



VRT Membership Newsletter - Spring 2021 - No 57

Dear Lynne

Welcome to the VRT Spring Membership Newsletter.

I hope that the summer brings you warmth and relaxation and that your practice is returning to a certain level of *normality* in this continuing pandemic.

A scientist recently said, "None of us are really safe until the whole world is safe" and I trust that Western countries will support the developing world in all aspects of health care. Do read my review of a

fascinating new book by reflexologist and researcher, Dr Carol Samuel, called *The Tenacious Student*. There are articles on **Reflexology and teenagers**, **how to offer reflexology to a care home** and **how VRT helped a baby on a long haul flight**. I am delighted to share a video clip showing Synergistic work on a tiny baby. Read all about it below!



VRT MEMBER LOGO! We have created this new bespoke logo for members to use on their website and stationery. Please download it to replace the previous VRT Logo. Thank you. [Click here](#) to go to the VRT Members page (password: *trigger*) and you can download it.

New Online Basic and Advanced Course now available

"I highly recommend this Online VRT Course to anyone. Those who are new to VRT, and those who have already attended Lynne's courses in the past, will benefit from using this Course as a Refresher. The Course is well presented, easy to understand and navigate online. There is a comprehensive written Handout" *Lesley C

Do make use of the resources on the totally upgraded VRT website . There are many articles, free videos, interviews, research papers and much more

www.boothvrt.com Free new resources on the special **Members' Page** with video refreshers. Password above re Logo.

Kind regards from me and all the VRT tutors.
Lynne

Teenagers, VRT and Reflexology

Reflexologist and VRT Practitioner, Barbie White

writes about her work with teenagers which is an especially important contribution in times of pandemic. "I don't ask or offer any expectations; just an invitation to be in a safe environment away from the busy world. I don't try to fit the teenager into a tick box questionnaire but hold space with them and for them. I am not trying to fix their struggles. I may be the person in between allopathic medicine doctors, counsellors, advisors and educators. I offer a safe place to relax in a profound sense, bringing about balance and healing in a possible physical, emotional and mental way where they may see and feel their own value and worth. [Read more](#)



Reflexology helped a baby on a long haul flight

Lynne writes: Reflexologists have wonderful transportable, readily available skills to offer with no equipment necessary and I have always felt that in emergency situations we should offer them, but with discernment. [Click here](#) to see a video demonstration of Synergistic work on a baby. [Read more](#)



Hints for approaching older person care homes to offer reflexology.

Lynne writes: In recent years, "Older people" is the appropriate term used by care providers as it is a much more positive recognition of those in later years. I always suggest reflexologists use the term "older people" rather than "the elderly". See links also to articles including dementia issues, especially if they are writing to care homes to offer reflexology. [Read more](#)

Another reason to keep moving

Dr Marilyn Glenville, a leading nutritionist, writes in her news letter.



"I've got another good reason for you to prioritise exercise: physical activity prompts the clean-up of muscles, preventing the build-up of damaged proteins and keeps muscles healthy". study from the University of Copenhagen analysed markers from male non-athletes aged between 26 and 28 years old who completed an 8 -11-minute training session on an exercise bike. Blood samples and muscle biopsies were taken both before and after the exercise. Researchers found that a single, intense 10- minute bike ride increases the activity of ubiquitin, also known as the 'death marker protein' followed by the targeting and removal of worn-out proteins in muscles. This allows for the build-up of new proteins. This explains why exercise is so good for you because using your muscles initiates the process that keeps the muscles working well and healthy. So I want this to encourage you to keep moving. If you are in a good routine, well done – keep at it! On the other hand, if you keep finding excuses for not exercising, I hope this will motivate you.

See website

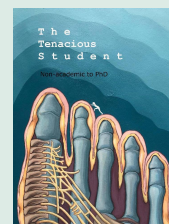


Basic - Advanced VRT in Athens, Greece on the 19th/20th June 2021 with VRT Tutor Alik Vythoulka.

**Contact Alik for more information
reflexoholistic@gmail.com**

The Tenacious Student Non-academic to PhD by Dr Carol Samuel

Carol writes: This book is a factual account of my quest to gain a PhD from the perspective of a non-academic. It tells of complex relationship issues and the highs and lows of academia. It is a compassionate, honest, and emotional journey that resulted in the world's first PhD in Reflexology and Pain Management.



Lynne's review

Dr Carol Samuel has broken new ground in this fascinating and extremely readable

book. Carol charts her difficult, yet inspiring life journey from her early days as a non-academic to being the first person in the world to achieve a PhD in Reflexology and pain management.

This book will be of great interest to all complementary therapists as it gives worldly and well written insights into the scientific world at a high level of academia in an English University. Its appeal will also reach many laypersons and those readers who will take inspiration themselves to aim high in their own personal lives and goals, and who may aspire to achieve what was once deemed impossible.

Carol takes us through the process of PhD selection to illustrate how research projects are conducted. She belies the idea of fusty academia and breathes life into her descriptions of the challenges involved in getting a reflexology project started that has had limited previous recognition at the highest level of research.

She has more than enough memorable experiences of love, loss and the unexpected, to write a full autobiography but she is a pragmatist and a realist who writes without ego or a desire to elicit sympathy. She simply tells it as it is. This approach enables her to describe, very sparingly and honestly, her life history as a backdrop to the book while her main focus is to share her University experiences in the widest sense.

Carol is a highly intelligent, compassionate therapist and author who has brought a scientific, therapeutic benchmark to clinical reflexology. I highly recommend this book that both challenges and invites the reader to join Carol on a journey of discovery through the chapters, and by the end we are left informed, inspired and touched by her excellent and most unusual achievements.

To order the book go to the [Reflexmaster website](#)



Morton's neuroma

Morton's neuroma is where a nerve in your foot is irritated or damaged.

Women pay a painful price for high heels

The number of people suffering from Morton's neuroma has doubled in the last 10 years with medics blaming high heels. 4 times as many women as men have presented

with this condition

Morton's neuroma usually affects your foot between your 3rd and 4th toes.

The main symptoms of Morton's neuroma include:

- a shooting, stabbing or burning pain
- feeling like a small stone is stuck under your foot

Some people may also have tingling or numbness in their foot.

The symptoms may be worse when they move their foot or wear tight or high-heeled

shoes. It often gets worse over time.



FHT

ACCREDITED SHORT COURSE



Lincoln VRT Basic and Advanced Class Sunday 10th April 2022

This VRT classes will be held in Lincoln in a spacious and airy conference centre and will run if Govt. Covid regulations permit. Please feel free to book with the membership discount (price £85) and your money will be

returned, in full immediately, if we have to postpone. Contact Glenys Underwood: glenys.underwood@ntlworld.com

Fantastic course with Lynne Booth. VRT: so much content. We came away with super new tools in our Reflexology toolbox. Amazing and innovative: a true Reflexology pioneer and trailblazer Thank you. Jackie

[VRT Basic and Advanced class](#)

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