

# 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.

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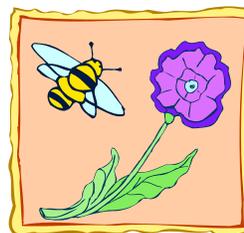
The ARC Newsletter is published quarterly. This newsletter is for the education of its membership and dissemination of health related information and news. The material should not be construed as medical advice, treatment or recommendation for self treatment where professional, medical intervention is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

## Newsletter Editor

**Marie T. Koepke**  
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## Spring Quarterly Membership Meeting



**Tuesday, May 8, 2012**

**5:30-6:00 PM: Potluck Dinner**  
**6:00-7:00 PM: Business Meeting**

**7:00 PM**

**Guest Speaker—ARC member:  
Jennifer Reinbrecht**

**When Rats get Carpal Tunnel:  
Evolving Research to deepen our understanding of the  
body – and our work as Reflexologists**

Jennifer Reinbrecht has been a massage therapist and Reflexologist for over 16 years. She just returned from the Third Fascial Research Congress in Vancouver, BC, Canada and is anxious to excite you with findings that apply to our practice as reflexologists, to our own health and well being, and to the miracle of life in these bodies.

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).*

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 **PRESIDENT’S MESSAGE** by Elizabeth Heard

Happy Spring to you all! The tree's new blossoms and the fresh green grass are urging all of us to think of planting, newness, and growth. In life and in business the process of being in the cycle is in itself a garden of learning. What have we planted during the winter months? Positivity, abundance, and advertising? Are we focused on sowing what we hope later to reap such as stability, independence, and return on investments...or how about kindness, peace, and integrity? It is done a step at a time, just like gardening so as not to overwhelm us. Financially speaking, do you have a stable income and a savings plan in place? Take a look into your future and see what you want to be. Think about what you have in place so far. Are you on track to meet your goal? If your income is going up and your debt is coming down then you're probably headed in the right direction! There are some competitive banks out there! There are other ways to earn/save more than you spend. Investing some of your time to better you community is a wonderful way to see your own blessings multiply as well! Try it and see for yourself! Then come to our quarterly meeting and share your success story with the rest of us. That's called sowing seeds of inspiration!.....

...and speaking of inspiration, the Board of Directors and I would like to thank **Mindy McKinney** (Recording Secretary) and **Marcia Franks** (Treasurer) for their service on the board for two terms. They have both done a great job and will be missed!

See you soon!

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**Ionic Footbath Detoxification Claims Not Supported**  
**Excerpt from Well Being Journal, May/June 2012 pg. 16**  
 (full research article at <http://www.hindawi.com/journals/jeph/2012/258968/>)

In a clinical study published by the Journal of Environmental and Public Health the authors wanted to test the claims that these machines eliminate toxins from the body.

Water samples were collected and analyzed following 30 minute ionic footbath sessions without feet using both distilled and tap water, and following four ionic footbaths using tap water once a week for four weeks in six healthy participants. Urine collection samples were analyzed at four points during the study. Hair samples were analyzed for element concentrations at baseline and the conclusion of the study.

Results showed there was no specific induction of toxic element release through the feet when running the machine according to specifications.

## **ARC Meeting Minutes - February 2012**

by Mindy McKinney, ARC Recording Secretary



ASSOCIATED REFLEXOLOGISTS OF COLORADO—MEETING MINUTES

ARC Meeting Date: February 14, 2012

President Elizabeth Heard called the meeting to order at 6:21 P.M.

The first order of business was reminding the membership that there would be two open board positions to vote on at the May quarterly meeting—Treasurer and Recording Secretary. Marcia Franks and Mindy McKinney, respectively, have held their positions for two terms each. They gave the group an overview of their job descriptions, including the amount of time involved and the benefits of volunteering on the ARC board. Although Marcia currently updates the ARC website, that is not part of the Treasurer's job description. If you would like any more information about either of their positions, please feel free to call or email them.

Beth Schroeder announced that she finished the new membership directories and brought them tonight along with membership cards for current members. She also had additional newsletters for anyone. As our Membership Secretary, she welcomed Janice Sullivan, a new member, to our group.

Vice President Diane Ahonen asked Wendi Humphryes to give the group a little feedback on the ARC sponsored Manzanares workshop that she attended in Denver last November. Several of our members attended the workshop, but Wendi was the only one at tonight's meeting. In a nutshell, Wendi found the information presented to be extremely interesting and the workshop to be "life changing".

