



P.O. Box 697, Englewood, CO 80151
www.reflexology-colorado.org

AUGUST 2013

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.

Discover the Wonders and Power of Essential Oils



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ARC CONTACTS

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**ARC is proud to present this
FREE 3 CEUs class !**

(current dues must be up to date to receive credit)

Please join us on:

Tuesday, August 13, 2013

6 PM—9 PM

This will be a hands-on and lecture class. Discover how essential oils can be an asset to your Reflexology and bodywork practice.

Presenters:

Paula Carroll, CCA

Marie T. Koepke, RN, NBCR, FCCI

Beth Schroeder, NBCR, CCA

(Please note there will not be a meeting or pot luck this evening)

**Location: Old Hampden Holistic Center, 3501 S. Corona Street, Suite # 1
303-341-4384 (SW corner of Old Hampden & Corona near Swedish
Hospital. Old Hampden is one block north of 285 (Hampden).**



ARC President's Message by Diane Ahonen

Fragrant Greetings ARC Members!

So, I have good news and bad news. Let me start with the good news.

I'm really excited to present for the August meeting of ARC an Aromatherapy Class. This will be a 3- hour educational class on essential oils including a panel discussion and a blending workshop. It's an exciting topic, drawing on the expertise of our own membership while providing continuing education credit to the group. It just doesn't get any better than that!

I hope you will all be able to come and bring your friends and potential new ARC members. Because of the Colorado rules on education, the continuing education credits are only available to current members of ARC, so if you haven't renewed your membership, please do so at or before the meeting on August 13. And don't forget to RSVP to the membership secretary Laurine Piper at laurinepiper@gmail.com, or by phoning her at : 210-273-7703 so that we will have plenty of supplies on hand for every participant.

So now, let me share the bad news with you. Our beloved newsletter editor, Marie Koepke is no longer available to produce our newsletter. My sincere thanks go to Marie for the job she has so graciously done for so very long. You have been a tireless worker for the group and we are most grateful. Thankfully Marie is not leaving us. It is due to her commitments between her practice and her family, which have eclipsed her availability to continue with the newsletter. So, if you would like to serve the group in the capacity of newsletter Editor, please speak to any Board member.

See you in a couple weeks.

Diane

Did You Know....

- * The distillation of essential oils and fragrant waters from plants is one of the oldest skills of humanity. The famous Mohenjo Daro distillation apparatus from Afghanistan dates back to the year 3000 B.C. and is presumed to be the oldest.
- * The first description of the distillation of a true essential oil was given by a Catalonian physician, Arnold de Villanova(1235-1311), whose essences were included in the pharmacopoeias of the time.
- * Paracelsus, a doctor from the 16th C, called essential oils the 'quinta sessenzia' of the plant (roughly translated as 'creating the essence to the 5th degree')

~ from the book *Medical Aromatherapy, Healing with Essential Oils* by Kurt Schnaubelt

ARC Quarterly Meeting, May 14, 2013

Location: Old Hampden Holistic Center, 3501 S. Corona Street;

Attendees: Diane Ahonen, Jean Carabellos, Adrienne Fahey, Marcia Franks, Isabelle Hutton, Amy Ito, Rachel Lord, Carol Mates, Laurine Piper, Jennifer Reinbrecht, Todd Richter, Beth Schroeder, Leila Suleiman, Janice Sullivan, Dwight Weeks and Debbie Zalman – 16 current/former members.

(The order of the meeting was changed: we had the pot luck first, followed by the speaker and then the business meeting was held.)

Our speaker was Amy de Sa, owner of Pilates Denver Studio and Faculty for BASI Pilates Teacher Training Courses, www.pilatesdenverstudio.com. Amy introduced us to gait analysis concepts and several interesting pieces of Pilates equipment useful for foot alignment. Amy made corrections to foot placement and members tried out the Wunda Chair, Foot Corrector and Toe Corrector/Toe Gizmo. These apparatus can be purchased through Peak Pilates and/or Pilates.com. Amy will take referrals for “foot work only” Pilates private sessions. Contact Amy de Sa at her website or by calling 303-779-0164.

ARC President **Diane Ahonen** called the business meeting to order at 7:45 pm. We welcome new Professional-level member, **Laurine Piper** to ARC. The ARC bylaws require a Membership Secretary to continue operating, and new member Laurine Piper stepped up to the challenge – thank you, Laurine! Laurine is a Reflexologist (she graduated from Colorado School of Healing Arts), Reiki Master and sees clients at her home office in Centennial, CO.

A motion was made to accept the ballot as written, motion passed by a consensus show of hands. No opposition was stated. Next, a motion was made to accept these individuals as ARC board members for the 2013-2015 term: **Diane Ahonen** – ARC President, **Paula Carroll** – ARC Vice President, **Laurine Piper**, Membership Secretary and **Beth Schroeder** – ARC Recording Secretary (for the 2013-2014 term - note that **Janice Sullivan's** term as ARC Treasurer is also fulfilling the 2013-2014 term.) Motion passed by a consensus show of hands. No opposition was stated. It was also stated that no ballots were received in the ARC PO Box or by email.

