



REFLEXOLOGY ASSOCIATION OF IOWA

Volume III Issue I Newsletter: September 2009

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COME AND JOIN US AT OUR NEXT FALL MEETING

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Saturday October 3, 2009 at Coralville Library.

12:00 PM to 1:00 PM Board members meeting.

1:00 PM to 4:00 PM Reflexology Association meeting.

Detail of Map for Coralville Library

Good News...the Library has a Café with desserts & ice cream!!!

From I-80 go South to Hwy 6.
 Hwy 6 / 2nd Street – Go Left in the direction of Iowa City – go past Hobby Lobby.
 From Hwy 6 / 2nd Street take a Left on 20th Avenue.
 Right on 5th Street
 Go past City Hall, Police & Fire Station to the Library.
 If you miss 20th Avenue, continue on 2nd Street to 12 Avenue, Appleby's is on the left corner.
 Take a left – you will see the library in front of you.
 Our meeting room is on the lower level, so drive down the ramp to the lower level parking.
 They will open the doors for us to bring in our Reflexology Chairs.
 If you go in on the main floor there is a small elevator.



Coralville Public Library
 1401 5th St, Coralville, IA - (319) 248-1850

Reflexology Association of Iowa
Spring Meeting, Saturday April 4, 2009 at June's Restaurant in Elk Run Heights

SPRING MEETING



Photos - of RAA
Affiliation Certificate:

Rhonda Spence, Jana
Crane, Jan Mitchell, Amy
Peterson, Pat Barrance

**"All membership
DUES EXPIRED
in JUNE. 2009"**

**If you have not
paid your dues
for 2009 please
do.**

Thank You!



Photo - Members at the RAA Spring Meeting, Waterloo

Back row: Amy Peterson, Jana Crane, Kristy Knepper, Rhonda Spence, Barb Duwe-Peterson, Pat Barrance

Front row: Jamie Thompson, Linda Schroeder, Jan Mitchell, Annette Garbes

Letter From The President!

Greetings, Fellow Reflexologists!

ANNUAL FALL MEETING

The Reflexology Association of Iowa (RAIA) membership will meet on October 3rd at the Coralville Public Library, 1401 5th St, Coralville, IA 52241, from 1-4 pm. Coralville Public Library is located in the southeast part of town. From I-80, take exit 242 or 1st Ave. south to 5th St. Turn west or right on 5th and look for the library after you cross 12th Ave. If you are coming from Coral Ridge Mall, take Hwy 6 South, and turn left on 5th Street.

Please attend. Our profession is growing both in size and reputation. As the state affiliate for the Reflexology Association of America (RAA), we have some exciting projects on the horizon. Let your voice help shape our profession! It will be wonderful to gather again, greet old friends, and meet new ones.

*DUES

Attention all members! Dues are now all payable at the same time. Memberships all expire at the end of June. If you have not yet sent your dues to our treasurer, Jana Crane, please do so soon. cjcrane@imonmail.com is her email, and her address is 1930 19th Ave. SW, Cedar Rapids, IA 52404. Forms are available on the website. I encourage you to consider joining RAA as well to support our profession nationwide. RAA members receive a \$50 discount on ABMP liability insurance, so membership in the national organization is a bargain at \$75 for professional members, \$50 for associates. RAIA fees are \$30 for professional members, \$20 for associates.

NEW OFFICERS

We need to vote for 4 Board members. Resigning at the end of their 2 year terms are:

Diane Constantine, who has served as our Vice President as well as editor of the newsletter.

Cinda Stifel, who has served as our Communications Director.

Jana Crane, who has served as our Treasurer.

Pat Barrance, who has served on the Board as Director of the Association for the past 2 years, is willing to continue in that capacity, with membership approval.

According to our bylaws, officers and Board members are to be chosen by and from the professional membership. Elections will be held at the upcoming October meeting. If you are interested in serving in any of these capacities, please contact anyone on the Board. That includes me, Jan Mitchell at janmitchellus@yahoo.com or 515-290-1265. Please consider using your talents to help RAIA continue to grow!

WEBSITE

A big thank you to Jamie Thompson for her work with webmaster Myra Markley on the RAIA website. See what a great job they have done at www.reflexologyiowa.org. If you have suggestions or corrections, contact Jamie at toadilyjamie@aol.com – Be sure to check your information on the Find a Reflexologist link!

