

Membership Network Newsletter

No 48 SPRING 2018

Dear VRT Practitioner

Greetings to you and as usual there are many interesting articles in this newsletter and we start with an interview with VRT tutor Florica Radu who lives in New York. Florica and I have met, taught and studied in various parts of the world. She has a wide reflexology base of clients and is greatly experienced and dedicated. We look at the podiatry side of foot care with Dr Ray McClanahan and learn two techniques for the knees and ankles from the very successful VRT Reflexology and Movement classes. Dr Carol Samuel shares her expertise and writes about the Stress Response and announces a new Nerve Reflexology upgrade class on 27-28 October in Bristol.

I have some exciting news that was announced by the Association of Reflexologists on May 18th. Earlier this year I was informed that I had been nominated and



shortlisted for one of the prestigious AoR Footsie Awards and I am delighted to report that the AoR members have voted for me to receive the **AoR Excellence in Innovation Award for 2018!**

This is a wonderful recognition of Vertical Reflexology and its development. Many thanks indeed to many of you, who are AoR members, and voted for me. This award

reflects well on all VRT members and the way they use VRT and promote its benefits in the community.

The VRT mobilization techniques are easy to learn and apply and are suitable for all ages and conditions as you can apply the techniques to clients in the seated, standing and reclining position.

On the May 13 VRT Reflexology and Movement class in London I was heartened to see two attendees experience a greater range of mobility in minutes during the first hour of teaching! In one case a reflexologist (who had only been taught the VRT Wrist Twist 5 minutes before), applied it to her partner, she had just met, who was immediately able to raise her arm to full height. This was a 50% increase on the restriction she reported she had endured for several years. Do join us on future Reflexology and Movement classes: see dates and venues on page 14.

200 people enjoyed a really fantastic UK Reflexology Conference on March 2-4 in Kegworth, West Midlands. Sue Ricks organised it and it was a wonderful networking and learning opportunity.

Have a great summer.
Good wishes from Lynne and all VRT Tutors



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Interview with VRT US Tutor Florica Radu by Vera Krijn

Florica Radu was one of the first reflexologists to learn VRT in the States on the inaugural VRT training weekend in Florida in with Lynne Booth in 2003. Another attendee on



that class was none other than Dwight Byers, Eunice Ingham's nephew and founder of the International Institute of Reflexology. Lynne was delighted to present him with his VRT certificate at the end of the class in a strange reversal of roles! That VRT weekend also began a long friendship and working relationship between Lynne and Florica.

Vera Krijn, the president of The Tristate Reflexology Association (TRA) interviewed Florica who is based in new York. TRA is one of the largest reflexology associations in the States and is a resource for information, education and a valuable connection to the reflexology community within the Tristate area and around the world. The TRA provides membership benefits, educational opportunities, and support to practitioners, and stands as a reliable source for quality information in this field.

www.tristatereflexologyassociation.org

Q: How long have you been a reflexologist and what is your background?

I became a reflexologist in 1995 with the International Institute of Reflexology. My background in Romania was as a technical designer, designing chemical plants for the chemical industry. When I immigrated to the U.S., I started working in a salon doing manicures and pedicures. This opened the door to reflexology for me.

Q: Where do you practice, and do you have any specialization?

Q: What kind of practice do you have: home visits, office, combination, part time, full time?

Because I have a private clientele in Manhattan, I don't have a location where I

practice; I do home visits. My specialization is in Vertical Reflexology Technique (VRT). After taking Lynne Booth's first VRT seminar in Florida, I was flying back to New York when a young child had a coughing attack during the flight. The stewards tried to attend to her but nothing seemed to help. Having heard many of Lynne's accounts, I gathered the courage to offer my help. I told her parents I was a reflexologist, although they knew nothing about reflexology, and that I would only be touching their daughter's hands for a few minutes.

With their permission, I applied the "Diaphragm Rocking" VRT technique and in 4 minutes the girl was perfectly fine. The parents told me they usually had to take their daughter to the hospital whenever she had these attacks and they were very impressed with the results of my work. It was then that I knew this was my new passion: VRT. Since then, I've taken more classes and also begun teaching VRT for Lynne Booth here in the U.S.

