



VRT Membership Newsletter - Summer 2022 - No 60

Dear Lynne

Greetings to you and I hope you are having a good summer despite the intense heat at times.

I am delighted to announce a wonderful Spanish Retreat for reflexologists where I will be teaching techniques for "Reducing Pain & Fatigue and Increasing Mobility" in the first week in May 2023.

There will be excellent contributions from other therapists, time for swaps and chance to explore this wonderful southern mountain region. See details below.



This issue introduces you to the value of research by some of our amazing reflexology colleagues. We may think we have enough Anatomy books but Mary Dalglish has produced an outstanding addition with a complete exploration of the body: see review. I have been experimenting with using a tiny metal probe on the toes as shown to me by leading reflexologist, Tony Porter. I have not yet tried it on the weight-bearing toes as I feel it should probably be gently applied to the reclining feet. You can learn more on Tony's seminars on Zoom and his Blogs.

You may like to revise the VRT sleep techniques with a short training video and article.

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

Thanks as always for your support, communications and use of VRT in your practice.

All good wishes
Lynne and the VRT Tutors

A very special opportunity to join me for a 7-day Equilibrio Reflexology Retreat in Southern Spain from April 29 to May 6 2023.



Learn the VRT Reflexology and Movement Techniques to enhance your practice plus much, much more!

Lynne writes: You are most welcome to join me on a 7-day Reflexology Retreat in Spain on 29 April - 6 May 2023. I will share my Vertical Reflexology (VRT) course techniques on "Reducing Pain & Fatigue and Increasing Mobility". This CPD week is organised by Equilibrio reflexologists, Anna and Jane Bartholomew, who offer wonderful residential holistic training weeks including a main guest tutor, optional daily yoga, holistic lectures, complementary treatments plus relaxation, swimming pool, local trips and marvellous food.

The venue is Cortijo Romero, a beautiful retreat venue nestled in the foothills of the Spanish Alpujarras, near the market town of Orgiva. Inclusive cost is £990 and flights and transfers are extra. I have taught for Equilibrio before and these wonderful weeks are exceptional value and sell out months advance. It is three quarters full already!

[See the Equilibrio website](#) for full details with itinerary and to book your place.

Don't forget your own simple self-help VRT for hands

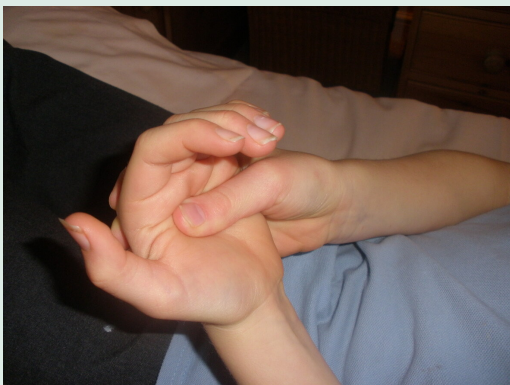
We are often good at giving our clients "Homework" with a few minutes of self-help VRT techniques on the hands in-between appointments. But it is equally important to look after ourselves and nurture our bodies.

Try a useful 3-4 minute session by selecting 3 priority reflexes and working these reflexes on both hands. 15-20 seconds per reflex is the suggested maximum.

Always work both hands to balance the body even if it a one sided organ such as the Liver. Finish with 5 to 10 Diaphragm Rocks on each hand. If you need calming: also try the nail-on-nail Pituitary Pinch on the thumb nails (one by one).

You can refresh Diaphragm Rocking techniques on [this video](#).





Sleep Issues : here are some VRT techniques on video and an article that you can share with clients.

Lack of a good night's sleep has serious effects on our brain's ability to function and many people sleep very lightly during restless nights. This can result in impaired

cognitive function the next day, as well as making concentration more difficult and shortening the attention span. Calming the body, with specific techniques to facilitate a deep relaxing sleep, can be one of greatest therapeutic gifts a reflexologist can give to their clients.

Soon after I qualified as a reflexologist in January 1993, I had a series of clients who all complained of insomnia, but it manifested itself in many different ways. I was keen to try and help each individual, but realised that I needed a general formula and technique to help re-set the client's body clock. I devised Diaphragm Rocking to help sleep issues for both the hands and feet.

[See Sleep Issues video here](#)

[Read the article:](#) AoR Reflexions Sleep Issues and Diaphragm Rocking from the VRT repertoire-June 2018



Reflexology "improves heart efficiency", claim researchers

Reflexology can make the heart pump more efficiently say researchers who think they have found the first scientifically robust evidence that it does have a physical effect.

