listening to you work really hard to get more information. Most of them won't struggle on, they give up. You have lost the opportunity to educate them that you are the very person who can resolve their problem, a family member or someone they know.

You get one shot at creating real interest. Less than 60 seconds. To speak directly to your potential clients, making such a compelling case that they just want to know more, and simply must get what you have to offer.



So, whether you are at a party, presenting to an audience, talking to a group of your target market, or just chatting in the queue at the supermarket.....

Here are my 10 top tips.

1. Plan knowing what you can say in 60 seconds focuses the mind. Makes it easier to feel natural and authentic, being the real you.
2. Visualise yourself talking to your ideal client. Create an avatar.
3. What is their problem/issue/pain.
4. When you talk about a problem they may have, it piques their interest, they pay attention to what you have to say. You may have the solution.
5. Choose the one area of work that is the specialism which relates to this client and their problem.
6. Write down the benefits of your work relating to this one issue. Remember you have 60 seconds only.
7. A hard truth you must remember. The person/s you are speaking to are not interested in you, your business or the products you may sell. They are interested in themselves.



8. You have to address their self interest - Can you save them time, become happier, reduce stress, become more productive, increase their income?
9. Stick to the point, don't be tempted to embellish what you are saying with how long you have been in the business, or your memberships, or qualifications.
10. Write what you are going to say down on paper, then practice, practice practice until it becomes natural and second nature. Then you won't find the 'er's or ums' striking or the dreaded waffling happening.

There are dozens of opportunities where you can show off your business, your clinic or treatments and sell easily, in your own style without feeling awkward. Marketing comes in many forms. The best marketing tool you have at your disposal is you.

What ever you do, have fun. Be the star that you are.

Elizabeth Calderara MAR, FhT, CCTN.  
*Your Business Sister*

#### The ' Magic Minute' ©

- Can you explain to a potential client what it is you do, in a way that they get so excited all they want to know is how to get what you are offering right away?
- Do you want to pay less for your marketing? Find out how talking to the right people in the right way can do this for you.
- Are you too nervous to present your work at a seminar or workshop? Get the confidence to talk to a room full of people just by crafting your magic minute verbal advertisement.
- Do you want to sell your services without feeling pushy and awkward?

**Let Your Business Sister share the answers with you at a Magic Minute © day training session.**  
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Elizabeth Calderara also offers course applicants an extra bonus:

#### **Booth VRT Bonuses.**

**For the first fabulous seven to book a course.**

A 1 hour 1-to-1 for you to have advice and support for your verbal advertisements. Value £125.00. And including advice about your literature or website from the creative director from a top advertising agency. This one time only offer is valued at £500.

To book: email your name, and contact number to  
[elizabeth@elizabethcalderara.com](mailto:elizabeth@elizabethcalderara.com)

**To qualify for your bonuses you must have trained with Lynne Booth, book and pay for your course in full by Midnight Friday May 15th.**

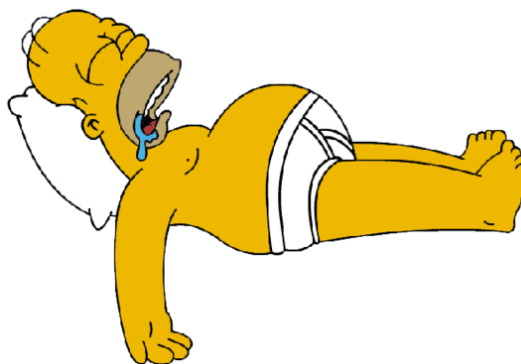
**Taking place:**

**Friday September 18 2015 Clare Hall, Saunderton, Bucks**

**Saturday 17th October 2015 - Hamblin Hall, Sussex**

## **Reflexology can help sleep Issues**

**Lynne Booth**



Reflexology has always been considered to be a particularly relaxing and pleasant therapy as well as being very therapeutic in supporting specific conditions. Many reflexologists often specialise in techniques to bring about a deep relaxing night's sleep or to help counteract insomnia issues. 25 years ago I experienced my first reflexology session and I felt very relaxed, yet energized. I also went on to have one of the best night's sleep I had experienced for years! Once qualified as a reflexologist, I began to think about how I could develop specific techniques to help people sleep

better and for longer and I devised the technique called Diaphragm Rocking.

