



Associated Reflexologists of Colorado

P.O. BOX 697, ENGLEWOOD, CO 80151 WWW.REFLEXOLOGY-COLORADO.ORG

Feb 2010

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.



Winter Quarterly Membership Meeting Tuesday, February 9, 2010

5:30-6:00 pm: Potluck Dinner 6:00-7:00 pm: Business Meeting
7:00 pm: **ARC Presents... Lisa Whaley, CN**

Nutrition and Stress

Stress...it's a bigger problem than you think! Stress responses trigger a cascade of effects in the body resulting in imbalances in blood sugar levels, hormones, thyroid problems, just to name a few. We will be discussing a functional approach to understanding the mechanisms that cause imbalance in these various pathways, and how to unwind them bringing the body back into balance.

Lisa Whaley, CN (Certified Nutritionist) is the founder of Complete Health Concepts. She has a nursing degree as a Licensed Practical Nurse, an Associate degree in Veterinary Technology, a BS degree in animal nutrition and a post-graduate certification in human nutrition.

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 MEMBER BENEFITS Top 10 reasons to join this state association

Think of ARC as your Colorado family of Reflexologists. Reflexology and ARC are still in their "infant" stage; in joining this association, members can actively participate in nurturing and networking with each other to provide all members with a solid foundation in their Reflexology practice.

1. A quarterly newsletter containing current articles on Reflexology and member news.
2. Continuing education opportunities at the quarterly meetings with various topics to enhance practitioner's awareness and skills of practice.
3. Opportunity to share your own areas of expertise with the group by giving a presentation.
4. A membership certificate signed by the presiding president and secretary which verifies to your clients membership in a professional state organization.
5. Periodic discounts on continuing education courses that are sponsored by ARC.
6. Current directory for purposes of making referrals, scheduling trades, etc.
7. Option to be included on the ARC website referral list.
8. Opportunity to network with other reflexologists.
9. Discounts for professional liability insurance from AMBP (www.ambp.com).
10. Opportunity to actively participate in the growth and expansion of Reflexology as a profession!

Reflexology and PMS
Give the client a complete reflexology session at least twice a week, beginning two weeks before the menstrual cycle begins. This is when hormonal changes start to take place within the body.

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RAA/ARC Members:

Please note that RAA Delegates Beth Schroeder and Elizabeth Heard are available to answer any questions you may have regarding RAA.

NEWSLETTER EDITOR

Marie T. Koepke

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ARC President's Message by Tambria Leland

Welcome to a new decade and what a way to start it out. We have the honor of hosting the RAA National Convention this May 14-16th. As the time is drawing closer they will need support from the community and volunteers to help with various items. I believe that Adrienne Fahey and Todd Richter are the best people to contact regarding volunteering (if not, then they will definitely know who to contact). Also, don't forget that the discounted rate for RAA members to sign up for the convention ends on January 31, 2010.

If you cannot make it to the conference, how about doing a raffle donation for the conference? RAA requests a \$20 minimum and suggests items that are "State of Colorado" themed and/or produced items, music CDs, and handmade items. Please keep in mind that they should not be too heavy as many people will be traveling.

For exciting items with our home chapter, we have board elections coming up for our May meeting. There will be openings for President, Vice President, Mem-

bership Secretary and possibly Recording Secretary. If you are interested, please feel free to come up to any of the board members and ask about their positions. This is a great way to help out the community and have fun! We are also looking forward to another wonderful World Reflexology Week this September and hopefully another Reflexology Exchange Day. If anyone has any ideas for new locations and/or wants to volunteer to run one of these, please let us know.

Our February speaker is Lisa Whaley and the topic is: "Stress! What is it really doing?" Description: "Stress...it's a bigger problem than you think! Stress responses trigger a cascade of effects in the body resulting in imbalances in blood sugar levels, hormones, thyroid problems, just to name a few. We will be discussing a functional approach to understanding the mechanisms that cause imbalance in these various pathways, and how to unwind them bringing the body back into balance."

Have a wonderful winter and stay warm!

