

Membership Network Newsletter

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Dear VRT Practitioner

This newsletter comes with greetings for Christmas and the New Year. We hope that 2018 will be good for you in everyway.

I continue to receive excellent feedback from my VRT Reflexology and Movement techniques and I look forward to see many of you on my new classes which will be held in London and Bristol next year. The syllabus covers palliative care and dementia, mobilisation for all ages and Sports Maintenance and Injury. More information on page 2. To see details and book, click [here](#).

There is so much activity going on in the field of complementary care and yet there are not always the opportunities share it. My colleague Sue Ricks has done an amazing job in setting up the sold-out Reflexology UK conference in March 2018. Her inspiring article describes how her vision became a reality. In the following pages you will read about a very powerful and different approach to emotional health and well-being using the Human Givens approach. Reflexologist Juliette Young combines this interesting psychotherapy modality with reflexology and has greatly enhanced her practice by using these techniques.

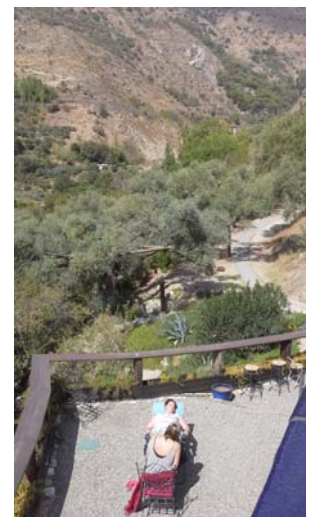
Bedwetting is a very traumatic difficult problem for many young children and adults, and this condition greatly affects themselves, their parents and carers. Because of the humiliation and embarrassment that surrounds this condition, it is often not addressed publicly and many are not aware of the help available. Reflexologist Sarah Greenhalgh has specialised in helping people cope with various aspects surrounding Nocturnal Enuresis and describes her research and how she has helped families cope.

A year or so ago, I taught reflexologist Naomi Raywood and she mentioned that she was developing a very unusual Bed and breakfast environment in her home and large garden near Glastonbury, where she lives. When she

joined me for another course this autumn, I was amazed and delighted to hear how it had grown. Such is her success that she has increased her specialised accommodation such as a retro caravan and has also offered reflexology to her guests. Many people passing through have wanted to stay longer and were delighted to receive her profound reflexology. Naomi now has many returners. So, from small beginnings, she now offers retreats and wonderfully different accommodation in peaceful surroundings.

Many of our clients complain of stress or stress-related ailments. Renowned reflexologists, Dorthe Krogsgaard and Peter Lund Frandsen give us helpful information using powerful reflexology techniques from their practice in Denmark.

I took this photo of what must be my ideal setting to receive reflexology; in the Spanish mountains! Read my experience of this very special reflexology retreat.



With best wishes from all the VRT tutors



Lynne Booth

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Reflexology and Movement in Minutes

**Do join us on a new Accredited Class with
Lynne Booth for 2018**

*VRT Mobilisation Techniques to Improve
Function and support Pain Management*

Lynne Booth writes: When it comes to VRT and mobilisation presentations I am often delighted to surprise the audience with some interesting and unexpected information: that these Mobilisation techniques were discovered on older, chronically sick people and later subsequently refined on elite athletes.

In the very early days of VRT I worked on a seated woman, in her late eighties, in a wheelchair. I asked her to try to gently flex her immobile fingers as I mobilised the fingers referral area on her toes. To my surprise she suddenly exclaimed and showed me her fingers could now splay for the first time in a year. The concept of reflexology and motion was born and this has been used ever since on clients of all ages and conditions.



**The VRT
Wrist Twist
to relax
lower
lumbar
muscles in
seated and
standing
positions**



For more
Reflexology and
Movement class
description click
[here](#). Everyone can
now discover the
versatility of the
many powerful VRT

techniques that are suitable for all ages and conditions. Learn simple moves to help ease pain and increase mobility including a sports warm-up protocol and techniques for working with children and older people, including dementia and palliative care. It is accredited: 12 CPD points. Members: £94.00.

These tried and tested techniques, which have been developed over 20 years, can be

immediately integrated into a reflexologist's repertoire and may be applied in the seated, standing and reclining positions using both feet and hands.

Refine your skills and enhance your practice which is open to all qualified reflexologists and does not require prior knowledge of VRT – so come and join us and bring a reflexologist friend with you!