Practitioners believe that certain parts of the hands and feet correspond to certain organs, and massaging these part points increase blood flow to those organs. Some reflexologists also claim that reflexology can improve heart function

Now a team at Stirling University in Scotland have found that, when volunteers undergo reflexology massage of the heart point, located somewhere on the ball of the left foot, they exhibit a subtle improvement in cardiac output. This is a measure of how efficiently it is pumping.

But when they underwent sham treatment in which only the heel of the foot was

massaged, there was no change in heart function. Jenny Jones, a PhD student, said the finding was "intriguing" adding, "We have no idea what caused this change".

From the archives: Steven Adams, Medical Correspondent, Daily Telegraph 13 July 2012

A quote from Octavia Hill, Co-founder of the National Trust 125 years ago. Her words are just as relevant today.



The Influence of the Toes by Tony Porter

Lynne writes: Three weeks ago I was privileged to have personal tuition by the internationally renowned reflexologist, Tony Porter, of ART and Focus Reflexology in working with a tiny metal probe on the toes. I have been experimenting since on friends and clients and appreciate the very

"fine-tuning" I can achieve. I am interested in the reflex-brain connections and hope that these reflexology techniques can help support relaxation, stress and sleep issues. Tony writes many interesting Blogs and articles and also gives invaluable hints: see links to his website at end of the article.

Tony Porter writes:

The toes cast an extensive influence over the entire reflex matrix of the body to such an extent that a complete treatment session can be given independently of any other areas of the feet.

The toes are endowed with the highest electrical/magnetic potential of any other reflex area. This is particularly evident in the tips of the toes. These small reflex areas can be detected with the proper use of the fingers/thumbs. However, they can be so

small that I will use an acupuncture probe, as shown.

When the 'live' point has been detected, gentle, static contact is made for up to a minute (sometimes longer). Receivers of this protocol experience a sensation travelling through the body.

The photo was taken in 'The field', so to speak. In fact, in London's Waterlow park.

[Read more](#) on this subject in Tony's following Blog where he stresses that tiny probes are not a replacement to classical reflexology but an adjunct.

#tonyporterreflexology #euniceingham

#focusedreflexology #hypothyroid #lowbackpain #orthobionomy

#hypothyroidism #arthurpauls #artreflexology

See his excellent website for more information

www.artreflex.com



The Continuing War in Ukraine

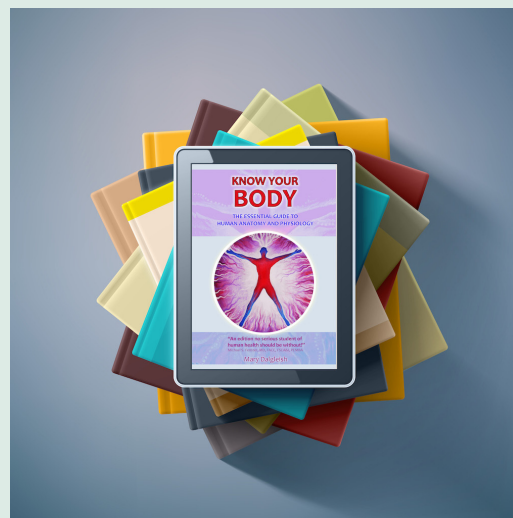
It is a sad reflection that the Ukraine war has continued and others are affected in so many parts of the world including Africa where the wheat shortages will cause starvation. Our hearts go out to millions of citizens who are suffering and are maimed or killed. Our thoughts are also with the millions of refugees and the amazing generosity of so many nations who are welcoming them with open arms.

'KNOW YOUR BODY – The Essential Guide to Human Anatomy and Physiology' by Mary Dalgleish

This is a highly recommended book whether you are new to reflexology or have been a practitioner for many years.

'KNOW YOUR BODY – The Essential Guide to Human Anatomy and

Physiology' is essential reading for anyone interested in the human body and how it works. Whether you're a student, an aspiring medical, healthcare or fitness professional, or just someone who's curious about the human body and how it works, this book offers you an accessible and enjoyable way to understand the basics of



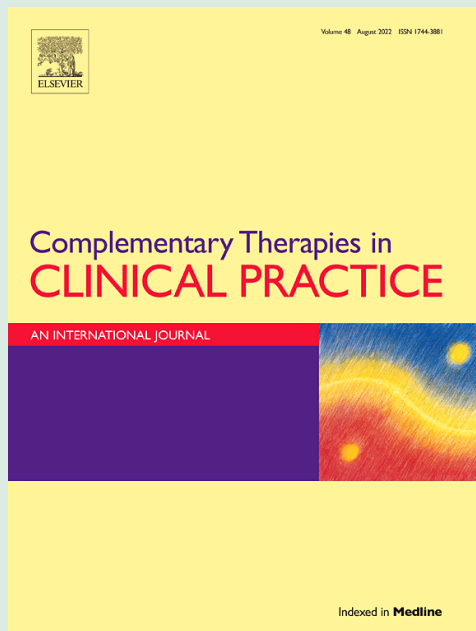
anatomy and physiology.

