

Discover the versatility of VRT



VRT Network Membership Newsletter from Lynne Booth - July 2020

Dear VRT Network Member

Welcome to the Summer VRT Membership Newsletter in these times of the Covid Lockdown restrictions. I sincerely hope that all our VRT members and their loved ones have remained safe and well. I hope you find the contents interesting.

- * VRT free Training Self-help Video to share for Cramp
- * VRT and Reflexology to Support Bladder Issues
- * VRT on TV! "Sun, Sea and Selling Houses" Channel 4
- * New Book: The Gurus' Guide to Reflexology -by Jane Sheehan
- * Social Distancing & classical reflexology images
- * A great VRT result from Greece
- * Book VRT Classes
- * The Confidence Conundrum by Max K. Alexander
- * Free Covid-awareness training Class and Symptom Study App

Have a peek at Dr Fitzgerald's and Dr Shelby Riley's Zone Therapy books on my Cramp Training Video!



As we are all aware, due to some extraordinary, unfathomable Government anomalies, that reflexologists are still unable to practice from July 4th despite other "close contact" services being given the go-ahead such as hairdressers who have equal or much closer proximity to the client.

STOP PRESS! As of yesterday afternoon, 9th July, it seems that Reflexologists may be allowed to re-open their clinics shortly so look out for important guidance from your Professional Organisations once they have scrutinised the directive to insure that all forms of reflexology are permitted. There may be other guidelines for auricular or facial reflexology, for example. Thanks to everyone who has done much lobbying for clarity and parity. See below for valuable information and free training on PPE protocols in the workplace.

*Close contact services, identified by the Government, include hairdressing, barbershops, beauty and nail bars, makeup, tattoo and spray tanning studios, spas, sports and massage therapy, **well-being and holistic locations**, dress fitters, tailors and fashion designers.*

If other contentious issues crop up regarding the return of reflexology, here is the link to [contact your MP direct](#)

Take care and stay safe

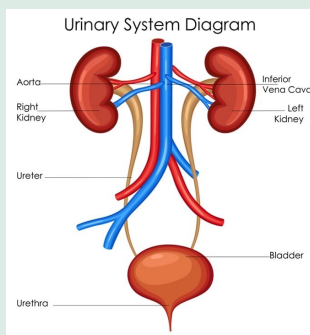
Warm wishes from Lynne and all the VRT tutors.

FREE VRT VIDEO to Support Cramp, Headaches or Neck pain, Toothache or Sinus Issues

I recently filmed this short training video of VRT for hands to help support Headaches or Neck pain, Toothache and Sinus issues - plus ways of helping Restless Leg Syndrome and Cramp in the calves and toes. I also discuss and share pictures from my 40 and 60 year old treasured facsimile books of Dr Fitzgerald's "Zone Therapy" book first published in 1916 (photo of reflexology with a comb) and Dr Joe Shelby Riley's book, "Zone Reflex", first published in 1924. They were generously given to me about 25 years ago by the excellent hand reflexologist and author, Kristine Walker. [CLICK TO VIEW VIDEO](#)



[Read](#) Positive Health article on **Reflexology: Working Corresponding Limbs to ease Cramp, Restless Legs and Painful Elbow**



VRT and Reflexology Techniques to Support the Bladder **By Lynne Booth**

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

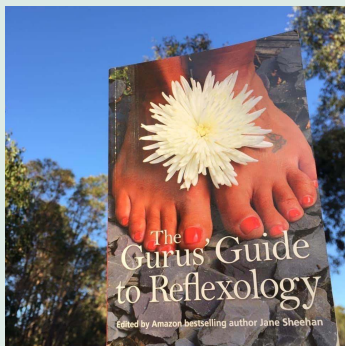
Clients should always be advised to seek medical advice first to eliminate more serious issues. Pelvic floor exercise, supportive organisations and reflexology all play a great role in helping a person regain full continence and confidence. [Click](#)

[here](#) to read article.

VRT and Sun, Sea and Selling Houses!

