

# Membership Network Newsletter

No 49 Autumn 2018

Dear VRT Practitioner

Greetings to you. Reflexology has become better known since I began my studies with the excellent Tony Porter and the International Institute of Reflexology in 1991! In those days we all had to explain to others what we did and how and many asked if this was just another “new age fad”. As a student of reflexology, I became an associate member of the Association of Reflexologists (AoR) and have greatly appreciated their support and encouragement over the years. I was asked in 1998 to speak at their AGM and I have continued to work with them ever since in various capacities at conferences, writing articles and courses.

At my very first presentation, all those years ago, a lovely reflexologist called Elizabeth Fraser was given the duty to look after me for the day and we have remained in touch ever since, and she has attended many Nerve Reflexology weekends with VRT practitioners. Last month Liz sadly lost a very long battle with cancer. She is a great loss to her friends, family and clients. Her capacity to seek out complementary therapy to support her medical treatment was truly inspired and courageous and she continued her therapy work for all the years she was unwell. She will be much missed by many of us.

Lisa Hensell is a true pioneer of reflexology in Seattle and for 19 years has run the Seattle Reflexology and Massage Center. I have had the privilege to teach in her school twice and the quality of her students is truly remarkable. She deservedly was awarded recognition for her work by the Reflexology Association of America. I am reprinting, with permission, her article which sets out her philosophy behind her reflexology school and her beliefs regarding reflexology, in practice from which we can all learn. She is a truly inspiring person.

I have reprinted a Blog I wrote for Helpline: a national company that provides pendant alarms and support for older people. My article gives an overview of what reflexology can offer

the older generation. It may also be of interest if you are planning to seek work in residential homes for older people.

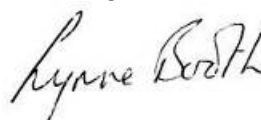
Older people, children and all ages benefit from Story Massage and reflexologist Clare Gibbons from New Zealand describes her work. Many reflexologists offer other modalities, and it is always interesting to see how we can combine various therapies to help our clients.



Do join me on a Reflexology Retreat in Spain learning VRT for Pain and Mobilisation and much more. I am delighted to be invited back to teach one of the fantastic Equilibrio Retreats in Southern Spain 22- 28 September 2019. Reflexology. This time we are at the beautiful Hidden Paradise Retreat centre.

The VRT Reflexology and Movement classes this year have been extremely popular with waiting lists. Word of mouth is helping also as these gentle mobilisation techniques, combined with reflexology, have profound effects on clients ranging from children to sedentary older people. We hope to see you soon – full details on page 10.

Kind regards from all the tutors



**contact@boothvrt.com**  
**www.boothvrt.com Tel: 01179626746**



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## Reflexology: natural ways of supporting the body

Lynne Booth, reflexologist, tutor and author

*Reflexologists treat many older clients, or know of vulnerable people living on their own. If you are a reflexologist you may find this article helpful to pass on to clients and friends who have loved ones whose well-being could improve with the support of reflexology. My illustrated article appears as a Blog on the "Helpline" website, who are a leading UK supplier of personal pendant alarms. They are keen to show that there are many therapeutic, as well as practical, ways, for older people to receive various support to keep stronger and healthy.*

*It may also be of interest if you are planning to seek work in residential homes for older people as it gives an overview of what reflexology can offer. so feel free to use this article (with due acknowledgement) as a useful introduction to reflexology that can be printed, or attached, to introductory information and given to nursing home staff, residents and their family & friends. I was delighted to hear that the company also supply GPS so that people of all ages and levels of fitness can explore, trek and hike in remote places, knowing that they can keep in contact if necessary.*

Reflexology can offer older people some positive support to help maintain and improve health now that many people have a life expectancy of 30 plus years from when they retire. The sobering fact is that the tremendous advances in medical science, in many cases, lead to increased life expectancy but do not mean *disability-free life expectancy*, and a longer life span may include a decade or more of degenerative disease and chronic ill health. Reflexology has a valuable role to play in supporting good health for an ageing population and there is no doubt that the reality of the *silver tsunami* of older people, i.e. the *baby boomers* following the Second World War, presents a considerable challenge that must be confronted not just by government, but by all of society.

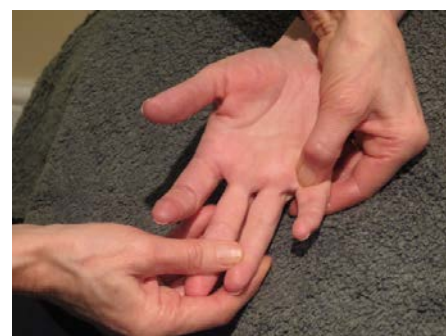
It is important to register that the process of aging does not always have to be a negative decline and that the body still has many resources to implement some regeneration given a multi-faceted approach to holistic care, which includes reflexology.

Reflexology is an ancient healing science whose origins go back 5000 years to China and Egypt. It has gained great popularity in the past 30 years as a non-invasive gentle healing therapy where pressure points on the hands and feet called reflexes, which represent various parts of the body, are lightly stimulated to help the body to heal itself through a natural healing response. Reflexology is taught worldwide to diploma level and above and is practiced by qualified reflexologists in hospitals, hospices, clinics and doctors' surgeries as well as in private practice and complementary health centres.