ARC 2010 STATE BOARD ELECTIONS

Let us all start thinking about how we can best serve the profession of Reflexology by serving on our state association board. These are all exciting positions as we all work together for the greater good of promoting Reflexology. Please contact Tambria or any of the ARC board members for more information

REFLEXOLOGY ACRONYMS

ARC: Associated Reflexologists of Colorado—State Membership

Association. This association assists its members in state-wide issues in business, education and legislation in regards to Reflexology www.reflexology-colorado.org

ARCB: American Reflexology Certification Board—Certification board which

tests and promotes the Reflexologist on meeting basic national standards at a professional basis. This organization is a testing agency only www.arcb.net

ACARET-is the accreditation organization responsible for setting educational standards for the profession of reflexology in America. This organization works to establish uniform national standards for reflexology education www.acaret.org

RAA: Reflexology Association of America—National Membership

Association assisting members at the state and National levels in education, legislative, ethics, standards of professionalism and serves as a National referral service for Reflexologists. www.reflexology-usa.org

November 10, 2009, ARC MINUTES by Mindy McKinney

President Tambria Leland called the meeting to order shortly after 6:00 P.M. There were 17 current members in attendance as well as one visitor, Cheryl Roach, a student at Rachel Lord's school—Just for Health. Everyone was greeted and welcomed to our quarterly meeting and reminded to sign in.

Tambria informed the group that ARC received notification from ARCB that we have been recertified as a continuing education provider.

Regarding our quarterly newsletter, Marie Koepke and LaShay Canady are the new co-editors. Marie said that if anyone would like to help or add articles to the newsletter, such as pertinent classes going on with schools or any information that would benefit us in our practices, that she will gladly edit them for you. Please email Marie with anything you would like to submit by mid-January. Her email address is mtnmarie@yahoo.com and can be found on the cover of the newsletter. She does not recommend sending a pdf.

Tambria reminded everyone that ARC Board elections would be held at the May, 2010, ARC meeting. The President, Vice President, and Membership Secretary positions will be open; Marcia Franks, our current Treasurer, has agreed to stay on; and Mindy McKinney, the Recording Secretary is undecided at this point. Reminder: you must be a professional member of ARC—not an associate member—to hold a board position.

Results of the Reflexology Exchange Day in August: Eleven people attended this event held in Monument. Beth Schroeder asked for some guidelines to be written up for use in other areas and also at the 2010 RAA Conference (i.e., explaining group set up, length of sessions, and any other details). Tambria said that ARC members would like to do this again in a year but possibly in another location. Carol had suggested members from the Western Slope getting together for an exchange; however, we really have no members there. The majority of ARC's members live along the Front Range or the central mountains. Marie offered to google "reflexology" in different geographic areas of Colorado to see about pocket groups around the state and email a list of those reflexologists to all board members. It was suggested to send a bulk mail from ARC to contact those individuals or use the post card service provided through ABMP.

Results of World Reflexology Week: This event was held on Saturday, September 26, at two locations in the Denver area: the Shining Lotus and Isis bookstores. Todd Richter and Cheryl Foster worked at the Shining Lotus, where management told them they would love to have them back anytime—not necessarily just for WRWV. They found that there were a lot of people there who were unfamiliar with reflexology and that this was a good avenue to promote our profes-

sion. Cheryl collected \$30 in donations, and Todd will give Marcia Franks the \$40 that he collected in donations at tonight's meeting. Tambria and Elizabeth Heard worked at the Isis location; however, they were not very busy and only received \$5 in donations. We will definitely go back next year for WRWV, but perhaps just to the Shining Lotus.

Response from ARC to MTBOK: With ARC's board approval, Christine Issel responded to the Massage Therapy Book of Knowledge on our behalf requesting that "reflexology" be exempted from the scope of practice of massage therapists. This keeps us separated and not covered under the "massage" umbrella.

A couple of changes need to be made to the November, 2009, newsletter and sent to LaShay before it's put on ARC's website. On Page 6, there should be two bullet points under "Plantar Fasciitis", and there will not be an advanced hand reflexology class at Just for Health School of Reflexology in February.

It was agreed by all to keep the May, 2010, ARC quarterly meeting as is even though it's right before the RAA conference.

Facial Reflexology Class (Modules 1 & 2): This class is listed on Page 7 of the November newsletter and is tentatively scheduled for December 4-7, 2009, depending on the amount of interest. The class will be open to massage therapists, estheticians, and reflexologists. Marie Koepke will have Lone Sorenson, the instructor, contact Todd Richter to obtain names through ABMP of individuals in certain zip code areas that might be interested in this class.

Returning to the Café Press idea from several meetings ago, whereby we could individually order products such as t-shirts, bags, etc., with the ARC logo on them, Adrienne Fahey will give Tambria the phone number of the printing company that has a really good, clear copy of ARC's logo. We will then continue on with that project.

