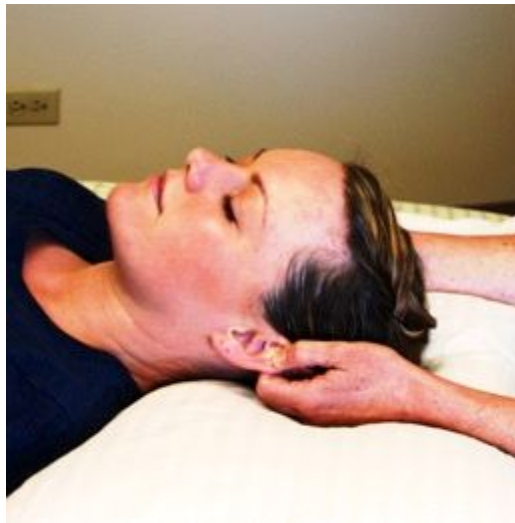


# Associated Reflexologists of Colorado (ARC)



## Inside This Issue

### Page 2

-A message from the President

### Page 3

### Page 4

-RAA Articles Submitted

### Page 5

-Update on Reflexology Path

-ARC Dues Are Due!

-ARC Classes 2019

### Page 6

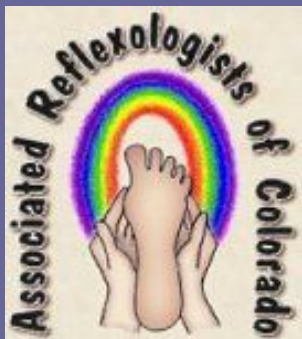
-Next ARC Meeting

-Class Info

### Page 7

-Treasure's Report

-Quarterly Meeting Minutes



PO Box 697  
Englewood,  
CO 80151

## Associated Reflexologists of Colorado

The mission of ARC is to advance Reflexology as a profession and to assist Reflexologists in becoming more effective through continuing education and sharing in both Reflexology theory and practical techniques.

[www.reflexology-colorado.org](http://www.reflexology-colorado.org)



# A message from our President Erika Bryant

**Summer!** What an expansive time of year. Personally I have been busy in the garden, hiking and connecting with friends. As your president I have been busy with...

- Looking over my new duties
- Going over our budget
- Re-vamping the newsletter
- Finding us a new space to meet

Going over our budget

As many of you know, since our budget is public, we have a lot more outflow than we do inflow. So in an effort to conserve some outflow, I have decided to take over doing the newsletter as well as finding us a cheaper place to host our meetings.

Re-vamping the newsletter

If you can't tell, I had fun re-designing the newsletter. If there is something you would like to see in our newsletters please reach out, I am open to feedback.

My goal is to make reading the "news" fun as well as saving us \$400 a year.

Finding us a new meeting space

We briefly went over meeting room cost in the last meeting. The Malley Senior Center, where we currently meet, has gone up to \$55 per hour. Which means we are paying \$165 per meeting. I went and checked out 6 different places that could be good options for gatherings and the cheapest (while still being nice) is the Wheat Ridge Rec Center. The room rental is \$30 an hour so our meetings would be \$90 per meeting which saves us \$75 per meeting for a total of \$300 per year. It got brought up that Wheat Ridge might be too far for some of our members so we are looking at options in Littleton, Lakewood and Englewood. If you know of a good place to move our meetings to, please reach out!

**A Thank You to all  
From Past President  
Diane Ahonen**

Serving as the president of ARC has given me the opportunity to realize what a wealth of resources are held within this organization. The talent and potential of each member is superior on its own, but it is the generosity with which you share these talents that makes ARC truly exceptional. There is joy among our membership each time we gather to network. Our interactions are heightened by the attitude of success that runs throughout our group - the success we experience in our own practices and the success we sincerely wish for our fellow members. ARC is a wonderful organization because of the generosity of each member and the willingness to share our expertise with each other. Thank you all for the attitude and personality you bring to the table. I would also like to take a minute to thank you all for the lovely parting gift. I've really been having a wonderful time experimenting with new spices and replenishing my spice cabinet with the use of your generous gift. It is made more thoughtful by the personal nature of the gift. My sincere thanks to each of you.