Q: You have been volunteering in several programs initiated by New York State Reflexology Association (NYSRA) now TRA. Tell us a little about this.

I've volunteered in the Hospital for Joint Disease with IWD for four years and that has been a great experience for me. Most of the women I worked on during that time were in wheelchairs. One woman in particular was very uncomfortable to work on because I had to work on her while sitting under a desk (she refused to be transferred to a massage table). During my second session with her, I realized that the treatment was not working because of my judgement. Once I changed my personal attitude, the entire session went differently. Another year, I volunteered at a public school, introducing the teachers to reflexology. I got this idea when I receive the letter from NYSRA about the World Reflexology Week. I also volunteer with the Ronald McDonald House.

Q: You started the Reflexology Volunteer Program in Romania, tell us a little about it.

Since 2003, I've direct summer camps for children. During these camps, I use reflexology to help children, who are home-sick, have high fevers, sprains, etc. I also began teaching them self-help VRT techniques.

In 2010, I met Martine Faure-Alderson, who developed Cranial-Sacral Reflexology (CSR). When she discovered that I am Romanian, she

asked me what I am doing here in the U.S. when Romania needs me, "You should go back." Martine travelled to Romania after the revolution of 1989 and worked with children in orphanages there for 10 years.

This encounter planted the seed of an idea and in 2015, I began volunteering with 20-30 young adults at an orphanage in Romania that provides for over 400 children. We've gone back for 2 weeks every summer since then. It is an extraordinary experience to work with children and to see their response to your kindness and attention. Just as I did with the children's camps in the U.S., I introduced them to self-help VRT techniques. However, what we try to touch the most are their hearts. The children wait for our arrival every summer and they are overjoyed to see the familiar faces of the participants who return, their "American friends".

Q: What inspired you to start this program, and how did it start?

As I said, Martine Faure-Alderson was one spark. The other spark comes from my passion to work with children and, of course, to help my homeland. I have two daughters of my own, to whom I first pitched the idea of a volunteer trip. They were very excited by the idea and they proposed it to their youth organization, Romanian Orthodox Youth of the Americas (ROYA). The organization was similarly enthusiastic and I worked to put together an itinerary for our first trip abroad.

Q: Do you organize it with some local organizations abroad?

Here in the U.S., I organize the trip with ROYA; almost all of the volunteers come from this organization. In Romania, I communicate with the Pro Vita Organization. The orphanage where we volunteer is one of their regional projects. Additionally, we coordinate with two pro-life groups, "Pro-Life Students" and "St. Alexandra Counseling and Support Center".

Q: What gives you the most satisfaction?

There are two things that give me the greatest satisfaction. The first is sitting around the dinner table with my family every evening. The second is when I see a smile on a client's face and know that I improved their quality of life in some way.

Q: Tell us about one of your favourite moments?

At the end of our first volunteer trip in Romania, part of the volunteer group was considering taking a year of absence from school or work to continue working with the children there. I realized how important our work was for both sides- the children and the volunteers. We were not only giving, but receiving as well.

Q: How about your most difficult moments?

The most challenging moments come when I have to accept my limitations. One instance that comes to mind is an experience I had while volunteering with IWD. I was working on a wheelchair-bound patient who was a beautiful young lady with two kids and a permanent smile. I began speaking to her and found that she was lacking in sleep due to her children. When I suggested that her husband take the children for a night so that she could rest, she confided that it was impossible because they lived at a shelter.

During the rest of that session, I tried to give as much of myself as I could in an effort to help her. Afterwards, I had pain in my arms and was unwell for two weeks. I realized I had over-exerted myself in my desire to help her. However, I could not provide what she needed and I had to accept that I could not mend her situation.

Q: What do you do in your "free time"?
Free time? What's that?

Q: What would be your one piece of advice for other reflexologists to succeed in their journey?

My advice would be to love what you do and try your best. In this field, you have to know how to listen, be compassionate, and be knowledgeable. I'm often asked if I have pain in my fingers but, because I am trained in various techniques, I can always alternate between them and this gives my fingers relief.