Congratulations were given to Beth Schroeder on being nominated as the RAA Delegate Assembly Coordinator. The committee is comprised of 18 people (2 from each affiliated state) and continues to grow. These delegates are responsible for bringing state issues to the national level of RAA and participating on at least one RAA committee.

RAA 2010 Conference:

Tambria received a letter regarding raffle donations for the conference. There is a \$20 minimum and suggested items were state (Colorado) items, music CDs, and handmade items—keeping in mind that they should not be too heavy as many people will be traveling.

Adrienne Fahey has accepted the position of co-chairperson for the RAA conference committee.

November 10, 2009 ARC Minutes by Mindy McKinney (Cont'd.)

Adrienne reported that the conference speaker report has been submitted to the RAA board for their approval. There are many wonderful speakers on the list, and there will be a lot of hands-on reflexology and marketing work at this conference.

Typically, 150 – 200 people attend these conferences. We will need lots of donated items as well as a lot of volunteer help; **however, no discounts will be offered to volunteers.** Todd said we need to start getting volunteers lined up now. Please note that volunteers won't miss out on any of the sessions. **Todd will put together a list of what will be needed and will email it to Marie by mid-January for inclusion in the next newsletter.**

The cost for the conference is \$345 for members and \$400 for non-members of RAA.

The meeting was adjourned shortly after 7:00 P.M. and Tambria introduced our guest speaker for the evening—Linda Close, who will be discussing the basic definitions and ideas of Qigong.

RAA Conference information:

- 2010 is RAA's 15th Anniversary!
- Join the celebration at the Conference in Colorado.
- . the **first three-day RAA conference**
- . optional **pre and post** conference trainings
- . a diverse **lineup of speakers** and topics
- . a time for community and inspiration

“Stepping Up to New Heights”
www.reflexology-usa.org

- **DISCOUNT - RAA Members...** \$345 when paid before 1/ 31/10 and a member by 12/31/09
- **RAA Member** registering after January 31, 2010.....\$375
- **Non-Members.....**\$400

Enjoy a full service Resort and Colorado attractions!

Inverness Hotel and Conference Center: 200 Inverness Drive West, Englewood/Denver CO. (free hotel shuttle - 5 mile radius) - Call to reserve your lodgings: (800) 832-9053 (mention Reflexology for the discounted rate) - www.invernesshotel.com

RAA Conference Speakers:

[Dr. Marc Piquemal](#) - Relationship between thermograph of the back versus thermograph of the sole. Reflexology studies.

[Christine Issel](#) - Work smarter not harder with relaxation.

[Dr. Martine Faure-Alderson](#) - How reflexology can address the emotional, physical and mental issues of an injury - such as whip-lash.

[Amanda Trosten-Bloom](#) - Building the profession together - through the process of Appreciative Inquiry (AI).

[Barbara A. Brower](#) - Lead reflexologist for Dr Gwen Wyatt's Michigan state reflexology grant for cancer. Barbara will give an update on this work.

[Stephenie Cooke](#) - Marketing you and your business in 2010.

[Kristi Gabriel](#) - Combining muscle testing and source points with Hand Reflexology.

[Laura Jodry](#) - Leadership Training, May 13th 9-12 p.m. Pre-conference - \$30. Everyone who wants to work less and be successful. Sign up on the Conference registration form.

[Lone Sorenson](#) - Praxis Vertebralis, Foot Reflexology

ARC Bank Statement ending 12/2009

Balance forward from 2008		4172.58	
<u>Income</u>			
Membership	4613.99		
Flocco Workshop	285.00		
World Reflexology Week	72.00		
PayPal	4.41		
FedEx return	8.40		
TOTAL	4983.80		
<u>Outflows</u>			
Speakers	200.00	Meeting room	262.50
Reimbursable expenses	92.37	Bond	100.00
Website building	554.24	News & postage	437.81
RAA dues forward	1750.00	Dues overpymt	60.00
Liability Insurance	170.00	Advertising-WRW	85.11
Trade Day	268.36	ARCB fee	268.36
Checks	25.05	USPS rental	44.00
Directory and postage	229.00	Cynthia Ford,CPA	260.00
TOTAL of OUTFLOW	4788.44		
Year end balance			4367.94

Providing Reflexology to Complement Medical Services

by Barbara and Kevin Kunz - <http://www.reflexology-research.com/complement.html>

Launching a complementary reflexology service

By becoming familiar with reflexology research, you can make a presentation to medical personnel and be hired to provide your reflexology services to a specialized clientele. The NCCAM of the NIH notes as one of its goals: "Reduce selected health problems of specific populations." Reflexologists are currently working at cancer centers to help mitigate the effects of chemotherapy. Also, among research is the improvement seen in hemodialysis patients with the use of reflexology services offered at hemodialysis centers. For expectant mothers, women during delivery and post partum women, research demonstrates reflexology's benefits.

