

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
970.531.3528
mtnmarie@yahoo.com



Spring Quarterly Membership Meeting Tuesday, May 10, 2011

5:30-6:00 pm: Potluck Dinner
6:00-7:00 pm: Business Meeting
7:00 pm: Guest Speaker

This month's guest speaker is:

Scott Monk, D.C.
founder of functional bio-analysis
www.choosehealth.net

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).*

About Scott Monk, D.C

Dr. Scott Monk is trained as a complementary healthcare doctor. His current practice treats patients of all types with an emphasis on the correction of chronic illnesses (allergies, autoimmune disorders, fibromyalgia, digestive disorders, candidiasis etc.). Patients are analyzed and treated with a combination of Functional Bio-Analysis*, Applied Kinesiology*, personalized lifestyle programs, and nutritional supplementation. Dr. Monk spends a great deal of time educating the general public on a variety of health-related topics through this website, speaking, teaching, and writing. He is currently finishing work on his second book,
[Hope for Health.](#)

ARC President's Message by Elizabeth Heard



Hello to all of you in the reflexology world!

Hooray for spring, though we didn't have a terrible winter! It is nice to see the trees budding, even the birds seem happy. Can you picture helping your friends, neighbors, and clients clear out their body cobwebs, with the new beginnings of spring. You have a gift that many people need in order to feel better. Spring is a great time also to re-evaluate your networking, and advertising methods and plan what new things you will learn for the rest of the year. Check to see if you are ahead of where you were this time last year. Is there a new method of alternative medicine you could study to enhance your practice? Spring is a time of growth and newness so stretch out and breathe it in! Take a fresh look at your life/work balance.

Speaking of our work/life balance, have you ever thought of the great experiences you can gain by volunteering for RAA? It is an education in and of itself. One in which you can greatly advance the profession of Reflexology in the United States. I want to take this opportunity to let you know that our state is in need of Delegates to RAA. Colorado representation is important so that we stay in the loop. So if you have been wondering how you can volunteer in some way please remember that ARC needs you! We need you to be our voice on the national scene!

Be well and promote wellness wherever you go!

Blessings.

Elizabeth Heard-President

ARCB CE CLASSES & EXAM DATES IN COLORADO

- ◆ **FOOT/HAND ARCB EXAM**
July 16, 2011
Denver
For more information visit : <http://www.arcb.net>
- ◆ **THE MANZANARES METHOD (ARC sponsored event)**
November 12-13, 2011
Denver
Minimum of 32 participants are needed for this event to occur
For registration, prices or more information, contact ARC board of Directors

ARC Meeting Minutes - February 22, 2011

by **Mindy McKinney**

President Elizabeth Heard called the meeting to order at 6:10 P.M.

Everyone in attendance introduced themselves, stating where they lived/worked.

◆ **ARC Sponsored Workshop**

Elizabeth asked if everyone had received the email which was sent to all members outlining possible ARC sponsored workshops for 2011 and asking for their preferences by Friday, March 4. She read the email to the group, which included descriptions of three different workshops: (1) Maternity Reflexology (which actually could not be held until 2012), (2) Dr. Jesus Manzanares, a medical doctor and reflexologist who discusses reflexology from a medical standpoint, and (3) Chi-Reflexology taught by the founder of the Australian College of Chi-Reflexology.

A show of hands indicated that everyone in attendance at the meeting was interested in the Manzanares workshop. The original email stated that the Manzanares workshop would be the weekend of October 15; however, the actual dates would be November 12 and 13. A corrected email will be sent to members with the new dates. There are no other Manzanares workshops scheduled near Colorado for 2011, so hopefully, with interstate advertising we would get enough people to fill a class.

◆ **Skype**

With regard to offering a videoconference option for our quarterly meetings for any members who cannot attend, the response from the member survey was an overwhelming "yes" vote. After researching Skype, it was discovered that there is a cost for multiple people, so Todd Richter suggested using "freeconferencecall.com". This service allows you to have up to 50 people for 2 hours for free. It would be a long-distance call for those members calling in and it would not include video. Todd will set up a test date for Tuesday evening, March 22, and will email the board with the necessary info. Marcia will email members one week prior to the conference call asking anyone interested to participate in this test run and then send another reminder the day before.

