

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

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Autumn Quarterly Membership Meeting Tuesday, November 9, 2010

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

Elizabeth An Heard

ARC Board President, Elizabeth An Heard will be our guest speaker. Elizabeth will be speaking about her recent trip to Belize which revolved around Reflexology. Joining her will be Jan Stanfield who is with "Where is She Heading". Please join us in learning more about reflexology abroad.

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 MEMBERSHIP

It's not too late to join ARC as a professional or associate member. Please support our state organization by spreading the word and inviting those who are interested in Reflexology or who are Reflexologists to sign up and join our association!

ARC President's Message By Elizabeth Heard



I sincerely hope that everyone had a fulfilling summer! As we all prepare for autumn and winter we don't want to dismiss or forget the things we learned over the summer that will enrich our daily lives and businesses. Did you maybe spontaneously help someone out and then unexpectedly receive a blessing yourself? That is the universal law at work. Or did you in an absentminded moment say something unkind that you want to take back? Again, the universal law in the power of words at work. In our profession we have the chance often to impact clients one way or the other. As we prepare for clients in our offices, whether in our homes or elsewhere, we don't just fix the linens and music, we fix our minds as well. In order to do that we meditate, pray, do yoga, play golf, or wherever our hearts need to focus. During my reflexology trip to Belize this summer, I experienced this power of words, thought, and action and the effects of each, good and bad! Any time we are in the business of serving, we must prepare ourselves and nurture our own thoughts in positive ways. We must refill our tanks regularly. World Reflexology Week was the last week of September. We got to share the benefits of reflexology with a higher number of people than usual. And even if you did not get to directly participate in one of the WRW events in the metro area, it is my hope that your awareness was raised so that you talked about reflexology more than usual. So many still are not sure what reflexology is. It is to our benefit and it is our mission to share a great way to healthy healing with as many as we can. Another way that we can do that is to invite people who are interested in reflexology to our quarterly meetings and to become members, since these meeting are for Reflexologists and supporters of Reflexology. All of you are an important part of Reflexology, and everyone has something to bring to our association and profession. I look forward to interacting with each of you on a regular basis via phone and at our quarterly meetings. Thank you all for your participation and support in ARC. Stay warm inside and out this winter season.

Peace breeds peace, Elizabeth An Heard

HANG 10 AND GET READY TO SURF THE WEB REFLEXOLOGY SITES

There are loads of sites on the **WWW** with reflexology topics in research, health , business and education. Here are some helpful sites:

- ◆ Reflexology research articles, foot/hand charts, books: www.reflexology-research.com
- ◆ International Council of Reflexology (ICR): www.icr-reflexology.org
- ◆ American Commission for Accreditation of Reflexology Education & Training (ACARET): www.acaret.org
- ◆ National Commission for Complementary & Alternative Medicine: www.nccam.nih.gov

ARC Minutes - August 2010

by Mindy McKinney

ARC Meeting Date: August 10, 2010

Newly elected President Elizabeth Heard called the meeting to order at 6:10 PM.

Everyone introduced him or herself and shared with the group where they practice their reflexology (town) and if they have an office at home or outside the home.

World Reflexology Week Update:

- ◆ Wendi Humphryes hasn't gone to Isis yet. She will go soon and send Diane Ahonen an email with the info.
- ◆ Sunflower Market (Arapahoe & Parker) – Todd Richter will coordinate this location.
- ◆ Sunflower Market (78th & Wadsworth, Arvada) – Vacancy in position for contact person. Adrienne Fahey and Diane Ahonen will both be out of town for WRW.
- ◆ Marie Koepke will be giving out reflexology information and free 10 - minute sessions at her health center in Fraser.
- ◆ Elizabeth Heard is working on connections with the Denver Broncos and Colorado Avalanche.
- ◆ The International Council of Reflexology (ICR) website has information and brochures which can be downloaded to promote WRW.

Other Reflexology Marketing Opportunities/Ideas:

- ◆ Beth Schroeder informed the group that Oracle (software company with over 1,600 employees) is having a health fair for their company on Wed., Oct. 13, in the Tech Center. There will only be one person/modality. Booth cost is \$30. There will be no selling/charging, but you can give out information and business cards.
- ◆ Isabelle Hutton has a speaking engagement planned for Denver Water on Sept. 16.
- ◆ In July, Marie Koepke gave a talk to her local fibromyalgia chapter on chronic pain and fatigue.
- ◆ Elizabeth Heard gives demonstrations at her gym a couple of times a year.
- ◆ Todd Richter suggested contacting soccer groups or dance groups. (Adrienne tried dance groups last year without much success.)