In an effort to generate some new ideas for us, our businesses, or ARC and reflexology in general, Mindy McKinney presented the idea of a "newsletter treasure hunt". She brought a file full of old newsletters from other states and associations and asked each member to take a couple of them home, peruse them, and see if there might be any information in them that could spark some new ideas for us to promote reflexology. The group was asked to bring any ideas to our May or August meetings for presenting to the group.

Isabelle Hutton mentioned that the Schlessman YMCA at Yale and Colorado Blvd. is hosting a Ladies Night Out in the next month or two. They are looking for volunteers for this event, where they will offer facials, massages, etc. It would be a great way to promote your business. For more information, please call B.J. Bachman, event coordinator, at 720-524-2776.

Elizabeth reminded the group that reflexology/ARC pictures are always welcome additions for the quarterly newsletters. Photos can be emailed to Marie Koepke, Newsletter Editor. If anyone would like their picture added next to their name on the ARC website, Marcia Franks said she would be happy to take the photograph at one of our quarterly meetings and add it for them.

Jodi Hansen suggested that members bring in their own teacups for our potluck/meeting and eliminate the use of Styrofoam cups. Isabelle would like to see more of our members be speakers at our quarterly meetings.

The meeting was adjourned and Diane introduced tonight's speaker—Meghan(Healy) Bader, marketing specialist.

Submitted By: Mindy McKinney



# ARC TREASURY REPORT

## ARC Financial Statement 2012

Ending April, 2012

Balance forward 2011 **4693.41**

### Income 2012

Membership 100.00

4793.41

### Outflows

Bond 100.00

Reimbursable Expenses 192.36

Newsletter & Directory 224.63

Meeting Room 50.00

Speaker 50.00

616.99

**Balance on Hand 4176.42**

reconciled with bank statement

### Available at May meeting:

**Isabelle Hutton's Reflexology poster beautifully framed and ready to hang.  
\$50 cash or check or will trade a Reflexology session.  
See Jennifer Reinbrecht at the meeting.**

## Hands by Bruce Alan Humphrey

Hands live to caress and love.

Hands live to fight and die.

Forever living hands, forever exploring are hands.

Remarkable hands, storied hands.

Hands, hands can build.

Hands can mold, shape, and speak.

Hands can grasp for the heavens, touch it and believe in the make believers.

Through the fingers thoughts explode as pen touches paper.

Tones and melodies erupt from inner emotions becoming reality.

Heart and soul become one as fingers scrawl quickly, feverishly.

Pounding blood surges through the fingers forcing the pen onward, causing tears to fall from an eye.

Truth flows from the mind; the hand transports it into being.

Embracers of the brush, digits move carefully following intricate lines drawn on canvas.

Colors blend together, vibrant, beautiful, soaring to mosaics of sky and water.

The calming sense of touch slows the scene until order graces the fabric.

Forgotten til' their lost.

Forgotten until they are crippled, hands are taken for granted for their life giving talent.

Bent and crooked they are silenced from the song they once sang.

Memories now distant are relegated to the wall or museums.

Dusty shelves house the books of the once pulsating, vital, movements that the hand generated.

Hands have saved lives and taken them just as easily.

They create the saviors of life as well as the purveyors of death.

Creating and destroying with a single move a finger can move mountains or search the unknown heavens.

Hands live to caress and love.

Hands live to fight and die.

Forever living hands, forever exploring are hands.

## Advanced Hands in Reflexology: “So What” or “I already know hands, what more is there to know?”

By Jennifer Reinbrecht

Full disclosure: I teach Advanced Hands for Rachel Lord's school, Just for Health. This is not a sales pitch. It's an education pitch. It's also a pitch for our next ARC meeting. The latest research on fascia is a key component of doing advanced hand work, and we'll discuss some of that at our meeting.

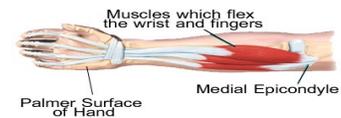
Inge Dougans saw the meridians as the “vital link” to Reflexology, with the six main meridians that penetrate the major organs starting or ending in the feet. In Reflexology, Christine Issel made the **physiological** case for integrating the legs with foot work. The muscles of the leg\* end in the foot. Working the legs integrates, tones and relaxes muscle insertions or origins in the feet. This makes reflexology point work easier, deeper and (theoretically) more effective with less effort by the Reflexologist. Which also means less stress, strain and effort on your hands, your joints.