◆ **Peoples' Fair**

Wendi Humphries is looking for volunteers for the reflexology booth at this year's Peoples' Fair in Denver on June 4 & 5. The booth fee is \$55 for a 4-1/2 hour time slot. Volunteers have made approximately \$22/hour in tips in the past. Chairs, stools, and all the necessary supplies will be provided. It's an opportunity to spread the word about reflexology and pass out your own business cards and brochures.

◆ **Fifth Annual Salem Radio Health Fair**

Elizabeth was contacted by KRKS radio (health fair sponsor) to see if anyone with ARC would be interested in renting a booth at this event. The fair will be Saturday, March 26, from 8 A.M. to 3 P.M. at the Doubletree Hotel in the Denver Tech Center. Booth fee is \$500 and only two chairs can fit. For more information, contact: mark.anderson@salem-denver.com. Todd suggested that ARC should consider paying for a booth at future events to promote reflexology and our organization. If and when we do that, our ARC brochure will need to be updated.

◆ **The Naked Foot 5K**

Jodie Hansen received an email from the Colorado School of Healing Arts regarding this event that benefits the charity Soles4Souls. It takes place in Boulder on Saturday, June 18, from 9-11 A.M., and they are looking for volunteers to do 5-minute foot/calf massages on participants after the event. People bring shoes to donate and run barefoot. Reflexologists might find this to be a nice promotion opportunity. Tips are accepted. For more info contact barefootracing@gmail.com or 720-984-4198.

◆ **Reflexology Footpath**

Regarding the idea of making a reflexology footpath in the Denver area, Elizabeth approached the Aurora Parks & Recreation Department with this idea. Initially, they said the idea was intriguing, but she hasn't heard back from them.

Submitted By: Mindy McKinney, Recording Secretary



ARC TREASURY REPORT

ARC Financial Statement 2011

period ending 4/30/2011

Balance forward 2010 4445.43

Income 2011

Membership	200.00
World Reflexology Week	5.00
	<u>4650.43</u>
	9300.86

Outflows

Bond	100.00
Reimbursable Expenses	35.54
Newsletter	61.73
Meeting Room	50.00
Speaker	50.00
Liability Insurance	206.00
USPS (PO Box)	7.00
Website	164.90
	<u>675.17</u>

Balance on Hand 3975.26

Reconciles with bank statement 4445.43

YOU'RE INVITED!!!

Subject:

Test ARC Meeting via Conference Call

Comments/Agenda:

Welcome - Introduce folks. Discuss what was said at last meeting. Any Announcements

Date:

Tuesday, May 10, 2011

Start Time:

5:45 PM Mountain Daylight Time

End Time:

7:10 PM Mountain Daylight Time

Dial-in Number:

1-219-509-8222 (East Coast) Access Code: 6118722

Please RSVP via email (accept or decline):

reservation-FYIKH-10233095@conferencemgr.com

Heel & Toe To The End

by William Carlos Williams

Gagarin says, in ecstasy,
he could have
gone on forever

he floated
at and sang
and when he emerged from that

one hundred eight minutes off
the surface of
the earth he was smiling.

Then he returned
to take his place
among the rest of us

from all that division and
subtraction a measure
to and heel

heel and toe he felt
as if he had
been dancing.

**Editor's note: Perhaps this poem was written after receiving a reflexology session?*

A LETTER OF OPPORTUNITY IN THE DELEGATE ASSEMBLY

Dear Association Members:

The Reflexology Association of America (RAA) is actively searching for state association members to share their time, ideas, and interest in reflexology by serving as delegates to the RAA Delegate Assembly. This is an excellent opportunity for members who want to network, exchange information, voice concerns, and help shape policy regarding reflexology at the national level.