Membership Renewal/Promoting Membership:

- ◆ ARC and RAA membership applications/renewals were due June 30. Application can be found on the last page of the ARC newsletter. Current members were asked to remind any past members/friends/associates to consider joining.
- ◆ Elizabeth would like ARC to host a workshop to promote networking with other natural health practitioners.
- ◆ Debbie Zalman mentioned a networking group called Conscience 360.
- ◆ A suggestion was made for ARC to get a Facebook page in order to get the word out about our organization.



ARC TREASURY REPORT

ARC Financial Statement 2010

Ending September 2010

Balance forward 2009	4367.94
Income	
Membership	3310
	7677.94

Outflows

Bond	100
Reimbursable Expenses	66.6
RAA membership forward	1075
Overpayment	5
Newsletter	272.42
Meeting Room	210
Speaker	100
Liability Insurance	190
RAA Conference	1072.83
	3091.85

Balance on Hand	4586.09
Reconciles with bank statement	

ARC MINUTES CONTINUED...

Vote for New RAA Delegate:

Since Elizabeth Heard (RAA Delegate) now holds a board position with ARC, it is necessary to replace her. Wendi Humphries has agreed to assume Elizabeth's position as RAA Delegate representing our affiliated state association.

ARC Quarterly Newsletter:

- ◆ Members can advertise in the newsletter for a very reasonable fee. Advertising information should be sent to Marie Koepke, Newsletter Editor, and checks mailed to the ARC post office box.
- ◆ Fees for non-members to advertise will be discussed at the next ARC Board meeting.
- ◆ Marie asked for anyone to please send anything in for the newsletter, i.e., articles, presentations you've given or attended.
- ◆ Mindy McKinney suggested a Q & A section in the newsletter on reflexology topics.
- ◆ We have a reciprocal arrangement to send our newsletter via email to other state associations.

Other:

Facial Reflexology workshop in Denver August 21 and 22.

THE REFLEXOLOGY PATH

by Barbara and Kevin Kunz

"In nearly every village in Taiwan they have built special paths of pebbles and every morning at 3 or 4 o'clock, people walk barefoot around the pebble path for a half hour before they go to work. Hundreds, even thousands do this. It has become a way of life. I think this is very important. We eat three times a day for our health. For me it is like praying or meditation, I need it for my bodily health and I think every body needs it." (Father Josef Eugster, (British) Reflexions , March 1995, pp. 16-17.)

Call it stone stepping or cobblestone-mat walking. Or, call it walking on a Reflexology Path or a Barefoot Path. By any name, it's the tradition of walking on a surface specifically designed to pursue health. Reports of associated health benefits typically are based on word-of-mouth - until now. The Chinese tradition of "stone stepping" has undergone controlled testing at the Oregon Research Institute. Scientists found that the older adult participants "experienced significant improvements in mental and physical well-being." In addition the study found the activity to be an answer to the quest for a "simple, convenient, and readily accessible exercise program that will reduce health problems and improve quality of life of the aging population."

To the bare-footed reflexology path users around the world, the proof is in what they've been doing for years. The bare-footed exercise is grounded in the traditions of its location. Special paths have been built in parks, spas, condominium complexes and country clubs across Asia. In Germany and Austria, one embarks on a hike through nature with bare feet making contact with specially selected surfaces. Ideas of "acupoints" in Asia and "reflexzonmassage" in Germany tie the walking to the health of the whole body.

WALKING THE REFLEXOLOGY PATH: A YEAR ON THE ROCKS

by Barbara Kunz www.reflexology-research.com

A year of walking the reflexology path, I'd been using reflexology mats with this synthetic rocks for some twenty years but this was a different pursuit. As opposed to my previous sporadic efforts, this was a frequent and consistent walk on the rocks with a minimum of forty minutes three times a week. At the end of the year, I paused here to ask myself: was it worth it? My answer is definitive YES.

It started as an exploratory project. We were, after all, writing a book for inclusion in a kit and we wanted some perspective. I started with the program followed by participants in an Oregon Research Institute (ORI) study. Then I branched off using tips gathered from Chinese Web Sites discovered by using Google translate.

My conclusion: walking the Reflexology path is more than worth the effort. My own informal tabulation of results included: improved circulation, overall body temperature and digestion. More of a surprise was the exercise effect: shaping up the muscles of the buttocks and legs, stronger movement and better posture. My feet liked the heavy pressure produced by the gravity-based experience. They felt lighter and more connected to the ground after walking. Overtime, they just seemed to feel good period. There were also surprises early on: feelings of euphoria (as reported in a Japanese study of bamboo stepping) .