How to

Become educated in research, especially that relevant to the specialty group that is your focus. [Evidence-Based Reflexology for Reflexologists](#); [Evidence-Based Reflexology for Researchers and Health Professionals](#).

Continue your education by working with members of your target population. Volunteer to work with, for example, cancer support groups, expectant mothers or members of your target group.

Approach medical personnel or providers (cancer care LINK (to "Reflexology: Research and Cancer Care"),

hemodialysis, hospice) with a reflexology service proposal. Volunteer to do a demonstration. Take along specific research information available at www.reflexology-research.com: "Cancer Research Spans Six Countries"; Medical Applications of Reflexology.

Reflexology at the dental spa

Consider approaching a dentist with the idea of helping reduce patients' anxiety about dental work. The newest concept in the dentist business? The "dental spa." "Sounds strange, but the seemingly polar-opposites worlds of dental offices and day spas are colliding, much to the delight of phobic patients everywhere. a growing number of dentists are borrowing the luxuries typically found in day spas to create a relaxing, more inviting dental experience for their patients. In some cases, they're actually combining the two concepts to create a new type of business known as a 'dental spa.'" The American Dental Association reports that "about half of dentists now offer at least one spalike perk to patients." Wynn Okuda, a cosmetic dentist at Dental Day Spa in Honolulu, offers patients a 30-minute massage before dental work. "And once they're in the dental chair, a therapist provides acupressure, reflexology or other relaxation techniques while patients watch movies through 3-D glasses."

(www.ajc.com/health/content/health/0305/13dentalspa.html) (August 2005)

RAA NEWS

RAA EDU COMMITTEE—Elizabeth Heard, ARC Delegate

During the last few months the Education Committee for RAA has been busy crafting answers to questions regarding various ways for reflexologists to gain more credit hours in order to stay in professional status according to RAA guidelines. The procedures that were proposed for increasing hours was voted in by the board earlier this summer and now can be read in Reflexology Across America, RAA's quarterly publication. To obtain a copy email a request to www.reflexology-usa.org

RAA CONFERENCE COMMITTEE—Beth Schroeder, ARC Delegate

The RAA Conference Committee has many facets to its duties and responsibilities for the 2010 RAA Conference to be held in Englewood, CO, at the Inverness Hotel and Conference Center. Accomplishments to date include narrowing down of the speakers and workshop presenters into two "tracks," one covering Reflexology, scientific findings and cutting edge work as it relates to Reflexology, and the other track focusing on business building, marketing, leadership and organization skill building. A report has been prepared and will be presented to the RAA Board of Directors soon for their review and approval.

Don't forget ARC will be hosting the 2010 RAA National Conference

"Reflexology: Stepping Up to New Heights"

May 14-16, 2010 Englewood, Colorado

We are "stepping up to new heights" in business, education and the future of what Reflexology holds for our profession. For more information and how to get involved contact the Conference Committee

RAAConf2010@reflexology-usa.org



RAA Member Obtains Taxonomy Code for Reflexologists

By Opal Knowles

In June 2007, when the Alternative Billing Codes (ABC) online billing system (www.eClaim.biz) became available for use by CAM therapies such as Reflexology, I sent out an email to our members advising that the system was available for use. A RAA member, Kendall Eckert, RCR (Registered Certified

Reflexologist) from Tennessee (TN has a Reflexology Registration Law; ND has a Reflexology License Law), applied to use the new system but found that it was impossible to do so without first applying for a National Provider Identifier (NPI) number required under HIPAA (Health Insurance Portability and Accountability Act of 1996). To get the NPI number, a Taxonomy Code was required. Taxonomy Codes are an administrative code set for identifying the provider type and area of specialization for health care providers. Reflexologists did not have an assigned Taxonomy Code.

