



VRT Membership Newsletter - Spring - No 59

Dear Lynne

Welcome to the VRT Spring 2022 Membership Newsletter.

It is good to hear that so many VRT Practitioners and colleagues are emerging from two years of Covid restrictions and beginning to enjoy a more relaxed working environment. Notwithstanding that all the PPE protocols are still adhered to as recommended by our professional bodies. I am also looking forward to teaching the Basic and Advanced courses in Lincoln on April 10th. It has been postponed 3 times already since 2020!



Our thoughts and concerns are, of course, very much with the people of Ukraine at the present time in this heart-breaking situation.

This issue looks at VRT's role in supporting sports-persons and an interesting report on reflexology research study on reduction in pain and physiological changes in cancer patients. Read about some simple exercises to look after your hands and we also look at supporting people with chronic pain.

I invite you to refresh your skills for under half price with the new VRT Online Basic and Advanced VRT Course which has proved be a resounding success. See more information at the end of this newsletter.

All good wishes
Lynne and the VRT Tutors

Do you exercise your hands as



much as the rest of your body?

Some reflexologists would argue that they have strong supple hands because they are constantly working on the feet. But, without an holistic simple exercise programme, there is a great risk of straining your hands or developing Repetitive Strain

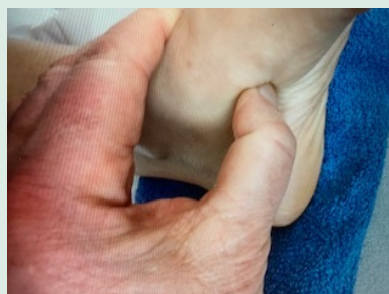
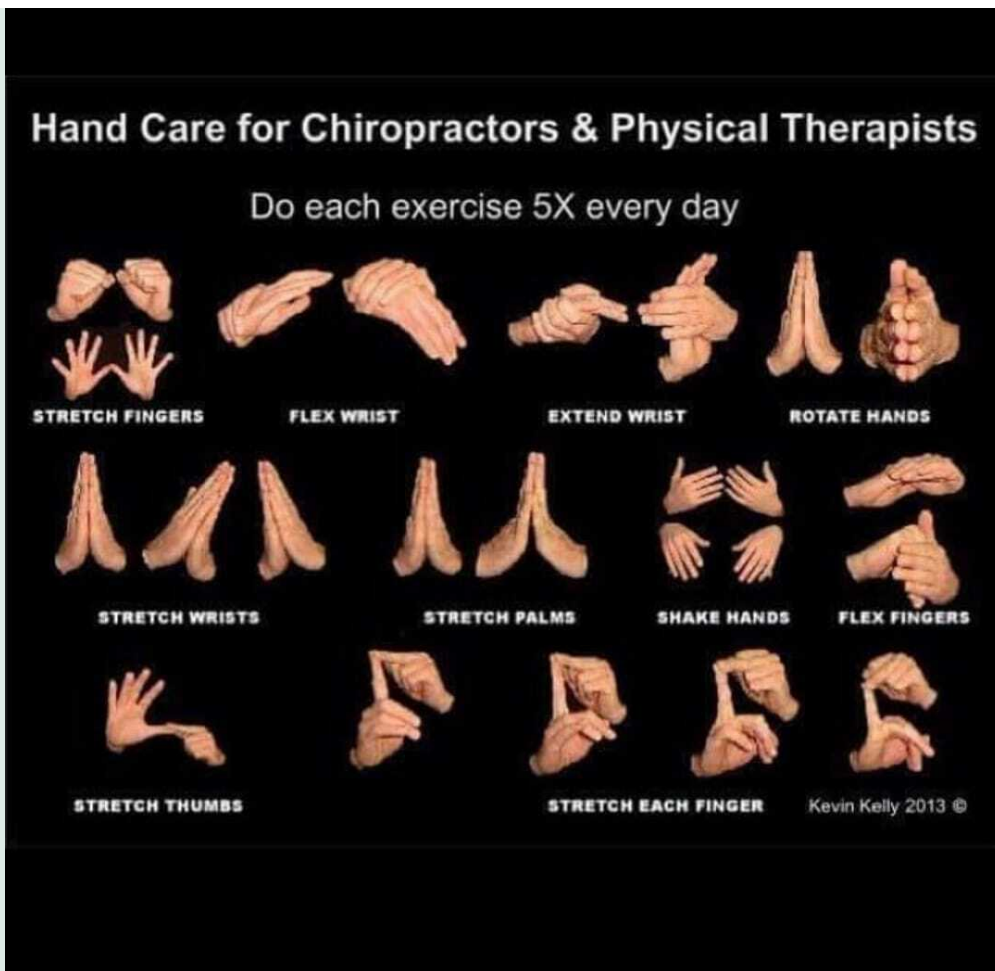
Injury (RSI) as the years go on. This hand work-out below from, a Chiropractor, gives you really helpful short, simple exercises to keep your hands fully mobile. Very easy to do perhaps when watching TV or travelling as a passenger in a car.

