

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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Beat the Winter Blues Event

On February 5, 2011, many therapists gathered together in Kentville for a day sharing self care tips with other participants.

Melany Rand started the day with a workshop on stretching, posture, and techniques that minimize strain on the therapist's body.

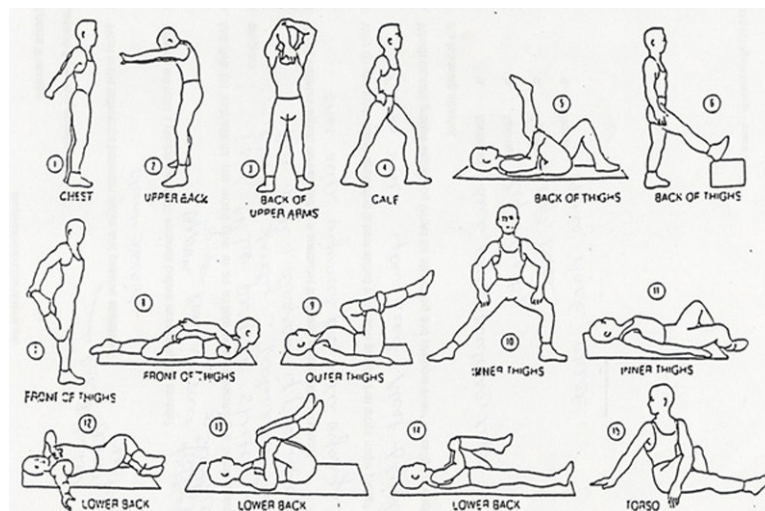
In a round the room format, all participants took about 5 minutes to share their own favourite wisdom for personal self care. A variety of techniques were discussed such as time management, establishing personal boundaries with work hours, learning to respect your time, meditation techniques, breathing techniques, favourite stretches, and so many other important and useful tips.

As an association, we are so lucky to have a wide variety of

practitioners with a wealth of backgrounds and knowledge. Events where simple knowledge is shared with others are cost effective and very productive. Everybody learns a new tip or technique they can apply immediately.

After the lunch break, Catherine Whittaker spoke about the importance of protecting your energy and led a guided meditation showing grounding techniques, chakra clearing, and methods of personal empowerment.

The day went by quickly and participants were already longing for the next gathering. A big thank you goes to Melissa Mitchell for organizing this fun event!



Stretching was an important topic at the Beat the Winter Blues Self Care Workshop in February 2011.

Have a look at the diagram on the left for simple stretching ideas that can help you stay flexible and help prevent repetitive stress on your body

Editor's Corner

Welcome to the 12h issue of Footnotes, NSARP's bi-annual publication. My name is Catherine Whittaker, and I'm the newsletter editor for NSARP. Please consider submitting an article that is related to Reflexology. Although not all articles get printed, members and subscribers look forward to new authors, because they offer a different perspective. Do you have something to say? How about a case study to contribute? If you do, let us know, or let us interview you if you do not feel comfortable writing the article yourself.

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. Please note that articles may be edited for content and length.

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

From the President's Desk

I expect everyone is enjoying the warmer weather and the sun we have experienced recently. The weather was certainly much cooler for our **Beat the Winter Blues** event in February but the gathering was very comfortable and left the participants feeling wiser, more connected with other colleagues, and a little more grounded by the end of the day.

Mark your calendars now for the **7th Annual AGM and Conference on October 1, 2011**. As one of the topics of interest, I will be offering a seminar concerning the procurement of the client's health history as well as treatment charting for progress notes. In addition to an eventful day of learning, it is always a pleasure to reconnect with colleagues, meet new practitioners, students and friends over a healthy lunch break. More information regarding the

conference will be provided in the near future.