Lack of sleep has serious effects on our brain's ability to function and many people sleep very lightly during restless nights, which can impair cognitive function the next day, make concentration more difficult and shorten the attention span. There is no definitive length of time for sleep but the general consensus is that at least six hours of deep, quality sleep is essential for general well-being with the average person requiring just under 8 hour's sleep.

There are many documented cases where lack of sleep had a devastating effect on decision-making which resulted in disastrous consequences. For example, the ill fated Challenger space shuttle was launched in January 1985, following a 2 ½ hour conference call between NASA officials and executives from the company, who made the rocket boosters, to discuss a possible fault. All seven astronauts on board were killed and the subsequent investigation concluded that poor decision-making was a key factor in the tragedy. It transpired that that two of the NASA managers had been awake for 23 hours and had slept for no more than three hours the previous day. (1) Continued lack of sufficient sleep severely affects the part of the brain that controls language, memory, planning and sense of time and can result in it practically shutting down.



Many reflexologists visit residential nursing homes for older people and touch is a potent force in nearly all therapies. For some isolated or lonely older people, the gentle relaxing sensation that reflexology achieves is the one time they can be treated holistically as the whole body is stimulated each time and all ailments, large or small, can be addressed. Many persons, especially older people, are on a difficult and unproductive cycle of sleeping poorly at night which results in them dozing on and off all day because they are tired. This unsatisfactory state of living results in them often becoming too fatigued to participate in activities during the day and life can become very boring and rather unfulfilled. Reflexology can help the body to relax and respond by releasing chemicals and brain signals to slow down muscles and organs and increase blood flow to the brain. This can lower the production of stress hormones like adrenaline and may also lower blood pressure. (2) I have run *Sleep Seminars* at the St

Monica Trust (3), Bristol for older residents and teach them gentle reflexology hand techniques to help them get to sleep at night or return to sleep.

Two residents recently told me that this has helped to "*buy them more time*" in the day .i.e. they sleep better at night and are therefore not so tired in the day. This positive outcome has consequently transformed their afternoons which were formerly spent dozing, into times of creative activity. The gentle reflexology techniques described below are also beneficial for stress relief.

### **Important practical questions to ask when offering help with sleep issues**

A few years ago I worked for several weeks with a professional athlete who was having problems sleeping. I relaxed him generally with foot reflexology and eased tension in his lumbar spine. I also taught him self-help reflexology exercises on his hands to apply prior to bedtime and these made a moderate difference to his quality of sleep. It was only when I belatedly thought to ask him a very simple question, regarding the amount of daylight in his room, did his insomnia improve considerably. He had recently moved apartments and was sleeping in a bedroom with unlined curtains which meant the summer light came into the room very early through the thin cloth. He ordered blackout blinds and his problem was immediately solved.

Reflexology was helpful but secondary to the main cause of his problem! The combination of applying simple detective work to the client's physical situation, coupled with gentle reflexology techniques can make a tremendous difference to years of interrupted and shallow sleep. Once the physical issues have been dealt with, the body responds extremely well to the skilled reflexologist working spine, adrenal, neck and shoulder reflexes on the hands and feet.

- Most people are very aware that certain types of food, such as coffee, chocolate, cheese, can have a disruptive effect on sleep and these can be easily avoided. Sometimes it is helpful to suggest that a person cuts back on liquid in the evenings as they can find it very hard to go back to sleep in the middle of the night if they have to get up to go to the toilet.
- Is also useful to ensure that the bed is as comfortable as possible, with no hard springs or indentations. Some beds are very old, too hard or too soft and this can have a very detrimental effect on posture as well as quality of sleep and, if possible, changes should be made. Likewise, pillows can be too hard, too soft or too high.



- I treated one client for insomnia and she gained a much better night's sleep once she replaced her feather pillow with a synthetic hyper-allergenic pillow that was ergonomically designed to support her neck.

The Diaphragm Rocking technique I have devised for the feet (5) and hands (6) is often the self-help key to alleviate insomnia. You can use the rocking movement alone with no other reflexology technique for up to two minutes per hand on or you can develop a set of moves that can target various parts of the body to help general relaxation. You can work your own feet or hands in between professional reflexology sessions or when you just need some self-help treatment. These simple instructions can also enable family and friends to work on each other. (7)

**Techniques for releasing stress, aiding sleep and relaxation moves to ease musculoskeletal tension. Always repeat the technique on the other foot or hand.**

#### **Working the thumb neck reflexes**



Work round the neck reflexes on the base and sides of the thumbs or toe by pinching gently and pressing the sides of the toe or thumb for approximately 15 seconds.