As a national association, RAA is primarily an affiliation of state associations and members. Each affiliated state association is entitled to elect or designate two persons from among its professional members to serve as delegates to RAA, through the Delegate Assembly. The role of the Delegate Assembly is to represent the interests and concerns of their states, guide and share in the work of RAA by participating in RAA Committees and other work as suggested by the RAA Board.

The delegate's role is to share ideas, knowledge, insight and experience while communicating and representing the concerns of his/her state association and its members, as well as reporting the work, comments and decisions of RAA back to the state associations. Each delegate is entitled to two votes on matters having to do with RAA; one vote on behalf of the delegate's state association, and one vote as a RAA member. Additionally, delegates typically serve on one or more RAA standing committees including (but not limited to) Public Relations, Education, Research, Conference, etc.

If you are interested in expanding your reflexology network and horizons, participating as a RAA delegate offers an excellent and rewarding way to contribute to your state and national reflexology associations. For additional information about the RAA Delegate Assembly and the delegate's role and responsibilities, please contact the RAA Delegate Coordinator at RAA Delegate Coordinator@reflexology-usa.org. Your participation is important and appreciated!

Chloe Clark-Berry, Delegate from Alaska



WANTED...2 ARC MEMBERS TO REPRESENT OUR STATE

ARC is calling out to our members to represent our state in the RAA Delegate Assembly. This opportunity is open to any ARC Member who is also a RAA Member in good standing.

Duties:

- ◆ Bring issues from ARC to the Delegate Assembly for discussion and/or resolution, contribute valuable ideas and insights, participate in a 1-hour, bi-monthly conference call of the Delegate Assembly
- ◆ Be willing to spend 2-4 hours per month on Delegate Assembly tasks
- ◆ Volunteer on one RAA Committee (such as Education, Research, Magazine and others)

What is the RAA Delegate Assembly?

Every state association that has aligned itself with RAA (Reflexology Association of America) has 2 individuals who are Delegates and represent the issues and concerns of their state to the RAA Board of Directors through the Delegate Assembly. We currently have one. It is an excellent forum to meet other professional Reflexologists, participate in a dynamic group with people from all over the US, and ensure your state association is kept informed and potentially influences decisions made at the national level.

Praxis Vertebralis...NEURO-REFLEXOLOGY Lone Sorensen

<http://www.facialreflexology/usa.com>

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 can be called and it 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.. Praxis Vertebralis is a very effective method of Foot Reflexology that perfectly combines with other therapies. It is a very effective treatment for all kind of pains.

The origin of Praxis Vertebralis is known since 460-377 b.C., in times of Hippocrates. In the year 5 of the Christian era, a Tibetan doctor, Yhom Po, formed with five other doctors the first university of natural medicines, where Praxis Vertebralis was taught, applied directly over the spine.

The basis of Praxis Vertebralis is that the medullar vertebral structure participates by reflex in the regency of the body functions. From the spinal cord and by each vertebra, there are nerves going out that innerve the different parts of the body and organs, therefore, if a vertebra is displaced or in any way affects the nerve, we see the organic relation and we can adjust the disorder that affects the patient.

Structural disorders in the spine and its repercussions by pressure over the nerve roots are considered the physical cause of many diseases. Neuro-foot reflexology Praxis Vertebralis is a method with which the same results can be achieved in spine correction, liberating nerve roots, applying the therapy in the feet, as in old times was performed in the spine, but by the feet, with much less risks. With the technique and study of Praxis Vertebralis it is possible to understand the factors related to the body dynamic. The illness can be observed in the spine, and at the same time in the spine area in the feet, where the study and treatment are performed.

When giving back the structural harmony to the spine, diseases and emotional disorders are eradicated.

To read more about this Reflexology technique and online case studies; please visit: <http://www.facialreflexologyusa.com/praxis.htm>



THE GREAT & GLORIOUS HALLUX by Marie T. Koepke

Hallux: Digitus primus pedis aka Great or Big Toe

In Reflexology: 1st Digit; the innermost (most medial) toe of the foot

Latin for the same, similar to the pollex (thumb), the corresponding digit of the hand.