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have."
Frederick Keonig

Relaxing and releasing the knees via the hands from the VRT Reflexology & Movement Repertoire

Method

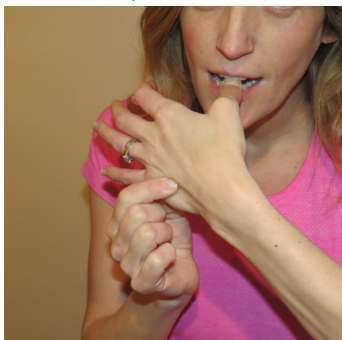
Ask your seated or reclining client to gently raise their leg and move their leg backward and forward to indicate any restrictions in their range of movement with no straining.

1. **Reflexology and Movement:** Press the client's knee reflex which is situated on the top of their hand below their little finger near the wrist. Simultaneously hold their thumb nail, nail-on-nail, for 10-20 seconds while the person treated simultaneously lifts their leg up and down to mobilise their knee. Repeat on the other side of the body to balance.



Sometimes more range of movement will be observed.

VRT self-help nail-working to conclude: The client is seated and grips their hand reflex that corresponds with the injured or painful knee i.e. right knee/right wrist. First gently stimulate the knee reflex on your right hand. Simultaneously place the tip of your right thumb in your mouth and very gently *touch*, tooth-on-nail, on the centre of your thumb nail and hold for 10-20 seconds. At the same time they very carefully and slowly raise their knee up and down to help mobilize



Relaxing and releasing the ankles via the hands



Reflexology has a different approach for supporting the ankles or knees if a sportsperson twists or rolls their ankle while running. Obviously, if they are seriously hurt, they must stop and seek medical attention but often it is just a question of waiting a few minutes for the muscle spasm to release and reflexology can sometimes accelerate a positive outcome.

Method

1. Ask your seated client to first gently move each ankle by flexing (pointing), dorsi-flexing (bend the foot upward towards you) or rotating their foot to indicate any restrictions in their range of movement with no straining.
2. Work each wrist, one at a time, using your thumb and fingers to press the wrist in a gentle, pinching mode as you move your hands round their wrists gripping and releasing for 10-20 seconds.
3. **Reflexology and Movement:** You have the option of gripping a person's wrist reflex and thumb nail for 10-15 seconds while the person treated simultaneously rotates and flexes their ankles. Repeat on the other hand. Sometimes more range of movement will be observed.

Self-help VRT nail-working to conclude: The person is seated and grips the wrist that corresponds with the painful ankle i.e. right ankle/right wrist. First gently stimulate your wrist by slowly gripping and releasing the right wrist. Simultaneously place the tip of your right thumb in their mouth and very gently *bite*, tooth-on-nail, on the centre of your thumb nail and hold for 10-20 seconds. At the same time very carefully and slowly rotate and turn your ankle from side to side.

Arch Support

Ray McClanahan, D.P.M.

Since much of the current treatment for foot and ankle disorders is centred on supporting the arch, we thought it would be helpful to discuss what arch support really means and discuss whether it is necessary or desired in the active foot.



In order to understand the treatment of rendering an arch support, one must understand the architectural principle of an arch, and liken that principle to the multitude of arches that naturally occur in the human foot. When you study the structure of the foot and the shapes of the bones of the foot, you quickly realize that most of the weight-bearing bones of the foot, are indeed arches themselves by being shaped to have support ends at either end of the bone and an open space or boney arch in between the support ends of the bones. For the purposes of the current discussion, we will concentrate on what might be considered one of the primary arches of the foot, sometimes called the medial (inside of the foot) longitudinal arch, the arch that spans between the rear foot or heel bone and the forefoot or ball of the foot and toes.

Webster's dictionary defines an arch as "a curved structure that supports the weight of material over an open space."

Said another way, an arch is a structure that is able to support weight over an open space, by providing support on either end of that open space.

Applying this logical definition to the arches of the foot necessitates support on either end of the arch, and is exactly the opposite of the type of "arch support" that is available to consumers, either over the counter (i.e. Dr. Scholl's or similar product), or from their healthcare professional (footbed, arch support,

orthotic). These products attempt to "support" the arch, not by supporting the ends of the foot arch, but rather by lifting up under the open space of the foot arch. This does not make sense.

True support of the arches of the foot would suggest that the ends of the arches, on either end of the foot's open space are the structures to be supported. This would mean that the heel and the forefoot joints (metatarsophalangeal joints and interphalangeal joints) are the structures that should be supported, and not the structures in between the ends of the arch.

