



VRT Membership Newsletter - Autumn 2021 - No 58

Dear Lynne

Welcome to the VRT Autumn 2021 Membership Newsletter. I hope you have had a productive few months in your reflexology practice although I know that many reflexologists are still adapting to new working practices and finding innovative ways to encourage clients back into their reflexology clinics. I am sure that reflexology has so much to offer in supporting those who are experiencing Long Covid.

Do share with us your own experiences or techniques that you use to support clients with this debilitating condition. Read below about the *Covid Toe* phenomena and I also describe an unusual Tinnitus reflex for you to try.



I invite you to refresh your skills with the new VRT Online Basic and Advanced VRT Course which has proved to be a resounding success, thank goodness! In the first few months nearly 200 reflexologists have enrolled for this self-paced learning and the evaluation sheets give 95% 5-star feedback with nothing less than 4-star overall for the other 5%! **A number of VRT members have taken the opportunity to refresh their VRT skills on the full 8 hour training at half price: only £65! Use Voucher code MEMB65.** You have 6 months to complete. It has been good to meet up with some of you again on our Zoom meetings on completion.

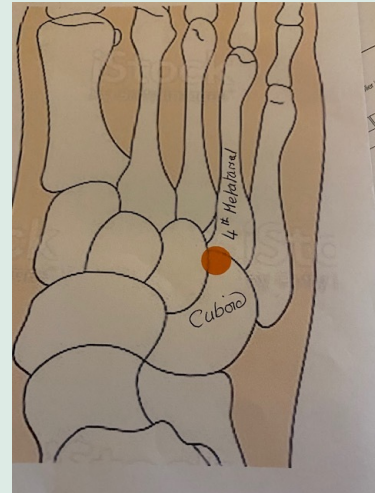
You can refresh your VRT skills, learn more and gain FHT, AoR and RAoA CPD points for 8 hours training. [Click here](#) for full syllabus and online booking.

"It has been a great revision tool for me, having done several courses approximately fifteen years ago! A good reminder of the versatility of VRT which has always made a profound difference to my reflexology. To be able to offer a short but effective treatment which is also excellent for self care too is amazing. Fantastic that I can now access this excellent course online" Jacqueline Blakeman, VRT Network Member

Kind regards from me and all the VRT tutors.
Lynne

An unusual Tinnitus point to experiment

Lynne Booth demonstrates an unusual discovery. Here is a possible tinnitus reflex for you to experiment with. I was shown it about 20 years ago in South Africa by a reflexologist. It is in a unusual place as it is not situated near the head or ear. I usually work it in the passive position while the client is reclining but you can try it briefly on the semi-weight-bearing feet. Do not work it on a standing clients as they may be feeling slightly dizzy anyway with tinnitus.



If tinnitus is present, the client should feel a tenderness/sensitivity in that area. The finger can be moved around that area, say 0.5 cm, in any direction to find the most tender spot.

I recently tried this technique on a client who had had a loud ringing in one ear for months (acupuncture had helped the other ear). During the session the ringing switched off as I held the two points. She was left with a very low residual noise that did not concern her. 10 days later she reported the ear was still clear.

Tinnitus Point

See the adjacent chart I put together to show the suggested reflex point that you may like to try for tinnitus issues. [Click here for a link to the little impromptu video I filmed of the tinnitus technique.](#)

Method: During a full reflexology session gently stimulate the reflex on the reclining foot on the edge of the cuboid and 4th metatarsal for 30 seconds on the foot that relates to the ear in question. Tinnitus is often in both ears.

Always work both feet to balance.

You can add power to this stimulation by holding the big toe nail gently for 30 seconds at the same time as you stimulate the reflex. Repeat on the other foot. You can also try this on the semi-weight-bearing foot when the client is seated.

Disclaimer: No claims are made for this point and any experimentation is at the reflexologist's own risk.

What is Covid

Toe? Here is something to look out for.

Scientists believe they can explain why some people who catch Covid develop chilblain-like lesions on their toes and even fingers. Covid

toe appears to be a side effect of the body switching into attack mode to fight off the virus.



The researchers say they have pinpointed the parts of the immune system that appear to be involved.

The findings, in the British Journal of Dermatology, may help with treatments to ease the symptoms.

Covid toe can happen at any age, but affects children and teenagers more commonly.

For some it is painless, but the rash can be extremely sore and itchy, with tender blisters and swelling.

[Click here](#) to read the full article on the BBC news website. 06.19.2021



Working with Older people and in Care Homes

Here are many resources and links for members to access.

This is a useful article with **tips and techniques for working with those living with dementia** from the AoR Reflexions Journal. There are two good references and comments within the article regarding research and Dr Gemma Jones' expert advice.

<https://boothvrt.com/wp-content/uploads/2013/11/Lynne-Booth-Reflexology-and-Dementia-December-2014-.pdf>

This is an impromptu 4 minute video I made with a colleague using hand reflexology for someone living with dementia. Feel free to share this link with clients, colleagues, carers, family and friends as the techniques can be viewed by reflexologists but it is geared to explain reflexology to carers and family as well. [Click here](#)

For many years I was the "Expert Author" on reflexology for the Positive Health Journal. Here are some useful relevant articles though there are many more on reflexology and VRT; just search Lynne Booth Positive Health Author
<http://www.positivehealth.com/article/reflexology/reflexology-caring-for-older-people>
<http://www.positivehealth.com/article/reflexology/reflexology-working-corresponding-limbs-to-ease-cramp-restless-legs-and-painful-elbow>
<http://www.positivehealth.com/article/reflexology/reflexology-s-role-in-cancer-care-and-support>

Useful books on dementia

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

Somebody I Used to Know by Wendy Mitchell

Cracking the Dementia Code: Creative Solutions to Cope with Changed Behaviours
by Karen A Tyrell (I have not read this book yet but it looks fascinating and recommended by a reflexologist who works in a care home)

Coping with Alzheimer's: A Caregiver's Emotional Survival Guide by Rose Oliver

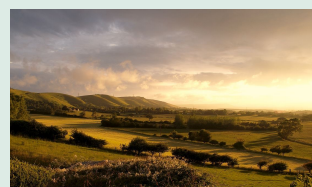
Care-Giving In Dementia by Dr Gemma Jones (previous academic research book)
but look out for her articles in a search.