Kendall was instrumental in securing the Taxonomy Code for Reflexologists. He did the research and wrote to the National Uniform Claim Committee (NUCC) asking that a code be assigned for Reflexologists. "I was delighted to receive an email from Stephanie Moncada, Secretary for the National Uniform Claim Committee (NUCC) on 10/18/07 Kendall Eckert, RCR, DR

TAXONOMY CODE FOR REFLEXOLOGISTS

The article below is reprinted from the Reflexology Association of America (RAA) magazine *Reflexology Across America*, Winter Issue, 2008. RAA President Opal Knowles officially approved the definition of "Reflexologist" on December 19, 2007, as shown below the article.

Please note: Alternative Billing Codes (ABC) had been defined, approved and assigned Reflexology billing codes for insurance billing purposes through the work of RAA, ARCB, and nationally known Reflexologists Kevin & Barbara Kunz. The ABC codes can only be used by certified and licensed Reflexologists in their state of practice (two states have Reflexology licensing laws: North Dakota (a License Law); and Tennessee (Registration Law), or by those who are licensed health care providers. The ABC codes are now used by both medical and CAM practitioner/providers. HIPAA regulations require that health care providers who use codes (CPT or ABC) to bill/receive reimbursement from insurance companies must obtain a National Provider Identification (NPI) number and choose a Taxonomy Code (identifies the provider and their specialty areas, i.e., Pediatric Surgeon, Pediatric Nurse, Reflexologist etc. when billing for insurance coverage).

Reflexology did not have an assigned Taxonomy Code to identify a 'Reflexologist'. RAA member Kendall Eckert, RCR, discovered this when he wanted to use the ABC codes and attempted to get a NPI number. His story is below. **RAA sends a special 'Thank You' to Kendall for being the first to attempt to use the codes for insurance reimbursement purposes, discovering the oversight, and for contacting the NUCC to correct the situation.**

and it reads: I just wanted to let you know that the NUCC has approved adding the Taxonomy Code for reflexology. The code will be added in January of 2008 and take effect April, 1, 2008." Kendall went on to say: "This is great news for all reflexologists. This means that certified Reflexologists* qualify to apply for the National Provider Identification Number (NPI) after January 1, 2008. I started working on the NUCC application form back in June of 2007 on behalf of our reflexology profession. With this NUCC approval adding this code I believe it will benefit our profession and give Reflexologists a closer step toward working with the health insurance companies and we will be better able to work with primary care physicians for the betterment of their patient's and our reflexology clients. In the near future, I will have more details to share with the membership on how to go about getting their personal ID number (where to go on the web for forms, rules, and the Taxonomy code. There is still much work to be done. This is one of the first steps forward."

The definition for "Reflexologist" used by the NUCC for the Health Care Provider Taxonomy Code set is based on the American Reflexology Certification Board definition of Reflexology (ARCB), 2007 and the recommended minimum 200 hours of education. ARCB and RAA will be referenced in the NUCC Code sets to be released January 2008 and take effect April 1, 2008.

*Note: Reflexologists must be licensed in the state in which they work.

DID YOU KNOW?

- ⇒ ARCB now offers Hand Reflexology Certification Exams
prerequisite: 30 hrs of in-class hand reflexology
20 ARCB documentations
ARCB certified foot Reflexologist
- ⇒ ARCB 2010 testing date for Denver is **May 12th**. Location TBA. Check the ARCB website for more information
- ⇒ <http://www.arcb.net/testing1.htm>



JUST FOR HEALTH SCHOOL OF REFLEXOLOGY

2010 ADVANCE HAND REFLEXOLOGY CLASS

Feb 4, 5, 6 - Hand anatomy, advanced hand practice, biomechanics, ROM, pathology, A & P. Cost \$345

Contact: Rachel Lord, 303-341-4384, justforhealth7@gmail.com

STATE CONTINUING EDUCATIONAL OPPORTUNITIES

BECOME A CERTIFIED MASTER HERBALIST! CLASS BEGINS FEBRUARY 2010.

Comprehensive 450 hour, 17-month training: "Botanical Medicine: East and West" prepares for career as clinician using Chinese and Western traditions. Just for Health School of Reflexology and Healing Arts. State approved and approved as provider of continuing education by American Reflexology Certification Board # POO116. ~ contact: Rachel Lord, 303-320-4367; www.justforhealth.net

Hot Stone Massage is one of the most exciting and popular modalities. The advantage to taking this class is that you get time to practice and perfect your skills during the winter season. Also we cover how to use cool stones for a refreshing summer massage during hot weather and how to combine both for your clients comfort in any situation! Another unique way of using stones that will set you apart from anyone else. **In today's economy it is vital to have a unique market niche that you can capitalize on to grow your business!** Doing Phenomenal Touch Hot Stone Massage will increase your business in amazing ways and is a wonderful investment in yourself and your business. You also get 16 CE hours that are recognized by NCBTMB.