I would also like to encourage everyone to think about nominating a candidate for the **President's Choice Award**. This award is given annually to a deserving Reflexology therapist who has been an outstanding volunteer in service of Reflexology therapy. Nomination deadline is August 19, 2011. The selected therapist is recognized for having made advancements for the Reflexology profession within the conventional health care system.

Yours in Health,

Melany Rand
NSARP President

"The weather was certainly much cooler for our Beat the Winter Blues event in February but the gathering was very comfortable and left the participants feeling wiser, more connected with other colleagues, and a little more grounded by the end of the day."

Reflexology Therapy News

Upcoming Reflexology Therapy Training

Footsteps School of Reflexology 300 Hour Professional Training Diploma Program	June 12 - 16, 2011 June 20 - 24, 2011 Aug 29 - Sept 2, 2011	St. Johns, Newfoundland Summerside, PEI Halifax, NS
Hand Reflexology Therapy Certification	September 3, 2011	Halifax, NS
Footsteps School of Reflexology Anatomy and Physiology Component (pre-requisite for RDC)	May be started anytime pre course date	By correspondence

Educational Bundle for Sale

NSARP is pleased to announce that the professional Reflexology Therapy presentation bundle is for sale to all Reflexology Practitioners. This popular bundle is useful to both new and established practitioners. The bundle includes two CDs: an easy to navigate power point presentation with your own set of notes available for each slide, and the display board (a printer ready file that can be printed at your local print shop). The bundle is available for \$25 CDN for both CD's, or \$15 CDN for one CD, shipping included. Please contact NSARP to order your copy!



Sunshine Room Reflexology Therapy Volunteers Needed

The QEII Sunshine Room is recruiting Reflexology Therapy volunteers to assist cancer patients. The shifts are 2.5 hours with a once a month commitment, Monday to Friday, 10am-3pm. If you are able to volunteer, please contact Gail Ellsworth at (902) 473-3811 or by email at gail.ellsworth@cdha.nshealth.ca

More details are available at <http://www.cancercare.ns.ca/en/home/nscancerservices/supportgroups/sunshineroom/default.aspx>

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



International Perspective

Linking Techniques Around the Spine



About the Authors:

Dorthe Krogsgaard and Peter Lund Frandsen, Denmark. Dorthe Krogsgaard has lectured at international conferences and served as a board member and vice president of ICR. Peter Lund Frandsen is an international lecturer and author of many articles on various aspects of reflexology. Touchpoint provide lectures, seminars and continuing professional development for complementary therapists. More information can be found on www.touchpoint.dk

Back pain is one of the most widespread health problems with major costs for the individual as well as the society. It has been estimated that 80 percent of the adult western population suffer from at least one incidence of back pain and 10 percent experience a period with chronic low back pain. (Archives of Internal Medicine Feb. 2009).

Our approach to the treatment of back pain includes a wide palette of reflexology techniques. We work with spine reflexes from various reflexology traditions, we look at connections between the back and other parts of the musculoskeletal system and we bring in reflexes for specific muscles and joints. We also introduce Nerve reflex points (courtesy of MNT-NR International) which provide a rapid analgesic effect and relaxation of tense areas.

In this article we describe the concept of working with multiple reflexes simultaneously. By linking two reflex areas you can often achieve a faster and deeper treatment effect. Here we use back pain as an example.

Linking of foot reflex and body area

Find the sore area on the back (in the picture it is thoracic 10), and the equivalent reflex area on the foot. If there is acute pain, try to hold a gentle static pressure with the hand on the back, while treating the foot reflex with the other hand. This linking provides an additional energy exchange between the areas, while at the same time increasing the client's focus on the therapy.