Forms of reflexology reached Europe in the Dark Ages after Marco Polo opened up the Silk Routes in the 13<sup>th</sup> century and were used both by the aristocracy and peasants as a pressure point therapy on the hands and feet. By the late 19<sup>th</sup> century Zone Therapy and other forms of reflexology were used only by the medical profession until the 1930's in the USA when a physiotherapist called Eunice Ingham developed the zone and pressure point therapy as we know it today and she renamed these revised techniques, *Reflexology*.

**Old age can sometimes be a time of chronic ill-health and debility but there are natural ways through reflexology to help support the body**

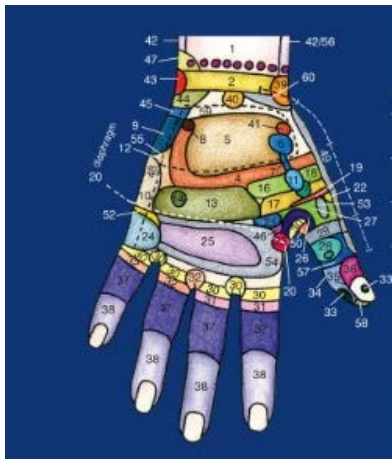
Reflexology is also used extensively by non-professionals who have learnt the rudiments of reflexology which they



can successfully offer to family and friends. People of all ages can be taught to give themselves self-help hand reflexology to help relaxation and in turn give the body a sense of wellbeing. Reflexologists never claim to diagnosis or treat a specific illness but can support persons with all health conditions including joint issues, broken night's sleep, digestive issues and general tension. **A video link on my website gives simple self-help hand reflexology techniques to Release Stress and Tension. There is also an illustrated instruction sheet to print off. See Home page of [www.boothvrt.com](http://www.boothvrt.com) and scroll down.**

Many older people are, of course, in very good physical condition and make a healthy diet and exercise an important priority in their lives. Self-help reflexology may assist in maintaining this level of health and using corresponding reflexology charts can be a useful adjunct to regular reflexology treatments.

### Hand reflexology – an empowering way to self-help techniques



The most popular and familiar form of reflexology is applied to the feet but the benefits of hand reflexology have sometimes been underrated. I encourage hand reflexology self-help or maintenance between treatments to enable the client to actively participate in their own treatment if they are able. Many self-help instructions are often so complicated that people soon lose interest but, in a four week *Reflexology in the Workplace* observational study I undertook in 2002, the participants were taught to work their hands twice each day for 2-3 minutes and an approximate 80% recorded improvement in some cases was very exceptional. I have also developed Vertical Reflexology Techniques (VRT) are versatile and can be used on client's hands and feet in standing, sitting and reclining positions and can be used on small children through to octogenarians.

Hand reflexology can be gently introduced as it is non-invasive, no clothes have to be removed and the therapeutic touch is usually limited to the hands. In some cases I have successfully introduced foot reflexology but it is not always suitable for older people who may have elasticated stockings, lymphatic issues or ulcers, corns or callouses. Some very infirm people may become distressed if their footwear is removed and the hands are a

natural and familiar option for comfort, especially if a relative or carer is involved.

Hand reflexology self-help techniques can be taught to aid and improve sleep patterns are also very useful. A deep and peaceful sleep each night is a great healer and allows the body to replenish. Many older people sleep badly, consequently feeling tired and dozing in the day. This has a negative cyclical effect as, by the time they reach bedtime, they are not tired enough to sleep deeply and yet another restless night ensues.



Despite the many developments in western health care over the past 40 years, and the elimination of many once fatal diseases, good health still eludes many of us. Medical care and new drugs can prolong and save many lives but it is much better to look at *preventative* measures so that we can enjoy a healthy, active life into old age. Wellness is an intriguing concept because we take our health for granted till we are incapacitated either by short term illness such as flu' or life threatening illness. Our bodies have an amazing capacity for regeneration despite having often coped for years on a poor diet, bad posture, pollution, weak genetic inheritance and lack of exercise.

If chronically sick clients in their mid-eighties can show signs of improvement and regeneration then there is a projected positive outcome for the "baby-boomer" generation who are now in their 60's and early 70's. My work as a reflexologist with chronically sick older people has led me to observe that there is still great chance of regeneration with older people with multiple health conditions. Carers and relatives can be taught simple reflexology techniques to apply to older people to help themselves and improve their well-being. Whatever the age of someone suffering from a chronic condition; reflexology has a role in helping relaxation, regeneration and a better sense of well-being.

**Lynne Booth** began studying reflexology 27 years ago and trained with the International Institute of Reflexology. She has a private practice in Bristol and also runs a reflexology

clinic at the 400-resident St Monica Trust for older people in Bristol for 24 years. She has been reflexologist to a professional football team for 14 years. She has won numerous awards for her discovery of Vertical Reflexology which she and her tutors teach Vertical Reflexology internationally. She is the best-selling author of *Vertical Reflexology* and has also written *Vertical Reflexology for Hands*.