#### **Working the big toe neck reflexes**



Work round the neck reflexes on the base and sides of the thumbs or toe by pinching gently and pressing the sides of the toe or thumb for approximately 15 seconds.

#### **Working the hand spinal reflexes**



Work up and down the spinal reflexes with your finger or thumb, following the side of the thumb or big toe to the wrist or ankle 3-4 times.

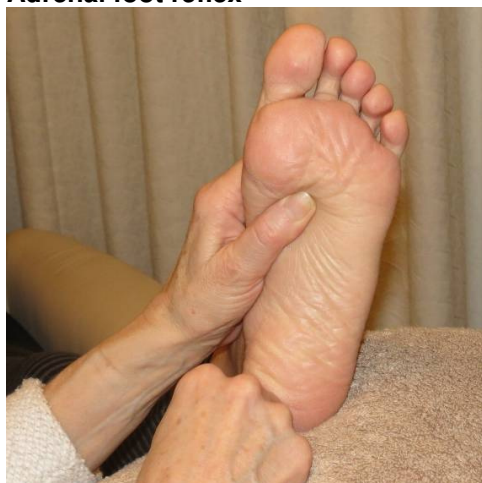
#### **Working the foot spinal reflexes**



#### **Adrenal palm reflex**



#### **Adrenal foot reflex**



Gently stimulate and press the adrenal reflex on the palm or sole for a maximum of 30 seconds.

### Diaphragm Rocking on the hand



### Diaphragm Rocking on the foot



Apply Diaphragm Rocking: 10-20 rocks per hand (or foot if applied by someone else) before sleep and, if you wake up in the night, repeat the procedure as often as necessary. For hands: place your thumb in a stationary position on the palm as indicated and gently rock your fingers back and forward. For the feet: place your fingers on the top of the foot and press your thumbs as shown on the plantar and gently rock the foot backwards and forwards.

## Research into prolonged sleep deprivation

Research from Warwick Medical School published in 2011 in the European Heart Journal showed that prolonged sleep deprivation and disrupted sleep patterns can have long-term, serious health implications. The findings linked lack of sleep to some strokes, heart attacks and cardiovascular disorders which can often result in early death.

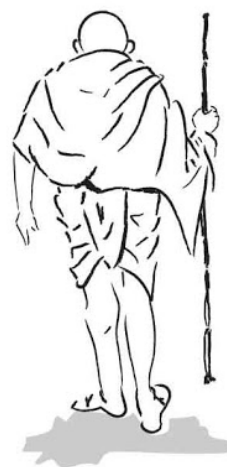
Professor Francesco Cappuccio from the University of Warwick Medical School, explained: "If you sleep less than six hours per night and have disturbed sleep you stand a 48 per cent greater chance of developing or dying from heart disease and a 15 per cent greater chance of developing or dying of a stroke".

"The trend for late nights and early mornings is actually a ticking time bomb for our health so you need to act now to reduce your risk of developing these life-threatening conditions."

Professor Cappuccio and co-author Dr Michelle Miller, from the University of Warwick, conducted the research programme which followed up evidence from 7 to 25 years from more than 470,000 participants from eight countries including Japan, USA, Sweden and UK. Dr Miller explained further: "Chronic short sleep produces hormones and chemicals in the body which increase the risk of developing heart disease and strokes, and other conditions like high blood pressure". (4)

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- First Published February 2015 with due acknowledgement to Positive Health on-line, Issue 220 [www.positivehealth.com](http://www.positivehealth.com)**



***"Live as if you were to die tomorrow.  
Learn as if you were to live forever"***

**Mahatma Gandhi**



## 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 1<sup>st</sup> March 2015 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](http://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/](http://www.boothvrt.com/course-dates-booking/)

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or phone 01179 626746 for more details.

## New acclaimed Nerve Reflexology Diploma Course for 2016



Level 1 15th – 17th January (BRISTOL) or  
22nd – 24th January (LONDON)  
Level 2 26th – 28th June (BRISTOL)  
Level 3 16th – 18th October (BRISTOL)

*You may apply for Level 1 only or all 3 levels at once. Level 1 attendees then have the option of committing to levels 2 & 3 subject to remaining availability. Cost: £360 per level.*

Lynne Booth has organised the outstanding Nerve Diploma classes in the UK for the past 10 years and now Dr Carol Samuel has taken over the organisation of the actual classes and bookings. They will still be held at the St Monica Trust Bristol and a London venue and Lynne is still involved in

an advisory category to the respected team from MNT-NR International ® – Nico Pauly and Griet Rondel.

