



VRT Membership Newsletter Summer 2023 - No 63

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 North America the intense heat is a very different matter. I have had an extremely interesting two separate weeks in Spain in May when I was part of the Equilibrio Reflexology Retreat in Orgiva. I then returned 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. It was inspiring to network with other reflexologists and learn about the research that is taking place.



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

We have important information about vomiting in children, that can also apply to adults, plus some ideas why new babies don't sleep and a reflexology video protocol.

In this issue, members have the chance to buy the 60 minute VRT DVD on very special offer, following a stock check, for a limited period. £7.00 only plus p&p! If you want more CPD points why not refresh the VRT Basic and Advance Online self-paced course for only £70 for members at under half price?

Thanks as always for your support and communications.

All good wishes
Lynne and the VRT Tutors



It seems anyone can claim to be a reflexologist!

I despair, although this scenario is familiar to fully qualified professional reflexologists!

Lynne's comments below are taken from her Facebook post and her summary of the feedback from many other reflexologists around the world. "I have just had an approach, via my website, from a salon to ask if I could run a short "fast-track" reflexology course for 5 of their therapists to "train as reflexologists". No doubt they hoped to obtain a qualification after an introductory weekend and immediately charge a large fee per appointment with no bonefide insurance! I sent the proprietor links to professional reflexology bodies and their accredited training courses. I advised him to just pay for one of his therapists to

undergo a full accredited Diploma course, including anatomy & physiology, case histories and practical sessions. That way he could later offer the public a professional reflexology service.

Lynne's summary of the feedback received:

I very much valued the comments from numerous reflexologists who gave feedback following my indignant post above. On a positive note I celebrate the professionalism, concern and passion that numerous colleagues feel about upholding standards, CPD and proper regulation. We take pride in our reputation, integrity and aim to meet our client's needs. Qualification Regulation has been in place in the UK for 13 years, and many countries also regulate reflexology practice, but other sub-standard training providers still operate.

Sadly, is easy for someone to obtain an online "Reflexology Certificate" in a weekend for under £30 and, amazingly, be offered some form of insurance as well!

These "qualifications" are often added to a list of treatments offered by therapists who are qualified in basic beauty or other modalities.

Hopefully the information provided in our clinic leaflets, websites, advertisements and articles is also educating and helping the wider public to discern between the truly professional reflexologist and a poorly trained so-called therapist.

No amount of regulation will totally stop rogue practitioner or underqualified therapists but we can all play a professional part in helping to educate the public to discern what constitutes a professional treatment.

Memories of the fabulous Equilibrio Reflexology 7- day Retreat in Orgiva, Spain in May 2023 including the VRT Reflexology and Movement Course and SO much more!



Lynne writes: Great memories of a wonderful Equilibrio Reflexology Retreat in Orgiva, Spain. Thanks to Anna and Jane Bartholomew for organising such a fantastic programme of talks, relaxation, a 7 km mountain walk, fabulous vegetarian food, swimming pool and wonderful garden setting at Cortijo Romero. Those two organisers are *simply the best!* It was a privilege to be with such an amazing group of 20 women and also share my VRT Reflexology and Movement Techniques.

The feedback to Equilibrio from the group was simply tremendous and I am sure I speak for all of us when I say I would highly recommend a future week when their next programme is announced. Anna and Jane focus on a particular reflexology tutor and subject for 2 half days that comprise an accredited CPD course but there is much more to enjoy as well. Read this overview and their response:

"We've had the best week with the most amazing women!

A huge thanks to Lynne Booth for sharing her VRT techniques, experience and knowledge so generously, and for inspiring us with her wonderful stories! Can't wait to put all that we've learnt into practice!

Thank you to Sophie and Becs for your brilliant workshops and sessions on Nutrition and Herbal Medicine, and to Charlotte, Arantza, Belen and Lesley for stretching, soothing and relaxing everyone with your fantastic treatments. A bit of pummelling went on too!!

Chocolate making with Flips and singing with Layla were fab optional extras, too!!

And the biggest thanks goes to all of our guests You all made it the perfect week. A space to be just as we needed to be, with complete open heartedness and care for each other - while having such fun and laughter! We even fitted in some dancing

You've all been such brilliant company!