If you accept Issel's point, and integrate the legs with reflexology, then what about the relationship between hands and forearms? This relationship is “advanced hands”. But wait. There's more...

Where does muscle activity originate? Where do the signals originate? Brain? Spine? CNS? Movement originates from the nervous system. Touch signals the nervous system. Your client's nervous system knows where your hands are. Knows what points you're pressing and with how much pressure. All that information is sorted at multiple levels thru spinal neurons and interneurons, the CNS. Reflexology impacts the CNS.

As a Reflexologist, you are “doing” reflexology from the PNS (peripheral nervous system). You are in contact with the entire nervous system of your client, and yourself. So learning more about the structure, function and interconnectedness of hands and forearms expands the potential power of hand reflexology. Those applications have a direct impact where overuse of our thumbs, hands and forearms is normal, and starts young.

Let's group the muscles of the forearm conventionally into flexors-pronators and extensors-supinators. The tendons of these muscles continue into the hand. You've FELT these muscles even if you don't remember them. The flexor-pronator group attaches via a common tendon to the medial epicondyle of the humerus. This site is the origin at the “common flexor attachment”. When pathological, this is “golfer's elbow”.



The extensor-supinator group attaches via a common tendon from the lateral epicondyle of the humerus. This is the origin at the “common extensor”. You know its dysfunction as “tennis elbow”. (Notice the individual muscles and tendons at the common attachment sites.) There are seven of these flexors, one of which pronates **and** flexes (pronator teres). The brachioradialis is also a flexor, not included in the seven, and can also initiate pronation and supination. There are nine extensors, which include 3 extensors of the thumb. And the Supinator muscle itself. Are your eyes glazing over? It's hard to keep you excited by verbal anatomy. And there are even MORE muscles than I've discussed here.

The REAL excitement is:

1. FINDING, FEELING and understanding these muscles and tendons
2. Understanding FASCIA better
3. Integrating these structures and your knowledge into your reflexology sessions specifically, improving function, decreasing pain and restoring tissue to more normal relationships.
4. The research shows that the better we understand these relationships, the more effective we are at preventing injury, and restoring function when injury occurs.

To be continued...

\* anatomically the “leg” is the part of the lower limb between the knee and ankle. In common usage, the entire lower limb, the part below the knee being called the lower *leg*.

## **MAY MEETING PRESENTATION**

### **When Rats get Carpal Tunnel: Evolving Research to deepen our understanding of the body and our work as Reflexologists**

Presented by: Jennifer Reinbrecht

My massage school taught that fascia has the strength of a steel belted radial tire – 2000 psi. It took considerable force to change fascia. But it didn't matter. Anatomy is bones and muscles. Fascia is superfluous. It's "saran wrap" that loosely holds "things" together. What "things"?

Like, well....everything. Every cell, every tissue in our body. We are an uninterrupted, multidimensional web, with continuity between all tissue types. All tissue types. Thru fascia.

Oh, you know that? That's "old" news? Did you know that more nerves are in the superficial fascia fibers? And that there is no superficial fascia in the extremities? No superficial fascia in the hands and feet, hmmmm? And yet....What does that mean for us as Reflexologists? I'm not telling you the whole story.

Here's more. When cells are stretched beyond their comfort level they turn 90 degrees to the plane of mechanical strain. How do these cell adaptations affect the body? Does reflexology deep pressure create cellular discomfort? Do we want that? Is it beneficial? Stressful?

Come explore what we've learned from carpal tunnel in rats, and other research findings. What we've learned and what paradigms are shifting. Will your paradigms shift? Our understanding of the multiplicity of levels and ways we affect the body continues to explode. We know this because in Reflexology amazing things can happen that defy scientific explanation; the research confirms some of what we've experienced, and more.

### **What is the Connective Tissue System and How does this Relate to Reflexology?** by Marie T. Koepke

Connective tissue is a system that holds and covers all of our organs, ligaments, tendons, muscles and joints of our skeleton. Your organs are encased in sheaths of connective tissue called the fascia. Your muscles are surrounded with myofascia, which terminates in ligaments and tendons attached to the bone. The tendons are composed of twisted collections of collagen bundles, each composed of collagen fibers. It is found in every molecule of the body. Taken as a whole, the connective tissue system is the largest organ of the body!