**Sunday 18 February 2018 - Bristol BS9 3UN
Sunday 13 May 2018 - London NW3 5PQ
Monday 4 June 2018 - Bristol BS9 1RS**

1-day class syllabus:

- **Vital Reflexology and Movement Techniques:** a five minute revitalising booster, using a specific set of core VRT weight-bearing techniques combined with subtle movement which can be incorporated into your classical sessions.
 - Hand and foot reflexology is utilised plus VRT weight-bearing and reclining techniques or for **First Aid. Sleep protocol.**
 - **Mobilisation warm-up protocol** for elite and amateur sportspersons to ease pain and increase function. Acclaimed VRT weight-bearing and movement techniques to target the Sciatic/Hamstring/Piriformis and Psoas muscles/Lower lumbar spine, Groin & Hip Flexors and Head & Neck reflexes plus the VRT Wrist Twist technique. This protocol may be adapted to suit all clients.
 - Working with **children and babies** - subtle, short effective techniques.
 - Working with **older people** - adaptive seated VRT mobilisation techniques.
 - Soothing reclining techniques for **Palliative Care** situations using hand reflexology with the option of short but profound gentle nail-working techniques for those
 - **Living with Dementia** Both protocols can also be shared and taught to family and carers.
- To Book [click here](#)**



The Human Givens Approach to Emotional Health and Wellbeing

By Juliette Young

The Human Givens is a relatively new form of psychotherapy that was developed just 20 years ago by psychotherapists Joe Griffin and Ivan Tyrrell. The approach is jargon-free, pragmatic, client-focused and highly effective. Therapy is generally short-term with most clients averaging 4- 5 sessions, depending on what the issues are.



In practice, Human Givens therapy incorporates specific techniques that have been proven to work, from a range of different approaches, such as Solution-Focused Brief Therapy, Cognitive and Behavioural Therapy (CBT), Interpersonal Therapy, Hypnotherapy and Neuro-Linguistic Programming (NLP). This means that it is not restricted to specific ideologies or hemmed in by dogma. It incorporates all the latest scientifically proven research into how the brain works, as well as drawing on ancient and/or Eastern wisdom, folklore, metaphors and stories.

So why 'Human Givens'?

The Human Givens (HG) approach is an organising idea that is based around a universal human truth – that, in addition to our physical needs, every human being has emotional needs, which we are driven to get met, from our environment in whatever way we can. We are also born with resources to help get these needs met. These are the 'givens' of what it means to be human. When we are able to use all our resources effectively and get all our needs fairly well met and in balance, then it is impossible to be mentally or emotionally unwell. This is why, when Human Givens practitioners work with people in mental distress, they look for what is missing in those people's lives and seek ways to redress that, as well as teaching them important life-coping

skills. A list of these needs and resources can be found on my website, or on the HG website.

My Story

I first came across the Human Givens about 11 years ago when searching for a way to help my then 12 year old son who was suffering from acute OCD (obsessive compulsive disorder). I was hugely impressed with the pragmatic approach to psychotherapy, and subsequently read their book, thinking 'one day, I would love to study this in more depth'. That day finally came in 2011 when my elder two were at university, and my youngest was studying for her AS levels. I had been a reflexologist for 10 years, I had more time on my hands now, and I felt ready for a new challenge.

I finally became fully qualified in the summer of 2014. During my training, I would test out some of my new learning, such as guided imagery, and visualisations for pain reduction on my reflexology clients, and if any of them had a particular issue that couldn't be helped by reflexology, such as a phobia, PTSD or an addiction I offered them free sessions of Human Givens, just to get the practice. One of my early successes was a client with a spider phobia that she'd had since she was a child. In one session, I was able to rid her of that phobia. She is still a reflexology client, and that phobia has never returned.

Combining the HG approach and Reflexology I now mostly do HG therapy as a stand-alone therapy, but sometimes I will get a client who I feel would benefit from some reflexology as well, or vice-versa. One of the things I really like about the HG approach is that it gives control back to the client (as do self-help VRT techniques). They may not be able to control what is happening to them, or around them, but they can always have some control over how they respond to it. The following problems all benefit from a combined approach.

Sleep

One of the most common problems, whether it is underlying other problems, or whether it is the primary one, is poor sleep. If this is the case, I might suggest that they alternate their sessions with reflexology, as it is the most effective way to ensure a better night's sleep. Similarly, if I have a reflexology client with sleep issues I will teach them some techniques from my HG toolbox. The most effective is a type of diaphragmatic breathing we call 7:11.

This simply means breathing in deeply to a count of 7 and out to a count of 11 (or a similar ratio). I explain that the out breath activates the body's relaxation response (or parasympathetic nervous system) so that when we deliberately breathe out for longer over an extended period then the body will respond by deeply relaxing. People tend to like the concept is a physiological response, so it will happen regardless of how they are feeling emotionally. I will get the client to do this while I am treating them, and also explain that when the body is relaxed it sends a message to the brain that all is well, so then the mind can calm down too. In addition, the counting ties up the conscious mind, making it harder for unwanted thoughts to intrude.

Pain

The other main area where I will combine HG with reflexology is with pain relief. As we all know, reflexology, particularly VRT, can have amazing and immediate effects on both acute and chronic pain. The Human Givens approach has given me a new perspective and understanding of pain, which is very useful to impart to clients. I would highly recommend a self-help book; *How To Liberate Yourself From Pain*, by HG-trained musculoskeletal specialist Dr Grahame Brown. He says that the training completely transformed the way he now treats chronic pain. All pain has a psychological component to it. This is not to say it isn't real, but it is to say that people have more control over their pain than they think.