## Nerve Reflexology & Manual Neurotherapy

These two diploma level training programmes are offered to therapists who wish to extend their skills to include specific additional techniques for use in both acute and chronic pain states.

- Dysfunction in the movement and organ systems are often correlated and the nervous system plays a central role in this relationship.
- Nerve reflexology utilises a specific pressure technique to target and precisely impact various parts of the nervous system.

**Anthony Porter, Founder/director of Advanced Reflexology Training ART (U.K.)**

*“Nerve Reflexology completes our understanding reflexology and greatly enhances the therapeutic effectiveness of the therapy”.*

**Manual Neurotherapy** is a bodywork technique that is used in combination with nerve reflex points on the foot to affect change in the pain processes of the nervous system. The combination of MNT and NR can provide help and support for clients in acute and chronic pain states including: migraine and other headaches, low back and neck pain, other complaints in the musculoskeletal system, fibromyalgia, chronic fatigue, neuralgia, etc. The aim of the treatments is to restore and/or recover dysfunction in the movement, organ and nervous system.

## About the Tutors

**Nico Pauly** has more than 40 years of experience in physiotherapy. He is qualified in manual neuro-therapy, manual therapy, neuro-dynamics and cranio-sacral therapy as well as reflex zone therapy. He is a member of the International Association for the Study of Pain (IASP) and is responsible for the development of the science-based concept behind MNT-NR. His current understanding of pain physiology is taught through practical clinical reasoning and treatment protocols.



**Griet Rondel** is a physiotherapist also trained in manual neuro-therapy, neuro-dynamics, breathing and eastern meridian diagnostics and reflex zone therapy. She specializes in the relationship between the organs, emotions and the brain centres and



developed visceral mobilization techniques, combining them with special visceral reflex techniques.

### Pre-requisites

1. Foot reflexologists working at a professional level.
2. Nurses with an interest in pain control.
3. Osteopaths, Physiotherapists and Chiropractors.
4. Sports, Acupuncture, Shiatsu therapists and other body workers.

### Level 1: 3 days of 6 hours – Total 18 hours

#### Nerve, muscle and organ chains in lumbar and chronic pelvic pain

Chronic lumbar and pelvic pain remains one of the great challenges of our time. Particular attention is given to the abdominal-pelvic region with precise details of nerve, muscle, and organ chains.

### Level 2: 3 days of 6 hours – Total 18 hours

#### Nerve, muscle and organ chains in cervical, thoracic, shoulder and arm pain

At level 2 the nerve, muscle and organ chains of the upper diaphragm are explored in-depth. Participants will learn how to balance these areas and there is further emphasis and exploration of pain physiology.

### Level 3: 3 days of 6 hours – Total 18 hours

#### Central pain mechanisms and the total NR treatment concept

In this final module discovery of central nervous system pain processes and treatment with NR techniques is explored. Much of the attention is placed on the interaction between passive treatment and active cooperation of the client, in pain coping strategies. Chronic pain is a pathology where different body regions, the central nervous system and emotions are involved and participants will learn to view chronic pain through an holistic vision and a total integrative treatment plan.

### Diploma

After completing all 3 levels a final practical exam is organized. Whilst participation is not mandatory, those that proceed with the exam will be awarded a Diploma of Qualified Nerve Reflexologist. Participants not wishing to take part in the examination process or failing to succeed will be awarded with a certificate as confirmation of their full participation in the three course modules of NR-training.

**AoR Approved** The nerve reflexology diploma is AoR accredited with 36 CPD points per 3 x 3 day weekend course.

To view full syllabus and download a booking form visit: [www.reflexmaster.co.uk/training](http://www.reflexmaster.co.uk/training)  
e-mail: [info@reflexmaster.co.uk](mailto:info@reflexmaster.co.uk) [www.mnt-nr.com](http://www.mnt-nr.com)

### Booking and Payment

Nerve Reflexology is a diploma level qualification and you may sign up for Level 1 only as a stand-alone class in London or Bristol or take all 3 Levels of the diploma course, including the final examination, to become a "Qualified Nerve Reflexologist". The cost for each level is £360. A non-refundable deposit of £250 is required at the time of booking.