One of the important characteristic of connective tissue fibers is that they are arranged in highly regular arrays of molecules, in liquid or solid form and is called a crystal. In the liquid form these crystals gives our body flexibility, sensitivity, and ability to respond to all the intercellular communication enabling our body to function. In a solid form it slows down the intercellular communication, and lessens our sensitivity thereby impeding optimum function in the body.

This crystalline structure of these molecules that make up your connective tissue has a remarkable property: it is a semiconductor. They are also able to conduct information. Semiconductors are also able to store energy, amplify signals, filter information, and to move information in one direction but not in another. The connective tissue system can also process information in your body, because it connects every part of your body to every other part.

The importance of this concept is vital in understanding the effects of Reflexology on all body systems. For when we use our thumbs and fingers in alternating pressure to the various reflex points on the hands, feet, ears & face, the alternating pressures are able to tap into this intracellular communication. When we feel these "crystals" we can assess how the organ or body part is functioning (is the crystal solid or liquid). Through the alternating thumb & finger pressures we can "break up" those solid crystals back to their liquid state and send a clearer message to assist the body back to its optimum function.

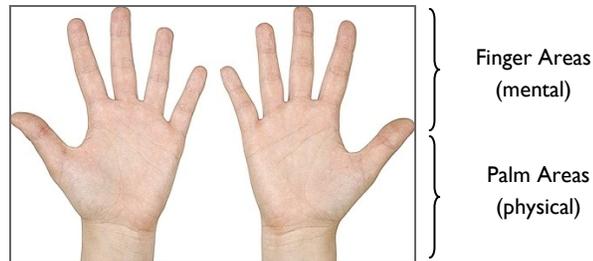
From *The Genie in Your Genes* by Dawson Church, PhD

# WHAT YOUR HANDS CAN TELL YOU ABOUT YOUR BODY

by Marie T. Koepke

(from *Your Body Never Lies*, Michio Kushi)

According to Mishio Kushi, the hands and feet are considered extensions of the internal organs. He mentions in his book: *Your Body Never Lies*, that the hands and feet have a correlation to the deep regions of our bodies, revealing recent and present physical and mental conditions. This all occurs during the embryonic period and continue after birth. Here are some of his general characteristics of the hands:



Other aspects of the body can be determined even deeper when looking at the palms and phalanges of the hands:

Body Functions and the hands:

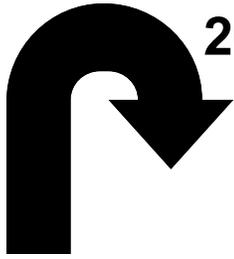
- ◆ **Thumb** : Lungs and their functions
- ◆ **Index Finger**: Large Intestine and its functions
- ◆ **Middle Finger**: Heart, Stomach and Abdominal regions
- ◆ **Ring Finger**: Energy centers in control of vitality, temperature and energy
- ◆ **Little Finger**: (palm side) Heart and Circulatory functions  
(dorsal side) Small Intestines and its functions

The Palms can be divided into 3 regions following the 3 major lines on the palm:

1. **“Life Line”** (along the Thenar Eminance): digestive and respiratory function, vital for vitality and longevity
2. **“Line of Intellect”** (across the carpal bones): Nervous functions, reflecting the brain and the nervous qualities
3. **“Line of Emotion”** (across the head of the carpal bones): Circulatory and excretory functions, influences blood, lymph and urinary conditions upon emotional activity.

The Phalanges can also be divided into 3 regions:

1. **Proximal** : Digestive and respiratory functions
2. **Intermediate**: Nervous Functions
3. **Distal**: Circulatory and Excretory functions



# 2012 ARCB Approved CE Provider Classes in Colorado

Just for Health School of Reflexology and Healing Arts

Rachel Lord, 303-320-4367

Englewood, CO 80113

[health.on.all.levels@gmail.com](mailto:health.on.all.levels@gmail.com)    [www.justforhealth.net](http://www.justforhealth.net)

♦ **Botanical Medicine: East and West**

September 2012 through March 2014

CE's: 500

♦ **Advanced Hands Reflexology**

July 7 & 8

CE's: 16

## ARCB 2012 Foot & Hand Exam Dates in Colorado

July 14      Denver, CO

### THE FOOT EXAM

There Are Three Parts to the Foot Examination:

1. **The Written Exam:** The exam consists of 300 questions and tests basic knowledge and understanding of Reflexology and anatomy. A study guide will be sent to assist you in your review work. Test question answers are either true/false or multiple choice.
2. **The Practical Exam:** Assesses your "hands-on" and client/practitioner communication skills relevant to reflexology. Techniques are graded on knowledge and performance of the American Standard thumb and finger walking, flow, and pressure. During this portion you will also be asked questions to test your communication skills.
3. **90 Documentations:** Tests your ability to detect areas of sensitivity, record your observations, and monitor work on the clients and their reactions.

