



Footnotes

A publication of the Nova Scotia Association of Reflexology Practitioners

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Nova Scotia Association of Reflexology Practitioners

www.NSARP.org

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President - Melany Rand
 Vice President - Catherine Whittaker
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Hanne Marquardt Study Days and NSARP AGM



Group picture of Hanne Marquardt Study Days on in September 2009.

NSARP Annual General Meeting

Thanks to all who attended this years' Annual General Meeting. Congratulations to newly elected Vice President, Catherine Whittaker, who also received the President's Choice Volunteer of the Year Award for her unique contribution to Reflexology Therapy in Nova Scotia. We would also like to extend a special welcome to the following three volunteers who will be there to help with special events, educational campaigns, and a variety of projects in the coming year: Honour

Tett, Patricia Murphy and Suzanne Saunders!

Study Days Summary

For the second time, Hanne Marquardt captivated each participant's attention and challenged us all to revisit our technique and reflex zones with the similarities of shape concept. She also emphasized a few therapy techniques such as scar tissue treatment, lymphatic drainage, and gentle grip techniques that work with the client's energy and also helps prevent strain on the therapist.



Melissa Mitchell and Hanne Marquardt



NSARP Board Members: Catherine Whittaker, Melany Rand, Eva VanBuskirk, and Cheryl Gaul

From the President's Desk



Hello! I hope this edition of Footnotes finds everybody happy and healthy! With the flu season in full force, I hope that as a health care practitioner, you are doing your best to build your immune system and taking the opportunity to educate others to do the same. This ensures a reduced chance of infection and helps to reduce the intensity of symptoms as well as shorten the recovery.

As most of you know, NSARP had the excellent opportunity of enjoying Hanne Marquardt's presence in September when she delivered Study Day 1 and 2 to a keen group of Reflexology Practitioners. It was decided at our Annual General Meeting that NSARP will continue to take advantage of opportunities to bring Hanne and Gabi, her assistant, back for future study days. Their expertise in the field of Reflexotherapy as a therapeutic practice is second to none! I would also like to assure members that

NSARP continues to seek recognition for the practice of Reflexology Therapy from the insurance industry and reimbursement for our services in the area of health care. We continue to contact insurance providers on a regular basis to educate them in regards to Reflexology Therapy's benefits and to ask for provider status with their group health plans. We also supply our RRT membership list to them biannually.

We have most recently completed a professional display board that explains Reflexology Therapy and what we do. In addition, a Power Point presentation is almost complete. For a small fee, NSARP members and others will be able to purchase these educational tools to emphasize the importance of Reflexology Therapy to health and well being. Target groups will include the general public, work place unions, insurance providers and other health care professionals. In the upcoming year, it is our goal to begin a campaign for educating these groups so that we may further advance the acceptance of Reflexology therapy into health care and our professional therapist as

"NSARP continues to seek recognition for the practice of Reflexology Therapy from the insurance industry and reimbursement for our services in the area of health care."

health care providers. Please let the office know if you are interested in being part of this campaign. This is an excellent opportunity to help raise awareness of our profession. As a bonus, it is a great way to collect CEUs for your portfolio!

I hope that everyone stays healthy this season and continues to do so in the New Year!

Yours in Health,

Melany Rand
NSARP President



Congratulations to Catherine Whittaker, who received the President's Choice Volunteer of the Year Award at the AGM for her unique contribution to Reflexology Therapy in Nova Scotia.

Editor's Corner

Welcome to the 9th issue of Footnotes, NSARP's bi-annual publication. My name is Catherine Whittaker, and I'm the newsletter editor for NSARP. The past six months has proved itself to be full of exciting events and I am pleased to be including some of them in the newsletter. Not all articles get printed, but please consider contributing any stories that are related to Reflexology.

If you would like to start receiving the publication, or if you have any comments, ideas or submissions that you would like to see included in our publication, we welcome your input.