Anatomically, the Hallux consists of only two bones, where as, the other four digits of the foot have three. Despite having less than the “normal” number of bones; the Hallux is exceedingly great in the number of reflex points and nerve endings which access the most important part of the human body– the brain. According to Lone Sorensen, founder of the *Instituto de Reflexologia*, there are over 40 reflex points which correlate to the brain, just on the pad of this great and glorious toe! Anyone who has “stubbed” their great toe will attest the rich supply of nerves located on this part of the foot.

According to Wikipedia.org “People who go barefoot or wear open-toed sandals most of the time tend to have big toes that are separate from the others, whereas in persons who wear shoes most of the time, the big toes are squeezed toward touching the second toes. In humans, the Hallux is longer than the second or pointer or index toe for a majority of people. This is an inherited trait in humans, where the dominant gene causes a longer second toe (“Morton's toe” or “Greek foot”) while the homozygous recessive genotype presents with the more common trait: a longer Hallux. People with the rare genetic disease fibrodysplasia ossificans progressiva characteristically have a short Hallux which appears to turn inward, or medially, in relation to the foot.” <http://en.wikipedia.org/wiki/Hallux>

Knowledge of this map of the brain, is a great tool for the Reflexologist. Reflexing the client’s Hallux first, may put the client in a more receptive relaxing state.



RUNNER'S TOE

Runner's toe is a common condition seen in runners caused by downward pressure or horizontal separation of nail plate from the nail bed. This repetitive traumatic injury leads to bleeding and pooling of blood underneath the nail plate.

Clinically, it is characterized by red black discoloration of the toe nail (subungual hematoma). The nail plate may also become thicker and more brittle as a result of the injury (onychochaxis). Fortunately, the deformed nail plate will gradually grow out and be replaced by new normal appearing nail plate in several months time. Infrequently, the toe may become painful and require surgical drainage.

Runner's toe is often associated with illfitting shoes and insufficient space for the toes. Some susceptible runners may also have Morton's toe. In this variant of human foot anatomy, the second toe extends further out than the great toe. The key to prevention of runner's toe is to purchase proper fitting shoes.

How to Treat Runner's Toe by Jim Brown <http://www.coreperformance.com>

Runner's toe is also called "tennis toe" or "skier's toe" because it happens most often among runners, tennis players and skiers. Some people simply call it "black toenail" because of its ugly appearance. You'll know you have it when you see that there has been bleeding under a toenail accompanied by pain. It's not a serious injury, but it hurts. It can also prevent you from participating in some sports, and it can take days, weeks, or even months for the blood to work its way out from under the toenail. That makes the area under the toenail a perfect environment for infection.

This condition develops because of repeated pressure downward on the toenails or irritation between the toenails and the shoe. If your shoes are too tight, the constant pressure damages the toe and toenail. If they're too loose, the ongoing movement of the foot inside the shoe results in the same condition. If your toenails are too long, they're a target for getting banged around inside your shoes. Also, your feet may swell during hot weather and become more susceptible to shoe/toe friction. Finally, you may sustain runner's toe by taking a blow on the top of the foot.

Symptoms

- ◆ Slight irritation is the best-case scenario
- ◆ Pail (sore toe) is found in more serious cases
- ◆ Bleeding under the toenail
- ◆ Reddish, brown, black, or bluish appearance of the toenail
- ◆ Loss or partial loss of the toenail in more serious cases

Initial Treatment

- ◆ Clip the toenail so it does not make contact with the shoe
- ◆ Wear a shoe with a bigger, wider toe box to prevent further irritation
- ◆ Tape a partially torn toenail (for protection) until a new nail begins to form

Don't pull the damaged nail off. It may fall off on its own.