Lynne's VRT Blog August 2020 *The Power of the Therapeutic Touch*

Click here: [A few guidelines for approaching residential nursing homes](#) to offer reflexology. It is helpful when you make contact with an older person organisation to enclose articles about reflexology and older person care to endorse your application.

A profound and timeless *Thought for the Day*

The human body, at peace with itself
Is more precious than the rarest gem.
Cherish your body, it is yours this one time only.
The human form is won with difficulty, it is easy to lose.
All worldly things are brief,
Like lightning in the sky;
this life you must know
As the tiny splash of a raindrop;
A thing of beauty that disappears
Even as it comes into being,
Therefore set your goal and
Make use of every day and night
To achieve it



This was written by Tsongkhapa who was a 14th century Tibetan Lama and Buddhist. Shared by reflexologist Tony Porter in a post.



The Foot Influence on Posture and Proprioception

by Tony Porter

Lynne writes: Tony Porter of ART and Focussed Reflexology is internationally respected as a reflexologist and I was privileged to be taught reflexology by him for my IIR Diploma nearly 30 years ago. I thoroughly recommend that you sign up to his Blogs as they are fascinating and also attend one of his courses or online webinars. See <https://www.artreflex.com/>

He writes:

Walking barefoot or with shoes without cushioning provides the body with continued stimulus through the action of impact to the feet.

There is a technique which I use which mimics the benefit of walking barefoot, it is part of a range of manual techniques which I call passive exercise and are of benefit to those bedridden for various reasons where the weight-bearing stimulus is not possible. This is one I include during my reflexology sessions on most patients and provides the stimulus when walking in bare feet

Read the [full article here](#)

www.artreflex.com

The PodyCharts foot charts for reflexology : An atlas of reflected anatomy

By Annie Trigg and Sue Alma Evans

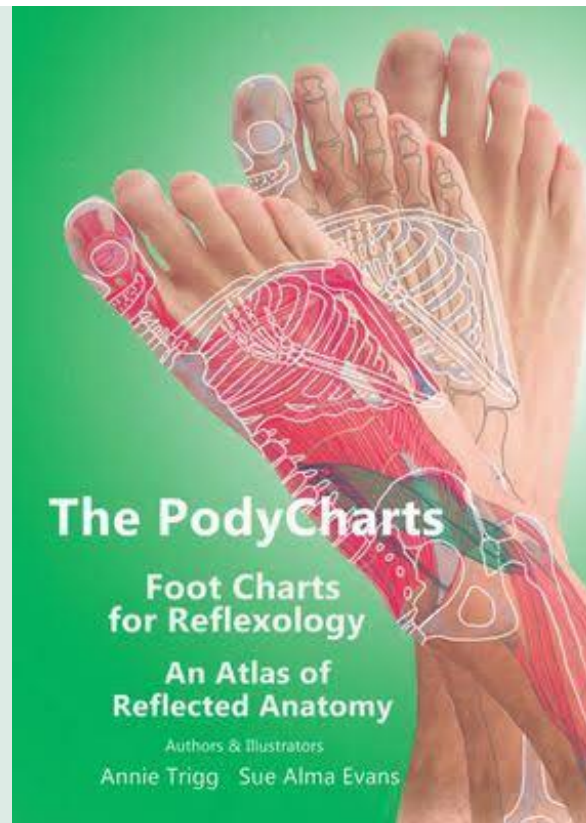
Lynne writes: I was delighted to be asked to review this fascinating book that is worth of a place on every reflexologist's shelf. The PodyCharts are superbly detailed, explicit, colourful and artistic images drawn using real feet and real bones. Each body system is labelled

and shows precise positioning on the feet. The 'micro' skeleton is aligned to the bones of the feet and is also shown in each image.

The actual location of every organ and tissues are measured against those bones and 'micro' skeleton. There are 10 beautiful images for every system, detailed from every angle; in addition there are also amazing illustrations of systems overlaid and close up views providing a clear picture of the way in which the body has multiple systems, but works in unison.

The PodyCharts unite the science of the body with an holistic overview; no matter what methodology is used for treating the feet, the PodyCharts will be an essential and invaluable reference text for precision of touch and intent. Reviewed and endorsed by leading reflexology educators and a medical doctor, the PodyCharts guide students and practitioners alike, through the wonders of the human body, reflected in the feet.

<https://www.thepodyshop.com/> Also available on the Book Depository, Amazon and other booksellers.



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.



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](#)

VRT Online self-paced class. Why not refresh your VRT skills online and then meet with Lynne for a Zoom meeting on completion? 1/2 price for members £65!

Read the full syllabus and [Book Here](#) on this dedicated VRT website page. Voucher code MEMB65.

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"Lynne's VRT Basic and Advanced Course was, hands and feet down, the BEST online I have ever taken! I loved the flow and diversity of types of information from text, to slides to videos and charts and books! This was perfect, kept my attention and interest"! Amy M

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