MEMBERSHIP

If you know of any reflexologists who are not part of our association, please let them know about us. We are establishing a membership committee to design welcome packets for new members. The committee will also look into ways to bring practicing reflexologists into our organization.

See you in Coralville,
Jan Mitchell, President RAIA

The Future of Reflexology: Science Based Education

This information is printed with kind permission of Linda Chollar, AAEd, & Dr. Manzanares from an article in the RAA News Magazine, Reflexology Across America, Summer 2009, page 27.

Dr. Manzanares is the author of "Principles of Reflexology" a textbook companion to his course, which he will be teaching at the International Council of Reflexologists Conference in Anaheim, Los Angeles, CA. September 11 – 13.

www.ManzanaresMethod.com

"In the past, reflexology has been a form of treatment that lacked scientific basis to give it rigor. This has been due in part to missing educational standards and the theoretical or mysterious focus that had been given to reflexology. Today, obtaining credentials in reflexology has become more controlled and the image of the "mystic therapy" is disappearing due to the investigation that demonstrates the neurological and biochemical basis for reflexology. This is the path to follow. We have to think as scientists, not theologians."

Not since the early work of reflexology research pioneers has a contemporary researcher contributed such scientific findings and added credibility to reflexology. Dr. Manzanares says there is much more to investigate before we see a total recognition of reflexology as a science.

An example of some of Dr. Manzanares research conclusions:

"Biopsies of live patients' feet determined the organic tissue characteristics of what is referred to as deposits. Findings dispel previous theories about the nature of deposits such as calcium, toxins or inorganic waste matter.

Reflex areas are not represented by a specific characteristic but rather a mixture of various tissues (nerve fibers, vascular elements & connective tissue). Deposits reveal a higher percentage of nervous elements in proportion to the other elements, which supports the relationship between reflexology and the neurological system.

Deposits are formed by a net of hypodermic connective tissue and are located in the subcutaneous cellular tissue (hypodermis layer). They are palpable for size, consistency, mobility and sensitivity. The tissue formation can be 'modified or softened' with reflexology rather than 'removed or dissolved'.

The 'back to normal' effect or harmony in the organ or structure is produced by a rebalance of the sympathetic and parasympathetic nervous system."

A publication on the reflexology research and findings of Dr. Manzanares will be coming soon as a resource for Reflexologists, schools, educators and students.

This article is submitted by Patricia Barrance for the RAIA Fall Newsletter 2009.



**Looking
for
something
to do in
2010?**

**Why not
attend the
RAA
Conference
in
Englewood
Colorado?**

Please see the web site for the details, the discounted prices have already started. It would be great to have a large group from Iowa attending the Conference.

Web Site:
www.RAAConf2010@reflexology-usa.org



Educational Opportunities

OHM STUDIO Weeping Willow Store,
Marion

Essential of First Aid using Essential Oils
by Julie Bushman Saturday September 26,
2009 9:30 am to 12:30 pm Cost \$15.00
Reserve a seat by calling 319-377-2736 or
319-721-5771

Intro to Energy Healing
Friday, Sept 11 6:00pm-8:30pm \$25

Reiki I

Sunday September 13 8:45am-5:00pm \$150

Friday October 16 8:15am-4:30pm

Reiki II

Saturday October 24 8:15am-4:30pm \$150

Thursday September 17

Reiki III Advanced

Sunday October 4 8:45am-5:00pm \$150

*For Reiki Classes, a nonrefundable fee of \$30
is required with registration.

For more information contact:

Email: mary.thompson1@mchsi.com

Phone: 319-354-2820

Were on the Web!
www.reflexologyiowa.org

Foot Facts

- The foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles. When these bones are out of alignment, so is the rest of the body.
- Only a small percentage of the population is born with foot problems.
- Its neglect and a lack of awareness of proper care - including ill fitting shoes - that brings on problems.
- Women have about four times as many foot problems as men. High heels are partly to blame.
- Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control, and promoting all-around well being.
- Your feet mirror your general health. Conditions such as arthritis, diabetes, nerve and circulatory disorders show their initial symptoms in the feet - so foot ailments can be your first sign of more serious medical problems.
- About 60-70% of people with diabetes have mild to severe forms of diabetic nerve damage, which in severe forms can lead to lower limb amputations. Approximately 56,000 people a year lose their foot or leg to diabetes.
- There are 250,000 sweat glands in a pair of feet. Sweat glands in the feet excrete as much as a half-pint of moisture a day.