Sincerely,
Catherine Whittaker
info@summerhursthealing.com

Advertising and submissions:

Deadline for submissions are October 31 and April 30. Advertising rates range from \$20 - \$120 per issue. This is a great way to support NSARP and grow your business at the same time. For more details, please contact Catherine at info@summerhursthealing.com or leave me a message at (902) 632-2197

Reflexology Therapy News

Upcoming Reflexology Therapy Training

Footsteps School of Reflexology January 22 - 24, 2010 & Yarmouth, Nova Scotia, Canada
 300 Hour Professional Training February 13 - 14, 2010
 Diploma Program

Footsteps School of Reflexology June 5, 2010 Halifax, Nova Scotia, Canada
 Hand Reflexology Workshop

Footsteps School of Reflexology June 6 - 10, 2010 Halifax, Nova Scotia, Canada
 300 Hour Professional Training
 Diploma Program

Footsteps School of Reflexology September 9 - 13, 2010 Halifax, Nova Scotia, Canada
 300 Hour Professional Training
 Diploma Program

Professional Reflexology Display Board and Power Point Presentation

NSARP is pleased to introduce two new educational tools that are designed to promote Reflexology Therapy in Nova Scotia and help enhance your private practice. **These tools are available at \$15 each or \$25 for both.** They will come in CD format or as a website download whenever possible. When you renew your membership this year, **check YES next to the educational tool bundle!**

Display Board

This ready made trade show tool is the ideal visual aid in any marketing or educational campaign. Boost your visibility and credentials to health professionals and potential clients whenever needed. File comes as a 'print ready TIF format' for your favorite print shop. (Display dimensions are 46.5" x 34.5").

Power Point Presentation

We have been working on it and it's almost

ready! This scientifically based presentation is the ideal tool to have in your back pocket for any Reflexology presentation opportunities. Target groups can include the general public, work place unions, insurance providers and other health care professionals. Boost your confidence, image and clientele, and earn valuable CEU credits at the same time!

All proceeds from these educational tools directly support your Provincial



Catherine Whittaker (left), and Cheryl Gaul (right) in front of NSARP's new Reflexology Display Board

Reflexology Association, whose main goal is to promote its members and Reflexology Therapy within Nova Scotia.

For full details of events, training, member directory, CEUs, visit us online at www.NSARP.org



Newsletter Sponsor

MERE ENOUGH HEALTH FOODS



Carol Strong, Owner, is an experienced Natural Health Consultant with a Certificate in Nutrition. With more than 14 years experience in the industry, she knows what people need.

It's been eight years since MERE ENOUGH HEALTH FOODS opened its doors on Crescent Drive in New Minas. It has become a very popular stop for those who are interested in taking proper care of their health.

Owner Carol Strong, an experienced natural health consultant with a Certificate in Nutrition, has found that people are more informed today about proper nutrition. Many are looking for high quality foods and supplements.

At MERE ENOUGH HEALTH FOODS, you'll find quality brand names that include Flora, Organika, Natural Factors and Solaray, etc., and "NOW", a new brand in Canada.

Among the endless variety of nutritional supplements and herbs, are body building products which are great for building and maintaining muscle mass, and can be important for seniors and women in general.

In the natural food section, you'll find a selection of packaged and bulk baking supplies including whole grains and various flours, as well as dried fruit, dried vegetables for soups, natural sweeteners, teas, cereals, tasty snacks and more.

There's also a line of earth-friendly cleaning products, a body care section with unscented soaps and creams, a library of health-minded books and cassettes that you can borrow at no cost and a sunny reading corner at the front of the store. It's a great spot to read a magazine.

Once a month, MERE ENOUGH offers a free lecture by a naturopath, who speaks about diseases and health conditions like blood pressure and how to treat them with supplements.

Anyone interested can attend.