With any kind of injury all tissue damage heals within a maximum of three months, so pain that persists after this time is caused by a disruption to the nervous system, and the nervous system, as we have seen above, can be controlled or altered by our breathing. It can also be altered by our thought processes, and by visualisation, all things that the HG approach can help with. I often teach a simple visualisation that the person can use at home, that has an immediate effect on the level of pain they are experiencing.

As always, I will also look at what emotional needs may be missing and help them to address that. If there is a traumatic element to the pain then I use the Rewind Technique (more details on the HG website and on my own) to effectively deal with that aspect.

Stress

Whilst reflexology can be very helpful for stress, its effects tend to be short term if the underlying cause is not addressed. As we know, the symptoms of chronic stress are many and varied, both emotional and physical, potentially even life threatening. All these symptoms are warnings that important emotional needs are not being met (maybe a person's life feels lonely, too demanding, meaningless, or out of control) and are a sign that something has to change, to bring the harmful stress levels down. That's why the Human Givens approach, which focuses on helping people find healthy ways to meet their essential emotional needs, is so effective. In addition, teaching relaxation techniques such as 7:11 breathing will also assist in bringing down stress levels.

There is not room in this article to list all the ways in which the HG approach can help, but if you are interested, I would urge you to look at their website, or read some of their books. If you would like to find an HG therapist, you can find one via the link on their website.

I leave you with an old Cherokee Indian legend, which encompasses both the HG approach and the use of stories and metaphor:

An old Cherokee is teaching his grandson about life. *"A fight is going on inside me,"* he said to the boy. *"It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."* He continued, *"The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."* The grandson thought about it for a minute and then asked his grandfather, *"Which wolf will win?"* The old Cherokee simply replied, *"The one that you feed."*

Publications

By the Human Given Institute and its book shop www.humangivenscollege.com

Therapy For Change | Juliette Young
www.julietteyoungtherapy.co.uk

UK Reflexology Conference March 2018 – Sue Ricks

We are really lucky to be having the **UK Reflexology Conference** happening this year on March 2 - 4 2018. This is a great event that I am sure lots of people feel very lucky to be attending, especially as the tickets sold out so quickly. There will be 15 international speakers who will be sharing their knowledge and expertise over three days from subjects varying from research results, pain management through to fertility and child care.



It seems quite incredible to me that this conference is happening and that it has turned out to be a really big event. We actually started from a very short conversation with my sons!

I was aware that I had a desire to attend a conference in the UK as I'd been to so many conferences myself in other countries and felt that we were missing out by not having one in the UK.

I remember speaking to Lynne Booth at the ICR conference when it was in Sheffield in 2015 and saying how great it was that the ICR conference was in the UK and but we haven't had a UK Reflexology Conference specifically and I missed that. I hoped one day there would be one!

One Sunday afternoon I was looking at a photograph of some lighting that my son had done in support of the school where he works. It just shone out to me as being really beautiful. My son had used the lights belonging to his brother and so on this quiet Sunday afternoon I told the boys how much I appreciated the beauty of the lighting and that any conference would indeed be enhanced by such lighting. They suggested that they would offer their services next time a conference was held in the UK and I said that there hadn't been one that was for UK reflexologists since about 2004! It was then that they both said (in unison) that maybe I should host one!!

I must admit the thought of hosting a conference at the time was extremely shocking and I didn't think that one individual would be able to do such a thing however I contacted some speakers that I know in reflexology and asked them "if I put on a conference, would they be willing to speak?" and within 6 hours the main speakers for the conference were agreed. We arranged a location and hoped that we would get a reasonable response and were totally surprised and delighted at the volume of genuine interest. The response meant that we were able to extend the opportunity to speak at the

conference to further speakers and ended up by reserving the whole conference facility at the Hotel.

What an honour it feels to be part of this great event where people are going to be all together in a like-minded, positive and supportive way.

Our team have worked daily towards the event as we want to make it the best conference that we can. It is our intention to create an opportunity for reflexologists to come together and share the mutual love and respect of reflexology. It's an opportunity for people to get to know each other as maybe people have met through social media but haven't actually met in person and this is their chance to do that. It's a chance to learn about new information and hear different views on a subject that we hold dear. It's a chance to watch techniques and approaches and add to our existing reflexology repertoire.

I've been involved in helping people through healing and the delights of reflexology for nearly 30 years and have seen an incredible growth and expansion plus changes in the field of reflexology. This conference is our chance to pull together and use our collective unity to build strength and then be able to share that back out into the world.

We have some superb speakers who will be sharing such a wide range of information from recent research, treatment protocols, reflexology routines plus foot reading, esoteric and metaphysical information. Everybody will be contributing their best during this three day event. We are also fortunate to have a large number of vendors who are providing an opportunity for people to browse and buy a very wide range of health-related products. We also have speakers and delegates travelling in from all over the world including USA, Canada, Australia, Spain, and Israel. We feel very lucky to have had this opportunity to put this event together and we really hope that everybody has a thoroughly enjoyable, rewarding and lovely time.