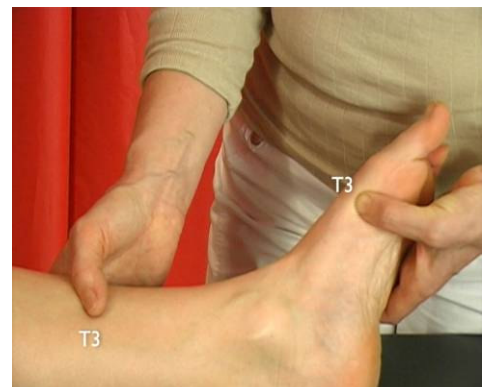
You can vary the technique so that the static hold is on the foot reflex, while you massage the back. Or you can hold still in both places and let the energy flow do the work.



Linking spine reflexes on the foot and lower leg

A fascinating technique is to treat the spine using two different reflex systems together. In this example we combine a spine reflex on the lower leg (see box) with the classic spine reflex on the foot.

Again, you may choose to keep a steady grip on one place while you treat the other or vice versa, you can hold steady in both places, or you can even work both areas together.



International Perspective

Linking techniques around the spine - Continued

By comparing the findings (i.e. texture of the tissue, pain, moisture, etc.) from the two different reflex systems you often acquire useful information about the client's condition.

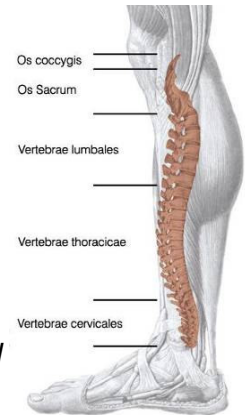
Facts box – The spine reflex on the lower leg

This spine reflex on the lower leg was discovered by Swedish Karl-Axel Lind and is part in a reflex system where the lower legs and feet reflect the entire body. The feet correspond to the head and the body stretches up along the lower leg.

The spine reflex is situated on the medial edge of the Tibia (shinbone). The medial malleolus corresponds to the first cervical vertebra (Atlas) and the tail bone is at the top of the Tibia just below the knee joint.

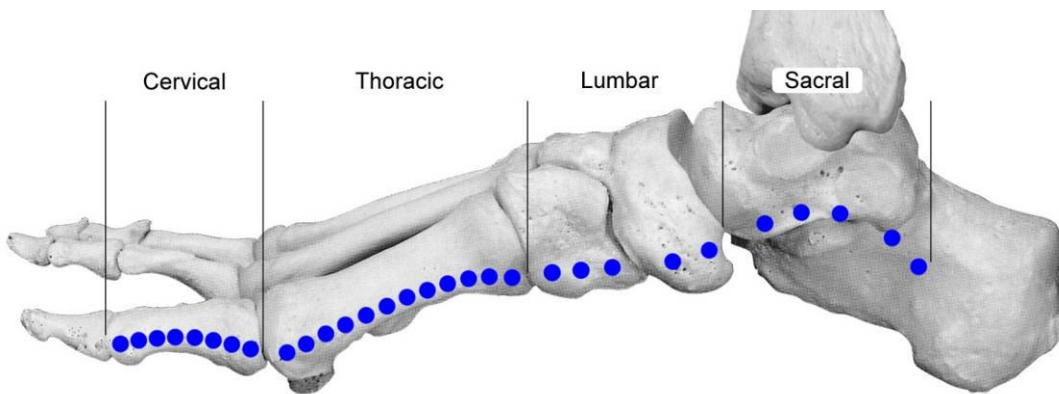
Spine reflex on the lower leg.

© Touchpoint and Medika Nova AB, Anna-Kaarina Lind, Finland



Linking spinal nerve points to other reflexes

One can also exploit the fact that all nerves to the entire body (except the head) comes from the back. One way is to link reflex points for the spinal nerves with other reflex areas, such as organ reflexes or other reflexes that react with pain and/or tissue changes.



Nerve reflex points for the spinal nerves - © Touchpoint and MNT-NR International

These linking techniques can be used during the course of a normal reflexology session. It is natural to use them when you encounter a particularly congested reflex area, and/or if the client has many acute pains.