As was mentioned above, current commercially available "arch supports" (which, by the way, are packaged under a number of names – arch support, footbed, orthotic, etc.) push up under the open space of the foot arch and not up under the ends. Many people feel a positive influence on their posture and walking comfort when wearing the current type of arch support, but this is not because they have a problem foot, but rather, because nearly all footwear that is available to today's consumer expects the wearer to function well while walking on a ramp (the heel is elevated higher than the forefoot) with their toes bunched together (from tapering toeboxes) and the toes held above the supporting surface by footwear industry standard toespring, which is the elevation of the ends of the toes above the ball of the foot (the metatarsophalangeal joints).

But wait, didn't we just confirm that in order for the arch of the foot to be supported, we need to support the ends, and not the middle, or open space? Indeed we did, and as you can see from the description above, current footwear available to consumers is improperly positioning the support ends of the arch, by elevating the heel, which is one end of the arch, and unnaturally pinching the toes and holding them above the ball of the foot (metatarsophalangeal joints), which is the other end of the foot arch.

True support of the foot arch would then necessitate getting the heel bone (calcaneus) flat on the ground to provide support for the rearfoot support end, as well as getting the toes flat on the ground as well, so that the toes can help the ball of the foot to provide support

for the other end of the foot arch in the forefoot.

Individuals who grow up barefoot, naturally have the support they need for both ends of their foot arch, and this is likely part of the reason why their foot arches function perfectly throughout their lifetimes, and their feet do not break down, unlike 80% of Americans who by nature of their habitual shoe wearing and compromised arches, will suffer some form of foot problem at some point in their lives.

This is not to suggest that we should all ditch our shoes and begin walking around barefoot, but it does suggest that our shoes are made improperly and are the cause of the arch problems and the associated deformities that many Americans experience.

Although there is scientific evidence that spending time barefoot is exactly what our weak arches need, the reason why it would not be a good idea for most Americans, is because much of our immediate environment is not compatible with our thin, moist skin and weak arches. We live in a world of cement and asphalt and multitudes of sharp materials, such as glass, that can become imbedded into our skin. Interestingly, the skin of the feet becomes thickened and resistant with prolonged exposure to hard objects such as gravel, cement and asphalt. Unfortunately, most Americans will never experience this hypertrophy and strengthening of the skin and arches of the foot, which is taken for granted in many developing countries, where all out sprinting over sharp rocks causes neither pain, nor injury.

What is suggested and recommended is that we make shoes that meet the need for protection of the skin of the feet, and that shoe manufacturers do not presuppose that the fashionable design features of heel elevation, tapering toeboxes, and toespring, are without significant deforming consequences.

In conclusion, the most likely reason for needing arch support, is because today's footwear removes the structural integrity of the foot arch by altering the support ends in favour of supporting the open end, which is no longer an arch support, but an open space support.

Pushing up in the open space of the foot has the significant long term consequence of weakening of the muscles that span the open space of the arch, which are called the intrinsic muscles of the foot, as well as the numerous muscles in your lower leg which send tendons into their final insertions, many of which are in the ends of the toes.

Dr. Ray's practice, Northwest Foot & Ankle in Portland, Oregon,

allows him to care for those who find their highest joy when in motion. In his 18 years as a podiatrist, he has learned that most foot problems can be corrected by restoring natural foot function. He is also the inventor of



Correct Toes, silicone toe spacers. His professional goal is to provide quality natural foot health services with an emphasis on sports medicine, preventative and conservative options as well as education on proper footwear.

Through his clinic and the website, Dr. McClanahan treats and educates on a variety of foot conditions—including many running injuries as well as plantar fasciosis, Achilles tendonitis, shin splints, heel spurs, bunions, and others.

www.nwfootankle.com

Click here for link for full details of this article <https://www.nwfootankle.com/about/1>

Adoption

Lynne writes:

I share these words in celebration of adopted children. I recently helped a 95 year old friend with her paperwork. We found a card with a black and white photo of a bonny baby's face and these timeless, moving words printed inside. My friend recalled that, in the early 1950's, she and her husband had applied to adopt a child. One day they received a call that a baby was now available for them and the next morning the baby boy and this card were handed over and their life as parents began.

