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Corrected ankle video link! VRT Membership Newsletter - Spring 2024

1 message

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To: Adam Booth <adam@boothvrt.com>

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VRT Membership Newsletter Spring 2024 - No 65



Dear Adam

Easter Greetings to you and I hope you have been able to enjoy the break. It has been a long hard winter for many therapists and there are beautiful flowers and a very wet promise of Spring in the UK! I look forward to teaching VRT in Toulouse this month and will hand over my French and Swiss teaching connections to my new VRT tutor, reflexologist Sophie Bosc, who organised my previous visit.

There is much useful information in this newsletter:

- * A twisted ankle: a short video on reflexology and movement techniques.
- * Internationally renowned reflexologist, Tony Porter, gives valuable advice on treating lower back pain.
- * Neural Pathways of Applied Reflexology Research with reflexologist researchers Kevin and Barbara Kunz.
- * The importance of Bone Density with Vicki Hill.
- * VRT and great results for painful hips.
- * Guidelines from the ASA on Complementary Health advertising.
- * An extraordinary cautionary tale about reflexology and a dog!
- * Mimosa and flowers in your treatment room.
- * One articulated medical skeletal foot for sale.

Warm wishes

Lynne and the VRT Tutors



Helping to release a rolled or stiff ankle. My motto is "Don't forget Ingham's reflexology referral areas"! See new video

Here is a quick reminder to relax and release the ankles via the wrists combined with the VRT Reflexology and Movement concept. Recently I was on a walk with a friend when he slipped and slightly twisted his ankle and began limping in pain. I immediately asked him to sit on a wall. I then worked his referral wrist reflexes in combination with him simultaneously mobilising his ankle. To his amazement the pain subsided and his ankle fully released after about 3 minutes and he could walk normally.

My video clip shows the same self-help, or therapist application, in the reclining position. These combined techniques have been taught to elite Championship football players for self-help, if they roll an ankle while running on the pitch, and to infirm older persons with stiff ankles to give them more mobility. As always, apply the standard reflexology caution: if there is any indication of ligament damage or other injury, then medical intervention is required at once.

Here is an article I wrote for Positive Health on referral areas: *Reflexology: Working Corresponding Limbs to Ease Cramp, Restless Legs and Painful Elbow.*





REFLEXOLOGY AND LOW BACK PAIN: An alternative approach by Tony Porter

Founder/Director A.R.T. (Advanced Reflexology Techniques) and Focused Reflexology

During my physical therapy training, students were told that for every case of back pain successfully treated, at least two new clients would be brought to the practice. I can vouch for this. As Low Back Pain (LBP) is the most common pain practitioners encounter, let us explore how it applies to reflexology. My experience has shown that reflexology can be highly efficient in easing or eliminating the distress caused by this condition and can provide a positive boost to satisfied clients. The treatment of LBP is a convenient subject to explain the gist of this article.

Reflexology is more than following a chart and applying contact to a reflex, which the practitioner assumes needs to be worked on instead of letting the feet tell stories through their reflex status. Eunice Ingham, The Mother of Reflexology, gives clues to this through her books, 'Stories The Feet Can Tell' and 'Stories The Feet Have Told.' Yet, how many reflexology practitioners work this way by letting the reflex status of the feet tell the stories?

The subject of LBP is convenient for explaining the concepts that I devised through A.R.T./Focused Reflexology, where the principle focus is on the practitioner becoming aware of the reflex disturbances on the feet and applying the

appropriate types of contacts rather than the practitioner applying contacts to the reflexes that they believe need to be treated. In a previous blog, I mentioned the importance of examining the hip reflexes, as it is an imbalance here that can be the primary cause of LBP.

The Fascia

It is the ubiquitous corset and support of the body and acts as a communication network and matrix of the body. Therefore, it is of significant consideration in LBP and many other conditions. While on the subject, the fascia is responsible for most of the reflex communication of the body. With the appropriate types of techniques, the feet provide an excellent way to influence the fascia.

To read the full article click here

Tony Porter is renowned internationally and began practicing physical therapy and reflexology in 1974. Realising the importance of applying the appropriate contacts to a reflex he developed a system of techniques known as A.R.T. (Advanced Reflexology Training). This later developed into Focused Reflexology® to better describe the approach. For further information

<https://www.artreflex.com/>



“Neural Pathways of Applied Reflexology” with clinical reflexologists Kevin and Barbara Kunz.