To find a reflexologist in your area see <http://boothvrt.com/find-practitioner-uk/> or the Association of Reflexologists website <http://www.aor.org.uk/far/search.php> or the Federation of Holistic Therapists website <https://www.fht.org.uk/search-directory>

## HELP LINE

*Helpline's aim is to give older people a greater degree of independence and safety within their own home. If an emergency arises, there will be no need for an older person to remember phone numbers or other details – the company will already know who is calling and where from - and everyone can rest assured, knowing that the call will be answered within a few seconds. See Lynne's blog for helpline*

[www.helpline.co.uk/blog/reflexology-and-older-people-lynn-booth](http://www.helpline.co.uk/blog/reflexology-and-older-people-lynn-booth)

Phone: 03458 247999

Email: [support@helpline.co.uk](mailto:support@helpline.co.uk)

Website: [www.helpline.co.uk](http://www.helpline.co.uk)

**If members wish to have a copy of this article to distribute please contact us at [contact@boothvrt.com](mailto:contact@boothvrt.com).**

## VRT tutor Aiki with a message from a recent Greek class



*Excellent, targeted and effective method of VRT!!! Thank you Aiki Vythoulka!!! Thanks for your beautiful teaching but also for your perseverance to learn through practice!!!*

**Aiki's next VRT Basic and Advanced classes are in Barcelona on**

**10-11 November 2018**

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## Gentle hand reflexology can be simple and soothing to apply

by Lynne Booth

### 1. Working the Fingers.

These are easy to learn techniques to help calm and relax the body, reduce stress and support the body's natural healing response. Always gently pinch/press up and down the fingers first and keep returning to them. These sessions can be a few minutes or up to 20 minutes if preferred. Just keep repeating the techniques, making sure you massage the hands with a tiny amount of hand cream lotion. Keep alternating the hands as you work.



**Reflexology is an ancient, non-intrusive complementary health therapy, dating back 5,000 years, based on the theory that different points on the feet, lower leg and hands correspond with different areas of the body. These reflex points can be gently stimulated to help the body help itself.**

### 2. A Calming Palm Reflex for Tension Relief

- Press your thumb (or index finger) gently on the central fleshy part of your palm below the thumb. This is the **Adrenal reflex**.
- Rotate your thumb 3-4 times then press your thumb on the reflex and press firmly but not too hard. Release and press 3-4 times. You can also hold for 30 seconds.
- Repeat on the other hand.



### 3. VRT Calming Hand Massage Technique

- Press your thumb gently on your palm, between the index and middle finger, below the ball of your hand, on what is part of the **Diaphragm reflex. This has a calming effect and aids relaxed breathing.**
- Slowly slide and press your hand back and forwards across their palm a few times.
- Repeat on the other hand.



#### 4. Soothing, relaxing VRT Nail-on-Nail techniques to help relieve stress

- This powerful nail-on-nail finger and thumb technique looks a little unusual but



can be very calming and may help to relieve stress in many circumstances. It works on the brain reflexes on the nails so try taking each thumb nail and gently tapping it, all over, with the tip of your thumb nail for about 15 seconds and then repeat on the other thumb. You can select any nail but remember to keep returning to gently massage the fingers. You can hold the centre of each nail for a few seconds to relax. This is the Pituitary reflex.

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**“Striving for Excellence”  
by Lisa Hensell, NBCR, LMT  
Seattle Reflexology & Massage Center  
Recipient of the 2018 RAA Education  
Award**

**Lisa offers an inspiring perspective into the world of reflexology.**

*“We were designed to walk on the earth”  
Larry Clemmons, paraphrasing Eunice  
Ingham at the 2018 RAA conference*

Last summer I walked the Camino de Santiago in Spain – all 500 miles in five weeks. It all began with a single step, followed by a million more.

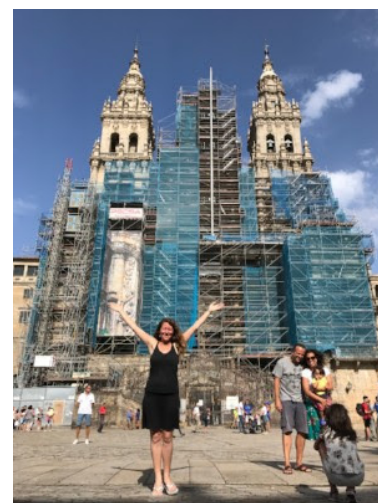
Along this beautiful and rugged trail it is a given that you will suffer, you just don't know how. I ended up with blisters, shin splints, and sore muscles I'd forgotten I had. I got sunburned and I fell onto my forehead jumping across a ditch when I'd forgotten to calculate the weight on my back. I even got bed bugs. At the end of it though, when I arrived in Santiago there were tears of joy, having walked the same trail that millions of other pilgrims have walked since the Middle Ages. I developed a new love of Spain and the Camino, and a great appreciation for the stellar humans I encountered and walked with. I had an

experience and an opportunity that will stay with me for the rest of my life. I got an incredible glimpse into my own capabilities when under pressure. It all followed that first step.