It is also very important to remember the women in the past who have been forced to

give up much their loved babies and this should never be forgotten. Judi Dench's performance in the film, *Philomena*, brought this terrible suffering into focus.

***Not flesh of my flesh,
Nor bone of my bone,
But still, miraculously, my own.
Never forget for a single minute
You didn't grow under my heart
But in it.***



COLOURS OF REFLEXOLOGY

UK Reflexology Conference

2 - 4 March 2018

Lynne Booth reports: If you were fortunate to have booked a place on this wonderful sold-out reflexology conference in Kegworth, Derbyshire, you will know what a pleasure it was to mix, network, learn, have fun and meet so many other enthusiastic reflexologists.

The conference was held on the weekend of heavy snow and total disruption to transport and many delegates were late arriving but most made it although a few were unfortunately unable to attend. I was due to be in Costa Rica but changed plans a month or so before and managed to book one of the last places. I also spoke at the conference instead of Hagar Basis, who was due to speak on women's issues, was unable to attend at the last minute due to illness. I have great respect and affection for Hagar, not only as a great reflexologist but because she, along with Tony Porter, taught me for my IIR reflexology diploma in 1992! Moss Arnold of Chi Reflexology was also asked to speak for half an hour in Hagar's place.

Conference Speakers

Barbara Scott - Repro Reflexology

Carol Samuel - Reflexology and pain management

Carolyn Eddleston - Complementary Therapies from a GP's perspective

Geraldine Villeneuve - Put Your Best Feet Forward

Jan Williamson - Advanced Precision Reflexology - reflexology without a foot chart

Jane Sheehan - Having fun with Foot Reading

Jenni Tribe - Reflexology in the Matrix: How our birthing impacts our beliefs and how we can support those experiencing birth related trauma

Judith Whatley - Reflexology: The proof is in the research

Ko Tan - From the USA - Face Foot Hand Ear Reflexology

Lorraine Senior - FRT rainbow international support for schools

Mauricio (Moshe) Kruchik - From Israel - Reflexology for the Treatment of Pain: a study on Crohn's Disease patients

Sally Earlam - Using Reflexology to support clients with stress, anxiety and depression

Sally Kay - Reflexology Lymphatic Drainage (RLD)

Sue Ricks - Working with children and emotional connections



The organiser, the fantastic Sue Ricks, was the brainchild behind the UK Reflexology Conference 2018 is a totally independent event that was open to all from every level of interest in Reflexology. Sue wrote: *I am so pleased that people are as excited as I am about it. We have created a lovely dedicated team who are all doing their best to put together the best event possible. We delighted to say that the Conference will also be supported by the Association of Reflexologists and Balens specialist insurance brokers. We are very grateful for their support.* www.suericks.com



This photo of the excellent and lovely Barbara Scott (Repro Reflexology) and Lynne Booth sums up the atmosphere and camaraderie of a great event. I am sure many will hope that Sue will organise another conference in the future.

THE STRESS RESPONSE

Dr Carol Samuel PhD, HMAR, FFHT.



Pain is often a sequence and a factor of the stress response, but it is not the only effect. We live in a fast paced, fast track society where we are available 24 hours a day, 365 days a year, so it isn't any wonder that we find life increasingly stressful. Stress threatens the body's ability to maintain a normal internal environment (homeostasis), through the body's nervous, immune and endocrine functions (Charmandari, Tsigos et al. 2005), and chronic stress can lead to an aroused pathology that changes these normal physiological parameters.

The stress response takes place via a negative feedback loop within the hypothalamic-pituitary-adrenal (HPA) axis, that

triggers a series of hormonal signals to maintain autonomic nervous system activity. When the brain perceives something as dangerous it is our fear centre, the amygdala, that makes the initial response by sending a signal to the hypothalamus where corticotropin-releasing hormone (CRH) and arginine-vasopressin are released into the anterior pituitary gland. This generates the release of adrenocorticotrophic hormone (ACTH) which activates the release of glucocorticoids and catecholamines from the adrenal glands. In this moment, the sympathetic nervous system is activated and on high alert.