International Perspective

Linking techniques around the spine - Continued

Round about: The Spine

The workshop includes a wide variety of reflexology techniques, in addition to linking you learn nerve reflex points for the spinal nerves, precise reflexes for back muscles, treatment of the sacro-iliac joint, analysis and correction of posture and gait, assessment of spinal mobility, spine reflexes on the lower leg, and more.

Due to the central nervous system connections, an effective treatment of the back is also the gateway to the treatment of most other problems in the body.

More info

In the online version of this article you will find a link to a video clip demonstrating some linking techniques:

www.touchpoint.dk

(Article reprinted with permission from www.touchpoint.dk)

Client Treatment Study

Reflexology Therapy Treatment on 12 Year Old with Painful Ankles and Knees

By Cheryl Gaul, RT, RRT

Client Presents With:

- 12 year old female suffering with pain and tenderness in both ankles and knees for the last 2-3 weeks
- symptoms vary in intensity on a daily basis, but on a scale of 1-10, the pain level averages to be 6-7
- no medical history of injury, but client has been down hill skiing and wonders if her boots were overly snug around the ankles
- arnica cream used on legs
- occasional iron supplementation as she does not include meat in her diet
- otherwise healthy young lady with no secondary concerns

Initial Assessment:

- no tenderness / pain noted in reflex zones
- tissue temperature of the microsystem is cool
- skin of lower legs is red in coloration and displays a slight abnormal increase in temperature

Treatment Plan:

- therapy interval biweekly x 3 with follow up in a month, may be amended as results dictate
- emphasis on: lower extremities,

groin lymphatics, nervous system and endocrine reflex zones, sedation of painful areas

Initial Treatment Results:

- therapy uneventful
- client relaxed well and slept briefly during the treatment
- microsystem remains cool post therapy
- temperature of lower legs has cooled and they do not appear to be as red post treatment
- developed mild bilateral knee pain during session, acupressure applied to relieve the discomfort
- client says she feels "great"
- suggested warm foot baths and wearing 2 layers of socks to help warm her feet until improvement in her condition becomes evident

Interim Report:

- upon arrival at office for **2nd treatment**, client reports seeing a change in her condition: decreased pain in ankles, knees hurt now only when walking or jogging, tenderness in joints continues to vary in intensity
- skull and upper body lymphatic zones are cool to the touch, but the temperature of the microsystem has generally increased – client's feet are much warmer now, mild overall dampness of the feet is

"No medical history of injury, but client has been down hill skiing and wonders if her boots were overly snug around the ankles"

Client Treatment Study

Reflexology Therapy Treatment on 12 Year Old with Painful Ankles and Knees - Continued

present, temperature of lower legs appears to be very close to normal, the redness remains

- client relaxed well during treatment and became very sleepy, no tenderness noted in the reflex zones
- post treatment: client's mouth is dry, feet are warmer and her ankles and knees "feel a lot better" than before today's treatment
- upon arrival for her 3rd **treatment**, client reports that she has been feeling very well, the pain in her knees and ankles has almost entirely resolved, the tenderness continues to vary, feet are no longer cold and her legs feel "a lot better all the time now", but both ankles and knees still hurt when going for a 10 – 15 minute walk, but "not as bad"
- temperature of feet and lower extremities has returned to normal, reddish coloration of legs has decreased, slight dampness of feet remains
- Treatment uneventful, no tenderness noted in reflex zones, became sleepy during session
- post treatment: feels "good" and "incredibly sleepy", no pain ankles / knees

Discharge Summary:

- upon arrival for her 4th **treatment**, client reports that she is doing and feeling well, ankles and knees are pain free and she experiences no discomfort when walking
- temperature remains normal, moisture has disappeared and there is minimal redness of the skin
- client drifted to sleep during treatment, no abnormalities noted
- no pain / discomfort post session, she feels "good"
- successful conclusion to treatment plan
- no further sessions scheduled

"Upon arrival for her 3rd treatment, client reports that she has been feeling very well, the pain in her knees and ankles has almost entirely resolved, the tenderness continues to vary, feet are no longer cold and her legs feel "a lot better all the time now", but both ankles and knees still hurt when going for a 10-15 minute walk..."