The theme of the conference is "Colours of Reflexology" as a reference to the fact that all of us having separate skills and knowledge. Each colour is valid and makes the rainbow. No colour is left out, or is better than another. We all contribute to the whole.

With love of
reflexology and
reflexologists!

Here's to a great
conference



Sue Ricks
www.suericks.com

Equilibrio Spanish Reflexology Retreat September 2018

Lynne Booth reports:

Last September I was very fortunate to be invited to be the guest Reflexology Lecturer on a 6 day Equilibrio reflexology retreat in the Spanish mountains. This time the venue was the House of Light which is in a spectacular position in open country near the town of Orgiva and just over 1 hour drive from Granada and 2 hours from Malaga. Equilibrio is run by reflexologists Anna and Jane Bartholomew who have organised previous retreats in Spain for reflexologists. Such is their reputation; this week was a sell-out and several therapists had returned because they so enjoyed previous visits.



A group of 12 of us enjoyed a range of accommodation in various houses and yurts. There was a wonderful large yurt for the optional yoga and meditation each morning. I gave 2 VRT mornings of training plus more practical sessions in the VRT Reflexology and Movement techniques. There was also a medical herbalist, nutritionist and motivational speaker who gave morning lectures and there were guided meditation walks, reflexology swaps and time to explore the countryside one afternoon or visit interesting white hill top villages.



Mealtimes were a wonderful focal point for the most delicious varied and colourful vegetarian food I have ever tasted. We had three great meals a day sitting on the terrace in the warm sunshine eating, talking, laughing, sharing and admiring the spectacular view. The group really gelled and friendships were made that have continued.



No-one was expected to join in everything and there was time to opt out and laze by the pool or sit reading under a shady tree. However, most people joined in most of the time because the programme was so interesting!



Anna and Jane, with their great team of chefs and helpers, were always on hand to assist and make sure everyone was happy and provided with all they required. The House of Light is owned by Adrian and Ceri who made us welcome along with their delightful little daughter, Alma, who can be seen in the photo positively wanting more reflexology and she was also learning to give it!



The whole week was a wonderful experience and, on the last night, everyone agreed that it had been a very special and enlightening experience. Anna and Jane are planning more retreats and I am delighted to say I have been invited back in the future! See their website for future dates and names of guest speakers.

Contact Anna and Jane Bartholomew at Equilibrio for more details:
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web: www.equilibrio.life

The right therapeutic focus - when pain is caused by stress

Dorthe Krogsgaard and Peter Lund Frandsen, Denmark



Two case stories illustrating reflexology sessions with stressed individuals.

Pain is a very common, but at the same time often overlooked sign of stress. More and more of our clients have elevated stress levels and it is necessary to know the signs and symptoms of stress, what it does to the body and which questions to ask to find out.

How can we best help with reflexology? As one of our clients – a well known stress coach in Denmark – said after the first session: "Do you realize what a fantastic tool foot reflexology is for stress, because working on the feet brings about the most unique sensation of grounding!" An interesting viewpoint which has since been confirmed by lots of clients

Let us take a closer look at stress and pain with the following cases from our practice:

Case 1: Rita, 32

Independent marketing consultant, appears healthy, normal weight, healthy eating habits. Presents in the clinic with muscular pains in several places, especially the arms, during the past 2 months. She takes anti-inflammatory medication (NSAID) with some effect. Several sessions with physiotherapy with only temporary pain relief. Two years ago she had one month of sick leave because of stress, but doesn't think stress is an issue anymore.

We asked the following questions:

Q: How do you sleep at night? A: Often wakes up around 4-5am, some nights no sleep at all, other nights sleeps ok.

Q: How is your digestion? A: Slow transit with 3-4 days between bowel movements.

Q: Do you often catch infections? A: Recently

suffered from a cold, nothing severe, but couldn't seem to get rid of it for a long time.

Q: How is your mood? Do you laugh now and then?

A: Funny you ask me that, my friends say I have become so serious lately.

Q: Do you feel pains constantly or only with movements? A: They are more or less constant also at night, but it varies where I feel them most.

Q: Is your heart feeling calm? A: For a long time I have felt palpitations and skipped beats from time to time.

Q: On a scale from 0 to 10, how would you judge your current stress level? A: 8

Our conclusion

The fact that anti-inflammatory drugs help, that massage does not, and that she has nightly pains, indicate inflammation in joints/muscles. Rita's sleeping pattern is a clear sign of stress. Her immune system is suppressed and she is constipated, both of which points at a misbalance of the autonomic nervous system with too much sympathetic activity.

Interestingly, she doesn't think an 8 on the stress scale is high (!), maybe she is accustomed to living with a lot of stress?