### VRT Letters



*I continue to use VRT a lot. I find it very effective, from elderly infirm clients to active sporty ones.*

Andy Blackwell

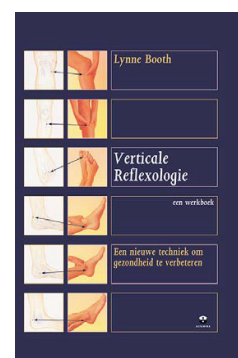
*Thank you for all the wonderful information you have shared over the years with me, it has been enormously helpful.*

Susie G.

*I am using VRT at the start and end of some massage treatments with specific areas targeted, and am loving the adaptable way you can use it. I look forward to more classes of advanced Reflexology.*

Caren Godfrey

### The first VRT e-book!



**Vertical Reflexology** was first published in Dutch in hardback in 2002. Now it is available as an e-book.

[Click here for to order from publisher Altamira](#)

## Refreshing Retreats for reflexologists in the Spanish Mountains

*Anna Bartholomew writes:*

I would like to introduce myself. My name is Anna Bartholomew and I am a reflexologist. Originally I trained in Thailand in 2011 in Thai reflexology massage. Last year I completed an ITEC course at the London School of Massage in the UK and became a member of the AoR. I am currently working in South Spain as reflexologist and host on retreats including Kaliyoga, Sunfoodyoga, Simply Sumptuous Retreats and Airetiko Ariel Skills Camp.



**Jane and Anna Bartholomew**

This work has inspired me to think about the needs of therapists and how we can support each other to give the best service we can to our clients, whilst maintaining our own well being and avoiding burn-out.

I decided I wanted to create a retreat experience exclusively for therapists, where they could exchange treatments with each other, learn one another, relax and eat delicious, healthy food cooked by someone else!

Some very good friends of mine were in the process of turning their family home, a rustic farmhouse in the Southern Spanish mountains, into a venue for retreats and courses and were more than happy for me to use their space to develop this idea.

Together we have formed **Equilibrio**.

Last year Equilibrio ran two very successful therapists retreats. Time was allocated for meditation and yoga, workshops exploring our attitudes to work and rest, Oriental 5 element theory, working from the Hara and food and nutrition. Therapists gave and received treatments and shared their knowledge with each other. Everyone who attended agreed it was a fulfilling experience.

The second retreat was attended by my sister Jane Bartholomew, a reflexologist with 9 years experience, registered with the AoR and ART. We enjoyed treating each other and discussing the

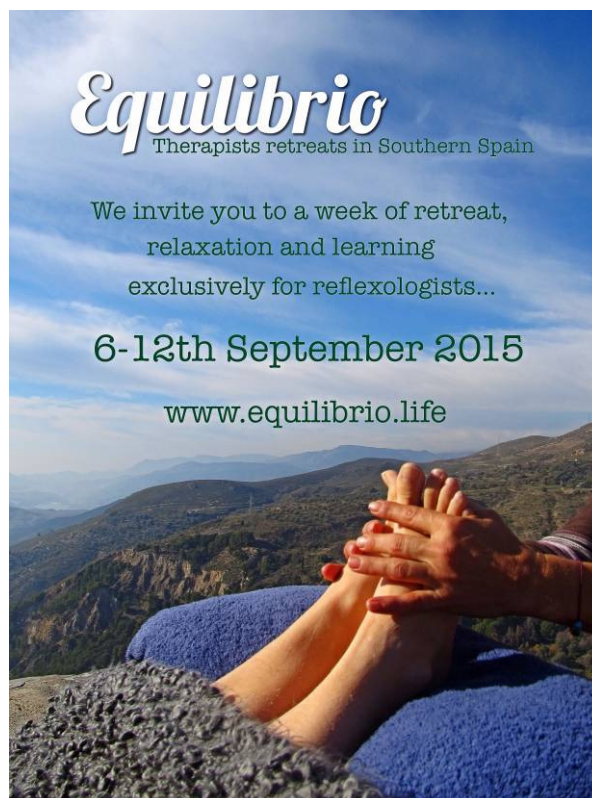
observations we had made. I felt I learned a lot from her broad experience. She felt she had a chance to get "back on the horse" after a maternity break and to remember through sharing her knowledge how much she knew! This inspired our idea of a special Equilibrio retreat specifically for reflexologists.