---

# Articles Submitted About the RAA Conference

## Contributors

Carol Mates  
+  
Amy Ito

If you didn't go this year, plan to attend in 2020! The Reflexology Association of America conference in Chicago was amazing. The speakers and topics selected by the Board were outstanding.

I just finished reading *The Birth of Acupuncture in America – The White Crane's Gift* by Steven Rosenblatt and Keith Kirts. Dr. Rosenblatt was one of our speakers. His topic was *The Energy System: A Bio-Electric Field in Health and Disease*. His presentation was intriguing and I thoroughly enjoyed his book on acupuncture, meridians, homeopathy and first-aid self help.

Attending an RAA conference is so much more than attending a workshop for CEU's. I attended with my friend and fellow reflexologist in Colorado Springs, Bonnie Girardi-Martins. As it has been quite some time since I've been to an ARC meeting. I was able to reconnect with Adrienne Fahey. We also met Amy Ito who is involved with both ARC and RAA, and the fifth representative from Colorado was Kristi Uitich, a newbie to reflexology from Fort Collins. Kudos to Kristi for making the trip on her own. I thoroughly enjoyed connecting with these women as well as many others from across the U.S.

It is inspiring to attend the national conference as you have an opportunity to hear, meet and even share meals with people in our field from around the world. You will learn about the history of reflexology in the U.S., where we as a group stand today, clinical studies supporting reflexology, as well as doctors and nurses in our country and around the world who use reflexology as part of their practice.

I encourage you to plan now, bring a friend (as I did) and become inspired at the next RAA conference!

Submitted by Carol Mates

## Jazzed about the Art and Science of Reflexology!

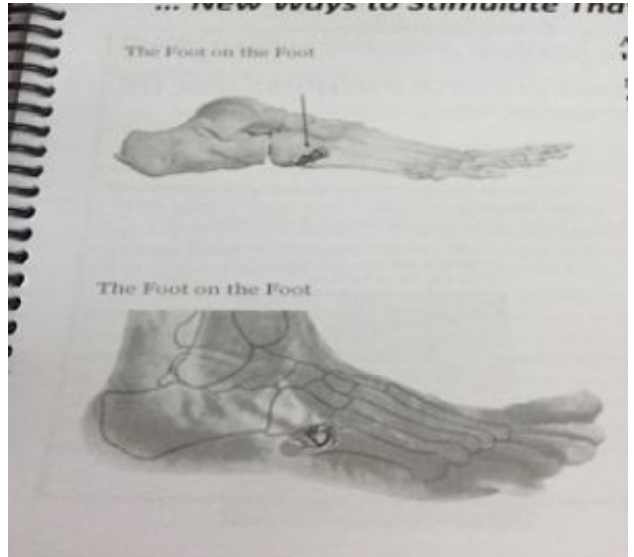
Reflexology Association of America (RAA) Conference – April 27-29, 2018, Chicago

There were many, many good speakers at this conference. A few of us from Colorado who attended will highlight our favorite “take aways”. If this is helpful we can continue to provide highlights for the next couple of newsletters.

I'd like to share what I learned from Korthe Krogsgaard and Peter Lund Frandsen – Touchpoint, Denmark.

They discussed the many theories of why reflexology is effective: Fitzgerald's 10 body zones, nerve endings blocked by aggregation of crystalline structures, release of endorphins, impulses transmitted by the nervous system, meridians, autonomic nervous system reducing stress, an exchange of electromagnetic energy between healer and client, the placebo effect, etc... However, none of these fully answer the question of where and how is the connection from the foot reflex to the target area.