A cautionary tale

It is always important to protect your hands in every day life when undertaking arduous tasks as they are the key to helping others and earning a living! Many years ago, as a newly qualified reflexologist, I was keen to help renovate a shed in our new home. I climbed on the roof in the bitter wind and helped to staple down the felt roofing. My wrist was being worked at an odd angle but I was keen to finish the job and we were delighted that we had saved money by avoiding professional help.

The next day I realised I had strained my wrist, could not treat my clients for a few days and had to pay to see a chiropractor to put it right. A false economy and lesson learnt!

So, ***"Be kind to your body, it's the only place you live"***



Proper support to protect thumb joint by Tony Porter

Internationally renowned reflexologist, Tony Porter, of ART and Focus Reflexology writes many interesting Blogs and articles and also gives invaluable hints such as these comments regarding protecting the thumb joint.

He writes:

One of the main reasons that reflexologists get painful thumb joints is due to improper support of the thumb by the fingers of the working hand. The picture shows the correct position with the fingers and hand supplying the grip which is also used on the plantar, medial, lateral areas of the feet. Unless there is an underlying problem, the joints of the fingers and thumbs should not become painful. The other factors are the incorrect position of the therapist to the foot being worked on and the feet being too high.

See his excellent website for more information

www.artreflex.com

Tony continues: "I have been in pretty much full time practice for 47 years and have no joint problems. This is due to being taught properly at the start of my career. This forms the foundation of A.R.T and Focused Reflexology".



Vertical Reflexology's role in supporting elite football, rugby and amateur sport-persons of all ages.

Lynne Booth

Vertical Reflexology has become an invaluable tool for many reflexologists in the sports world due to its versatility. I have worked alongside a professional football team, in the medical department, for 15 years and in a 400-person residential care home complex for 27 years in my two very contrasting clinics. So what has a lady pensioner aged 75 got in common with a 20 year-old professional football player when it comes to me supporting their swollen knees with classical and VRT techniques?

The answer is, firstly, they both fell and injured their knee, the female client was a good amateur tennis player. Secondly, they can sit or stand for only 5 minutes to receive VRT at the beginning and end of a conventional reflexology session as all the body's reflexes are approached through the dorsum of the weight-bearing feet or hands. VRT also lends itself to shorter combined sessions and 5 minute "first aid" targeted approaches to particular reflexes.

On a long haul flight my fellow passenger was a professional cyclist who had recently fallen from his bike damaging his shoulder and it was paining him and he was very open to some weight-bearing VRT hand reflexology. He soon fell into a deep sleep which surprised him as he said he never slept on planes. On waking he reported he only had a dull ache for the first time in several days which further improved as the 10 hour flight continued. He gave me his business card as we parted. I looked him up afterwards and found he had won stages of the Tour de France and was an Olympic silver medallist!

The golden rule with VRT is that reflexes are stimulated for 10-30 seconds only and, if the person is standing, they must hold onto a chair or table as a precaution for support. Never place a client on a stool, chair or table. If in doubt, treat the client seated or work their weight-bearing hands which are just as responsive.

Working with sport-persons, both amateur and professional, can be a rewarding and fascinating experience for reflexologists to support chronic and acute conditions. My work with elite footballers is to complement medical interventions such as physiotherapy as all sportspersons are looking for that extra 1-2% that can make a difference to their wellbeing and performance.

*This article was first publish in the **Love Reflexology Facebook Group** in January 2021. Reprinted with kind permission of the founder, Kelly Hainsworth. Do sign up to free membership with this group for information, discussion, news and offers. (Over 5,000 members).*





The War in Ukraine

In these devastating and dire times concerning the war in Ukraine, our hearts go out to millions of citizens who are suffering and are maimed or killed. Our thoughts are also with the millions of refugees and the amazing generosity of so many nations who are welcoming them with open arms.



The effects of foot reflexology on pain and physiological indicators in children with leukaemia under chemotherapy: a clinical trial study

This very interesting study was brought to my attention by Tracey Smith, Research Manager at the Association of Reflexology and this short resume is reproduced with her permission. She writes,

This is a useful research study in so many ways, it's about statistically significant reduction in pain and physiological changes in cancer patients but it also sadly involves children. The number of research studies on reflexology and children is tiny so this adds massively to the data.