Prioritising the reflexology sessions

Based on the findings above our first priority would be to work with the following systemic (all body) stress reducing techniques:

1. We begin the session with heart meditation, asking Rita to focus on her heart while the therapist gently holds her feet, until she feels the heart calming down.
2. Tuning in and centering techniques (working bilaterally on the spine reflexes).
3. Autonomic nervous system with extra focus on the vagus nerve.
4. Phrenic nerve, plexus and respiratory diaphragm
5. The seven sphincters of digestion (see illustration) and intestines
6. Hormonal system

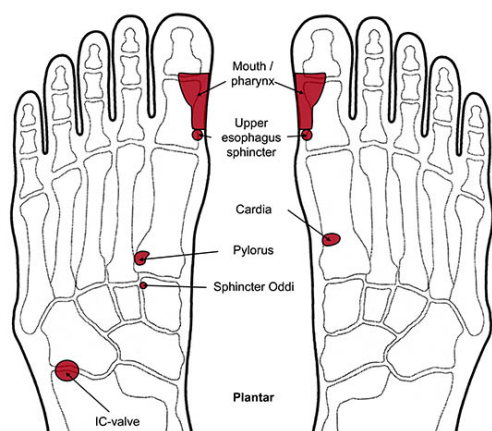
Having helped the whole system relax, we would then start to address the current local pain symptoms in the arms by working:

1. Spinal nerves of the neck and upper thorax (nerve reflexology)
2. Brachial plexus and arm nerves (nerve reflexology)
3. Spine
4. Shoulder and arms

After 4 sessions with 3-4 day intervals, Rita felt her situation beginning to change. The muscle pains subsided and she was able to sleep through most

nights. Fewer palpitations but still some constipation. Stress score down to 5.

Having completed 8 sessions all symptoms had cleared, the stress score was down to 3.5 and we decided to conclude the course of sessions.



Six sphincters of digestion (the seventh is the anus reflex)

Case 2: Ann, 64

Married, retired corporate executive lives in 50/50 in Denmark and Spain. She seeks our help because of burning pains in the mid-thoracic spine, radiating to the right shoulder and arm and up into her jaw.

One year ago she was diagnosed with facet joint syndrome of T7 – T12. The pains make it difficult falling asleep and she takes sedative medication. No heart pathologies. During three years she has suffered from inflammatory bowel disease. Lately she has had periods of pain or cramps in the diaphragm. She sometimes finds it hard to tell if the pains come from the back or from deeper inside. She says, she has no reason for being stressed.

We started reflexology with the focus on her facet joints and muscles using nerve reflexology techniques and classical reflexology. But this had a limited effect and only for a few days. This is important information telling us we need to take a different approach. We ask more stress related questions, and find out she had a fearful experience one year ago, when her husband had a severe heart attack and nearly died. She starts crying when telling the story and her heart beats strongly.

Knowing this, we changed the therapeutic focus to stress as described above. For some sessions we worked entirely with stress techniques and digestion rather than the facet joints. We used the following sequence:

Initiating the session as described in Rita's case above (step 1 and 2)

1. Autonomic nervous system with extra attention to T7-T12, which is where Ann feels her pains. And this is also the origin of sympathetic nerves innervating blood vessels for shoulders, arms, plus organs in the upper abdomen and parts of the intestines.

The vagus nerve is worked intensely and we use a linking technique combining the vagus nerve with the T7-T12 level of the spine to help reduce the sympathetic overdrive in the painful area.

2. Phrenic nerve and diaphragm: no particular reflex reactions.
3. Seven sphincters and digestion: Important because of IBD.
4. Hormonal system: Low priority
5. Chakra foot reflexes: These react strongly with Ann, and we conclude all sessions working with this technique to generally balance her energy flow.

Ann agrees to change her diet and consult a psychotherapist as well as receiving reflexology. Her reactions are interesting: At first she experiences more pain in the facet joints, arms and jaw, and is close to cancelling the sessions. The second time her bowels start to relax and at the same time pains in the back and arms improve significantly even though we didn't address these reflex areas directly.

Following her third session pains are almost completely gone, no organ pains and no discomfort at bed time, but still slightly unstable bowels. We end sessions after the fourth visit because she is moving to Spain. She continues doing heart meditation, keeping a healthy diet and she has realized the importance of working with the chock that shook her system and elicited a prolonged stress response.

These two cases illustrate:

- The importance of seeing stress as a possible cause of pain.
- The benefit of a good knowledge and large palette of therapeutic techniques.
- How interesting and beneficial a bit of detective work can be for the outcome of reflexology.

More info

Description of the techniques used in these case stories can be found in other articles available on the website. www.touchpoint.dk

For a more thorough learning experience we recommend our workshop Round about: Stress.

**Dorthe Krogsgaard and Peter Lund
Frandsen, Denmark
2018 Touchpoint programme**

Round about: The Immune System
Chicago April 30th and May 1st 2018

Round about: The Foot
London 23-24 June 2018

**4th International Summer School in
Copenhagen**

- where Reflexologists meet:

**Nerve Reflexology: Lower neck -
Thorax - Shoulder - Arm - Organs**
Copenhagen 23-25 July 2018 (3 days)

Round about: The Immune System
Copenhagen 27-28 July 2018 (2 days)

**News items from 'What the
Doctors' Don't Tell You (WDDTY)'**
www.wddty.com

**There's been a major discovery about
spinal cord injury—often seen as a life
sentence—that opens up the possibility
of a full recovery.**

Researchers have discovered that spinal injuries cause a fundamental change to the type of bacteria living in the gut, and it is this that affects nerve signalling, which is the most significant symptom and the major block to a full recovery.