The experience on the Camino offers a good analogy for running a reflexology school. After taking that first step, I was challenged to take about a million more. I learned how to create and implement a 300-hour basic curriculum of high quality. I figured out how to get that curriculum approved as a post-secondary school by my state authority and Department of Health, then paid every year for their oversight.

I joined Washington Reflexology Association, Reflexology Association of America, International Council of Reflexologists and the national school accreditation group at the time (ACARET). I participated as a member and served on their boards. I learned how to teach well (even as an INFP on the Briggs-Meyers Scale!), hire teachers, contractors, and employees and manage cell phone use in class rooms. I had to keep up with changing technology, maintain a current website, do my best to participate in social media and constantly try to figure out how to attract new students to my school and while running a busy reflexology practice. There were many times I got involved with the changing of the laws in my state, writing letters and visiting the state capital over and over to champion the cause, all before seeing my first client of the day.

I have walked the Camino of Seattle Reflexology. After 19 years of running this school I have a deep and abiding love of reflexology and its beauty. I've



encountered the most amazing individuals who I now understand to be my tribe. I've learned how to be strong and brave and overcome some of my fears in life (though maybe not of public speaking). I've come to understand that by starting out by taking one step, and then

showing up day by day for 19 years, my steps have helped facilitate the education of thousands of students in addition to myself. The exponential benefit of all of us learning and sharing reflexology has surely made a profound and positive change on this planet.

### My Perspective on Reflexology

The act of doing reflexology sometimes feels like taking part in a miracle. The work itself and the changes



one experiences are profound. Both the giver and the receiver can feel transported. Reflexology offers connection in a disconnected world and healthy touch where even healthy touch is sometimes under fire. Our profession is a beautiful and precious commodity.

All that I do within my school and practice is motivated by the wonder and joy of reflexology, the sense of connection, and the integrity I feel as I follow my truth. This path brings great meaning to my work and purpose in my life. I feel inspired to go to work, explore reflexology, help my clients and do my best to help the inhabitants of this world so we can all support a healthy planet.

### If there's no flow, there's no go

How does reflexology work? We know that the answer is multi-faceted and dynamic. It works through touch and the nervous system. It works by creating sacred space for a client to relax into balance between sympathetic and parasympathetic nervous systems and engage their inner healer. It works through proprioception, biotensegrity, and muscular and fascial communication. It works in the improvement of the flow of blood, lymph, and energy. It works through allowing a client to speak and feel heard, both verbally and physically. It works through intention and through interaction with the practitioner – through touch and connection.

*"We must do these things not only out of our love of reflexology, but because of love and respect we have for our clients who deserve the best we can offer."*

on continuing education; an excerpt from 1988 letter by Larry Clemmons

The dynamic nature of reflexology and reflexologists is what has shaped my school. My first goal is to offer curious souls an initial training of high quality, providing a solid base from which they can venture into the future. To facilitate continued growth and evolution, each year I offer students and colleagues a schedule full of passionate, skilled, educated, thoughtful instructors covering a diverse range of subjects.

I see continuing education as a part of life experience that brings ever-increasing opportunities for one's path going forward. It is an investment in ourselves that offers compound interest. Regular class attendance helps us stay sharp and current professionally. It is stimulating to our work and keeps us awake and paying attention. It keeps us connected with enthusiastic, innovative colleagues and current and relevant scientific research. As we keep learning, we become more capable, knowledgeable, discerning and effective in our work. We transform from technician to artist, inventing new styles and making discoveries through experimentation. I see continuing education as "pollination", keeping our local garden of reflexology practitioners healthy – fresh, curious, and open. This all benefits our clients and community, helps keep our schools strong, and advances a vibrant field.

With hundreds of graduates from Seattle Reflexology, the reflexology community in the Pacific Northwest is strong. I offer them a voice in who I invite to teach each year, and this has been fruitful! We have had the pleasure of learning from inspiring international teachers and leaders in the field including Bill Flocco, Bill Runquist, Dorthe Krogsgaard and Peter Lund Frandsen, Lynne Booth, Hanne Marquart, Susanne Enzer, Dr. Jesus Manzanares, Sally Kay, Sharon Stathis, Lone Sorenson, Karen Ball, Inge Dougans and Chris Stormer. We've learned from skilled medical doctors, naturopaths, nutritionists and acupuncturists.

My first reflexology inspiration was Geraldine (Thompson) Villeneuve. She is a talented instructor, communicator and author, and an even more amazing reflexologist. One session with Geraldine changed the course of my entire life. To each of these instructors and to the ones I have not named, to my students, colleagues and clients, I offer my gratitude for your presence in and contribution to my life.

*"It takes many, many people, bound together, to create change."*

Iris Aharonovich, 2018 RAA conference

The profession of reflexology could be viewed as a microcosm of the country and of the world. The greatest human resources in the world are found in our love and our desire to connect and contribute. We have great strength in our calling and in our colleagues. Our resources are precious. We must care for our tribe, protect our profession and share our powerful gift with the world. Push out of your comfort zone. Find your strength and your voice. What you do proves what you believe. Release the leader inside yourself.

