



VRT Membership Newsletter - Winter 2022 - No 61

Dear Lynne

Greetings and I hope you have enjoyed this hot summer (if you live in the UK) and the welcome rain that has now followed! For those in Europe, and parts of the Americas, the intense heat is a very different matter. This newsletter is a way to say hello and make contact following that wonderful Equilibrio Retreat. It really was good for the soul in so many ways. I returned to Spain 2 weeks later to present at the RiEN Conference in Yecla. It was stimulating to learn so much from colleagues and share techniques and conversations at both venues in different ways. Networking among reflexologists, and learning about the research that is taking place, was inspiring.

The conference delegates were honoured to have reflexologists, Barbara and Kevin Kunz, presented online from the US with their medical consultant colleague, Dr Posse. They all described the ground-breaking research on reflexology applications monitored while under an MRI scanner. See my reports below.

There is important information about vomiting in children, that can also apply to adults, plus some ideas why new babies don't sleep.

Dementia is a massive issue for aging populations and many of us will be in contact with those living with dementia. Oran Aviv offers much practical Hand Reflexology advice. On another topic, David Wayte will talk you through a 15- minute guide to the VRT Chart.

No obligation whatsoever but you have the chance to buy the 60 minute VRT DVD on very special offer at only £7.00 only plus p&p following a stock check (RRP £19.99)! See sample video link below.



If you want more CPD points why not learn the VRT Basic and Advance Online self-paced course for only £70 under half price? This will build on your knowledge learnt on the Reflexology and Movement course.

Thanks again for being a wonderful group and for your interest and participation in learning VRT. I know some of you have had very good results already.

All good wishes
Lynne

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Explore the VRT charts in detail with reflexologist David Wayte, Principal of Jubilee College.



David Wayte invites you to take this opportunity to watch a 15 minute presentation in his Wednesday's Reflexology Wisdom Series. [Click here](#) to explore the VRT charts in detail. See his website to explore his presentations on other reflexology charts in chronological order.

David Wayte, is an influential reflexologist and is the principal of Jubilee College which offers a high calibre of reflexology training to Level 5 at 11 venues in the UK.

For reflexology courses, including Finger Free Techniques, contact David Wayte at:
Jubilee College

Derbyshire

DE7 6NW

www.jubileecollege.com

Tel 07801 332301



Self-help VRT in Uganda on the Congo Border

FIRST AID! Self-help reflexology techniques are a wonderful gift to give our clients, family and friends. A few years ago I visited my daughter in a Ugandan town on the Congo border. She worked with local teachers delivering HIV education to the remote outlying villages, sometimes through drama and story-telling. They were often pressurised and had to drive/walk across harsh terrain. The staff were curious and delighted to have a reflexology training afternoon with me.

I taught them Vertical Reflexology (VRT) and classical hand reflexology techniques to help digestion, backache and other mobility issues plus VRT hand-rocking for better sleep and the Pituitary nail-working to ease stress. I fortunately managed to ease a few stiff necks and backs a little, prompting their leader to thank me and declare that, ***“We are now all Walking First-Aid Boxes”!***



Oran Aviv. Creator of *Hands-on Dementia*

Lynne writes: Many years ago I was speaking at a conference on Reflexology and Cancer in Israel and had the privilege to meet and discuss various VRT and reflexology techniques with Oran Aviv. She is a highly gifted reflexologist who contributed her experiences to an article I wrote using hand reflexology and VRT techniques on persons living with dementia. Oran teaches

Naomi Feil's Validation Method and Hand Reflexology and other techniques to reach and connect with people living with dementia.

Her website is a wonderful resource and she teaches her techniques on courses in person and online. [Click here](#) to explore aspects of Dementia.

ORAN'S BLOG

[Click here](#) to read **Understand the Reason Behind the Behavior** and examples of **The Validation Method**. I wish it could be read by all who work in the field of dementia.

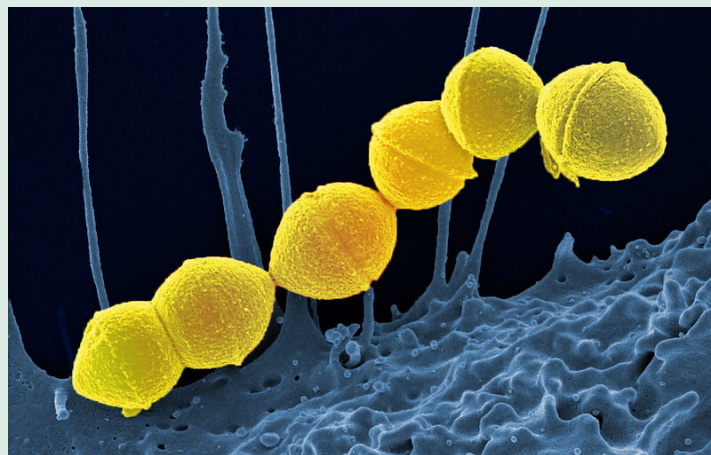


Hands-on Dementia
Joining Hands, Heart and Mind



Hope for Peace in 2023

Our thoughts and hopes are for peace in Ukraine and an end to conflict in so many parts of the world including Syria, Afghanistan, Yemen, Haiti, parts of Africa and elsewhere. Remembering Pakistan and many other countries who are suffering from the effects of Climate Change.



Group A streptococcus (GAS) is a common bacteria. Invasive GAS causes the most serious infections.

Many of us carry Strep in our throats and on our skin and it doesn't always result in illness. However, GAS does cause a number of infections, some mild and some more serious.

The most serious infections linked to GAS come from invasive group A strep, known as iGAS. There is increased number of cases at the time of writing and several children had died. **See this Government Blog on [Group A Strep - What you need to know](#).**

Meningitis and Sepsis symptoms are also important to know.

Meningitis and Septicaemia (also called sepsis) are more than just a rash and the Meningitis Research Foundation charity warns after a YouGov poll finds only 5% of parents can identify all the symptoms. [Click here](#) to read the warning signs



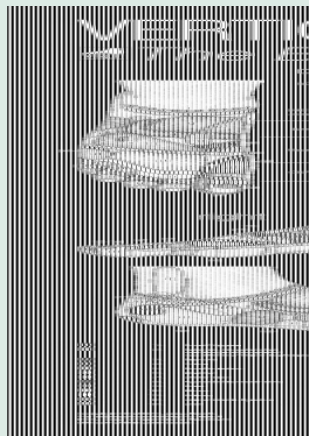
Welcome to the wonderful world of reflexology in Perth, Australia!

Bernadette (Bernie) Sermon and her Australian reflexologist friends are newly qualified and get together to practice and share experiences as they build up their Perth practices. Bernie discovered my book "Vertical Reflexology" in her local Reflexology Association library and they have been trying out some of the techniques and were keen to follow the list of 70 priority reflex guidelines for certain conditions at the back of the book. I recently held one of my regular Zoom meeting for reflexologists who have completed my on-line Basic and Advanced training course. By chance, two of the reflexologists were both from Perth but had not met before! I love these Zoom session as reflexologists from around the world can meet and discuss VRT.



VRT MEMBER LOGO! Here is the 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.



"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 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

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