VRT Network Member Kath Cashley lives in, Alicante, Spain and comes to the UK for VRT classes. This week her reflexology treatment, including VRT, featured in Channel 4's TV

programme **Sun, Sea and Selling Houses**. Kath has a very impressive reflexology clinic room and gave a couple, who are the featured estate agents on the show, a reflexology session to relax the woman to help her sleep and to try to help the man stop snoring! I filmed the short excerpt with my phone and you can see the result! Kath received the following message: *Thanks for helping Sophie out with Damon's snoring, the reflexology did help but it's safe to say he still keeps Sophie up every now and again* [Click here](#) to watch short TV video clip.



The Gurus' Guide to Reflexology:

A new book edited by best-selling author Jane Sheehan

17 therapists from the world of reflexology and wellness share information about their form of reflexology or their tips to help the reflexology client. The book has articles as follows: Foot Reading by

Jane Sheehan; Animal Reflexology by Yvette

Eastman; Ayurvedic Reflexology by Sharon Stathis; Auricular Reflexology by Allison Walker; Dien Chan Zone Multi-Reflexology by Helen Black; Gentle Touch Reflexology by Sue Ricks; Inner Intent Reflexology by Allison Walker; Metamorphic Technique by Prue Whelan; Precision Reflexology by Jan Williamson; The Children's Reflexology Programme by Susan Quayle; **Vertical Reflex Therapy (VRT) by Lynne Booth**;

Adapted Reflextherapy by Gunnel Berry; Aromatherapy for Reflexology by Penny Price; Bach Flower Remedies for Animals by Agnes Schmitz; Coaching in your therapy practice by Kerry Hales; Tellington Ttouch by Linda Tellington-Jones; A journey on my feet by Phil Nuttridge.

The next book in this series covers the topic of hormones comprising infertility, puberty, pregnancy and menopause Since Amazon best selling author Jane Sheehan started her career in Reflexology in 1999, reflexology has changed significantly. This book is designed to introduce the reflexologist and public alike, to the many different forms of reflexology showing the progression of the therapy. Each "guru" has contributed information and tips that can be used along with details of where to get more information. There are 104 photographs and 52 illustrations in

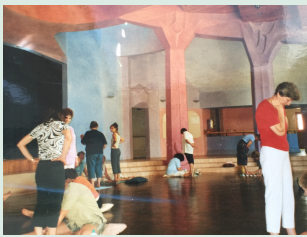
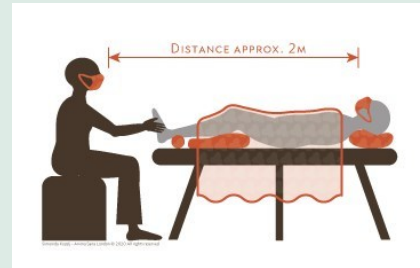
this book. Available from Amazon.[Click here](#)

Social Distancing and Classical Reflexology Sessions

Many thanks to VRT member, Simi Kozelj, who imaginatively produced 5 images on Facebook for reflexologists to share freely to help reassure some clients of PPE/Social Distancing measures when we can see our clients again. She writes:

Why are Reflexologists not allowed to start working yet? We work on feet - the distance between client's and my face is at least 1.5 meters, whether in the clinic or in a home setting. With the safety precautions set up by professional organisations in line with the government's instructions, it should be perfectly safe.

Here are some illustrations for better understanding". Please note these are helpful personal images from Simi for information only regarding classical reflexology and have not been authorised by a professional body or Booth VRT. [Click here](#) to see all 5 illustrations



****A great VRT result from a reflexologist in Greece.***

I recently bought your books and DVD and been incorporating your VRT technique at family, friends and some clients. Last week week at my Pilates class, I saw that the instructor (female/ around 35 years old) had severe back pain. So I offered to do some reflexology

hoping that it would ease the pain. Her condition and lack of space made me choose a quick VRT approach with Synergistic thoracic spinal reflexes.

When we finished, she was very emotional, tears running down her eyes.

We spoke 4 days later and she told me that her pain the next day disappeared and she had passed the whole weekend pain-free. I am so grateful. Thank you for this beautiful technique that works in such depth.

Marilia C

REFRESH A CLASS FOR ONLY £70.00

VRT Basic and Advanced Fast-Track class

VRT Reflexology and Movement Class

**Lynne Booth was winner of the Association of
Reflexologist's
Excellence in Innovation Award 2018**

The classes are accredited for 12 AoR CPD points.
FHT recognised for 6 points.