New information is being titled “the new biology” involving effects of electromagnetic and subtle energy fields. Connective tissue forms a living matrix – **check out the youtube.com video called “Strolling under the Skin - Fascia” by Jean Claude Guimberteau MD, France**. The living matrix is like a spiderweb; if you pull or push in one spot the whole system will feel it and react. See the mechanical therapeutic touch as impulses that wake up and activate the matrix. Combine this with the idea of intention being small threads of thought, or spirals of subtle energy, which travel through the bioenergetics field and make the mechanical impulses, converge to where they are wanted and needed to release strain.



By releasing common tensions in tendons and muscles ending in the foot, the entire fascial network of the foot is released. This causes reflexology microsystems to appear more clearly and easier to communicate with. One technique they demonstrated is called the **whole body resonance**. Consider starting and ending your session at the feet, remove any pillows or bolsters, place the client's feet at your biceps, with your hands resting on the lateral aspect of their calves. Lean into their feet and rock back and forth like a soft ocean wave. The other technique is called a **bilateral reflex resonance**, which stimulates the adrenal gland reflexes with a rhythmic technique, which dissipates into the whole web of the person. Please see the attached images.

Lastly I'd like to share that **there is an entire foot reflex on the foot!!!** Please see the attached images. It is located on the lateral aspect of the foot covering the basis of the fifth metatarsal. This reflex is useful with all kinds of foot ailments, and Swedish Karl-Axel Lind used the “little foot” as a separate micro reflexology map. If you only have a few minutes in a session consider stimulating this area.

Submitted By - Amy Ito

## Update on the Red Rocks Community College + City of Arvada Reflexology Path

The park is in the final stages of Preliminary Development Plan review at the City of Arvada. Once the review is complete, it will be heard at Planning Commission and then City Council. Unfortunately I don't have definitive dates for you yet, but it will likely be late August or September for the first hearing.

After the public process is complete, we'll move to Final Development Plan, which is an administrative process. We will concurrently pursue various grants to compile all the funding necessary to build the park and work on an IGA with Red Rocks to formalize shared parking and public use of the State-owned property, etc.

Details about the park and the master plan illustration can be found on the website here: <https://arvada.org/explore/open-space-nature/holistic-health-and-fitness-park>

From Sarah Washburn with the City of Arvada

ARC  
Dues  
Are Due!

### ~~ Reminder ~~

ARC dues are due now for the current membership year. Please complete the Membership Application, and mail with your check to the ARC PO Box. You are also welcome to complete the Application and turn in your check at the August meeting. Thank you for your continued support of ARC!

Do you have a speaker in mind for 2019?

Our Vice President, Amy Ito, is working on getting together the 2 classes that will take place in 2019 at our ARC meeting. If you have a speaker in mind or a subject matter you are interested in please email Amy Ito at [trifectareflexion@hotmail.com](mailto:trifectareflexion@hotmail.com) with your ideas.

ARC  
Classes  
2019

# Next ARC Meeting

Tuesday - August 14<sup>th</sup>, 2018 - 6-9pm



## USE OF HAND TOOLS in REFLEXOLOGY

As experienced Reflexologists, we all know that our hands, fingers and thumbs get a beating. Judicious use of wooden hand tools on the feet or hands takes off the stress, particularly when a foot has thick callouses, is a size 14, or when we're into the 5<sup>th</sup> treatment of the day.

When used correctly and consciously, wooden hand tools of various sizes and shapes allow accurate and easy access to reflexes, while going in as deeply or lightly as treatment dictates. They can also be used to give a surprisingly relaxing overall treatment, a warm up or a "bring it all together" ending.

This is a hands-on-minimal-lecture class. We will have demo and then do trades. Bring chair or table and Reflexology pillow, specified tools and fully expect to be in La La Land by the end of class.

### Objectives

- Learn concept and rationale for use of hand tools in Reflexology.
- Appreciate concept of body cavities to access areas of the body.
- Become familiar with various objects that can serve as "tools"
- Master the technique of using hand tools on the feet through demonstration, practice and exchange.