Are there undesirable effects? For me, again it was over doing. Early in my program, walking too much resulted in hip joint discomfort. I also found my legs to feel heavy at times. In both instances, I quit walking and became mindful of how much walking was optimal for me.

WALKING THE REFLEXOLOGY PATH (cont)

My Program

I followed the ORI study protocol: walking three times a week for 30 minutes over an eight week period plus warm-up and cool down periods of 5 minutes each. My variations included use of bamboo stepping as a warm-up and cool down instead of ORI's rolling the foot on a wooden roller. While the ORI program consisted of actual mat walking of 12 to 25 minutes per session, I walked a solid 30 minutes. After the 8-week period, I considered my results. Then, influenced by information from China, I decided to walk every day. Some days it was 15 minutes (as suggested by the information) due to time constraints or because I just didn't feel like it. I continued a minimum of three 40-minute sessions a week. There were holes in this schedule. I missed a three week period because of travel and a busy schedule.

What could you expect if you tried this?

I would definitely say that results will vary quite simply because each individual will come to the experience with varying circumstances: age, previous history of physical exercise, and level of health among other things. Negative effects will also vary with these factors. Those with pre-existing foot or joint injury or pain should proceed cautiously. Consider whether or not mat walking is for you. Pay close attention to your reactions if you do mat walk. Start off with short intervals so you can judge the results. Be aware of pain levels and the potential for achiness in joints.

Your response to mat or rock walking will also vary with how much of a workout your feet have previously received. If you are just starting out, this is stepping off into the fast lane particularly if your feet live in shoes full time. There is the ouch factor of walking on cobblestoned surfaces and some may find the mat walking to be a painfully tough surface on which to walk. My feet are veterans of sensory experience and to me it was the addition to my routine of a deep pressure experience. You may want to start by trying less challenging walking surfaces grass, carpet, jute door mat, broom handle. Another approach to mat walking is: wearing heavy socks; starting out slowly; walking on and then immediately off the mat gradually building up the amount of time spent walking on the cobblestones. At no time would I recommend exceeding one's pain limits.

Research

ORI found that mat walking study participants (all over the age of 60) experienced improvements not shown by participants who just walked. Participants walked three times a week for 45 minutes over an eight week period including warm-up and cool-off periods. Mat walking was divided into intervals of walking ranging from 1 to 5 minutes with foot rolling in between intervals. The total time of actual mat walking ranged from 12 initially to 25 minutes eventually. Mat walking participants showed improvements of: lowered systolic blood pressure; improvement in ability to control falls; significantly lessened pain; significantly reduced daytime sleepiness; "improved perceptions of psycho physical well-being;" and "increased levels of self-reported IADLs (Instrumental Activities of Daily Living)."

Reports found on Chinese Web pages note results such as: prevention of colds and flu; improved circulation to the whole body and brain; improved functioning of many of the body's organs; and improved mental acuity. Tap shek (stepping stone) fitness is recommended by the Chinese government. The construction of reflexology paths is a part of construction of other facilities (e. g. soccer fields and badminton courts) to encourage the Chinese people to participate in a national program of fitness.

One Japanese study reported on the results of including bamboo stepping with other measures to help ease the stress of mothers of hospitalized children. The bamboo stepping was a favored part of the program and succeeded in reducing stress.

The Reflexology Path , Available at Barnes & Noble stores everywhere September 14, 2009



American Reflexology Certification Board

*Setting the highest testing standards to which
Professional Reflexologists aspire since 1991.*