Customers will enjoy the benefits of a bonus card, a free reference publication each month, and seniors discounts everyday. Carol is a member of Valley Business Connection, a networking group that meets at New Minas Civic Centre the first and third Tuesday of each month at 7 pm. Come network with us.

Carol extends sincere thanks to her customers who have supported the business over the past eight years.



- ✓ Quality brand names
- ✓ Endless variety of nutritional supplements, herbs and body building products
- ✓ Natural food section
- ✓ Earth friendly cleaning products
- ✓ Library of books and cassettes on a variety of health subjects
- ✓ Sunny Reading corner
- ✓ Monthly free lectures by Naturopath
- ✓ And **many more reasons** to visit us!



MERE ENOUGH HEALTH FOODS
11B Crescent Drive, New Minas, NS
Tel: (902) 681-2169

Monday -Thursday: 9:30am-5:30pm
Friday: 9:30pm-6pm
Saturday: 9:30am-5:30pm

International Perspective

Headache and Reflexological Treatment*

In Denmark, a government funded nationwide exploratory study was conducted at the Department of Social Pharmacy. The Royal Danish University of Pharmacy in cooperation with 5 Danish Reflexologists associations and alternative treatment societies. 220 clients were treated by 78 Reflexologists, with headache as their primary complaint. After 3 months of treatments, 16% reported they were cured; 65% said Reflexology had helped them and 18% said their headaches were unchanged. 19% stopped taking medicine.

The conclusion of the study indicated that treatment with Reflexology is able to cure or help both tension headaches and migraines.

Citation: Brendstrup, D., Eriksen, L., and Launso, L. (1995). "Reflexology Is An Effective Treatment for Headaches." Zoneterapeuten (Journal of the Danish Reflexologists Association, FDZ), Number 8, 1995.

**Study 121 (pg. 122) as reported in the ICR Research Analysis Document.*

Headaches - Did You Know...

In a 1996 retrospective analysis of Reflexology and Headaches reported at the China Reflexology Symposium involving 142 cases, 92 subjects (64.79%) reported Reflexology to be *significantly effective* in treating headaches. Significantly effective meant all symptoms and signs disappeared completely, and the condition did not recur in 3-6 months. 41 (28.87%) reported Reflexology to be *effective* - meaning the symptoms and signs disappeared or basically disappeared. After 3-6 months they recurred but in a lesser degree with marked improvement in comparison with that before the treatment. Only 9 subjects (6.34%) reported Reflexology as being ineffective.

(Article reprinted with permission from ICR Newsletter, Vol. 18, No.2, June 2009)

"220 clients were treated by 78 Reflexologists, with headache as their primary complaint. After 3 months of treatments, 16% reported they were cured; 65% said Reflexology had helped them and 18% said their headaches were unchanged. 19% stopped taking medicine."

Client Treatment Study

Chronic Knee Pain from 20 Year Old Injury, May 1, 2009

By Cheryl Gaul, RT, RRT

Client presents with:

- 50 yr old male suffering the past 2 weeks with acute episode of severe Rt knee pain along with mild edema
- injured Rt knee approx 20 yrs ago with resultant chronic pain/discomfort
- x-rays, lab work, physical assessment negative
- secondary concerns include: muscle tension posterior Rt knee which occurs later in day, occasional tenderness back muscles when overdoing heavy work, occasional mild bilateral hip discomfort, restless legs, poor sleep, voiding frequently during the night, decreased energy

Initial Assessment:

- no tenderness of reflex zones noted
- tissue temperature Lt skull & chest is cool, mild dehydration & roughness of skin, hypersensitive to touch, pinkish-yellow coloration with yellowing of nails, skin is finely wrinkled throughout gastric zones
- client displays generalized muscle tension in the microsystem

Treatment Plan:

- therapy interval biweekly x 3

with follow up in a month, may be amended as results dictate

- emphasis on: knees, elbows, arms/legs, hips, groin lymphatics, musculature upper & lower back, spine, bladder, prostate, and endocrine reflex zones, stress reduction techniques, sedation of painful areas