Bring your own favorite tools to share in "show and tell" but **PLEASE** purchase a 6 piece set of redwood Thai Massage Wooden Sticks on line at around \$10-\$12, so we're all on the same page in class. You will also need to bring a massage table or la-fuma like chair.

Here is a link to buy on Amazon

<https://www.amazon.com/Reflexology-Traditional-Massage-Wooden-Massager/dp/B00CKZWUN8>

Next Class =  
Learning Time!

- Earn 3 Hours of CEU's
- ARCB Approved

**Presenter:** Rachael Lord  
RN, MH, NBCR, CMT

**Class:** "Use of Hand Tools  
in Foot Reflexology"

### \*\*\*YOU WILL NEED\*\*\*

Please note that for the upcoming class you will need to have bought the hand tools we will be using. Or at least coordinate with each other so that who ever you are "trading" with between the two of you, you have a massage table or la-fuma like chair and tools!



# ARC Treasurer's Report

Bank Balance 6/30/18 \$2,169.98

## Inflows

Memberships 790.00

Total Inflows 790.00

## Outflows

Administration 238.41

Insurance 421.00

Meeting room rental 300.00

Newsletter 300.00

Total Outflows 1,259.41

~~~~~  
Beginning Bank Balance 01/01/2018  
\$2,639.39

Net Income -469.41

Ending Bank Balance 06/30/2018  
\$2169.98

\*\*Note: Website expense prepaid  
through 2019.

Prepared by Karol Paul

# ARC Quarterly Meeting Minutes

Date: May 8<sup>th</sup>, 2018

Place: Malley Senior Recreation Center

ARC members met from 6:00-9:00 PM for potluck and socializing. At 6:45 PM Diane called the business meeting to order. Diane Ahonen as President and Amy Luong as Treasurer have reached the end of their served terms and will be leaving their ARC Board positions. All members present for the meeting submitted ballots for new Board Member positions effective July 1st, 2018. Voting was unanimous across the board and ARC transitioned to Erika Bryant as President and Karol Paul as Treasurer at 7:34 PM.

Members discussed potential options for ARC's newsletter, website, and a potential blog site to increase ARCs recognition among social media.

Amy Ito and Adrienne Fahey shared information from the April 2018 RAA conference and the potential for RAA's Leadership and Education Organizational Training to be held in Colorado in 2019.

ARC membership dues are due July 1st.

August's meeting will be presented by Rachel Lord, teaching the use of tools in reflexology. Members will need to bring reflexology tools and massage tables or lafuma chairs.

Respectfully submitted,

Karly Ormond - ARC Recording Secretary

# ARC Contacts

## President

**Erika Bryant**

arc.co.president@gmail.com

## Vice President

**Amy Ito**

trifectareflexion@hotmail.com

## Treasurer

**Karol Paul**

KarollPaul@hotmail.com

## Recording Secretary

**Karly Ormond**

karlyo@gmail.com

## Membership Secretary

**Beth Schroeder**

beth@livingwell4health.com

## Web Master

**Scott Love**

webmaster@reflexology-colorado.org

# ADVERTISING IN ARC'S NEWSLETTER

Advertising in the ARC Newsletter is encouraged for both members and non-members. These ad spaces are for both business operations and reflexology related advertising.

|                    | <u>Member</u> | <u>Non-Member</u> |
|--------------------|---------------|-------------------|
| Business Card Size | \$10          | \$15              |
| 1/4 Page           | \$15          | \$20              |
| 1/2 Page           | \$20          | \$25              |
| Whole Page         | \$30          | \$35              |

The ARC Newsletter is published quarterly. This newsletter is for the education of its membership and dissemination of health related information and news. The material should not be construed as medical advice, treatment or recommendation for self-treatment where professional, medical intervention is the standard of care, and is not intended to replace professional medical care.

**Membership meetings are the 2nd Tuesday of February, May, August and November.**