Eating probiotics helps re-establish the gut's 'good' bacteria, and this could help kick-start communication between the nerves and reverse neurological damage.

Researchers from Ohio State University have discovered that the trillions of bacteria in the gastro-intestinal tract—collectively known as the gut microbiome—are overwhelmed by inflammatory bacteria when the spinal cord is damaged. This dysbiosis, or gut bacteria imbalance, could happen when someone with spinal injuries loses bowel control, the researchers think.

The biggest changes to the gut bacteria also resulted in the poorest recovery from the injuries, say the researchers in experiments with laboratory mice.

Probiotics, containing lactic acid-producing bacteria, activate regulatory T-cells, the gut's equivalent of immune cells, which suppress inflammation. In turn, this repairs spinal cord

injury and helps improve neuronal growth and function.

Specialists need to stop focusing only on the spine, but instead start looking at the health of the gut as well, says lead researcher Phillip Popovich.

This latest discovery adds to the evidence about the vital function our gut microbiome plays. Autoimmune diseases, such as multiple sclerosis (MS), type 1 diabetes and rheumatoid arthritis, have been linked to gut dysbiosis, and it's also been associated with the progression of neurological disorders such as autism, pain, depression, anxiety and stroke.

**Women who suffer from frequent bouts
of UTIs (urinary tract infections) should
start drinking around three pints (1.5
litres) of water every day. It halves the
chances of the problem recurring.**

The extra water helps flush bacteria from the bladder, and reduces the possibility of the bacteria attaching to the cells that line the urinary tract, which happens when a UTI develops.



While it sounds logical, nobody has really tested the idea before, say researchers from the University of Miami School of medicine.

They got together a group of 140 women who had suffered at least three UTIs in the past year, and whose fluid intakes were quite low. Half carried on as normal, and the rest were told to drink an additional 1.5 litres of water a day, which is roughly equivalent to three 16-ounce glasses.

With all the other drinks the women would consume in a day, their fluid intake rose to 2.8 litres, while the non-drinkers were still drinking around 1.2 litres every day.

After a year, the women who didn't drink extra fluids reported having just over three UTIs in those 12 months, while the extra-fluid group suffered around 1.6 UTIs on average, a 48 per cent reduction.

It's estimated that up to 60% of women will suffer at least one UTI in their lifetime, and 25% of these will have a repeat infection.

References

(Source: *Proceedings of the Infectious Diseases Society of America's ID Week*, October 5, 2017)

The sugar industry suppressed evidence for nearly 50 years ago that processed sugars could cause heart disease and some cancers.

The sugar industry suddenly stopped funding the research project that was connecting sucrose to serious health risks, forcing the study to close down.

The results of the 1967 study—that had discovered that sucrose increased the chances of heart disease and bladder cancer in laboratory rats—were never published, and the project's funders, the International Sugar Research Foundation (ISRF), sat on the findings.

The whole project had been secret, and nobody even knew the ISRF was exploring the possibilities that sucrose might be causing two of the world's major diseases. The study, known as Project 259, had ostensibly been set up to "measure the nutritional effects of the organisms in the intestinal tract". In fact, researchers from the University of Birmingham had been commissioned to discover whether sugar could cause coronary heart disease, and especially when compared to consuming starch.

Two years after the study was closed, an internal document at the ISRF said that Project 259 had been "one of the first demonstrations of a biological difference between sucrose and starch-fed rats."

In addition to discovering a link to heart disease, the researchers had also found that sucrose increased the risk of bladder cancer, something the ISRF hadn't suspected.

The discovery would have been a vital addition to a growing belief at the time that sugar could raise levels of fats, known as triglycerides that are linked to heart disease, say researchers from the University of California at San Francisco (UCSF), who discovered the hidden documents recently. Even last year, the sugar industry was still denying there was a link between sucrose and tumour growth, and yet, in truth, they were aware of the possibilities nearly 50 years ago. "The kind of manipulation of research is similar to what the tobacco industry does," said UCSF researcher Cristin Kearns.

References

(Source: *PLOS Biology*, 2017; 15: e20034600)

Breaking the Cycle, Naturally! **By Sarah Greenhalgh**

Support for bedwetting including reflexology

Growing up for our children seems to be quickening in pace; could this lead to higher expectation of maturing early? It is useful to consider that physical



development including the strength and functioning of one's organs can be linked to those of the parents when younger. We will be focusing on causes that affect functioning of the bladder especially at night in children. A vicious circle can be created when bedwetting becomes a worry or cause frustration for those involved. This article hopes to offer helpful hints and inspiration through access to an invaluable website, relevant statistics and a natural way that has helped families to break the cycle by working together.