As the stressful event subsides, the parasympathetic nervous system takes control and cortisol levels return to normal. In cases where the HPA axis is activated repeatedly, such as in periods of chronic stress, the negative feedback loop fails, and cortisol circulation is maintained, causing a lengthy neurochemical exchange that generates an imbalance that can initiate a long list of negative responses.

Long-term exposure to high levels of cortisol can have a detrimental effect on the body including increased weight-gain and low thyroid function (Helmreich, Parfitt et al. 2005, Kiecolt-Glaser 2010). Increased cortisol circulation suppresses the activity of important immune fighting cells, generating an increase in pro-inflammatory cytokines (Yeager, Pioli et al. 2011) which can have a damaging effect on the cardiovascular system by increasing atherosclerosis. Collagen fibres are down regulated by the activity of collagen synthesis and bone development is decreased (Gu, Yang et al. 2017). There is also increasing evidence that prolonged release of cortisol may impact memory loss by hindering the retrieval of stored information and impairing learning ability (Porcelli, Cruz et al. 2008, Roozendaal, McEwen et al. 2009).

Stressful events can be complex, and may even involve the pain-pleasure- reward circuit within the brain, but increased fear and anxiety can actually create pain even when there is no pathological or physical evidence for it (Ahles, Cassens et al. 1987). Fear and anxiety are considered as imminent threats to the body which motivate our defence mechanisms, making us hypervigilant. This hypervigilant state increases our pain and subsequently our sensitivity to it. Our emotions are influenced

by, and influence, neural processes that shape our experience of pain (Vierck, Green et al. 2009) so stress has the ability to either suppress (stress-induced analgesia) or exacerbate pain (stress-induced hyperalgesia).

For those of you who have completed the Nerve Reflexology Diploma, and for the first time in many years, we have the opportunity of a BRAND-NEW UPGRADE course from Nico Pauly and Griet Rondel at Engineers House in Clifton, Bristol.



Engineers House, Clifton, Bristol



**CALLING ALL
 QUALIFIED NERVE
 REFLEXOLOGISTS**

The Stress Response

A Sympathetic Nervous System, Hormonal and Immune challenge

In this workshop Nico and Griet will bring their expertise in Nerve Reflexology to the fore to share with you the latest knowledge and research on the stress response and its connection with the nervous, hormone and immune systems.

**WHERE and WHEN: 27/28th OCTOBER
 IN BRISTOL**

What you will learn:

- An overview of the arousal system
- Nerve Reflexology for the nervous and hormonal pathways
- Manual Neurotherapy techniques on somatic and autonomic structures
- How to combine MNT-NR techniques with classic foot reflexology.

COST: £240

Book your place here:

<http://www.reflexmaster.co.uk/nr-upgrade-courses.html>

N.B. Lynne writes: *I highly recommend Nico and Griet's upgrade classes and have booked to attend this one myself!*

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A literally touching moment with a lady living with dementia



A literally touching moment with a client just before Christmas, who is in her 80's, in the late stages of dementia: I have been giving Mrs Y reflexology for several years and communication is now almost impossible. Last year, during a hand session, Mrs Y suddenly took my hand and began to give me reflexology. She walked her thumbs back and forward across my hands exerting pressure and stimulating every centimetre, just as she had experienced with me.

Despite her extreme cognitive impairment she had observed and registered these moves and wanted to help me. This continued for 5 minutes until she had worked both hands and I asked a carer in the residential home to take this photo. Mrs Y is now very fragile and much more withdrawn but last December she took my hands and tried once more to press and work all the reflexes! I was so moved and, as I thanked her, she slowly raised her head, looked me straight in the eye and gave a most lovely smile. She then retreated back into her quiet and confused world. To me this was a real Christmas gift.

Lynne Booth

NHS Sustainability Day

22 March 2018 was NHS National Sustainability Day at Southmead Hospital, Bristol, and for the 2nd year running I was invited to introduce patients, staff and visitors to reflexology on a stand in the new modern airport-like concourse. This NHS day is an innovative move for hospitals to encourage people to consider their general well-being. Other stands gave information and encouragement to use a bike, to consider

eating more organic food, better home insulation and other lifestyles issues. Reflexology was the only complementary health modality demonstrated. I also worked on several nursing staff and visitors who were interested in reflexology already and wanted to learn more.