Here are some actions I think could help our cause, both in the microcosm and the macrocosm:

- Offer a short class to your clients or broader community. Inspire people to learn about reflexology so they can help and connect with their friends and loved ones.
- Write an article for a local or national newspaper or magazine. Educate the public about reflexology and its benefits. Tell them why it's special. Share your miraculous experience. Distinguish true reflexology from what is serving as a front for human trafficking.
- Work on your local people of influence – sports figures, politicians, radio personalities. They have a broad reach when they preach the benefits of the reflexology they've experienced.
- Take at least one continuing education class each year to stay inspired.
- Join and participate in your local, national and international reflexology organizations. They are doing great and sometimes unknown and often under-appreciated work behind the scenes on your behalf. Support the infrastructure as it supports you.
- Invite a colleague to come with you to your state reflexology association meeting.

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- Take a new student under your wing – become a mentor.
- Talk with colleagues at your state association about the benefits of participating with RAA.
- Refer interested students to your local reflexology school. In helping to feed the roots of the profession, you are facilitating the diversity, strength and growth of the entire field.
- Come up with your own brilliant ideas on how to promote the field and its infrastructure!

*"If you don't like the news, go out and make some of your own."*

Radio DJ Wes C. Nisker from California, 1990's

You are a microcosm of the profession of reflexology. The vitality of the community is reflected in you and vice versa. Your contributions matter. They affect the ability of the profession to thrive, just as the community supports you in your professional health. When you join, attend, and participate, it helps feed and nourish a beautiful and strong system. It all starts with you.

At the 2018 RAA conference in Chicago I was presented with the RAA Education Award.

I can tell you now that the "Santiago" in my Camino of Seattle Reflexology has been in the potent milestones along the journey. The RAA Education Award was one such milestone. It is an honour and a privilege to have been recognized.



**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.**

## Story Massage for Adults in Care Homes with Clare Gibbons

**Story Massage is the award-winning brainchild of Mary Atkinson and Sandra Hooper and is taught internationally and is suitable for all ages.**

Positive touch can bring comfort and a sense of peace and calmness to adults in hospitals and care homes. Here is an interview with Best Practice Story Massage winner, Clare Gibbons from New Zealand, about her one-to-one sessions of Story Massage for clients living with dementia, memory loss and those having experienced trauma.



### What are the benefits of Story Massage for adults in care homes?

It never ceases to amaze me how positive touch, where appropriate on the body, can have such a wonderful calming effect for the receiver. I find that a client who is slow and non-communicative to begin with, shows signs of being uplifted and definitely more peaceful after a session. Not only is their communication more open, but the client often wants to talk and express themselves (as best they can). The client is positive, more coordinated and generally more receptive to the world around them.

As a trained reflexologist, I find that Story Massage works well alongside reflexology for dementia clients and those in facilities such as hospitals and recovery units. The Story



### Can you give an example of how Story Massage has made a difference?

One client who particularly benefitted from Story Massage had been admitted to hospital (and then later a care facility) after a fall. This was a traumatic event for her. It was noticeable in the early weeks and the beginning stages of her rehabilitation that she was confused and sometimes unable to understand and grasp what was going on. Because of the trauma she was confused and unable to understand what was going on. To this day, she is unable to remember what caused her fall.

I began by holding her hand and using gentle Story Massage strokes to soothe her. I related this to a sense of peace and calm for her. I also kept sessions very short. As she healed (and this was very slowly), I began incorporating familiar interests to create longer message stories. She loves to sing so I often support the Story Massage moves with familiar songs such as *Somewhere Over the Rainbow* or make up my own. She has a love of cats and I created a *Happy Cat* message story book especially for her. Here is a video – I



I hope you enjoy it as much as my client does! Story Massage helps my client to find healing in mind and body. Her response is always so affirming, she loves the positive touch and the joy and fun it brings to her. She loves books and receiving Story Massage has helped her keep the love of books and stories alive in her heart and mind. The last time I saw her and I used Story Massage, her words were “oh that is so wonderful and relaxing.”

### Where do you apply the Story Massage strokes?

Story Massage strokes can be applied to any part of the body that is accessible and appropriate for the individual client. So I adapt my sessions to suit the changing needs of clients in care homes and hospitals. My client who had the fall was mostly confined to a hospital bed for the first three months. Because of her injuries and very limited mobility working on her hands and arms was the best option. As she improved, she also enjoyed massage to her feet and legs but this



had to be very gentle. She is walking with some support now and can sit and receive Story Massage on her back. Story Massage is wonderfully flexible so can be made very personal to the client.

It is interesting to note here, that she is now (just a year after her fall) a wonderful help to staff in the care home and will often sit voluntarily with others, particularly those with dementia. She holds their hands and gives them her gentle touch sharing the peace, calm and comfort which she once enjoyed as she healed through my touch.