Our experience so far tells us that participants will enjoy it immensely, will feel that they have learned a lot and will gain refreshed inspiration in their work. In addition, by participating fully in this retreat, attendees can achieve and evidence 20 Continuing Professional Development Points, in Self Directed Learning.

Participants will also leave the retreat feeling energized and rejuvenated..... A perfect combination for hardworking and caring professionals!

My sister Jane and I will be participating on the retreat and leading feedback sessions and encouraging open discussion. There will be 8 further places available.

We would like to invite association members to this uniquely beneficial retreat. Please can you share this information with the local group which you co-ordinate? If you have any questions or feedback please don't hesitate to contact me. There is more information on the webpage [www.equilibrio.life](http://www.equilibrio.life).





**International Council of Reflexologists (ICR) is holding their international conference in Sheffield, Yorkshire on September 19-22 2015**



**All reflexologists are welcome to attend**

***Make the most of international speakers coming to the UK and share all the fun, interest, net-working and events at a rare opportunity to attend a reflexology conference in the UK!***

**See page 13 for conference details and look at the website:**

**[www.icr-reflexology.org](http://www.icr-reflexology.org)**

#### ***Presentations***

***Father Josef : A Reflexology Adventure***

***Hamish Edgar: What is Limbic Reflexology?***

***Prof Nicola Robinson & Leila Eriksen : Strengthening Reflexology in Integrated Healthcare***

***Henrik Hellberg: HLT-Deep Brain Reflexology with Ortho Bionomys***

***Vera Krijn: Conditioned Response Reflexology***

***Sally Kay: Management of Secondary Lymphoedema in patients affected by treatment for Breast Cancer***

***Spiros Dimitrakoulas: Throw away Energy & Reflexology Charts***

***Lynne Booth: VRT Techniques in Sport Injury***

***Marie France Muller: Facial reflexology: dien' cham'***

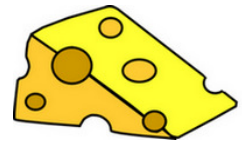
***Peter Lund Frandsen: New light on Reflexology***



## **The French paradox solved: it's the cheese**

Why do the French have such low rates of heart disease when they eat so much meat? It's known as the French paradox

(although it could be because the fats/heart disease theory is wrong)—and scientists reckon they've figured out the puzzle.



It's all to do with another staple of the French diet: cheese. Cheese seems to help generate the compound, butyrate, which is a natural cholesterol fighter, say researchers from the American Chemical Society.

Cheese seems to be unique among dairy produce to have this quality. Milk and butter didn't have the same benefits; the researchers discovered when they analysed urine and fecal samples of 15 healthy men. Only the cheese-eaters had levels of butyrate in their samples. Butyrate is produced by gut bacteria, which seems to get a biological helping hand from cheese.

Their findings throw into question the saturated fats/heart disease theory, said lead researcher Hanne Bertram.

(Source: Journal of Agricultural and Food Chemistry, 2015; 63(10): 2830)  
From What Doctors' don't tell us 141/4/15



**Practitioner's Question:** I use VRT often and have had great success with it. My question is: can you do it as 5 minute treatment on someone that is not used to reflexology or is it best to treat conventionally first? I have only really used it on clients that have been coming to me for a while so I know how they react to treatments.

Lynne Booth replies: *It is fine to use a five-minute quick VRT treatment on someone whom you have not worked on before. I always advise that you work quite lightly and do not overwork any areas where there may be physical discomfort in a part of the body. i.e. don't work the shoulder reflexes below the little toe too long if someone has whiplash and follow the 30- second VRT maximum stimulation rule on any one weight-bearing reflex point. If you are working synergistically on the hands and feet - only work on three priority reflexes in a session. Ideally, in a short session, apply 2 minutes of Diaphragm Rocking to their feet or hands as well. The short treatments are applicable for first aid, family and friends but a therapist should not charge for them. Remember to Harmonise several times and also ensure they have a chair or form of support nearby when standing, if they are old or infirm.*

# ICR Silver Jubilee Conference

Sheffield, United Kingdom  
17th - 20th September 2015

The ICR Conference is open to everybody, not just ICR members and it would be wonderful to be able to share our Silver Jubilee Conference with you.

For those who have not registered yet there is still time but don't delay, visit [www.icr-reflexology.org](http://www.icr-reflexology.org) to register today.



## Speakers

Three days of presentations and workshops hosted by world renowned speakers.



## Poster Presentations

A variety of Poster Presentations will be on display with an opportunity to interact with the presenters.