NHS Sustainability Day is a national day of action across the health sector. Each year NHS Trusts, Clinical Commissioning Groups, Hospitals and organisations take action to highlight the important role sustainable development can play in health service delivery.



New modern concourse at Southmead Hospital, Bristol.

www.nhssustainabilityday.co.uk Look at this website and see the theme for March 2019 which is about Caring and Sharing. Why not approach your local hospital several months in advance and see if they would be interested in including reflexology as part of the their information day?

Letters



Just wanted to thank you again for the excellent training VRT Reflexology and Movement course. I had the opportunity to try the new techniques the next day on my 80 year old mother. She has suffered from reduced mobility as she has got older as she was born with one leg a good inch and half longer than the other.

She is a bit of a miracle in herself as she has lived an active life and given birth naturally to five daughters but as old age has crept up on her she has increasingly found that her hip, knee and ankle particularly on her short side has become stiff and painful. I visited her and gave her a brief treatment including ankle/wrist mobility technique - often referring to my notes and feeling like I wasn't doing much but when I saw her the next morning she was full of smiles and said she had the best night's sleep without pain in her foot and her ankle felt like it had unlocked! I've also tried the treatment on my husband who has had a bad shoulder for a year and a half.

I'm a massage therapist and I've tried everything but as he said it was weird voodoo magic when I used the shoulder point on his hand whilst moving his shoulder and it stopped hurting! After over a year! I still feel like a novice in this technique so will be looking out for more courses and reading the books I bought but I'm amazed and happy with what you showed us and looking forward to helping my clients. Thanks again.

Leigh Barr

I attended this amazing course with Lynne Booth on February 18th and I now have an added dimension to my treatments. She taught us techniques to prevent recurrent muscular niggles and to accelerate recovery from musculoskeletal issues. Easy to use for self-help. Brilliant! I have tried it out on knees and ankles this week and it brought easing and relief to the joints. Next week I will give balance and hips a trial on my clients!

My clients are seeing the benefits already, and what I love is that you can send them away with easy, self-help techniques to use between treatments!

Claire Fisher

Simi Kozelj posted on Facebook on May 13 2018. *Today I'm learning VRT*



for mobility with Lynne Booth (that's Vertical Reflexology Technique and Lynne is the author & teacher).

With just a touch we help release lower back pain, tightness, and even emotions. I'm amazed at the speed and efficiency of this technique as I see people in the class stretching and moving as they couldn't for a long time. This is a fantastic technique for professional sports people as well as the elderly with limited mobility, and even babies & children. Definitely a new "colour" on my Reflexology palette.

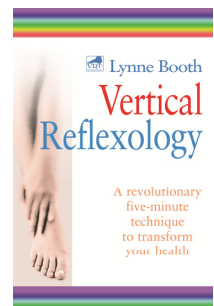
Simi posted again on May 15. *Last night my niece was complaining of some pains. So I pulled out my VRT notes and tried it on her: she looked like a robot switching off. She was falling asleep in front of my eyes, trying to lift her hand, but was too relaxed! After just a few minutes!!! It was a shock for both of us.*

Your Vertical Reflexology book provided inspiration for me when I was doing my initial training 15 years ago.

Thank you.

Sandra Lacey

LinkedIn Feb 2018



An antioxidant-rich Mediterranean diet can reduce your health risks from air pollution

The diet, which focuses on fresh vegetables, fruit, olive oils and nuts, can at least halve the chance of developing heart disease from air pollution.

People who closely followed the diet were 50 per cent less likely to die from any cause and reduced their chances of dying from a heart attack or developing heart disease around three-fold.

Researchers from the New York University School of Medicine analysed the health of nearly 550,000 people living in five different states in the US, and who were exposed to varying degrees of air pollution. During the 17 years of the study, 126,000 people died.

The antioxidants in the diet protected people from exposure to fine particulate matter and nitrous oxide pollutants in the air, but not from harmful effects of high ozone levels.

References (Source: American Thoracic Society, May 21, 2018)

Quote from ; What the Doctor's Don't Tell You 5/18

VRT Member Terri Perry's Case Study and an exciting prospect for living or holidaying in Italy!