How to Avoid It

- ◆ Wear running shoes that are at least one-half size larger than your street shoes.
- ◆ Trim your toenails regularly and straight across, but not so short that the remaining nail or nail bed is exposed to shoe/toe irritation.
- ◆ Keep your feet as dry as possible (wear socks than wick moisture away from the skin).
- ◆ Lace your shoes more tightly if you run downhill regularly to prevent excessive movement and friction.

NATURAL RUNNING IN DIAGRAM

Running in Newtons changes the way the foot hits the ground:



Newtons

Before contact, the foot is in a more natural, relaxed position.

The runner lands on the forefoot/midfoot and adjusts the impact instinctively.



Shoes

Before contact, the foot is pointed upwards.

Cushioned shoes encourage the runner to land heel first.



NATURAL RUNNING

Run barefoot to discover your optimal running form. You'll discover immediately that when you run barefoot, you're not landing on your heels. Instead you are landing on your midfoot/forefoot.

Landing on your midfoot/forefoot is the most natural way to run. It is also the fastest and most efficient way to run.

~Newton Running shoes

The Manzanares Method of Reflexology

as taught by Dr. Jesus Manzanares, M.D.

Unique to traditional reflexology education, this training is based on 30 years of science-based research principles and clinical techniques exclusively developed by an integrative medicine doctor and researcher. Most extraordinary is that Dr. Manzanares travels from Barcelona, Spain to personally instruct the classes in the U.S. The training is open to all health professionals, doctors and educators and provides a rare chance to learn beside this contemporary pioneer who has impacted the field of reflexology with his ground-breaking contributions.

Those attending say that the Manzanares Method of Reflexology has impacted them more than any other reflexology training. Dr. Manzanares pulls the participants into a world of advanced knowledge about the workings of the body, brain and feet that is unavailable in traditional training. Dr. Jesus Manzanares, M.D., researcher, educator and family medicine physician in Barcelona, Spain incorporates homeopathy and reflexology with conventional medical treatment. Manzanares teaches reflexology training programs in Europe and he travels to the United States to teach his course, The Manzanares Method of Reflexology.TM

Born in Barcelona, Dr. Manzanares is a graduate in medicine and surgery for the Autonomous University of Barcelona. He began specializing in reflexology and homeopathy in 1980. His reflexology research in neuro-physiology at University Hospital Vall D'Hebron and Hospital Sagrado Corazon, Barcelona spans 3 decades and 70,000 clinical cases. He has authored numerous books, including Principles of Reflexology.

He first learned of reflexology when he was 15 years old. His grandmother had rheumatism and was treated by conventional means without results. She tried reflexology and got results. He began his investigations into reflexology at 21 as a medical student where he had access to many patients with many kinds of diseases. He had specific goals in his research: to explain the mechanism by which reflexology works, to determine the composition of a deposit, to locate precise reflex points and to develop reflexology protocols.

Today, Dr. Manzanares has achieved those early goals and more. Among his contributions to the field of medicine and reflexology: the first medical-based reflexology maps; the first biopsies taken from foot tissue of patients to reveal the composition of 'deposits'; validation of the nervous system's role in reflexology; findings from EEG studies that document reflexology's relaxation response; science-based reflexology courses and research that adds rigor and further potential for the study of reflexology as a science.

His definition for Reflexology comes from the explanation of mechanisms and structures involved in the process: "Reflexology is a reflex technique, based on the neuro-biochemical action that is produced by stimulating a specific area of the foot, that has a general or partial repercussion in the organism of the body. This is possible because each structure and organ of the human body has a foot area where it is reflected, currently named the reflex area (example: stomach reflex area, liver reflex area). The reflex arch involves different structures: receptors or nerve endings, sensory nerves, spinal cord, reticular formation, thalamus, hypothalamus, cerebral cortex, vegetative nervous system."

Dr. Manzanares encourages Reflexologists to go beyond thinking as a theologian and to think like scientists and researchers, in order to move into the future of integrative healthcare. He believes that the science-based principles he teaches are fundamental to reflexology education for all who pursue this healing art and science.