Reflexology Therapy News

Ask the Pro - Reflexology Therapy Treatment for Conception

Dear Happy Toes,

I briefly wanted to ask you about one client in particular, a lady who is seeing me for infertility. Her and her husband have been trying to conceive for 2 1/2 years now with no success. They have tried a pill to stimulate the follicles, artificial insemination and COH (controlled ovarian hyperstimulation). All of her blood work shows normal and a dye test on her reproductive system has also shown to be normal. She has no cysts or fibroids and does not have endometriosis. Her menstrual cycle is irregular. Her doctor told her she may have PCOS but that they could not test her for it. (I've read that it could be tested for). She is very healthy with no other health concerns other than occasional constipation and occasional sore lower back. Her husbands sperm has been tested and although it isn't as good as it can be, the doctor told them it is nothing to be concerned about.

My plan with her is to treat the reproductive and endocrine systems to work out any imbalances, and to treat every 4-7 days max since she is pretty healthy. I was thinking about showing her how to do a bit of hand reflexology on her husband (the reproductive reflexes) in case he has any kind of imbalances himself. After doing a little more reading on unexplained infertility, I thought I would also recommend really trying (although I'm sure it's difficult for her) to not worry as this can hamper the ability to conceive. I've read as well that a zinc supplement for the man can help sperm perform better?

If you can give me any other advice on how to help this client I would really appreciate it! Thanks so much!

J. P.

Dear J. P.,

It would appear that you have your clients' therapy plan well in hand. Has she had a pelvic ultrasound to check for PCOS? I would expect so.

If possible, it would be appropriate to treat the husband. I would suggest 3 treatments, spaced 2 weeks apart to give his body a chance to respond to therapy. If he is able to come in for therapy more frequently, that is even better. However, since cost is a factor for so many people, I always try to give them the maximum benefits for the least number of visits. Hand reflexology homework is certainly helpful, but he honestly will not be able to achieve the results you would be able to offer him as a trained Therapist. By offering him treatments, you will stand a good chance of correcting any existing hormonal imbalances and improving the motility and quality of the sperm.

Zinc depletion in men leads to reduced sperm count and reduced testosterone. Along with supplementation, I would also suggest no alcohol (for both of them) as it reduces the level of zinc in the body. Other support strategies would be to reduce the impact of chemicals in food, water, at home and at work. Also, they should learn to recognize and record the natural signs of female fertility and time intercourse to maximize the chances of conception.

“Zinc depletion in men leads to reduced sperm count and reduced testosterone. Along with supplementation, I would also suggest no alcohol (for both of them) as it reduces the level of zinc in the body.”

Reflexology Therapy News

Ask the Pro - Reflexology Therapy Treatment for Conception - Continued

There are many babies that have been conceived after several months of treatment. Let them know that an attempt at helping them to conceive could very well take a bit of time. Most of my Reflexology babies have happened fairly quickly but I have not been successful with every lady who has come to me for treatment. There have been several disappointments for sure.

During therapy, keep an eye on the pelvic temperature. In the ladies, I find that it is consistently cool, below normal temp. I actually had one lady whom I could not bring her pelvic temp to within the normal range despite correcting all other abnormalities. At this point in treatment I suggested that she see an osteopath for an internal rotation of the uterus as I was sure by now that there was a structural abnormality. Her uterus was indeed tipped and once this was corrected she became pregnant in no time at all.

Make sure to include lots of relaxation techniques during therapy. Work the endocrine system well with emphasis on the pituitary and thyroid glands. Work the adrenals and the reproductive system - ovaries/testes, uterus/prostate, pelvis, vas deferens/fallopian tubes.