@cortijo_romero was just the right place for it all to happen. Such a haven"

For further information and to sign up on the Equilibrio mailing list <https://equilibrio.life/>



Ground-breaking research for Reflexology using MRI scans initiated by reflexologists Kevin and Barbara Kunz with neuroscientist Dr Stefan Posse

Kevin writes:

Dear Fellow Reflexologists,
The response to helping us fund the analysis of the data from the first round of brain scans while performing reflexology has been tremendous. The Irish Reflexologists' Institute has made

it almost to 2/3 of the way to their goal of 3000 Irish pounds on their GoFund Me campaign. And the UNM Fund is giving us a report shortly so we know how far we have gone.

If everyone who has committed to this fundraising effort delivers we are all set. We now get the feeling this research effort could be ongoing. Why can't we keep testing more disorders? Stroke is a good starting point but where could we go from there? What would you like to see tested?

I know the team who like to look at spinal cord injury. But it is more expensive to do this and has technical issues.

We would like to look at PTSD, Parkinson's and heart issues. But there are more disorders on our wish list. The idea that we can continue to look inside the brain is fascinating to us. What answers could we obtain. It fires up my imagination.

What also fires up my imagination is a worldwide database of reflexology research. I know there are several countries already maintaining research databases. What if there were interlinking networks? How can we achieve this? Thoughts?

We have done four books on reflexology research because we believe research is our strength. But because language differences and accessibility problems we are only looking at the tip of the iceberg. Thousands and thousands of research projects

exist.

Reflexology research is our strength!!!

Much love and respect.

Kevin

Neural Pathways of Applied Reflexology

After reading all the information, should you feel you wish to donate, please [click here](#)

Any donation, however, small, will make a difference.

Muscular Reflexology by Christian Slot

It was a privilege to meet the influential Danish reflexologist and tutor, Christian Slot, at the recent RiEN Conference in Yecla, Spain. I am blown away by his book! He is the founder and developer of Muscular Reflexology. His book of the same title, with fantastic illustrations, has just been published in English. It immediately sold out and is now reprinted! Dr Carol Samuel, whose opinion I greatly value,



has written the Foreword to what she rightly calls this "superb book". Christian has spent his whole professional life developing these ground-breaking reflexology techniques which also combine a fusion of the functional activities of Chinese medicine and connection to muscle injury and pain. The first Danish edition was published in 2009. Once in a while there is a major break-through in reflexology techniques and I predict that, now the book is published in English, Muscular Reflexology will eventually be incorporated into best reflexology practice internationally, with other languages to follow! For more information [click here](#)

New babies and lack of sleep

Recently a reflexologist wanted to help a new-born baby who slept in the day but was awake in all night. She had received numerous helpful suggestions with the essential proviso that a medical practitioner must be consulted at the same time to eliminate any serious issues.

Lynne writes:

"I certainly think Cranial Osteopathy can be very helpful for new born babies, especially after a difficult natural birth or caesarean section, but there are many additional suggestions that could also be the answer. Here is a link to a free video for calming babies to aid sleep based on the VRT passive reflexology Diaphragm Rocking technique on the baby's feet. [Click here](#). This can be generally helpful whatever the condition although it does appear that this particular baby's sleep pattern is very disrupted. On two occasions, in my experience, the reason a baby was crying at night was because it was hungry. One client's small baby was not sleeping well due to a deep tongue-tie that the medics had missed so it could not feed properly. Another baby appeared to be suckling well but the mother was not producing enough milk and the baby became dehydrated, hungry and constipated.



RiEN Conference, Yecla, Spain. May 2023

So pleased to meet old and new friends at the conference and hear excellent presentations from some of my reflexology heroes among a good spirit of camaraderie. Great to

hear from Kevin and Barbara Kunz about their fantastic MRI Reflexology Research project with Dr Stefan Posse. I have been delighted to learn new skills in the workshops and also share my VRT Reflexology and Movement techniques. It was the Festival of St Isidora and groups of us joined with hundreds of costumed people in the processions with the bands. On Saturday, elaborately decorated fiesta floats paraded through the streets. The designs take up to a year to construct and comprise thousands of carefully rolled strips of paper. Reflexology has sure taken me to unusual and very interesting places over the last 25 years!



Vomiting - Valuable information for everyone

A 16 year old died recently. He and his brother slept in the same room. Late night he awoke throwing up, his brother said he held his hand to his mouth and went to the bathroom.

After vomiting he complained of difficulty breathing. He later died.

The doctor said he held his vomit in, until he got to the bathroom so he wouldn't make the bed or carpet dirty, which is what drowned him.