Written in a clear, user-friendly style, it provides all the information necessary to meet and exceed the anatomy and physiology curriculum requirements of several international awarding bodies. The text has been checked and endorsed by medical professionals, and the content addresses all the topics (and more!) listed on the anatomy and physiology syllabi of most major UK exam boards.

The accompanying workbook is an excellent study resource for students. The author has been teaching anatomy and physiology to complementary therapy students for over 20 years. 'KNOW YOUR BODY' was submitted to the Page Turner Awards 2020 and Mary was among the writing award finalists!

"Mary Dagleish has created an eminently accessible and informative book. Whilst containing detailed information regarding human anatomy and physiology appropriate for the medical level, it remains a delightful and pleasing read. A deep and expansive addition to any library; it is an edition no serious student of human health should be without!"

Michael S. Fenster, MD FACC, FSCA&I, PEMBA



Complementary Therapies in Clinical Practice

Volume 48, August 2022, 101606

Complementary Therapies in Clinical Practice

'Reflexology: Exploring the mechanism of action'

Panel: Judith Whatley, Joanne Perkins, Carol Samuel

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Lynne writes: reflexology practitioners owe a lot to outstanding academic

lecturers and therapists such as Judith, Joanne and Carol above who have undertaken extensive clinical reflexology research and have presented papers that, no doubt, pave the way for more universal medical understanding and recognition of what reflexology has to offer.

Abstract

Reflexology is a complementary therapy focusing mainly on the application of

pressure on the feet, hands and ears. A small but growing evidence base suggests that positive outcomes can be gained in the management and improvement of symptoms across a range of conditions. Biological plausibility is a key concept in the determination of the usefulness of therapies. Research which tests for safety and efficacy alongside the underpinning mechanism of action are therefore important.

This paper explores the potential mechanism of action for the outcomes associated with reflexology treatment as reflected in the current evidence. The influences of therapeutic touch, relaxation, placebo effects and the similarities with other therapeutic methods of structural manipulation are considered. The lack of clarity around the precise definition of reflexology and the challenges of researching the therapy as a treatment tailored to individual need are discussed.

A deeper understanding of the mechanism of action for reflexology may help to further develop research into safety and efficacy. Such an understanding may lead to the integration of knowledge which may provide both symptomatic support and longer term preventative health benefits.

[Click here](#) to read the full paper



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

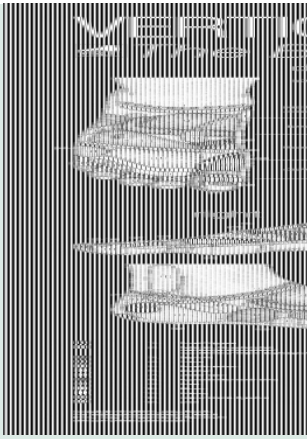
ACCREDITED SHORT COURSE



"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 B

VRT Basic and Advanced CPD 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 to 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, RAC, RABC, ARBC 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

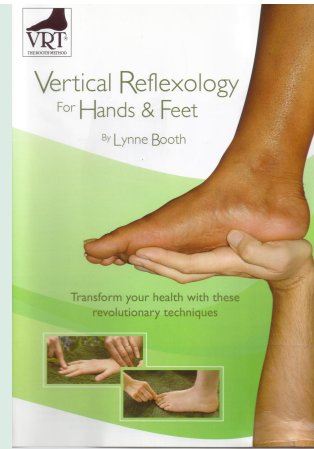
Special offer DVD price nearly 50% off.

Some VRT Members on completion of their course, or many years later, have bought the VRT one-hour DVD at a special reduced price which gives a professional visual overview of many of the VRT Basic and Advanced

techniques you have learnt. If you need a reminder or a refresher please [click here](#) where the special price is only for Online and VRT Network members.

This recommended price of this DVD is £24.99. By using this button you can purchase it for only £13.99 plus p&p.

See full description and reviews [here](#).



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