Additional Business Topics:

ARC August Meeting

The August meeting will be a workshop on Essential Oils. The workshop is free to ARC members; the cost is \$35 for non-members (which will give them one year as an ARC Associate member). Member attendees will earn 3 CEU credits (often needed for ARCB requirements). Rachel Lord and Jennifer Reinbrecht offered to send the announcement flyer (currently being developed) to their students to encourage participation. When you receive the flyer, please let your clients, friends and anyone interested in using Essential Oils know about this workshop!

ARC Brochure

We discussed forming a subcommittee to review and update the brochure. (It should be noted that other ARC instruments – the membership application, website statements and membership guide – are also in need of review and updating.) **Adrienne Fahey** stated that our bylaws must be the same as RAA (Reflexology Association of America) to stay affiliated with this organization. **Diane Ahonen** stated she will work with RAA to clarify capabilities of Professional level members and Associate level members.

World Reflexology Week – September 23-27, 2013

Carol Mates has begun the effort to organize volunteer sessions during WRW for the Hot Shots of Pikes Peak (fire fighters located in Monument, CO). We discussed having one full day with “time slots” that Reflexologists can sign up to provide Reflexology “demos” for the Hot Shots. Stay tuned for details!

Janice Sullivan is working with the new organization, Healing Warriors Program, who possibly could be ready in time for WRW “demos” as well. If you have an organization you would like to provide Reflexology to during WRW, please contact an ARC board member and we will get the word out to the membership!

ARC Website

The ARC website shows up as links on other websites **Todd Richter**, ARC Webmaster, informed us. This is without ARC's permission and sometimes the information is outdated or inaccurate. There's not much that can be done about it - there is a fee imposed by these websites to have our link removed.



ARC TREASURY REPORT

(ARC MINUTES CON'T from p. 3)

Reflexology in the News

Adrienne Fahey read an email by Christine Issel regarding the article “Reiki, Roling and Reflexology” that was published in Massage Magazine about Reflexology www.massagemagazine.com/News. Ms. Issel wrote the email because statements in the magazine article were misleading about the Reflexology exemption from the CO state massage laws. To clarify, CO SB 215, the Colorado Natural Health Consumer Protection Act, is aimed at protecting the consumer’s rights to access these practitioners, and for these practitioners to practice.

ARC Member Updates

ARC member and former ARC Treasurer **Cynthia Ford** will be having a significant back surgery soon. Because of the surgery, Cynthia will be unable to attend meetings for a while. Family members will be there to help Cynthia; however, full recovery will take time. Please take a moment to send Cynthia a card or email to wish Cynthia well and for a speedy and full recovery!

One of our original ARC members, **Isabelle Hutton**, will be relocating to St. George, Utah. While Isabelle will genuinely be missed, she is only a few hours away and has invited us all to visit and keep in touch with her. Isabelle has some items for sale – contact her for details. On behalf of the entire ARC organization, thank you, Isabelle, for your devotion to Reflexology and to ARC. Your beautiful, smiling face will be missed at future ARC meetings.

ARC President Diane Ahonen called the meeting to a close at 9:03 pm.

Respectfully submitted,

Beth Schroeder, ARC Recording Secretary

Discover the Wonders and Power of Essential Oils

Add the simple pleasure and benefits of essential oils to your everyday life, and learn the art and science of therapeutic grade essential oils.

This class will teach you what essential oils are, how they are used, and why they are working for millions of people around the world



Bring your own SINGLE Oils (not blends) for use during the Blending Workshop

The Blending workshop is not recommended for individuals with asthma, or respiratory allergies; if pregnant please contact your physician prior to signing up for this workshop



Panel Discussion

Essential Oils: History, Sources, Production, and Quality

Chemistry and Synergy of Essential Oils

Physiological and Chemical interactions between essential oils and the human body mind and spirit

I bought an oil now what?

This discussion is designed to make members more comfortable with essential oils and assist them to use single oils in blends for specific

Essential Oils Blends for Common Use

Blends for use in treating common ailments – headaches & digestive issues and more

Blending Workshop

A hands-on workshop designed to assist students in making essential oil blends

When: Tuesday, August 13, 2013

Location: 3501 South Corona St., Suite #1
Englewood, CO 80113

Receive 3 hours of Continuing Education from ARCB
Schedule

6:00 pm – 6:30 pm Panel Discussion – Marie Koepke, Beth Schroeder & Paula Carroll

6:30 pm – 7:00 pm Presentation & Demonstration by Marie Koepke, Chemistry & Synergy of Essential Oils

7:00 pm – 7:20 pm Presentation by Beth Schroeder, I bought an oil, now what?