SEE MORE INFORMATION IN THE BOX TO THE RIGHT!!

A Wonderful Class for Reflexologists to learn Hot Stones for Reflexology!

Sponsored by The Institute For Phenomenal Touch

Instructor: Mary Axelrod, NCMT, CPTMP, CR

Saturday & Sunday, January 23-24, 2010

8:30 am 6 pm, Fort Collins, Colorado

OR

Saturday & Sunday, February 27-28, 2010

8:30 am 6 pm, Fort Collins, Colorado

Will teach new techniques ~ be introduced to techniques of Phenomenal Touch® ~ learn to work the body in a 3-Dimensional way ~ learn all the necessary aspects of giving a safe and flowing hot stone session.

Cost: \$375. (Stones and supplies are additional cost)

Investment: \$100 (payment plan avail. ~ full payment is due one week prior to the class) See all the complete details about these classes on my website <http://www.callmary.net/classes.htm>.

970-204-1794

Reflexology Schools in Colorado



- **Academy of Natural Healing** Isabelle Hutton, RN, NCR
Greenwood Village 303-779-1094
For class schedule/signup, charts information/orders, essential oils, and other products, visit: www.isabellehutton.com
- **Boulder College of Massage Therapy** Attn: Dee Dee Roberts
Boulder, Colorado 303-530-2100 www.bcmto.org
- **Colorado School of Healing Arts** Attn: Chris Smith
Lakewood 303-986-2320
- **The Healing Arts Institute**
Ft. Collins 970-223-9741 www.hai-colo.com
- **Just for Health School of Reflexology & Healing Arts** Attn: Rachel Lord
Englewood 303-341-4384 For class schedules visit www.justforhealth.net
- **Modern Institute of Reflexology** Attn: Zachary Brinkerhoff
Denver 303-237-1562 www.reflexologyinstitute.com
- **Rejuvenation** Attn: Janice Sterling
Colorado Springs 719-474-9130
- **Colorado Springs Academy of Reflexology** Attn: Barbara K. Coleman
Colorado Springs 719-550-8999
220 hour program trains and prepares individuals to take the National Reflexology exam. Naturopathy services also offered.

THE ROOT OF REFLEXOLOGY

by Christine Issel



Christine Issel

Resource: http://www.reflexology-usa.org/articles/root_of_reflexology.html

Many people confuse reflexology with massage, but they are two distinct modalities—each with its own strengths. Both, like many therapies (chiropractic, osteopathy, and other somatic practices), involve the use of the hands to apply specific techniques to the body thereby enhancing the well-being of the client.

From a historical perspective, reflexology is more akin to osteopathy in both theory and techniques than to massage. Osteopathy, developed by Andrew Taylor Still in 1874, believed in a direct relationship between disorders in joint movement and symptomatology. In addition, Still theorized that in some way the autonomic nerve reflexes were involved in metabolic changes in soft tissues. The goal of osteopathy is not to directly relieve organic diseases, but to improve the structural function, tone of muscles, relieve tension, and restore relaxation to the body. As osteopathic physician Dr. Myron Beal explains "...any constriction or congestions will interfere with the vital processes and normal functions of the body tissues. ...The zone of the spine from which the nerves emerge which are concerned with any particular organ or area of the body must be specially considered in osteopathic treatment."¹ Osteopathy is not normally used in the treatment of infectious diseases although it may be used in conjunction with other treatment because of its effect on the sympathetic nervous system, circulation and hormone secretion.

No doubt Eunice Ingham was introduced to these concepts, if not through her own interests and research, then during her work at the clinic of the Osteopathic Hospital in St. Petersburg, Fla., and her association with osteopath, Dr. Joe Shelby Riley in the mid-'30s. She was also a guest lecturer in the 1950s at the American School of Osteopathy. Ingham refers to osteopathic and chiropractic concepts and research in *Stories The Feet Have Told*. Under a section titled 'Osteopathic Concept' Ingham writes, "A spinal lesion* means an abnormal pull on muscle tissue. If we can release the excessive tension by contacting a specific reflex in the feet, we are helping to bring about a correction of that spinal lesion."² In this statement Ingham combines two concepts fundamental to osteopathy and reflexology—lesions and reflexes.