ARCB CODE OF PRACTICE

CODE OF ETHICS

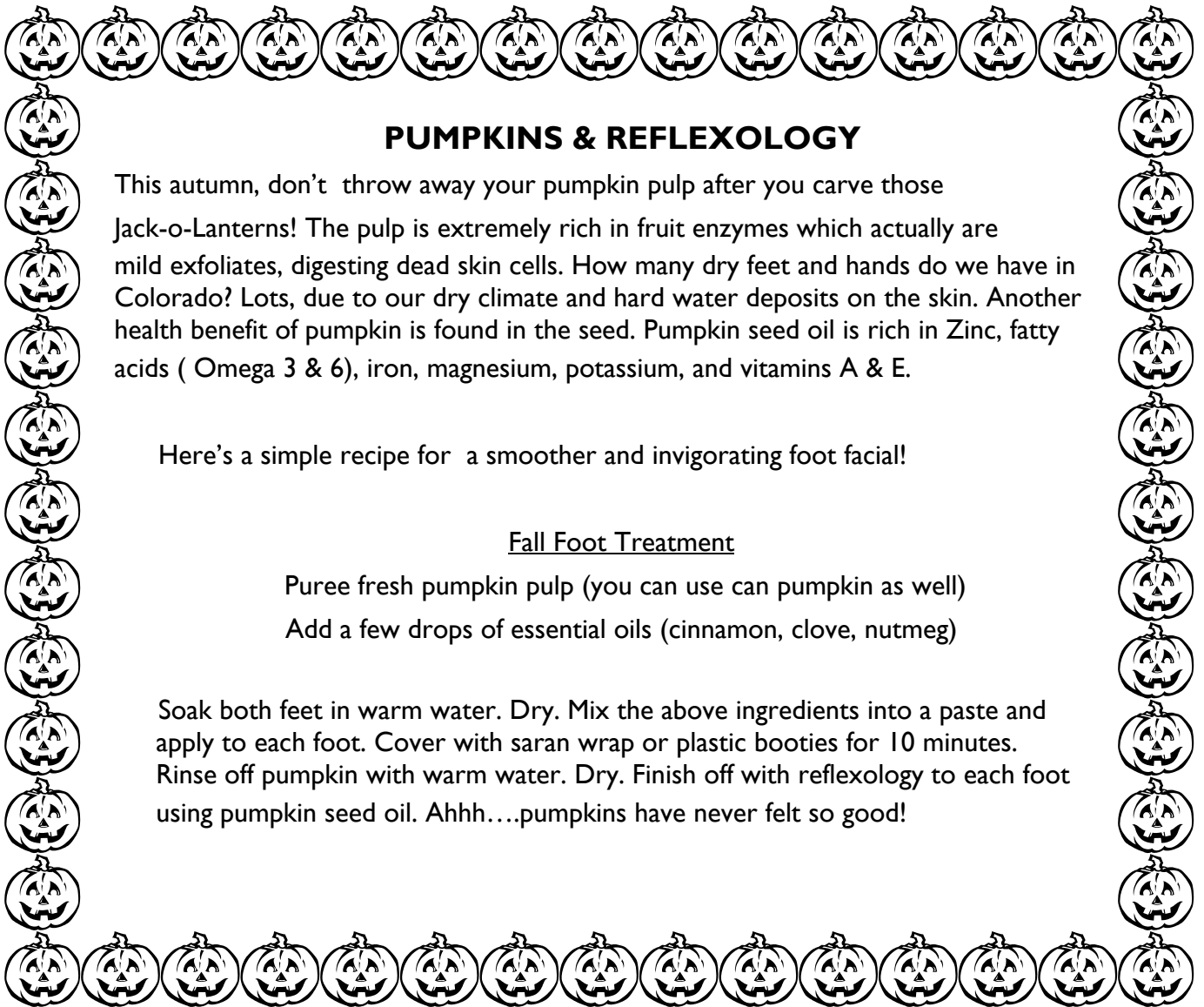
A centered Reflexologist communicates with an open mind and a peaceful presence; and accepts the relationship to the client as a serious respons(e)(a)bility. The art and science of Reflexology is an honorable one! Therefore, as a professional Reflexologist I shall:

- ◆ Conduct myself in a professional, honest and ethical manner at all times.
- ◆ Not infringe on any other professions' scope of practice and perform only those services for which I am qualified and licensed to provide.
- ◆ Not present myself as a medical practitioner. I shall refer clients to medical or other health care professionals when appropriate.
- ◆ Treat every client with the same kind, ethical attitude.
- ◆ Work within the client's comfort zone and pain tolerance.
- ◆ Keep the standard of my professional work current and as high as possible by continuing my education and training and attending conferences,

ARCB PROFESSIONAL BUSINESS STANDARDS & CONDUCT

As a professional Reflexologist who is certified and registered with the ARCB I shall:

- ◆ Adhere to the ARCB Code of Ethics and all other rules and regulations.
- ◆ Work within the guidelines of the federal, state and local laws.
- ◆ Not claim to cure or heal ailments, or to treat for any specific illnesses on my business cards or other printed materials. This applies also to any verbal statements I may make.
- ◆ Know a definition of Reflexology. Explain what Reflexology is and what the client can expect before or during the first session.
- ◆ Make a visual observation of the feet before beginning and adhere to contraindications guidelines before working on the client.



PUMPKINS & REFLEXOLOGY

This autumn, don't throw away your pumpkin pulp after you carve those Jack-o-Lanterns! The pulp is extremely rich in fruit enzymes which actually are mild exfoliates, digesting dead skin cells. How many dry feet and hands do we have in Colorado? Lots, due to our dry climate and hard water deposits on the skin. Another health benefit of pumpkin is found in the seed. Pumpkin seed oil is rich in Zinc, fatty acids (Omega 3 & 6), iron, magnesium, potassium, and vitamins A & E.