Lynne writes: *I had great pleasure in hearing American reflexologists, Kevin and Barbara, present their research at the RiEN Conference in Yecla, Spain in May 2023.*

The webinar, hosted by the Integrated Reflexology Consortium, costs only £5.00 to attend on May 14th at 19.00 UK time. It's been three years from conception of the research project “Neural Pathways of Applied Reflexology” to completion. On May 14, 2024 results will be discussed in a webinar presentation by Barbara and Kevin Kunz.

The research included brain scans by fMRI taken of study participants in April 2023 as foot reflexology was applied to their feet by Kevin Kunz at the University of

Minnesota School of Medicine. The original goal was proof of concept for reflexology. This was demonstrated when images showed blood oxygen activity in areas of the brain aside from those expected when pressure is applied to the feet. Further brain scans of individuals who had experienced stroke as foot reflexology was applied to their feet were taken in September 2023. Analysis was conducted of the brain activity and comparison of the April and September results.

A paper announcing results will be presented May 6, 2024 in Singapore at the annual meeting of the International Society of Magnetic Resonance in Medicine The paper is: "Neural Pathways of Applied Reflexology using Real-Time Task-Based and Resting-State fMRI in Healthy Controls and Patients with Stroke."

This is going to be 'a moment in the history of Reflexology' and if you would like to hear about the results of this ground-breaking project, **Sign up here**

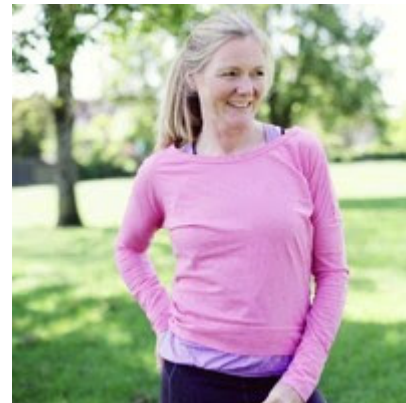
Attending this webinar costs just £5.00 and 100% of this goes to Barbara and Kevin to support their continuing work in Reflexology research.

The Importance of Bone Density

Vicki Hill, Women's Health and Fitness Trainer

Lynne writes: *We all need to look after our own bone health and encourage our clients to do the same. Reflexologists can play a key role in advising clients to seek local expert advice and take preventative exercise measures when it comes to women's (and men's) health issues.*

Osteoporosis, faecal and urinary incontinence and other conditions can positively respond to targeted exercise programmes. We shall explore, with Vicki Hill, some of those other issues in future editions.



Bone Density has been a really interesting topic of research over the years, as they have found out that bones do and can re-grow. However, bone needs help in this process.

- Do you ever think about how important your skeleton is or how much you need strong bones? Probably not as it isn't something we think about as much as maybe our weight.
- Stop & think about it. Our bones are essential to our health and survival.
- Remarkably, paying attention to our bone health is still viewed very much as 'an old persons problem'.
- Hence, I thought it was time to teach you a bit more about how you can look after your bones.
- To finish, remember, it is your body and it is essentially only you who can look after it and take some of these preventative measures.

Too often people only do something when they break a bone or have a DEXA scan and are told they have osteopenia (pre- osteoporosis) or osteoporosis. Start NOW no matter what age you are. **Read Vicki Hill's full article here.**

Lynne writes: *We all need to look after our own bone health and encourage our clients to do the same. As the saying goes: use it or lose it*".

Click here for much more information on Vicki Hill's Women's Health and Fitness website.

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Great hip results: recent feedback from the reflexologists who studied VRT online.

My step father visited recently and he has been bothered with his hip for so long. I gave him a VRT treatment and worked the hip synergistically and the next morning was telling me he was no longer in pain, which I am so excited about. Jane Gauld

My mother has recently been diagnosed with arthritis and is awaiting a hip operation and pain relief. Her mobility and her quality of life has been seriously affected, I practiced the VRT routines and was amazed by the results. After 10 minutes she was able to stand straight and also had no pain for 30 mins which is a amazing.

I have also been using this for a client with swollen legs and these have also reduced. Thank you so much for sharing. Highly recommended. Tracey Jane Hale

Don't forget you can always revise the VRT Basic and Advanced techniques on the Online Course.

5* reviews and fully accredited by 6 organisations internationally for 8 hours CPD points. 9 modules and over over 50 short training videos and comprehensive handouts. Only £70.00 for members (RRP £145) using Voucher Code: memb70.