### How do you approach your one-to-one sessions?

It is always important to know a little about the client's background. So, I ask questions such as 'How can I help you?' and 'What do you like/ what are you interested in?' Feedback may be through a family member, nurse or caregiver. I believe that it is important to empower the client, as this can help them make choices connected to their well-being. If the client is reluctant or unable to speak, then information gathered beforehand is an important task for the Story Massage

practitioner to know and respect.

### Do you use props?

I like to use props that may be appropriate for the client to

relate to/connect with. It may be that the client



chooses their own prop such as a rug or a soft toy that can bring comfort. I also like using objects related to the New Zealand lifestyle. By embracing the different cultures in New Zealand it can add a linkage to their identity.

### More about Story Massage

Story Massage combines the benefits of positive, respectful touch with the creativity and engagement of storytelling. Ten basic massage strokes are the foundation of the Story Massage programme. These strokes have a simple name, such as *The Circle* or *The Sprinkle*, and an easy to recognise symbol making it accessible for all. It is a fully inclusive activity, no clothing is removed and no oil is used. Stories can be taken from our Story Massage book, adapted from favourite stories or songs or you can create your own massage stories such as Clare's *Happy Cat*.

### Would you like to train in Story Massage?



Are you inspired by the way that Clare is using Story Massage for adults in care homes and hospitals? She is also using it with children as part of her company Pohutukawa Kids. Would you like to train to use Story Massage in your work or home? We run a one day accredited training course held around the country for individuals and groups. These days can also be organised as in-house training sessions. Clare was one of the first people to complete our new online training option. One our courses we teach you how to share the ten Story Massage strokes and work with you to adapt familiar stories and even create some sensory stories of your own. Ideal for therapists, care workers, Relax Kids coaches, teachers, SEN staff, support staff, therapists, Early Years practitioners, those working with people with additional needs, everyone with an interest in sharing positive touch activities with adults or children. All the information is here: [www.storymassage.co.uk](http://www.storymassage.co.uk)



## 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> Nov 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 provided your standing order was paid. To renew online or pay by cheque please visit <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/)

**Contact us on:**

[contact@boothvrt.com](mailto:contact@boothvrt.com)

**01179 626746**

## LAST FEW PLACES – BOOK NOW!

**VRT Members: Do join Lynne Booth in Hampstead, London NW3 on Sunday 18<sup>th</sup> November 2018 for the Acclaimed VRT Reflexology and Movement Class. Reduced price for members £94.00**

**1-day Course content - [book here](#)**

## Vital Reflexology & Movement


**Techniques:** *a five minute revitalising booster using a specific set of core VRT reclining and weight-bearing techniques 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.*

- Mobilisation warm-up protocol for elite and amateur sports-persons 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 unique VRT Wrist Twist technique.
- Working children and babies – subtle, short effective techniques.
- Working with older people – adaptive VRT mobilisation techniques.
- Soothing techniques for Palliative Care situations using hand reflexology with the option of short but profound gentle nail-working techniques for living with Dementia. Both protocols can also be shared and taught to family and carers.
- Refine your skills and enhance your practice with Better Sleep/ Relaxation Protocol for the hands and feet suitable for self-help and supporting others.

**VRT CLASSES AVAILABLE in London, Bristol, Eire, Spain, Greece, Belgium, Japan, Suffolk and Norfolk.**

1 Day Approved CPD Class by Lynne Booth: Musculo-skeletal issues  
Sports Injury - Sleep - Common conditions - Children - Older people





**VRT Reflexology and Movement in Minutes**  
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Sunday 14 October, Bristol BS9 FULL  
Sunday 28 November, London NW3

Small Master Class Hand reflexology & VRT  
Monday 8 October, Bristol BS9 1PLA

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## VRT in Provence, France

In late September, in temperatures of 32 degrees, I had the privilege to teach a great group of 19 French reflexologists in Mollans sur Ouveze in Provence. It was organised by Sylvie Julien. We had some excellent results during the weekend of demonstrations and practical sessions which meant the reflexologists felt inspired to use the VRT techniques on their clients at once. - Lynne



## Nerve Reflexology Upgrade – October 2018

Lynne writes: I was delighted to attend the Nerve Reflexology Upgrade training in Bristol at the end of October. It was a fascinating and inspiring weekend of knowledge that we all shared. Thanks to Dr Carol Samuel for organising it so well. After many years of facilitating the Nerve Reflexology training, it was an extra treat for me to just be a student and have time to learn more of the profound techniques on offer! Thanks to Nico Pauly and Griet Rondel for opening our minds to the power behind the gut/brain connectivity and the links with Stress.

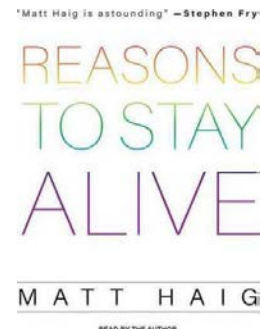
Contact Carol Samuel  
<https://www.reflexmaster.co.uk/> for future Nerve and Pain Reflexology Training

## Recommended reads

Lynne writes: These are three books that I have found very helpful to suggest to clients. If you know of anyone who is depressed, or is close to someone who is suffering, this best-selling book, *Reasons to stay alive*, by Matt Haig can be of profound help.