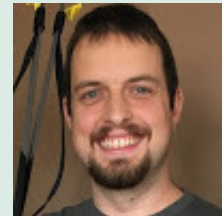
[Click here](#) for course announcements for VRT classes coming in **London, Lincoln, Belgium, Eire**. October 2020 Australia Conference and VRT classes cancelled by organisers due to pandemic. All VRT classes are planned to take place, subject to Government Covid advice at the nearer the time.



The Confidence Conundrum

You need confidence to succeed, and the best way to get it is through developing competence. But you need confidence to be able to stick with it long enough to develop the confidence. This is a major road block that prevents people from even beginning to change their lives.

Max Alexander's Evolved Habits blog suggests ways of building confidence in mini-successes to help you stay on course.



[Click here](#) to read more.

There'll Be No Escape in Future From Telephones

In 1953 a very enlightened and prophetic vision came from Mark R Sullivan, President and Director of the Pacific Telephone and telegraphic company in 1953. The term "smart phone" was not coined until the early 1990's. Since then there have been other phones but the slim Smart Phone,

as we know the concept today, was introduced when Steve Jobs announced the Apple iPhone on January 9, 2007

The Tacoma News Tribune, April 11, 1953.

There'll Be No Escape in Future From Telephones

PASADENA.—AP —The telephone of the future?

Mark R. Sullivan, San Francisco, president and director of the Pacific Telephone & Telegraph Co., said in an address Thursday night:

"Just what form the future telephone will take is, of course, pure speculation. Here is my prophecy:

"In its final development, the telephone will be carried about by the individual, perhaps as we carry a watch today. It probably will require no dial or equivalent, and I think the users will be able to see each other, if they want, as they talk.

"Who knows but what it may actually translate from one language to another?"



COVID Symptom Study

[Sign up here](#)

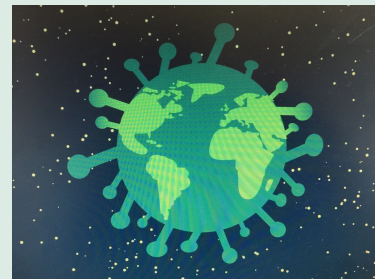
It takes a minute per day to report in on your App.

COVID Symptom Study - Help slow the spread of COVID-19

You can help fight COVID-19 by aiding research. Join nearly members of the public supporting the NHS and scientists in the UK. Together we can get out of lockdown safely and beat the disease.

CORONAVIRUS (COVID-19) AWARENESS COURSE

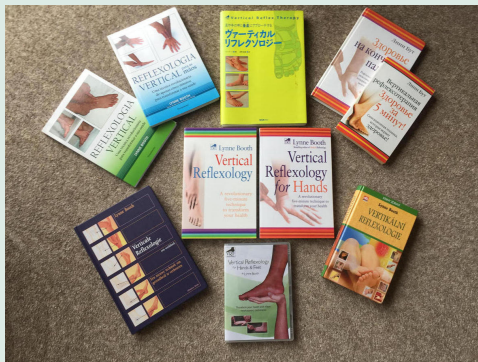
An important reminder if you have not yet undertaken a Covid Awareness course! This is all the more important now it looks as though Reflexologists will finally be able to open their practices again. I am sure we are all preparing for the time when are given the go head to resume our working practice. This free COVID-19 resource is delivered via Skills for Health, who



are one of the leading UK providers of online learning for healthcare, including Statutory/Mandatory training such as Infection Prevention and Control. There are other courses on offer that may be recommended by your professional body.

Please note, that this free version DOES NOT provide learners with a certificate/proof of completion. However, if you require a certificated version of the course, for proof of your training, this can be accessed via the Skills Platform here, for a small nominal fee of £2.00.

The course is approximately 2 hours in duration and includes information such as infection prevention, PPE, hand and respiratory hygiene, management and assessment, sampling and testing, patient transfers/managing patients and much more, to support you in your role. [Click here to view](#) **



Best-selling VRT Books, Charts and acclaimed DVD Vertical Reflexology is available in 6 different languages!

Best selling book *Vertical Reflexology* was one of the Daily Telegraph's 20 recommended complementary healthcare books in its first year of publication! [Buy here](#)

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