7:20 pm – 7:30 pm Break

7:30 pm – 8:00 pm Presentation by Paula Carroll, Essential Oil Blends for common use.

8:00 pm – 9:00 pm Blending Workshop

Meet Your Presenters

Join ARC's Certified Aromatherapy Practitioners for a transformational gathering to experience the wonders of aromatherapy, an ancient healing modality, proven by modern science.

Marie Koepke, RN, FCCI: Fully Certified CARE Instructor (Center for Aromatherapy Research & Education) an educational organization approved provider for National Certification Board for Therapeutic Massage and Bodywork & International Association for Continuing Education and Training. Instructor, Applied aromatherapy, Chemistry of essential oils, Emotional and spiritual aspects of essential oils.

Beth Schroeder, NBCR, CCA: Nationally Board Certified Reflexologist, 1/2/05; Certified Professional Aromatherapy Practitioner in Aromatic Medicine; trained with Raphael d'Angelo, M.D., 7/20/04; Instructor, Just for Health School of Reflexology and Healing Arts - developed and teach 16-hour "Introduction to Aromatherapy" course.

Paula Carroll, Certified Professional Aromatherapy Practitioner in Aromatic Medicine; trained with Raphael d'Angelo, M.D., National Association of Holistic Aromatherapy, February 15, 2004. Reflexologist, Master Reiki.



Lone Sorensen 2013 International Training Week in Barcelona

By Janice Sullivan

How I ended up attending Lone Sorensen 2013 International Training Week in Barcelona! Thanks to Elena Patino and Keller Hayes! Elena ask me if I was attending, of course I said no, she said here I printed it out look at it. Shortly after completing Module 1-Module 4 of Facial Reflexology I thought or as I felt dreamed about going to Spain and attending Lone's yearly International Training Week. As time went by I felt that it probably would not be a reality.

When I left Elena's I went home, pulled up my email information and started researching. Figured the trip could be a reality. I had never traveled internationally and my next sort of hurdle was a traveling partner, since Elena was originally flying to Paris after the training to meet her husband for their honeymoon. A client's husband, said ask Keller, she will go. So Elena suggested it on Thursday, Keller was suggested on Saturday so I was ready to roll. As I know when the planets are lined up (LOL) there is no turning back!

Now, to share the magical experiences of the International Training Week 2013! I'll start with a list of our 50 CE Hours of Training:

- ◆ Sports Reflex Therapy, face-foot Reflex Therapy
- ◆ Presentation of cases of cancer patients around the world
- ◆ Use of supplements for Reflex Therapy as laser, elctro stimulation and patching.
- ◆ Training in building up Treatment Plans
- ◆ Lymphatic drainage face
- ◆ Luban frankincense-Arabic Boost treatment

On day one we started with Sport Neuro-Reflex Therapy! Lone taught the workshop and demonstrated prior to lunch. Then after lunch we were able to experience the technique, heavenly but they mean business, it is a treatment not a spa day. Oh so exciting to learn how to assist client's bodies, as well as my own body with muscular and neurological changes that I believe are permanent life changes. As many of you know Spirit usually always directs me to the structural release in the techniques. After dinner we would share working on each other often till 12:30 at night. It was so exciting to be a part of the International Training Week.

The practical experience, along with all the knowledge shared by Lone certainly lit a fire in my desire to continue learning to benefit my present and future clients. The International Training Week provides so much sharing of work as well as the many wonderful experiences the practitioners share concerning results with their clients. There were practitioners from Japan, England, Denmark, Canada, and Poland, Netherlands and Elena and me.

It was a pleasure to meet everyone there, although, [Keiko Igarashi](#) from Japan a practitioner and instructor holds a special place in my heart. Looking forward to next year when she will perform her quality reflexology on me again. Lone Sorensen chose the right name, we trained, trained and trained with practitioners from many countries.

Lone Sorensen is coming to the US, Tucson, AZ January 20-24 2014. Lone Sorensen will be teaching Ocular Therapy, Weight Management and Neuro-Foot Reflexology. Anyone interested please go to my website www.healinghandscolorado.com and find information about the courses and registration form.



Lone Sorensen in Tucson, Arizona January 20 - 24, 2014

January 20 - 21, 2014 Ocular Therapy -

The use of a Facial Reflexology treatment along with specific nerve and acupressure points around the eyes has been shown to be extremely effective for many eye conditions. Experience has shown that it is especially effective for treating conditions of degenerative vision loss. This form of treatment is called Ocular Therapy. Ocular Therapy is based on manual experiential nerve points and acupressure points, prescriptions for specific patterns and medical eye dysfunction conditions. Acupuncture points along the meridians on the face are selected based on their traditional actions. Local new acupuncture points and ocular points are selected around the eyes as part of the treatment plan.