Embrace the holistic approach to health and wellbeing in your advertising. Here are guidelines to keep within the advertising codes from the ASA.



The Advertising Standards Authority (ASA) issued these guidelines recently to coincide with National Complementary Therapies Week but they have a universal application:

Complementary and alternative medicines (CAM) can play a significant role, especially when taking a holistic approach to health and wellbeing. Despite the potential benefits of such therapies, marketers need to be mindful of the fact that there are evidential standards to consider.

The Advertising Codes require that marketers hold robust documentary evidence, most likely in the form of trials on humans, before making objective claims about the benefits of CAM therapies.

There are an infinitesimal number of amazing therapies available. It may be that a therapy is less well-known, meaning that robust clinical studies are not available. This means that objective treatment claims will not be permitted in ads. But fear not, marketers can still make claims about the hands-on nature of the therapy or its subjective or sensorial benefits. After all, these therapies provide great comfort for patients who often feel that conventional medicine alone doesn't take account of them as a whole person.

Our *Advice Online* entries cover a number of different therapies - please do check to see if your treatment has an entry, as it will give you a good idea of currently acceptable claims. For bespoke advice on your non-broadcast ads, our Copy Advice team are also here to help. **Click here** for more information on the ASA website

ASA History

We were established in 1962 to keep UK advertising 'legal, decent, honest and truthful'. Find out more about how our role and work has developed over the years. The Advertising Standards Authority (ASA) is the UK's independent regulator of

advertising across all media. We apply the Advertising Codes, which are written by the Committees of Advertising Practice (CAP).



Do you treat animals with reflexology? If so please read this cautionary tale.

Lynne writes: Last year I met an enthusiastic reflexologist at a conference who told me she regularly worked on the "reflexes" of dogs and cats paws with good results. I asked if she had a special clause in her Reflexology Insurance to enable her to work on animals and she replied that she had not considered this aspect. At a reflexology conference I attended in Tampere, Finland in 1998, a specialist animal reflexologist, demonstrated on dogs and it seemed to be accepted as mainstream reflexology! In my early days of teaching, an English VRT practitioner told me she got good results for colic by working her standing horse's hocks which are located on the hind legs just above the cannon bones. However, her vet was always in attendance, and encouraged her, as he was fascinated by her excellent results.

Disclaimer: I have not dealt personally with Professional Insurance Agents Limited but they are part of Brown & Brown, Inc, one of the world's largest insurance broking businesses and offer complementary therapists pet therapy insurance clauses in certain cases. So they may be able to help or advise.

Heel, Jazz, Heel

Here is the verbatim report from our archives in 1999 which describes how my reflexologist colleague, Barbara Stanhope Williamson, fell foul of the law after being featured in the now defunct national tabloid newspaper, *News of the World*

Jazz, the Tibetan terrier, has been saved from a painful, lingering death - after getting her paws rubbed. The cancer-stricken 10-year-old is now romping around like a puppy following treatment by a reflexologist.

The art of reflexology - a healing treatment involving foot massage is normally only practised on humans. But expert Barbara Stanhope-Williamson who treated Jazz - and had never dealt with a dog before - said: "I just pretended I was working on a human. I worked on Jazz's paws as if they were human feet. Of course there are differences in anatomy, but there's an awful lot that is very similar."

And Jazz's owner, Naomi L, of Golders Green, North London, said: "It's a miracle. Just three months ago, Jazz was terribly ill with a liver cancer tumour. She was also severely impaired by ligament injuries in her hind legs and could hardly walk. Now she leaps on to the sofa at the slightest opportunity and there's no sign of the tumour at all. It's just amazing."