It is good to know that it is common for children to accidentally wet the bed. The medical name for bedwetting is nocturnal enuresis. Nocturnal enuresis is common in young children but it gets less common as a child gets older.

In the UK, it's estimated that about:

1 in 12 children wet the bed regularly at four and a half years old (regularly is defined as at least twice a week)

1 in 40 children wet the bed regularly at seven and a half years old

1 in 65 children wet the bed regularly at nine and a half years old (NHS)

1 in 75 teenagers wet the bed

Possible reasons why this happens, not laziness but: When their bladder gets full, the 'empty me' signal doesn't get through to their brain, to wake them so the bladder empties when they are asleep. They might not have enough of a hormone called Vasopressin. This hormone helps the kidneys make less urine in the night. They could have an overactive

bladder. This means their bladder needs to empty often and urgently. If they are constipated their bowel will be full and can put pressure on your bladder at night. (ERIC)



ERIC stands for Education and Resources for Improving Childhood Continence and is based in Bristol. Their website is full of useful information for children, teenagers and parents of sufferers with this common condition. They supported my natural supportive therapy that I developed after an astonishing response from a press release in the local paper in July 1997. This brought about the realisation of the extent of this problem for families in Cornwall and beyond.

The article focused on Reflexology and how it could help students' stress around exam time but also mentioned previous exciting results for babies with asthma and older children with



bedwetting problems. From this press release, I received over 15 phone calls from mothers all over the UK asking how Reflexology could help alleviate their child's bedwetting. I trained six mothers at this point on an individual basis to focus on this specific ailment. All the children responded well to treatment, those who achieved the greatest benefit were those treated daily for the first week.

Previously we have looked at how stress affects the body physically and how 75% of all

common ailments are stress related. Although the effects are physical, the source of the stress is usually emotional. It has been documented that many illnesses are related to specific emotional trauma. The most significant examples for this article are the emotions that affect the kidneys and bladder: Louise Hay believes that kidney disorders relate to the emotion – fear.

Bladder disorders relate to – disillusionment with those in control. This connects well with this traumatic cycle -imagine how frustrating it can be to have to keep washing sheets, duvets and bedclothes and possible disillusionment of the child's progress if they used to be dry (secondary nocturnal enuresis). Children are sensitive and can pick up on suppressed emotion leading to suppressing the way they feel. This is the beginning of a vicious circle, where disillusionment and fear build up inside the child and begins to affect his/her daily life. 'How can I go on a sleep-over, or to camp, how can I talk to anyone about this when it is stressing them out? It often becomes a taboo subject but during the reflexology treatment, the child will start to relax. He/she will begin to realise that the Mum or Dad are doing this just for them, working on a one to one basis a greater bond and level of understanding will begin to develop and the child will start to open up and express how he/she feels.

It might take one session, but expect to complete a few daily treatments before seeing an improvement. The child's confidence will grow as both become more accustomed to the treatment and the effect will become evident. Then it is possible to treat less regularly, maybe drop down to two or three times a week, then weekly, every fortnight and so on. As the bond between parent and child strengthens it will become easy to work out how often the sequence is necessary. If the child goes through a bad patch at school, or seems troubled by something give them an extra treatment. It's great to feel more in control!

Vasopressin, the hormone already described as helping the kidneys make less urine at night has also been investigated in relation to its effects on relationships of couples; finding that a flood of oxytocin and vasopressin produces a greater feeling of attachment and security. The original study observed relationship changes in prairie voles. In the experiment male prairie voles were given a drug that suppresses the effect of vasopressin, leading to the bond with

their partner deteriorating immediately as they lost their devotion and failed to protect their partner from new suitors. (BBC, Science)

Although a little off on a tangent, could there be a link between a vasopressin reduction in children suffering with enuresis and a sense of insecurity at home? Through Reflexology an energy boost can be focused towards balancing hormones by targeting the endocrine glands where they are produced and strengthen relationship bonds as described above.

A trial carried out in Canada involved 20 children who had reflexology administered twice weekly for four weeks (with a minimum of 2 days between treatments) followed by weekly treatments for seven weeks. A decrease in the night time amount of urine was reported by 43.8% of the parents and 23.5% moved from the category of "soaking wet" to "a little wet". Upon conclusion of treatment, one boy was completely dry. For one month after the conclusion of treatment the effects were



maintained with one boy and one girl being completely dry, also one boy was almost dry. Some parents reported a change in their child's sleep pattern, now the child would awaken upon urination which they previously had not done, one possible reasons from ERIC's list above. I have found that parents treating their children at home in a familiar environment once the sequence has been learnt; increases the likelihood of success.

If you would like to learn what to do that might help someone troubled with enuresis, there are a few different ways forward. If you are local I could come to your home and using a full reflexology treatment sequence would determine where the areas of weakness are on the one in need. For every child treated so far I have found an uncharted point that has shown

an energy blockage. By teaching you how to complete the personalised treatment tailor made to their needs; you would then be able to look after them yourself. You are also given a booklet to help remember your treatment and contact details if you should have any concerns.