Be a good listener and be sure to let them know that while you are not able to guarantee conception, there is a good chance of success and that you will do all that you can to help them.

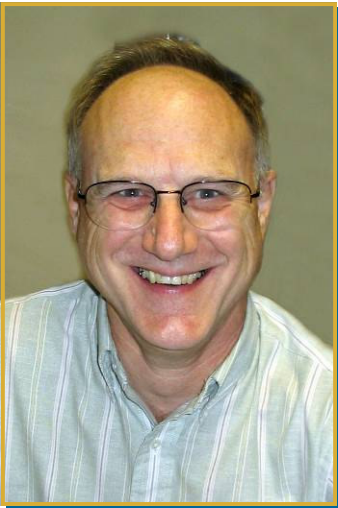
Good luck.

Happy Toes

“ Most of my Reflexology babies have happened fairly quickly but I have not been successful with every lady who has come to me for treatment. There have been several disappointments for sure.”

Business Development

Employment Contracts - Safeguard your Business



About the Author:

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

People who start their own business are natural risk takers. It takes a great deal of courage but many of us have and are doing just that. In most cases, we cannot operate a business alone, so eventually we need to hire staff.

So you advertise for an employment position and in walks what appears, through the interview process, to be the ideal candidate.

You hire this person and invest time, energy, education and money in them. When things go south, it is time to have a parting of the ways. If this were to happen, have you protected yourself and your business? Did you have a contract with that person? If you do not, you could lose.

Two very important clauses that should be in any employment contract are the non-solicitation and non-competition clause.

Non-solicitation clause

This will guard against the loss of your proprietary information. This type of provision prohibits a departing employee from soliciting customers of his or her

former employer. It is quite common for employers to insist that their employees sign an employment contract containing a non-solicitation clause.

Non-competition clause

A non-competition clause in an employment contract prohibits a departing employee from taking a new position in the same industry. Such clauses usually contain geographic boundaries and time limits.

This last clause may be hard to enforce since you are literally limiting how a person can earn a living, but it should be looked into. That is where your lawyer comes in. I strongly recommend having a contract drawn up by someone who knows employment laws and can give you good advise.

It would be a shame to have someone come into your business that you worked so hard to build, and then walk away, taking it with them.

Be smart, and be successful!

For In the Black – I'm Terry Webber

“ You hire this person and invest time, energy, education and money in them. When things go south, it is time to have a parting of the ways. If this were to happen, have you protected yourself and your business? ”

Upcoming Events

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World Reflexology Week	September 19 - 25, 2011	
ICR 13th Biennial Conference	September 2011	Castro Verde, Portugal
NSARP 7th Conference and AGM	October 1, 2011	Kentville, Nova Scotia, Canada

Letter to the Editor

Dear Editor,

I have been seeing a lot of websites offer extremely good deals to their subscribers each day such as Groupon, Kijiji, Deal Finder, and many more. In most cases, treatments are offered for 50-75% off the regular price. I was wondering what your opinion is on offering a deal for Foot Reflexology? Would it be a good way to create exposure or simply devalue the profession?

RRT

Dear RRT,

You raise a very good question and this has been the hot topic of conversation for many of my business associates, in all fields of business. The general consensus is that it is free advertising (email is sent out to masses of people each day), and that it is business you would not get otherwise. Once the client visits you, they can book again if they like you.

I have given this subject much thought and asked the feedback of many of my associates. It seems to be worth it for retail

items since the mark-up is less but you are selling in high volumes, hence a profit and great exposure. However, for service base deals, clients who buy these deals are typically deal finders. They do not like paying full price for services, nor do they respect or value your time. By offering Reflexology therapy in this manner, there is a very real possibility that professional respect will be lost and that you could burn out for all the wrong reasons. This is of course a personal opinion and I hope this helps shed some light on the overall subject.



Let us know what you think! Please send any ideas, comments or thoughts to the editor at info@summerhursthealing.com by October 31, 2011

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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