ARC will sponsor
THE MANZANARES METHOD
 Denver, Colorado
 November 12-13, 2011

2011



ARCB APPROVED CONTINUING EDUCATION

Achieve *Proficiency Certification** as a science-based reflexologist in the
Manzanares Method™ of Reflexology

personally taught by **Dr. Jesus Manzanares, M.D.**

2011 Classes Enrolling Now

2-Day Intensives: Sat/Sun (16 CE hrs.)

Early Tuition \$350 (late \$395)

Columbus, OH... Sept. 24-25 Denver, CO...Nov. 12-13

Los Angeles, CA...Nov. 19-20

* Details & Registration: www.ManzanaresMethod.com

Payment method: check or credit card.

Contact: Linda Chollar email: linda@reflexologymentor.com

Dr. Manzanares' book, *Principles of Reflexology* available at class \$30

TELECLASSES WITH

The Reflexology Mentor: Linda Chollar, AAEd

- ♦ Understanding Fibromyalgia:
Every Reflexologist Should Know

Time: 4:00-6:00pm

Dates: May 15 or June 15

Cost: \$97 CE Credit: 4 hours each

- ♦ Identify Your Ideal Client: Transform Your Business

Time: 5:30-7:00pm

Dates: Part 1: May 18 Part 2: May 22

Cost: \$127 CE Credit: 4 hours total

- ♦ Money Mindset Breakthrough FREE!!

Time: 4:00-5:00 pm

Date: May 25

Cost: FREE CE Credit: 2 hours

LIVE Two-Day Training Touching Fibromyalgia with Reflexology

June 25 & 26th, 2011

Los Angeles, CA

Up-Close & Hands-On with FM Clients

Cost: \$375

CE Credit: 14 hrs

Details: www.ReflexologyMentor.com

Phone: Linda Chollar: 310-318-3353

Email: linda@reflexologymentor.com

FOOT NOTES & TIPS FROM THE TOES



THE "TOE-TWISTER"

Dr. Mahlon Locke, of Ontario, Canada, was one of the most famed medical doctors who used reflexology for his arthritis patients during the 1930's. He was known as the "TOE-TWISTER" due to his techniques of foot manipulation. He treated his first patient by this technique in 1909 when, the village blacksmith came to him complaining of fallen arches. Locke manipulated his patient's feet, then had the village shoemaker construct what he called a "cookie" but which in fact was an orthotic appliance fabricated to support his arches.

ARE TOES ACTUALLY SHRINKING???

"From an evolutionary standpoint, toes are shrinking. Monkeys and gorillas have bigger toes than humans. As toes get smaller, there is less balance and push-off in walking. If a person has bunions, the push off ability is lessened because of the shift in the center of gravity."

~"Foot and Hand Reflexology" Manual ; by Rachel Lord RN, CMT,CR

A TOE TEASER TO WAKE UP THE BRAIN

Upon waking in the morning, slowly begin to move your toes up, down, wiggling and stretching them before you get out of bed. Wiggling your toes activates nerves that stimulate your brain and internal organs.

RUNNING IS A BRAIN BOOST

A study directed by Salk Professor and co-author Fred Gage, showed that running had a brain boosting effect in the hippocampus, a region of the brain linked to learning and memory and known to be affected by Alzheimer's disease. Running also was noted in increasing brain cell numbers in a normal adult.

<http://discovermagazine.com>

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 for business card size \$15.00 1/4 page, \$20.00 1/2 page, \$30.00 whole page.

The **non-member fees** are:

\$15.00 for business card size \$20.00 1/4 page, \$25.00 1/2 page \$35.00 whole page.

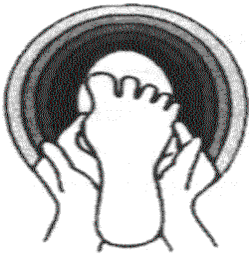
These ad spaces are for both business operations and reflexology related advertising.

NEWSLETTER MATERIAL WELCOME

Please feel free to email Marie T Koepke at: 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



Associated Reflexologists of Colorado

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