Initial Treatment Results:

- therapy uneventful
- client relaxed very well and was close to drifting to sleep
- rapid resolution of generalized muscle tension
- hypersensitivity disappeared early during therapy
- felt somewhat light-headed post-Tx
- no change in Rt knee pain

Interim Report:

- 2-3 days post-Tx: decreased pain Rt knee and was walking a bit without limping, no edema present, no discomfort B hips, no soreness back muscles, sleeping somewhat better due to improvement in condition of knee. No change in restless legs, occurrence of need to void during the night or fatigue
- During the 2nd & 3rd sessions tension in the bladder reflex zones was noted and resolved and the dehydration disappeared. Color of skin and nails returned to normal. Asymmetry of temperature corrected but remained slightly

‘Upon arrival for his 4th Tx, client reports that he now “feels the best he has felt in a long while”. His knee feels much better with only a little residual discomfort...’

below normal

- Following client’s 3rd Tx, he reports that the pain in his Rt knee continues to decrease, his restless legs have improved and he gets up at night much less frequently to void. He is also sleeping better.

Discharge Summary:

- Upon arrival for his 4th Tx, client reports that he now “feels the best he has felt in a long while”. His knee feels much better with only a little residual discomfort. He is sleeping well. He is rarely up during the night to void and the restlessness of his legs has diminished.
- He has declined further treatment.

Reflexology News

Ask the Pro - Clinical Reflexology and the Use of Foot Baths

Dear Happy Toes,

I can't decide on whether or not to offer a foot bath to my clients. Do you have any advice on this?

L.G.

Dear L.G.,

It is a personal choice as whether or not to offer a foot bath to your client. However, as a therapist in clinical practice, you would not do so before assessing and treating the client. A foot bath renders inaccurate important information about the internal condition of the body by changing the color, temperature and tone of the tissue and moisture levels as well as masking odor. These important clinical indicators as to the health of the individual are altered by bathing before a therapeutic Reflexology session and can therefore no longer serve as reliable findings or offer a true reflection of what is taking place within the person. You are also unable to monitor the effects of previous treatment by using these factors as a guide to changes within the body.

Used inappropriately, a foot bath washes away evidence, so to speak, and leads to an inaccurate assessment of the state of your client's health and the responses to treatment.

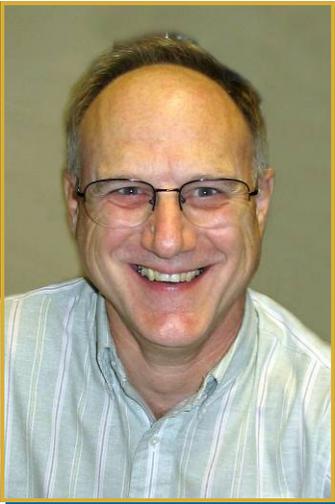
If your client has come to see you for relaxation purposes only or following a therapeutic session then, if you would like to do so, by all means offer a foot bath should your client enjoy one.

Happy Toes

“A foot bath renders inaccurate important information about the internal condition of the body by changing the color, temperature and tone of the tissue and moisture levels as well as masking odor.”

Business Development

Do You Have The Business Insurance You Need?



About the Author:
Terry Webber is a retired business man who works part-time for several local businesses.

For want of a nail, the shoe was lost. When we're talking about your business, losing the shoe can be serious indeed. Think of business insurance as the nail; as in the old saying it can help you hold onto what's really important. You personally cannot control or eliminate every potential risk that threatens your livelihood. Business insurance can provide the protection against these risks... if you carry the right kinds for your small business.

Unfortunately, insuring your business is not as simple as insuring your car. Because your business is unique, you'll need to design a package of insurance that meets your needs and provides the level of protection you're comfortable with. Your first decision is to decide which types of insurance your business needs. I will try and outline the types of business insurance that small businesses might need, including property insurance, professional liability insurance, disability insurance, and business interruption insurance.