### The HAND EXAM

There Are Three Parts to the Hand Examination:

1. **The Written Exam:** The Written Exam has 150-questions and tests basic knowledge and understanding of hand reflexology and anatomy. A study guide will be sent to assist you in your review work. Test question answers are either true/false or multiple choice.
2. **The Practical Exam :** The practical test assesses your "hands-on" and client/practitioner communication skills relevant to reflexology. Techniques are graded on knowledge and performance of the American Standard thumb and finger walking, flow, and pressure. During this portion you will also be asked questions to test your communication skills.
3. **Documentations:** 20 ARCB Documentations tests the ability to document and make professional assessments.



## ARC VOTING BALLOT—2012

We are now voting for two board positions:  
**Treasurer and Recording Secretary.**

If you are not planning on attending the May meeting your vote will count too. Simply return the bottom of this ballot to ARC before the next May 8th meeting. Please only vote ONCE so if you vote on line and do attend the meeting just don't vote again. At this time these two positions are unopposed.

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### ARC TREASURER

Janice Sullivan     YES     NO

### ARC RECORDING SECRETARY:

Paula Carroll     YES     NO

Name (please Print) \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Please mail the bottom portion of this ballot to:  
**ARC, P.O. Box 697, Englewood, CO 80151**

## FOOT NOTES & TIPS FROM THE TOES

Here's a handy little tool which will assist your clients in optimum foot health:

### The AcuBall

Dr. Michael A. Cohen is the the developer of the Acuball

<http://www.acuball.com/index.php>

He developed a smaller version just perfect for feet or hands called the Acuball-mini.

The smaller nibs and harder feel make it perfect for releasing tight muscles in the smaller muscle groups of the body such as the feet, hands, shoulders, upper back, arms and forearms.

It is particularly effective in the feet for relieving painful conditions like plantar fasciitis. Athletes (golfers, runners, tennis players) use the Acuball-mini before their activity to loosen problem areas in their feet, shoulders or arms to enhance muscle performance and reduce risk of injury.

- relaxes tight muscles,
- enhances joint movement,
- reduces nervous system irritation,
- stimulates blood flow to flush out built up muscle wastes,
- releases natural painkillers and sedatives,
- improves nervous system energetic flow.

The Acuball's specially designed acupoints and heat stimulate blood flow. This increases circulation, helping to 'flush out' built up toxins that accumulate in tight muscles causing pain. As these toxins release over time the muscle itself relaxes.

The acupoints also stimulate your Central Nervous System, like REFLEXOLOGY does, to release natural painkilling, relaxing and mood enhancing chemicals like endorphins. Because of this, people who use the Acuball in bed, before retiring for the evening, often report enhanced feelings of relaxation and deeper sleep.

When you use the Acuball on a tender area, you'll notice that after three or four 20 minute sessions it's a lot less tender than when you first started. Now you know why: wastes have been flushed out, muscle has been relaxed, joints have been mobilized, and your nervous system is much less irritated.



### 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
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The **non-member fees** are:

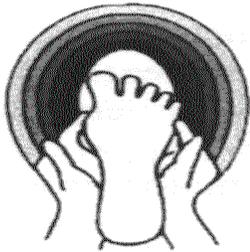
\$15.00: Business card size	\$20.00: 1/4 page	\$25.00: 1/2 page	\$35.00: whole page
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### NEWSLETTER MATERIAL WELCOME

Please feel free to email Marie T Koepke at: [mtnmarie@yahoo.com](mailto:mtnmarie@yahoo.com) with material you'd like to see included in the quarterly newsletter.

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

**FOOT NOTE**



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**Associated Reflexologists of Colorado**

P.O. Box 697, Englewood, CO 80151  
[www.reflexology-colorado.org](http://www.reflexology-colorado.org)