Vomit went directly into his airways...

Let kids vomit wherever they want. We should never force them to hold the vomit until they get to the bathroom.

The carpet can always be washed, but we can't bring the child back.

This is informative and could save a life.

"Serving the Humanity post"

Evidence Based Practise in Reflexology! A simple overview. What is it all about?

A very useful and informative statement posted by reflexologist Nancy Klien and others

Evidence Based Practice in Reflexology

R	Research	- point of view
E	Education	- levels and skills
F	Future	- following trends
L	Life-long learning	- ongoing process
E	Evaluation	- check and control
X	Expertise	- extra value
O	Outcomes	- up-to-date information
L	Linked to all countries	- exchange
O	Overview	- knowledge and understanding
G	General standards	- for profiling and recognition
Y	You	- reflexologists in the lead

The acclaimed VRT DVD is on extremely special offer of only £7.00 plus P&P. Enormous saving on RRP of £19.99 - a stock check revealed extra stock!!

You are invited to buy the 60-minute acclaimed professional DVD with VRT Refresher sequences plus

hand reflexology and introduction to reflexology. Useful for reflexologists and helpful for clients, family and friends. Excellent as a present or to put aside for useful stocking-filler Christmas presents and very light to post! Over 2,000 sold! [Click this special link](#) to purchase

“This is one DVD you have got to have in your collection, a first class production.”

— Reflexology World, International Journal.

“No other video on the market compares to Lynne Booth’s DVD....I found the audios and visuals to be excellent.”

— New York State Reflexology Association Journal.

[See short video resume of contents](#)

Sections:

Introduction to VRT and relaxing classical reflexology techniques

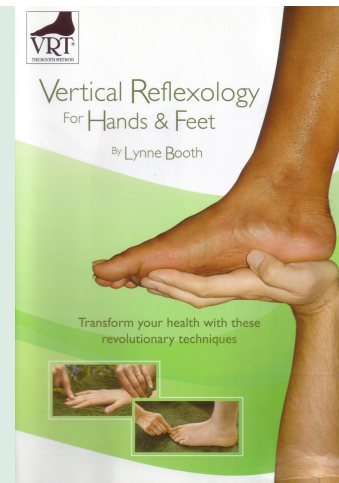
Introduction to Basic VRT Foot techniques

Advanced VRT Foot techniques including Diaphragm Rocking

Basic VRT Hand technique and self-help lesson for hands

“Complete” VRT sequence using all techniques

Summary and further information



Case Study

VRT Practitioner Olga Stergiou sent in this Case Study (abbreviated here) following the completion of the Online VRT Basic and Advanced course.

Condition Treated: Stiffness in shoulder and neck on a 64 year old female - over 1 year duration. 4 treatments.

Priority Reflexes: Lumbar spine, shoulder and neck.

Method: Applied detailed crib sheet and advanced techniques and classical reflexology

Result: The client experienced significant improvements and pain levels reduced from 8/10 to 5/10. While mobility improved to 4/10.

The client was given self-help homework for the 3 priority reflexes lumbar, shoulder and neck but did not regularly apply them. Though they still benefitted from the sessions.



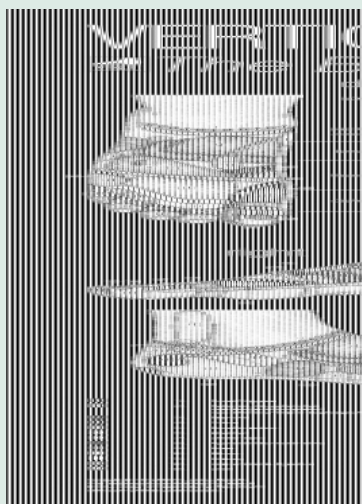


VRT MEMBER LOGO! Here is the bespoke logo for members to use on their website and stationery. Please download it to replace the previous VRT Logo. Thank you. [Click here](#) to go to the VRT Members page (password: **trigger**) and you can download it.



FHT

ACCREDITED SHORT COURSE



VRT Basic and Advanced Online self-paced class with 6 months access. Why not learn more VRT skills online and then meet with Lynne for a Zoom meeting on completion? 1/2 price for Network Members for £70 (RRP £145)!

"This was a fantastic course, loaded with information & new techniques that were brilliantly relayed on-line".

Jo K

See full information page [VRT Basic and Advanced Online self-paced class](#)

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 over 250 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.

"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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