Rep Pract Oncol Radiother. 2021 Dec 30;26(6):955-961. doi: 10.5603/RPOR.a2021.0116. eCollection 2021.

The effects of foot reflexology on pain and physiological indicators in children with

leukaemia under chemotherapy: a clinical trial study

Fereshteh Ghaljaei, Alia Jalalodini

Free PMC article

Abstract

Background: Foot reflexology is a popular complementary medicine method; however, previous studies have shown conflicting results. This study aimed to investigate the impact of foot reflexology on pain and physiological responses caused by intrathecal injection of chemotherapy drugs in children with leukaemia.

Materials and methods: This clinical trial included 80 children with leukaemia. The participants received 20 min foot reflexology (10 min each foot). The primary measured outcomes included pain and physiological indicators (blood pressure and heart rate).

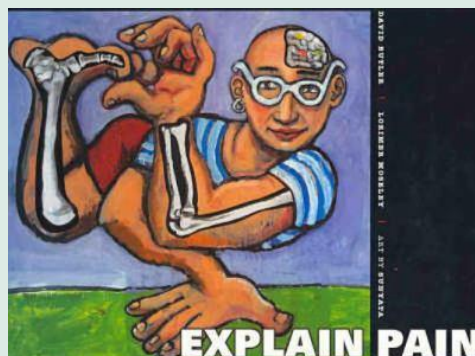
Results: The results showed that foot reflexology had a significant effect on reducing pain ($p = 0.002$) and improving physiological indicators [blood pressure ($p = 0.002$) and heart rate ($p = 0.003$)].

Conclusion: Based on the results of the present study, which shows the positive effect of foot reflexology on the improvement of pain and physiological indicators, foot reflexology can be used as a complementary treatment along with conventional therapies.

Soundbite:

A study of reflexology in children undergoing a specific chemotherapy procedure for leukaemia, found that reflexology positively and statistically significantly reduced pain, blood pressure and heart rate.

[Abstract available here](#)



Possible ways of using VRT and reflexology to support clients with chronic pain

Lynne writes:

A VRT practitioner recently wrote to say:

"I was wondering if you could help, as I feel I have used all the knowledge I have to try to help my mum who has suffered badly with neuralgia, for years. She gets some relief from the reflexology treatments, but feel it's not enough".

Neuralgia definition

Neuralgia is pain in a nerve pathway. Generally, neuralgia isn't an illness in its own right, but a symptom of injury or particular disorders. In many cases, the cause of the pain is not known. The pain can generally be managed with medication, physical therapies or surgery.

I feel that a multi-faceted approach has to be made regarding nerve pain and it is a often a challenge to help a client.

From a Vertical Reflexology viewpoint; tapping up and down the spinal reflexes for about 30 seconds per foot in the reclining position may help This is particularly appropriate if you can target where the pain is on any one day and then link to the Neural Pathway and Zonal Trigger. Holding a painful connected reflex on the foot while simultaneously holding the big toe nail (nail-on nail-Pituitary pinch) may help subdue the pain. Always work both feet when targeting a reflex as this will balance the body.

Dr Carol Samuel is probably the person whose classes offer the most specific help. She teaches Nerve Reflexology and can be contacted at carol@reflexmaster.co.uk
<https://www.reflexmaster.co.uk/courses.html>

Carol's CPD approved Nerve Reflexology Introduction could be very helpful. She also teaching other aspects of Clinical Nerve Reflexology. I have also added a link below regarding Trigeminal Neuralgia which may offer a few insights generally.

Some of you may know of this very helpful book, whose cover is illustrated above, called **Explain Pain by David S. Butler and G. Lorimer Moseley**. [Here is a link](#) to the book and description but you need to search for second-hand copies as new copies are expensive but a good investment.

[See link Trigeminal-Neuralgia-Auriculartherapy](#)

<https://www.reflexologyaustralia.com/wp-content/uploads/2016/06/Trigeminal-Neuralgia-Auriculartherapy.pdf>



"The future depends on what you do today"

Mahatma Gandhi

Springtime in the Kuju Flower Park, Japan



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.





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. Please feel free to book with the membership discount (price £70) Contact Booth VRT [to book online](#).

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 £70!

I invite you to refresh your skills with the new VRT Online Basic and Advanced VRT Course which has proved be a resounding success! 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 £70! Use Voucher code MEMB70. 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

Read the full syllabus and [Book Here](#) on this dedicated VRT website page. Voucher code MEMB70.

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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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