The aging population means that many more millions of people will live to develop dementia in the next 2 decades. Oliver James' *Contented Dementia* approach to helping those living with dementia, and offering coping mechanisms for the carers, is a valuable contribution to our understanding.

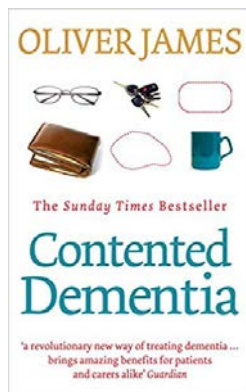
If a client intends to plan for a baby, then Rebecca Fett's book is a must-read. *It starts with the Egg* is a comprehensive and easily read appraisal of what prospective parents can do to help to create high quality eggs and sperm.



## Reasons to Stay Alive by Matt Haig

Like nearly one in five people, Matt Haig suffers from depression. *Reasons to Stay Alive* is his inspiring account of how, minute by minute and day by day, he overcame the disease with the help of reading, writing, and the love of his parents and his girlfriend (now wife), Andrea. And eventually, he learned to appreciate life all the more for it. Everyone's lives are touched by mental illness; if we do not suffer from it ourselves, then we have a friend or loved one who does. Haig's frankness about his experiences is both inspiring to those who feel daunted by depression and illuminating to those who are mystified by it. Above all, his humour and encouragement never let us lose sight of hope. Speaking as his present self to his former self in the depths of depression, Haig is adamant that the oldest cliché is the truest—there is light at the end of the tunnel. He teaches us to celebrate the small joys and moments of peace that life brings, and reminds us that there are always reasons to stay alive.

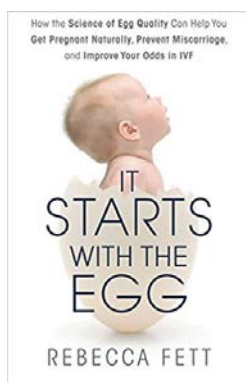
**Contented Dementia:**  
**A Revolutionary New**  
**Way of Treating**  
**Dementia : 24-hour**  
**Wraparound Care for**  
**Lifelong Well-being by**  
**Oliver James**  
(Paperback)



Dementia is a little understood and currently incurable illness, but much can be done to maximise the quality of life for people with the condition. Contented Dementia - by clinical psychologist and bestselling author Oliver James - outlines a ground-breaking and practical method for managing dementia that will allow both sufferer and carer to maintain the highest possible quality of life, throughout every stage of the illness.

A person with dementia will experience random and increasingly frequent memory blanks relating to recent events. Feelings, however, remain intact, as do memories of past events and both can be used in a special way to substitute for more recent information that has been lost. The SPECAL method (Specialized Early Care for Alzheimer's) outlined in this book works by creating links between past memories and the routine activities of daily life in the present. Drawing on real-life examples and user-friendly tried-and-tested methods, Contented Dementia provides essential information and guidance for carers, relatives and professionals.

**It Starts with the**  
**Egg: How the Science of**  
**Egg Quality Can Help**  
**You Get Pregnant and**  
**Prevent Miscarriage**  
**by Rebecca Fett**



The latest scientific research is changing the way we think about fertility. Poor egg quality is emerging as the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. It is also a major contributor to infertility in PCOS. Based on a comprehensive investigation of a vast array of scientific research, It Starts with the Egg reveals a ground-breaking new approach for improving egg quality and fertility. With a concrete strategy that includes minimizing exposure to

toxins such as BPA and phthalates, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby. "This timely synthesis of scientific literature is essential reading for both women and men wanting practical, evidence-based recommendations to enhance their fertility." - Dr. Loretta McKinnon, Epidemiologist, Princess Alexandra Hospital. "A thoroughly-researched and eye-opening account of how small, simple lifestyle changes can have powerful, positive effects on your health and fertility. A must-read for women wanting the best chance of conceiving a healthy baby." - Beth Greer, bestselling author of Super Natural

**Vertical Reflex Therapy Appraisal**  
**By Britta Stewart**  
**Dolan**  
**VRT Tutor**



I have learnt about VRT since 1998 and trained with Lynne Booth shortly after to become a VRT Tutor in 2000. Over the past near 20 years, I have used VRT in my own life for its effectiveness is consistent and versatile. The power of using this short supplementary therapy can enhance good health. It sometimes even relieves issues deep in the tissues which would not normally respond to other methods of reflexology.

The effective helper points and flexible techniques are so handy to apply immediately in situations of First Aid or stressful blocked energy within the body which can be released with an adjustment back to balance and this is what I find so often the case with Diaphragm Rocking and hormonal flush and nail on nail work and the ever dependable spinal walk from the basic course.

Zonal Triggers always works for me in every situation even with serious back strain issues and I have worked with clients with nerve pain in their spine who have had great relief for many weeks after just one treatment and some follow up homework given for hand at 2 minutes per day.