## Welcome Function & Gala Dinner

Relax and socialize with fellow reflexologists from around the world. Join ICR in celebrating our Silver Jubilee.



IN PARTNERSHIP WITH



## NERVE REFLEXOLOGY DIPLOMA

WITH GRIET RONDEL & NICO PAULY

**Nerve Reflexology diploma** - details that could revolutionise your practice when working with clients in pain. The full Nerve Reflexology diploma course for supporting clients in pain is coming back to the UK for the sixth time.



**AoR CPD accredited with 36 CPD points per 3 day course**

Level 1	15 <sup>th</sup> – 17 <sup>th</sup> January (BRISTOL) 22 <sup>nd</sup> – 24 <sup>th</sup> January (LONDON)	Nerve, muscle and organ chains in lumbar and chronic pelvic pain
Level 2	26 <sup>th</sup> – 28 <sup>th</sup> June (BRISTOL)	Nerve, muscle and organ chains in cervical, thoracic, shoulder and arm pain
Level 3	16 <sup>th</sup> – 18 <sup>th</sup> October (BRISTOL)	Central pain mechanisms and the total NR treatment concept

**For the full syllabus visit:** <http://www.reflexmaster.co.uk/training>

View the Nico Pauly interview on 'YouTube' <https://www.youtube.com/watch?v=140guq5mXgs>

This diploma is offered to therapists who wish to extend their skills to include specific additional techniques for use in both acute and chronic pain states.

Dysfunction in the movement and organ systems are often correlated and the nervous system plays a central role in this relationship.

Nerve reflexology utilises a specific pressure technique to target and precisely impact various parts of the nervous system.

**Griet Rondel** and **Nico Pauly** have a wealth of experience in handling clients in pain. Physiotherapy, their core skill is added to with manual neurotherapy, manual therapy, cranio-sacral therapy, neuro-dynamics, Eastern meridian diagnostics and reflex zone therapy. They will lead you through a step by step process in Neurology and Neurophysiology and combine it with nerve reflexology techniques.

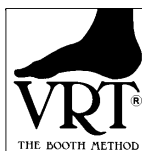
**PAYMENT:** Each course level is £360. You may sign up to level 1 as a stand-alone course or take the whole diploma course including the final examination to become a '**Qualified Nerve Reflexologist**'. A non-refundable deposit of £250 is required at the time of booking for each level.

**Please note:** *Nerve Reflexology has a highly professional reputation and has always attracted 'sold out' classes, with many overseas delegates. Don't wait to the last minute to book, as places will fill fast.*

To book your place or for further information, please contact me: 

[info@reflexmaster.co.uk](mailto:info@reflexmaster.co.uk) Reflexmaster: <http://www.reflexmaster.co.uk/training>





AoR Approved – 12 CPD Points

**VRT Workshop**  
**VRT Sleep, Mobility and New Developments**  
**Sunday 28<sup>th</sup> June 2015**  
**Pax Lodge, Hampstead, London NW3 5PQ**

**Lynne Booth**

BA (Hons), BRCP, AoR Hons, IIR, ART Hons

**A dynamic VRT Workshop using reflexology for the Feet and Hands**

All VRT Practitioners are eligible to attend. New reclining and standing foot reflexology. Simple but profound VRT uses weight-bearing techniques while working the hand reflexes – useful for musculoskeletal issues. Many techniques will be learnt to improve your practical skills for treating in your clinic or on domiciliary visits. Offer sleep treatment “packages” to family and friends as well as clients

*“The day simply sped by. Your presentation is relaxed and well balanced and you are so very generous in sharing your knowledge and experience with us. I have attended quite a lot of post-graduate reflexology courses over the past few years, and I must say that yours are the best in every way”.*

Debbie Salzman: Hampstead, London Class

**The workshop uses foot and hand VRT/reflexology and will include the following techniques:**

- Learn the successful VRT “Sleep Package” of refined and new techniques with instruction sheet to duplicate for clients, self-help and carers.
- New VRT *Wrist Twist* to help mobility issues
- New VRT Mobilising synergistic techniques.
- Learn how to work a combination of mobility movements and nail reflex work for musculoskeletal issues and sports injuries.
- VRT techniques from all courses will be demonstrated including specialised training in hand and nail reflexology and VRT.
- Special considerations for working with older people. Improvising your techniques on domiciliary visits. “Adaptive” reflexology.
- New Pain and Mobility techniques to address the needs of immobile clients.
- Sample treatment of Hand Reflexology