Chapman's Reflexes

Discovered by Dr. Frank Chapman D.O., Chapman's Reflexes are painful points located all over the body that, when palpated, he felt could lead to the healing of disease. In *An Endocrine Interpretation of Chapman's Reflexes*, 2nd edition^{3/4} Fred Mitchell, D.O. writes, "Drs. Chapman and Owens were of the opinion that these reflexes were clinically useful in three principal ways: 1) for diagnosis; 2) for influencing the motion of fluids, mostly lymph; and 3) for influencing visceral [organ] function through the nervous system."³

In general, Chapman's Reflexes are found in soft

tissue at various points along both sides of the sternum, the proximal head of humerus, distal and proximal clavicle, occipital ridge, cervicals, ribs, scapula, thoracics, lumbar, sacrum, coccyx, pelvis, pubis, fibula, and medial head of the tibia. When the condition involves an organ, the location where the autonomic nerve ganglion branches off the spinal column to the organ becomes one of the reflex points to be palpated.

According to Mitchell, "Chapman's Reflexes is just a term given to these receptor organs because of the osteopath who discovered their diagnostic and therapeutic value in the location and treatment of disease."⁴ Since Chapman's Reflexes were located all over the body the impression given was that a reflex is an object or point on the skin. Leon Chaitow notes in *Soft Tissue Manipulation* that 'reflexes' go by many names: Janet Travell, M.D., and associates refer to them as trigger points; Myron Beal as viscerosomatic reflexes; Terence Bennet, D.C., as neurovascular points; M. Gutstein, M.D., as myodysneuric points; Irvin M. Korr, Ph.D., as facilitate segment and referred dysfunction; and in acupuncture they are tsubo points, yet all are discussing the same phenomena.

At the same time palpation was thought to create a reflex action of some type. Like Chapman, Ingham uses the word reflex to describe a sensitive area while at the same time using it to also describe the physiological process produced by a reflex action. Explaining the results she obtained, Ingham writes, "Try this simple method of producing a reflex action (by manipulation) through the nerve endings on the soles of the feet."⁵ Here she is indicating a reflex action. Then, like Chapman, she produced charts that illustrated where points could be palpated to reach various organs and called them reflexes, too.

Chapman himself stressed that results would come more quickly and be less painful by gentle, rather than strong, pressure to the reflex point. The actual time a practitioner worked on a particular reflex could last from 20 seconds to two minutes or more. Mitchell stresses that over-treatment fatigued the reflex arc and nullified the good effect produced. However, he also cautioned that inefficient or insufficient work produced poor results. While admonishing the student to remember the inter-relationship of organ systems, he recommended working the system in the sequence it is found. For example, "work the distal colon before treating the proximal colon."⁶

The 2nd edition of *Chapman's Reflexes* contains a foreword that suggests when studying reflex work, the student: 1) learn each reflex by location rather than by sense of touch; 2) learn reflexes by groups (systems) one at a time; and 3) learn to include the endocrine gland along with the nerve and blood sup-

THE ROOT OF REFLEXOLOGY (cont)

ply concerned in the disturbance.⁸

All three of these points were adopted for reflexology by Ingham. The layout design is also very similar in Ingham's and Chapman's books. Each chapter covers a pathology and points to work are indicated.

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• **About the Author: Christine Issel, M.A.**, with her extensive background in reflexology spanning more than 30 years, consults and lectures on all aspects reflexology nationally and internationally. She is an author of *Reflexology: Art, Science & History* and with Sandi Rogers, *Reflexognosy: A Shift in Paradigm*. She is also the editor of *Reflexology Today*, the national news magazine of the American Reflexology Certification Board. In addition, she is an international lecturer, conference organizer, founder of reflexology associations and organizations, and serves as a director on several reflexology boards acting as a legislative advocate.

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THE ROOT OF REFLEXOLOGY (cont) by Christine Issel

(for the rest of the article, please go to: http://www.reflexology-usa.org/articles/root_of_reflexology.html)

Endocrine Link

Two different systems coordinate the working of the body. The nervous system works by using electrical impulses, while the endocrine system uses chemicals called hormones. Within the nervous system there are sensory neurons that carry nerve impulses from different parts of the body to the central nervous system. Some sensory neurons are directly triggered by stimuli while others are triggered indirectly by special cells or neurons called receptors.