Tip Corner

Babies' feet are much smaller than adults; all of the reflex points are much **closer** together, so finger movement is very **minimal**.

Also, babies' feet are not *fully formed*, so the pressure used - should be very **gentle** and **nurturing**. Time worked, is much **shorter**.

A **good sign** that the baby has had enough....is when they **withdraw** their feet. They intuitively know when they've had enough. - **so please respect this.**

HEALTHY HUMOR ...



"I like to practice before I start acupuncture treatment."

Deadline for Submissions:

Please have all submissions for the next newsletter by Jan 15, 2010.

Email: Annette Garbes at Reflexology.heels_soles@yahoo.com



Essential Oil Education Center

With winter coming brings a lot of cold feet. To help warm them up place a few drops of clove oil on them. This helps get the blood flowing and warms the area and warm feet are happy feet.

Practitioner Review Corner

Have you ever wondered if a new product that has come out is any good, but don't want to invest in it unless you know? Have you read a great book that has augmented your practice, and would like to share which one it is? Do you have a special technique that your clients *just love*, and would like to share it with others? E-mail and let me know what you've discovered! We could do reviews on products, books, techniques, resources, or whatever else you can think up. Remember, this is **YOUR** newsletter! Let's put it to good use, so that it benefits us all.

E-mail to: reflexology.heels_soles@yahoo.com

Self- Help Foot Hand Ear Reflexology For Relief of Neck Pain, Tension and Stress

It is a reasonable assumption that the overwhelming number of people who buy the tens of thousands of reflexology books that are sold around the world every year purchase the books not only to use reflexology on others but primarily to use reflexology on themselves for Self Help.

Working on the ears is one of the best ways to self-help I have found for releasing tensions and stress in the neck. Commonly, before speaking in public or appearing before the media, I gently will hold neck reflexes on my outer ears for 10-15 minutes after about 6 minutes warmth bathes my neck muscles, they relax. Because of the relaxing of pressure on the peripheral nerves of the neck, bio-electric energy flows more fully and freely to the face, head, neck, shoulders, upper back and chest. This is a marvelous way to relax relatively quickly, it can be done in a short period of time, foot wear does not have to come off and it is so easy to reach the ears.

It has been my experience that it is more effective to work with all three reflexology systems — the feet, hands and ears, but also that each one is more effective for different types of stress.

If there is no pain in the neck, the order in which you work on the feet, hands and ears does not matter. But, when there is pain, discomfort or substantial range of movement limitation in the neck, the ears are far more effective, with the great toe being second in effectiveness and the thumbs third. The accompanying chart shows blackened areas to represent the places on the ears, hands and feet that frequently are reported to bring the most relief.

Since readers of this newsletter live all over the world, and because each of you has your own approach to touch and pressure, use the techniques you normally do on the hands and feet. On the ears, gently hold the area indicated between the pad of your thumb (behind the ear) and the pad of your index finger (on the front of the ear). When holding in this way on your ears it is easiest on your arms and shoulders if you:

Keep your arms and elbows close to your chest;

Rest your elbows on your knees while sitting; or

Rest your elbows on a table or desk.

Gentle pressure is recommended so there is neither discomfort in the ear nor discomfort in your hand. Relaxation in your neck helps relaxation in the head, shoulders and chest. When using this technique you will notice how relaxed you feel all over in about 6-10 minutes.

Don't just keep this self-help technique to yourself. Empower others in your life— family, friends and clients— to increase their own well being by showing them how to apply this easy self-help reflexology technique.

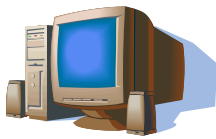
This article was reprinted with permission of Bill Flocco Director of the American Academy of Reflexology.