*See overleaf for more general information about this VRT workshop.*

**Lynne Booth Sleep, Mobility and New Developments Sunday 28<sup>th</sup> June 2015 £95.00 per person or £90 for VRT Network members. You may book online at <http://boothvrt.com/course-dates-booking/>**

I wish to pay the full amount **as above** (this contains a non-returnable deposit of £50.00)

☐ cheque made payable to ‘ **BOOTH VRT LTD** ’

☐ my charge card Mastercard/Visa/Switch (please circle) No: \_\_\_\_\_  
Expires \_\_\_\_/\_\_\_\_, Three digit security code (on back of card) \_\_\_\_\_; for switch: valid from \_\_\_\_/\_\_\_\_ Issue No: \_\_\_\_\_

**Complete below and send to:** Booth VRT Ltd, Suite 205, 60 Westbury Hill, Bristol, BS9 3UJ.

Tel/Fax: 0117 962 6746, email : [course@boothvrt.com](mailto:course@boothvrt.com). You may fax it with a charge card number.

PLEASE PRINT IN BLOCK CAPITALS

Name.....School/Qualification.....

Address.....

.....Post Code:.....County:.....

Tel/Fax ..... E-mail: ..... Signed:.....

Membership No:..... Please tick for £5 discount ☐

## Forthcoming VRT Courses in the UK and Abroad

<i>Course Date</i>	<i>Place</i>	<i>Tutor</i>	<i>Organiser</i>		<i>Phone</i>
<b><u>Course Type:</u> VRT Basic Course</b>					
<b>Sat, 16 May 15</b>	Barcelona, Spain	Aliki Vythoulka	reflexoholistic@gmail.com	Aliki Vythoulka	+34 678968361
<b>Sat, 13 Jun 15</b>	Athens, Greece	Aliki Vythoulka	reflexoholistic@gmail.com	Aliki Vythoulka	+34 678968361
<b>Fri, 26 Jun 15</b>	Wirral, Cheshire	Allison Walker	learn@contemporaryreflexologycollege.com	Allison Walker	0808 108 8311
<b>Sat, 27 Jun 15</b>	Hampstead, London NW3	Lynne Booth	contact@boothvrt.com	Lynne Booth	01179 626746
<b>Fri, 24 Jul 15</b>	Barcelona, Spain	Aliki Vythoulka	reflexoholistic@gmail.com	Aliki Vythoulka	+34 678968361
<b>Sat, 17 Oct 15</b>	Barcelona, Spain	Aliki Vythoulka	reflexoholistic@gmail.com	Aliki Vythoulka	+34 678968361
<b>Sun, 29 Nov 15</b>	Lincoln, Lincs	Allison Walker	learn@contemporaryreflexologycollege.com	Allison Walker	0808 108 311
com					
<b><u>Course Type:</u> VRT Advanced Course</b>					
<b>Sun, 17 May 15</b>	Barcelona, Spain	Aliki Vythoulka	reflexoholistic@gmail.com	Aliki Vythoulka	+34 678968361
<b>Sun, 14 Jun 15</b>	Athens, Greece	Aliki Vythoulka	reflexoholistic@gmail.com	Aliki Vythoulka	+34 678968361
<b>Sat, 25 Jul 15</b>	Barcelona, Spain	Aliki Vythoulka	reflexoholistic@gmail.com	Aliki Vythoulka	+34 678968361
<b>Sun, 18 Oct 15</b>	Barcelona, Spain	Aliki Vythoulka	reflexoholistic@gmail.com	Aliki Vythoulka	+34 678968361
<b><u>Course Type:</u> Sleep, Mobility and New Developments</b>					
<b>Wed, 13 May 15</b>	Bristol, UK	Lynne Booth	contact@boothvrt.com	Lynne Booth	01179 646746
<b>Sun, 28 Jun 15</b>	Hampstead, London NW3	Lynne Booth	contact@boothvrt.com	Lynne Booth	01179 626746

### Reminder for existing Network Members or New Members

When booking a second course and applying for VRT Network Membership, you may claim a discount on the balance of fee

**More UK Course Venues are always being arranged. Please contact Booth VRT Ltd  
contact@boothvrt.com or phone 0117 9626746 or see website for latest details**

**Please note: Courses can be specifically arranged for schools, colleges etc. In many cases the Basic course can be combined with one of the advanced courses the next day.**