There really is so much I wish to say about VRT Techniques which is a huge gift from Lynne to the world. Thankfulness and gratefulness is all I wish to say about this tool box full of techniques which aim to go deep within any situation the body gets tense and dis-eased by and VRT seems to help into the core of these problems and help give the hope back to the body to re-balance. Orthopaedic problems are always improved when we apply VRT to ourselves or to my clients.

A beautiful dying person, with cancer of the brain, had reached the terminal stage and the hospital allowed her to have reflexology. I treated this person who could not sleep for over 6 days and was totally worn out and so were the staff of the hospital. VRT Diaphragm Rocking (DR) helped him fall deeply asleep within 20 minutes and he regained normal sleeping pattern after this. I therefore can only thank VRT DR for this assurance for the impossible situation which was not responding to any medication or other intervention. This is my fondest memory of how effective VRT is and I use VRT as my *personal doctor* each day.

## ***EQUILIBRIO***

*Created by reflexologists for reflexologists, this Equilibrio reflexologists retreat brings reflexologists together in a beautiful and tranquil setting. A unique opportunity to immerse yourself in your chosen healing art, recharge your batteries and inspire your mind.*



**Reflexologists' Retreat**  
**22 – 28**  
**September 2018**

**Hidden Paradise Retreat**  
**Granada, Spain with Lynne Booth**  
**plus other therapist participation**

### **VRT: Improving Function and Managing Pain**

We will focus on improving function and managing pain, diving into a holistic approach to this topic, with the work of our special return guest Lynne Booth being supported by workshops on herbs and nutrition. You will learn many powerful VRT techniques that are  
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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.

These techniques 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.

Combine all this with delicious and nutritious food, daily yoga, two free



complimentary therapies and plenty of time to relax and share treatments with other guests and you can see why a week at Equilibrio is the perfect combination for hardworking and caring professionals!

### **Prices and Early Bird Prices**

The price for this retreat is £795. There is a 10% early-bird discount for guests paying in full, 4 months before the retreat begins, so a cost of £715. This price includes 6 nights' accommodation in a twin shared room (single occupancy available on request with supplement cost), three meals a day, daily yoga & meditation classes, four workshop sessions, treatment exchange sessions, 2 complimentary holistic treatments and full use of the centre facilities including the outdoor pool. Book here

<https://equilibrio.life/retreat/reflexologists-retreat-improving-function-and-managing-pain/>

It does not include flights or transfers.

### **Timetable**

Yoga and meditation – Everything is optional so you can relax or take part in everything. It is up to you.

Each day starts by nurturing your physical and mental wellbeing. These sessions are suitable for everyone from beginners to advanced and individual requirements can be accommodated.

Detail of options, meals, accommodation, and workshops and afternoon sessions on website above

**Do join me! Limited places**

## UPCOMING VRT COURSES IN UK AND ELSEWHERE

Visit <http://boothvrt.com/vrt-courses/> for details

Date	Location	Tutor	Email	Organiser	Phone
<b>VRT Basic Course</b>					
10 Nov 18	Barcelona, Spain	Aliki Vythoulka	reflexoholistic@gmail.com	Aliki Vythoulka	+34 678 968 361
22 Feb 19	Thessaloniki, Greece	Aliki Vythoulka	reflexoholistic@gmail.com	Markos Valsamis Lyritsis	2315 314 604
<b>VRT Basic Fast Track</b>					
13 May 19	Bristol BS9	Lynne Booth	contact@boothvrt.com	Lynne Booth	01179 626746
18 May 19	Mullingar	Britta Stewart-Dolan	britta@auracourses.ie	Britta Stewart-Dolan	+353 (0)44 9345607
<b>VRT Advanced Course</b>					
11 Nov 18	Barcelona, Spain	Aliki Vythoulka	reflexoholistic@gmail.com	Aliki Vythoulka	+34 678 968 361
23 Feb 19	Thessaloniki, Greece	Aliki Vythoulka	info@kinetiks.gr	Markos Valsamis Lyritsis	2315 314 604
<b>VRT Hand &amp; Nail-working course</b>					
24 Feb 19	Thessaloniki, Greece	Aliki Vythoulka	info@kinetiks.gr	Markos Valsamis Lyritsis	2315 314 604
4 Mar 19	Bristol BS9	Lynne Booth	contact@boothvrt.com	Lynne Booth	01179 626746
19 May 19	Mullingar	Britta Stewart-Dolan	britta@auracourses.ie	Britta Stewart-Dolan	+353 (0)44 9345607
<b>VRT Reflexology and Movement in Minutes</b>					
18 Nov 18	London, NW3	Lynne Booth	contact@boothvrt.com	Lynne Booth	01179 626746
30 Mar 19	Bristol BS9 3UN	Lynne Booth	contact@boothvrt.com	Lynne Booth	01179 626746
13 Apr 19	Norwich, Norfolk	Lynne Booth	norfolkreflexology@gmail.com	Elaine Sach	Contact by email
14 Apr 19	Stowmarket, Suffolk	Lynne Booth	pennyjsimmonds@gmail.com	Penny Simmonds	0775 409 4257
13 Jul 19	Mullingar	Britta Stewart-Dolan	britta@auracourses.ie	Britta Stewart-Dolan	+353 (0)44 9345607