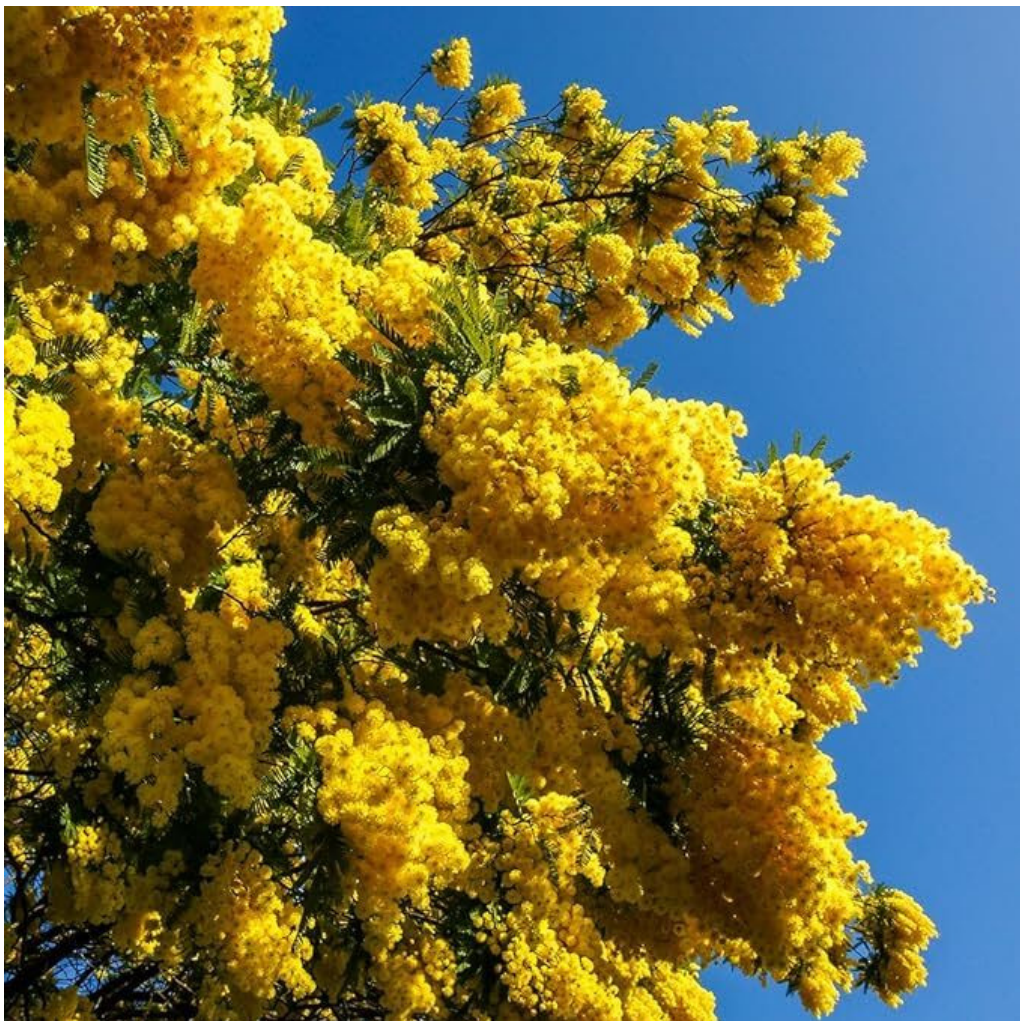
Whether Jazz's sudden recovery was totally down to reflexology is a matter for conjecture. Suffice to say Barbara was only too happy to treat the client's dog when the owner arrived for her reflexology appointment carrying her ill pet. Barbara later co-operated with a journalist who had been contacted by the dog's elated owner following Jazz's "miraculous" recovery. However, Barbara subsequently received a caution from the Veterinary Association which stated that it was not acceptable to treat animals without a vet's permission and presence. Apparently, in some cases a prosecution could result.

New medical quality Right Skeleton Articulated Foot for sale

Lynne writes: I have a life-size new packaged Right Skeleton wired foot for sale. It is of medical standard and is mounted on wire from 3B Scientific Products. Current price is £52.50.

It is for sale for sell for £42.00 including UK P&P.

Please email me direct at contact@boothvrt.com.



Flowers in your Clinic Treatment Room

I have taught in France many times over the last 30 years and return this April. I recall a particular Springtime visit to Toulouse in 2010 when the beautiful yellow mimosa trees were in full blossom and a colleague gave me a large bunch mimosa flowers to take home. The heady perfume caused several students in my class, and later airport personnel, to sneeze incessantly until I asked an assistant in the Duty Free shop to seal it in a plastic bag! Even more subtle flower perfume can trigger allergic reactions so it is advisable to remember this when buying flowers for your treatment room.



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VRT face-to-face weekend course in France with Lynne Booth April 19-20 2024

I am delighted to be teaching my Vertical Reflexology Techniques (VRT) in France again with organiser Sophie Bosc and translator Beatrice Deleatre in the lovely Le Cabanial, Occitanie region in France.

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.





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