Deposit \$150.00

Total Cost - \$550.00, Register by September 14, 2013 cost is \$500.00

Don't delay register NOW!

January 22, 2014 Workshop on Weight Management -

Being overweight or underweight - has many causes such as improper diet, lack of exercise, illness, psychological problems, hormonal problems, etc. Whatever the cause, the body's chemical functions are involved and essential functions are out of balance. There is a natural way to regulate the body's chemistry! With Face Reflex Therapy / Cyber method it is possible to bring the body's chemistry in balance. Cyber method regulates the body's physical and chemical balance and is a completely natural and safe method of treatment - without the use of toxic drugs. Cyber method is one of the techniques used with great results in the treatment of facial and neuro foot reflex therapy.

Cost - \$100.00, free if taking Ocular Therapy or Neuro Foot Reflexology.

January 23 & 24 2014 Neuro Foot Reflexology -

The fundamentals of the Praxis vertebralis are found in old medicine. This praxis is one of the most antique known medicines. Nowadays, this therapy has become a state-of-the-art practice in Foot Reflexology. Neuro foot Reflexology is defined as a reflex technique, based in the neuro-biochemical action produced when stimulating an area or point in the feet, and has general and/or partial effect all over the body by reflexes corresponding to the spine and the spine nerves.

Deposit \$150.00

Cost - \$550.00, Register by September 14, 2014 cost is \$500.00

Register now!

If class is not filled by September 15, 2013 we must cancel due to the expense of Lone traveling from Spain. Please register NOW if you are truly interested.



ARCB Approved CE Provider Classes in Colorado 2013

For online /tele-classes/webinars visit the ARCB website: www.arcb.net

Just for Health School of Reflexology and Healing Arts

3501 South Corona St., #1, Englewood, CO 80113

CLASSES:

- Botanical Medicine East and West

Sept 2013—March 2015

CE's:500

- ◆ Meridian Therapy for Reflexology and Massage

October 24—26, 2013

CE's: 19

- Introduction to Aromatherapy

Nov. 16-17

CE's: 19

Contact: Rachel Lord

303-320-4367

www.justforhealth.net

health.on.all.levels@gmail.com

ARC Members in the News



We would like to send healing wishes to the following ARC members :

CYNTHIA FORD: Who is doing well after her back surgery in June.

TODD RICHTER: Who was in a very serious car accident on Aug 2nd. An 18 - wheeler hit him and hit him into another car. He too is doing well.



To **ISABELLE HUTTON:**




Isabelle recently moved to St. George ,UT to be closer to family. We all wish you well in your new endeavors and you will be missed. Thank you for all you have done in the field of Reflexology especially your service to everyone in Colorado!

FOOT NOTES & TIPS FROM THE TOES by Marie T. Koepke RN, NBCR, FCCI



INTEGRATING AROMATHERAPY IN YOUR REFLEXOLOGY PRACTICE

Aromatherapy and Reflexology complement each other like perfectly fitting shoes on one's feet. Here are some essential techniques to add to your Reflexology sessions:

-  Place a drop of essential oil on the palm of your client's hand and have them breathe in the aroma before you begin your reflexology session.
-  Place a drop or two of an essential oil of lavender or peppermint to your lotion or directly to the soles of the feet.
-  Place a drop of lemon essential oil on feet that perspire heavily during the session to the soles and in between the toes

ADVERTISING IN ARC'S NEWSLETTER

Advertising in the ARC Newsletter is encouraged for both members and non-members alike.

The **member fees** are:

\$10.00: Business card size \$15.00: 1/4 page \$20.00: 1/2 page \$30.00: whole page.

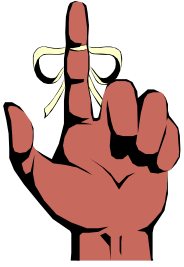
The **non-member fees** are:

\$15.00: Business card size \$20.00: 1/4 page \$25.00: 1/2 page \$35.00: whole page.

These ad spaces are for both business operations and reflexology related advertising.

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.**



MEMBERSHIP RENEWAL TIME

If you haven't renewed your membership, please either download the application at www.reflexology-colorado.org and mail it along with your check to:

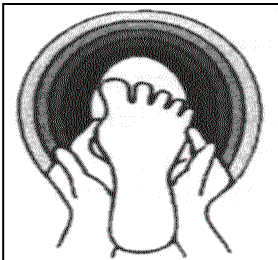
ARC
Box 697, Englewood, CO 80151.

You can also bring your application in at the next ARC meeting on August 13th!

Please note: you don't have to be a professional Reflexologist to join our association. Anyone who is interested in supporting Reflexology in the state of Colorado is invited to join!

FOOT NOTE

Views expressed in articles and advertisements in this newsletter are not necessarily those of the ARC, its Board of Directors, membership or the editor.



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