Osteopathic theory concludes that if there is a lesion formed within the soft tissue of the spinal column then a stimulus by palpation will produce a reflex action that will in turn produce a physiological reaction to organs innervated from the autonomic nerve ganglia. To this Chapman linked receptors and the role they play with the endocrine system. Communication does take place within the receptors and this could be why Chapman was the first to link the endocrinology of the body to the concept of reflexes as an osteopathic principle. In her little known book, *Zone Therapy, Its Application to the Glands and Kindred Ailments* Ingham also utilizes this theory in her hypothesis of the mechanics of how reflexology works. "May we retain an open receptive mind for aid or suggestions in the scientific explanation of the relation of these nerve endings and their direct association with the tissues involved. Is it not possible that by way of the autonomics, the endocrines [sic] [glands] are doubtless affected in such a way that a better synergism is brought about between the various important glands of this system."⁸

Osteopathy's Connection to the Feet

An interesting point to consider in Chapman's work is that nowhere are the feet or hands involved as sites to be worked. However, we do know that sensory neurons are plentiful in the soles of the feet and palms of the hands. Dr. Joe Shelby Riley, may have reached this same conclusion and adapted Chapman's concept, which he knew about through his

own osteopathic training, to the feet and hands while coupling reflexes with Fitzgerald's work with zones. Riley's charts are the oldest which map the various 'reflex' points on the feet. Riley's work was further refined, expanded and popularized by Ingham who worked as his assistant for several months during two successive winters in Florida prior to the publication of her first book.

With Chapman's concepts in mind, the palpation to the receptors on the feet may support much the same principles. First, sensitivity in the soft tissue of the foot, [e.g. pain upon palpatory pressure] may affect the body as the fascia forms lesions and adversely affects biomechanical movement. Removal of articular lesions coupled with the hormonal activation triggering an endocrine response, stimulation to the circulatory and lymphatic systems, and all nervous systems makes reflexology a very powerful and wholistic therapy. Additionally, the proper alignment of the joints in *Reflexognosy* produces relief of tension to the segmental dysfunction of the dermatomes resulting in the relaxation of muscular tension and nervous throughout the body. The reduction of pain results as normalization of receptor activity moves toward normal muscle tone. The relaxation process will reverberate up the spinal column and through the autonomic nerve ganglia to the organs and other parts of the body due to the close ties between the central nervous system and the autonomic nervous system. Ingham puts it more simply in *Stories the Feet Have Told* by saying, "If any degree of tenderness is found in those reflexes in that part of the foot relative to the spine, then by applying this form of compression massage to that area you will relax the muscle tension surrounding that vertebra."⁹ In fact, the actual processes the practitioner has affected includes structural alignment which produces reduced tension on the fascia that may result in improved circulation and pain reduction, improving overall health.

ARC MEMBER NEWS

ARC member Rachel Lord, is on the **ARCB Education Committee**. She review requests for Continuing Education credits (CEs) for non-ARCB approved courses, Independent Study submissions for CE credit and for Providers seeking ARCB approval for their courses or classes. She also critiques the applications, making sure the class content is appropriate and that all the information is correctly provided. If a class is already ARCB approved, then the member submits a certificate to ARCB showing they took the class and the number of hours involved. She does all this by email. Linda Delano, the ARCB Administrative Secretary, sends the applications and then communicates back to the applicant.



More on the 2010 RAA Conference schedule:

PRE-Conference ~ May 13 Thursday

9-12 p.m. Leadership Training - \$30

- 12-2 p.m. Early Conference Check -In Vendor room set up
- 1-5 p.m. State Delegate Assembly meeting
- 5-7 p.m. Conference Check- In
- 5-8 pm Welcome Social

POST-Conference ~ May 17-20 Tuesday-Thursday

- Cranial Sacral Reflexology

Conference ~ May 14 Friday

8-8:30 am Late Check-In

9-5:45 pm Opening of conference

Conference ~ May 15 Saturday

8-8:30 am Late Check-In

9-5:45 pm Conference

Conference ~ May 16 Sunday

9-1 pm Conference and closing

2:30-3:30 pm Meeting with RAA Board of Directors, Q&A

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Funds generated will assist ARC to continue efforts in supporting members in education and professionalism in the field of reflexology still need to renew your membership? You can now do so on-line at:

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ARC encourages **MEMBERSHIP** from Reflexologists as well as Reflexology students and interested benefactors.



FOOT NOTE
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