Property insurance protects the assets your business owns, including the building and equipment, from destruction or damage. Even if you run a home-based business and have home insurance, you'll need to protect your business assets with separate contents insurance; your home owner's policy will not cover business equipment.

Contents insurance protects your business equipment from perils such as fire, flood, or theft. To determine how much property or contents insurance you'll need, create an itemized list of your business' assets and their individual dollar values. Then decide which assets you actually want to insure and for what value, which will determine the insurance premium. In some cases, you may decide against insuring a particular asset, because it just doesn't warrant the cost of the premium. In other cases, the premium may be well worth paying. Ask yourself, if this equipment, such as a computer, was stolen, would I be able to afford to replace it? If the answer is no, you should

"Even if you run a home-based business and have home insurance, you'll need to protect your business assets with separate contents insurance; your home owner's policy will not cover business equipment."

insure it.

General liability insurance protects your business from liability arising from negligence that may cause injury to others, such as a customer or employee. It also protects your company if someone is injured as a result of using your product or service. When you consider that the legal expenses and settlement or judgment expenses of a single lawsuit could drive your business into bankruptcy, you'll see why this kind of insurance is considered a "must-have".

If you're a professional, such as a doctor, lawyer, architect, computer consultant, or Reflexology Therapist, you should also consider carrying **professional liability insurance**. Professional liability insurance ranges from malpractice insurance for those in the healing

(Continued on page 9)

Business Development

Do You Have The Business Insurance You Need? - Continued

professions, through error and omissions insurance for business professionals. If in doubt about what kind of professional liability insurance you should be carrying, consult your provincial professional organization. In some provinces, professional liability insurance is mandatory for certain types of professionals.

If you have employees, **workers' compensation insurance** is also mandatory in Canada. You should also seriously consider providing **employee insurance**, even if you're running a small business. It's tempting to just ignore employee insurance, but you know that good employees are the key to the success of your business operation, and providing employee benefits such as medical, dental, and disability benefits, will not only help keep your employees healthy, but will help keep them contented and willing to continue working for you. Think about how much money and time you'd spend finding and training new employees, and keeping the good employees you already have makes dollars and sense. Many financial

institutions, such as banks, offer special Employee Benefit Plans for Small Business. Especially designed for small businesses with 1 to 49 employees, insurance offers good flexibility, as you can select the benefits you want to provide.

Other types of business insurance that small businesses should consider buying are business interruption insurance, business disability insurance, and key person insurance. Some business owners stop here. But wise business owners will also want to purchase to protect themselves from incurring the kinds of losses that can close their doors. Remember the infamous ice storm? It's just one example of an unforeseen natural disaster that could force you to suspend your business operations. There are also floods, hurricanes and fires. Or, on a more mundane level, your business could be the victim of vandalism or theft.

Business interruption insurance protects you from the loss of revenue incurred when you're forced to close down. If you're a business owner, you should also carry

some kind of **disability insurance**. There are various kinds of disability insurance available that are tailored to the needs of business owners. All of them involve paying premiums now to cover your lost income if you become disabled or unable to carry on your business. If your business is dependent upon the expertise or knowledge of particular people in your company, you should also consider **key person insurance**. This type of plan helps to compensate a business for financial losses due to the death or long term disability of a key person. The insurance provides additional funds to the business until the key person can be replaced, or until he or she returns to work. If you are a member of a partnership, you may also want to carry **buy-sell insurance**. If one of the partners dies or becomes disabled, this kind of insurance provides the surviving partner or partners with the money to buy the deceased or disabled partner's share of the business.