If you aren't local and hear about this while you are on holiday or through grandparents, a very popular way word spread last time; a long weekend in Cornwall would be a great way to relax and learn how to treat Enuresis. I also teach courses on how to treat family and friends with common conditions using foot and hand reflexology; if you would like to treat more conditions.

Sarah Greenhalgh, founder of Pressures of Life, has been established since 1995 with the business set up in Oxfordshire and then Cornwall offering hands-on complementary therapies. In 1997 Sarah diversified into teaching firstly with short courses to treat friends and family. Conditions the students were keen to treat included helping with stress-related infertility and enuresis (bedwetting in children). Response from local publicity highlighted the need for further help with Enuresis and so a distance-learning pack was created for parents, to support them in learning how to carrying out a Reflexology treatment on their children to relieve bedwetting.

Sarah's aim is to give an opportunity to understand the effect of stress on the body. Stress, when experienced over a long period of time can cause depletion of energy in specific parts of the body and has been seen as the underlying cause of 75% of common conditions.

She teaches clients the skills they need to prevent detrimental repercussions of the stress response through reflexology, the use of massage, essential oils and small lifestyle changes.

Other projects include the development of the 'Cornish Massage'. This is a massage routine that can be done over clothes in a space of 10-15 minutes with a storyline about a day in Cornwall incorporated within it. It can be learnt easily by colleagues at work to carry out during a break time.

The article was originally published in Roseland on line.

Little England Retreats

VRT Member Naomi Raywood describes how she offers reflexology with her very special rural retreats.

Our retreat on the Somerset Levels is called Little England Retreat: the setting and the garden are as magical as the name suggests.



Stay in a Cottage, Wooden Yurt, Retro caravan, or one of the Shepherd's huts. It is a rural retreat away from the hustle and bustle of life, set in the grounds of a medieval farmhouse called Little England. We are only twenty minutes away from Glastonbury, a place of a spiritual sanctuary and, what some call, the Heart Chakra of the world.



We are located in a rural setting at the end of a quiet no-through road. This is the space if you want somewhere to rest, recuperate and recharge your batteries. It's also a great place to use as a base if you want to explore the many and varied places of interest in the area.

Our own experiences of camping and caravanning, both good and bad, has had an influence on how we developed the concept of the Retreat, it is more of a 'Glamping' experience. Each accommodation is equipped with heaters, televisions, fridges, warm dressing gowns and all you will need for a little get away. Even the toilets are normal and close by, no field to walk down in the dark.

Breakfast is served in our 1950's style dining area, in the conservatory, it's all self-service, and you can help yourself to a variety of different breakfasts. It is here you will also find the showers.

There is very little light pollution in the village, so on clear nights the stars are out in abundance. Why not make use of our outdoor wood stoves, cook something outside and enjoy the beautiful garden!

Guests also have the opportunity to have a Reflexology treatment in a beautiful treatment room



overlooking the garden, as I am a fully qualified Reflexologist, belonging to the AOR and with training in VRT www.lightenyoursole.co.uk

It has been a fantastic summer, with so many people staying with us, many having treatments and some for the first time and being quite astounded by the results.

We have also just finished our new additions, (in fact I am just

finishing the last bit of painting as I write this). We now have a wooden yurt and a new



shepherd's hut that can be used all year round. Now that we can sleep twelve people, we are developing more of a programme of workshops and have been recently hiring the whole place for people to have private functions with access to our large barn.

So please do come and stay with us, you will receive a very warm welcome.

Naomi Raywood

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Facebook: little england retreats

www.littleenglandretreats.co.uk

The website has comprehensive information and photos of all the accommodation available.

Reflexology and Poetry!

Lynne writes: It is not often I have had a poem written especially for me. Sally Price is a Senior Lecturer in Health & Wellbeing at the Faculty of Education, at the University of Wolverhampton. She is interviewing various reflexologists as part of her PhD on Health and Wellbeing I enjoyed being interviewed by her and was surprised and delighted when she said she was writing a poem for each interviewee based on what they had told her of their life story. All her poems have a Beatles song title and she asked me to think of a one of their song titles that summed up my attitude to work. I love research and developing new ideas so I chose "*We can work it out*" and here is her result.



We can work it out

Reflexology not nutrition
Inspired you to retrain
The world of IBM
No longer was your aim

Trained in depth with Tony Porter
A prestigious teacher you sought
Didn't take the easy route
You desired deep knowledge and thought

A discovery in the care home
VRT just an acorn
Dementia patients, chance treatments
A new technique was born

Tests on healthy patients
The results were plain to see
Working with rugby players
Footballers at Bristol Town FC

Activating nerves when standing
Is more powerful to gain relief
The reflexes worked on the dorsum
Nico Pauly shares your belief

The feet tell the story
Offer answers throughout
VRT is your creation; you claim
We can work it out!



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 you will have received an email request to renew online or send a cheque. If you pay by Standing Order already you will receive your new certificate automatically provided your standing order was paid. To renew online or pay by cheque please [click](#)

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/

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