Here's a simple recipe for a smoother and invigorating foot facial!

Fall Foot Treatment

Puree fresh pumpkin pulp (you can use can pumpkin as well)
Add a few drops of essential oils (cinnamon, clove, nutmeg)

Soak both feet in warm water. Dry. Mix the above ingredients into a paste and apply to each foot. Cover with saran wrap or plastic booties for 10 minutes. Rinse off pumpkin with warm water. Dry. Finish off with reflexology to each foot using pumpkin seed oil. Ahhh....pumpkins have never felt so good!

NEWSLETTER MATERIAL WELCOME

We are always wanting to hear what our members are doing in Reflexology. Please feel free to email Marie T Koepke at: mtnmarie@yahoo.com with material you'd like to see included in the quarterly newsletter

ARCB CE CLASSES IN COLORADO



JUST FOR HEALTH SCHOOL OF REFLEXOLOGY AND HEALING ARTS

Approved and Regulated by the Colorado Department of Education,
Private Occupational School Board. Approved as a provider of
Continuing Education by ARCB # POO116 and by ABMP.

- ✦ **Ear Reflexology-2 day workshop January 29 &30, 2011 (16 CEUs)** Add amazing Ear Reflexology to your sessions to improve outcomes and income.
 - ✦ **Advanced Hand Reflexology November 6 and 7, 2010** (All day Sat and Sun), **(16 CEUs)** Add amazing hand reflexology techniques to your sessions to diversify your business
 - ✦ **Botanical Medicine: East and West-450 hour, 1 ½ year serious training begins February 2011.** Add to your repertoire. Become a competent clinical herbalist. Includes theory, medicine making, herb walks, student clinic.
- Rachel Lord, 303-320-4367**
justforhealth7@gmail.com , www.justforhealth.net

BEAUTIFUL OFFICE SPACE AVAILABLE

DOWNTOWN GOLDEN

Thriving Downtown Golden, Colorado, Pilates Studio is leasing a 125 sq f. room for \$300/month that would be perfect for a Reflexologist. The recently remodeled space is beautifully decorated in a simplistic, Asian style. The studio is located at 10th & Washington Street in a historic building with a high traffic flow.

Contact Cheryl: 720.270.2749 www.goldenpilates.net

PLACE YOUR
BUSINESS
OR
EDUCATIONAL
AD HERE

FOOT NOTES & TIPS FROM THE TOES



Oriental “observations” of the feet from *Your Body Never Lies* by Michio Kushi (Reference #0-7570-0267-6)

LARGE FEET: This indicates that organs in the middle region of the body (liver, spleen, gallbladder, pancreas, stomach & kidneys) are sound and active. These people tend towards the mental, intellectual and esthetic.

SMALL FEET: This indicates that organs in the upper & lower regions (lungs, heart, small & large intestines) of the body are sound and active. These people tend towards a better physical vitality and balance.

ARCHES: Higher arches (can) indicate a more tightly contracted muscles, allowing for more active functioning of the feet. May be caused by a low intake of fruits, liquids, juices & yin foods. Higher arches are essential for athletes, sportsmen, dancers, & other active professionals; while lower arches are more common among thinkers, writers, musicians, artists and religious persons.

Meet & Greet Thru’ the Feet from *What My Feet Say About Me*, by Bobbie Warren

According to Bobbie Warren, our toes represent our emotions, feelings & self perceptions. Our toenails are the protective “shields” to these feelings & thoughts (just as they physically protect the tips of our toes. Here’s how the toes line up:

LONG SECOND TOE: Leadership qualities

SHORT BIG TOE: Multi-tasker

LEANING BIG TOE: One who is motivated by helping others

HAMMER TOES: Holding on for dear life; estranged by outside forces

GAPS BETWEEN THE TOES: Procrastinator, not being able to make up one’s mind

NO GAPS BETWEEN TOES: One who is quick-witted

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.

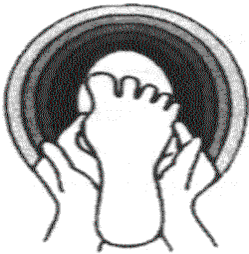
These ad spaces are for both business operations and reflexology related advertising.

Send payments to: Marcia Franks, ARC Treasurer POB 697, Englewood, CO 80151

Send ads to: Marie T. Koepke, ARC Newsletter Editor, mtnmarie@yahoo.com

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