Being a successful business person means being able to anticipate events and plan for the

"But wise business owners will also want to purchase to protect themselves from incurring the kinds of losses that can close their doors. Remember the infamous ice storm? It's just one example of an unforeseen natural disaster that could force you to suspend your business operations."

future. Business insurance is one way of ensuring that you're in control of your future rather than being controlled by it. Unfortunately, there is no generic plan that will meet every small business person's needs. You'll need to shop around, just as you would for any product, to get the business insurance that's most suited to you.

For *In the Black* I'm
Terry Webber

Business Development

The Importance of Charting

“Always do your charting immediately after the treatment is completed and before beginning your next session. Don't rely on your memory to be accurate over the lunch hour or by the end of the day.”

The most important documents that you will ever hold in your office, other than your licensing and professional insurance documents, are the charts of your clients which, of course, must include all pertinent information relating to each individual.

Always do your charting immediately after the treatment is completed and before beginning your next session. Don't rely on your memory to be accurate over the lunch hour or by the end of the day. Make sure your hand writing is a legible permanent record and always be careful to notate if, why and when you make a referral to another professional be it the client's medical doctor, another therapist or other health care provider.

You must be vigilant in ensuring the confidentiality of your charts. These are for your eyes and those of a secretary or assistant in your employ and no one else! Always keep your files in a very secure place. Perhaps you may want to consider the installation of a security alarm system in your office. Keep your client files highly organized and up to date at all times. You never know when you may be required to present them in a court of law relating to a legal matter or to an insurance company or another professional practitioner. Should this be required, remember to have your client sign a Consent to Release Information form. Copies of such a document should be prepared in advance and kept on hand in your office for ready access.

My own files were kept for a period of seven years. I'm not sure what the present statute of limitations is but before you destroy any file, even that of a deceased client, make sure to check what the current regulations are. Perhaps you may want to call the medical records

department of your local hospital and ask them for how long they are legally required to keep their patients' charts and then follow suite.

One notation that is interesting to include is how each client made their way to your office. Who referred them to you? Another professional, a newspaper advertisement, or word of mouth from a satisfied client? The latter I have always believed to be the most effective but that's another topic! Remember to make little notes to yourself, possibly from conversations you've had with them, relating to events past, present or future in your client's life. A little sincere interest shown before or after the treatment will be appreciated by your client and is often a great boost to public relations between your office and the public.

I hope that everyone had an enjoyable summer and that you remembered to take the necessary time off work for you to enjoy family, friends and life in general.



About the Author

Sylvia Lent has been a chiroprapist in Kentville, NS for the past 25 years. In addition to rotating through clinics and nursing homes on a regular basis throughout the province, she has been in much demand in private practice.

Upcoming Events

Upcoming Events

RAC AGM & Workshop	November 6 - 8, 2009	London, Ontario, Canada
The Reflexology Association of America Conference	May 14 - 16, 2010	Englewood, Colorado, USA
RAC National Conference & AGM	November 4 - 7, 2010	Winnipeg, Manitoba, Canada
Reflexology Therapy Training	See page 3	Nova Scotia, Canada

Letter to the Editor

Dear Editor,

I wish to express thanks to NSARP board members and volunteers who have made it possible to come up with a professional display board and Power Point Presentation for public education. This dynamic tool will certainly make it easier to take on public

education opportunities and is certainly a great way to pull together all our expertise and experience as a whole. In the past, I always kept my presentations "light" and I'm looking forward to have a ready made presentation that will have greater professional appeal and scientific backing. I also

like that taking opportunities to educate the public and other health care professionals will not only boost my personal practice, but will also qualify for valuable CEU's. I am curious how this is going to work and looking forward to receiving more information about this.



Let us know what you think! Please send any ideas, comments or thoughts to the editor at info@summerhursthealing.com by April 30, 2010

Disclaimers

The views and opinions expressed in this newsletter are not necessarily those of NSARP or its Board of Directors.

Reflexology therapy is an adjunct to medical care but does not constitute the practice of medicine. Any information offered is not intended to replace the advice of your physician.

Footnotes is a publication of the

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