SHORT CASE STUDY from November 2017

My Swedish friend called me and asked if I could do an urgent treatment for her sister who was visiting Italy from Sweden. For some time she had suffered pain in her left shoulder which she thought to muscular. She was due to travel back to Sweden in two days' time, which would entail coach, rail and air travel and wanted to get some pain relief before travelling.



Mrs E was a very active 75 years old. She was taking prescribed medication for high blood pressure (diuretic). She also used an inhaler for asthma. She had recently been told her lung capacity was lower. Mrs E preferred natural alternatives whenever possible and was taking magnesium and Vitamin D supplements and homeopathic remedies. I knew that she was also still quite traumatized by the deaths of her two nephews – (in Chinese medicine the Lungs are affected by grief) for which I did a 5 min Thought Field Therapy (TFT) sequence and her grief lifted.

Mrs E had not had reflexology for many years. She had tried it in Hong Kong but the Chinese therapist used very hard pressure and she found it painful. She relaxed into the treatment when she found that my pressure was comfortable. As I had not seen this lady before I used conventional reflexology with VRT nail-working on both feet, whilst elevated in the chair. She relaxed and fell asleep for a few minutes.

Both her ankles were quite swollen and she told me she had problems with fluid buildup there. The sensitive reflexes were: Upper lymphatics and inguinal lymphatics on both feet: Slight sensitivity on the shoulder reflex of the right foot but the reflex that was most sensitive on the left foot was the shoulder joint. Afterwards, she told me that she felt better, more relaxed and "looser". A week later, she

sent me a letter saying that she was so grateful for the treatment and advice. The pain in her shoulder had never returned and she was going to India!

FOR SALE: Terri Perry is selling her lovely Italian house for €297,000 (negotiable). It is a beautiful Abruzzo home in Isca D'Archi, 25 minutes from the Adriatic Sea.

See full details on website www.isca12.com



The house is a well-proportioned, spacious 4 bedroom family home has been lovingly refurbished and updated throughout by the present owners, retaining original character features. Built over three levels with an additional two storey annexe/workshop. The property is approached by a concrete driveway with concrete parking area.

Max Koneczny of Evolved Habits writes about alternatives to plastic cutting boards.



Plastic cutting boards are a very ubiquitous piece of equipment: almost everyone has one in their kitchen. At first they seem pretty great: they are cheap, resilient, non-absorbent, and easy to sterilize. That is until you start using them and after a little while they end up looking something like the above picture. And it's not just off-putting to look at: all those cut marks are almost impossible to clean and dry well, and so become the perfect breeding ground for bacteria.

Now if that's not bad enough, what do you think happened to all the plastic that is now missing from those grooves? If you have ever sawn wood you will know how saw-dust goes everywhere. The same thing happened to your chopping board; every time you cut into it minute pieces of plastic wear away. Many of these microscopic pieces of plastic will embed into your food. This means you cooked, ate, and ultimately digested tiny particles of cutting board. If you have ever read anything about the harmful effects of plastic on our bodies you are probably ready to get rid of your cutting board right about now.

Traditional wooden cutting boards can still score and crack easily and wooden boards have many of the same problems as plastic.

This leaves us with my preferred option: glass cutting boards. Glass is non-reactive, so will not contaminate your food. It is also much harder than plastic: after years of near daily use mine have very little visible wear, this makes them very easy to keep clean and sanitized. They are cheap to purchase, hygienic and help to save the planet from excessive use of plastic. [Click here](#) to read Max's full Evolved Habits Blog.

Millions of people are signing petitions and fighting back to reduce plastic waste.

Plastic waste has dominated our headlines for the last 6 months. It's been predicted that by 2050 there will be more plastic in the oceans than fish.

And it's working: just last week supermarket giant Tesco announced that it will stop stocking plastic straws by the end of 2019 and other big retailers are following suit.



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 March 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 here](#)

Members are first to hear of new courses and priority booking, their names are the only ones on our website and there are often special offers, reduced prices for courses and lots of hints and information in the newsletters.

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

For current courses see online:

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

Contact us on:

contact@boothvrt.com

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Sunday 14 October 2018 - Bristol BS9

Sunday 28 November 2018 - London NW3

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2 day course in Provence. France on 22/23 September 2018 - Basic and
Advanced VRT class followed by reflexology and Movement.

Norfolk and Suffolk 13/14 April 2019: dates are being arranged



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