Web sites:

www.AmericanAcademyofReflexology.com

www.ReflexologyResearch.net

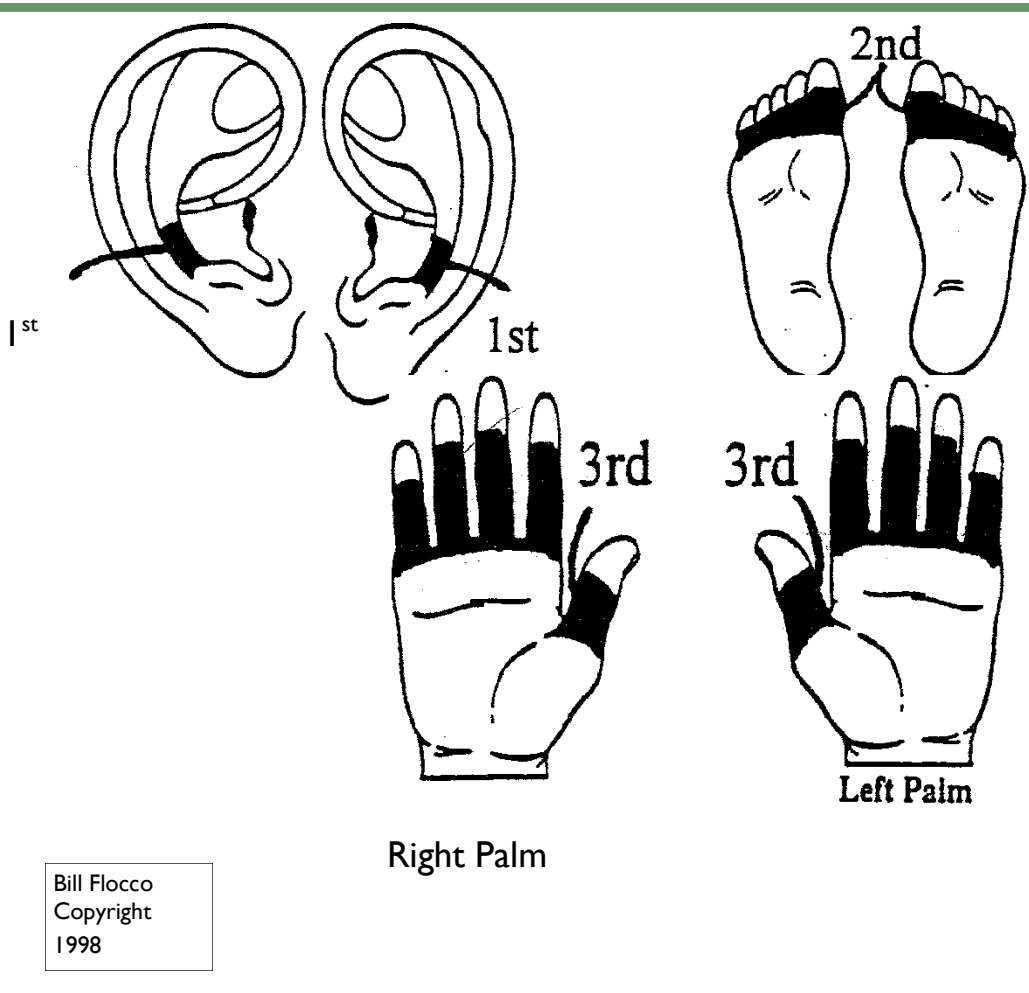
(See page 8 for diagram of reflex points on ears, feet and hands.)



Business Tip

Educate your customers the more you share the more they come back. Simple things keep clients.

If you have a business tip and would like to share email: Reflexology.heels_soles@yahoo.com and we will publish it in our next news letter in the spring.



Cook's Tip

To store fresh cilantro, put the roots in a glass of water and keep in a cool place for up to 4 days.

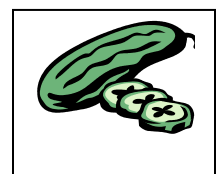
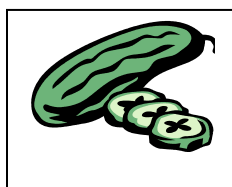


Cool Cucumber Salad

Serves 4

Ingredients

- 8 ounces of cucumber
- 1 green chili (optional)
- Fresh Cilantro leaves, finely chopped
- 2 Tablespoon lemon juice
- 1/2 teaspoon salt
- 1 teaspoon organic sugar
- Fresh mint leaves and red bell pepper strips to garnish.



Using a sharp knife, slice the cucumber thinly. Arrange the cucumber slices on a round serving plate. Using a sharp knife chop the green chili (if using) Scatter the chopped chili over the cucumber To make the dressing place the chopped cilantro leaves, lemon juice salt and sugar into a bowl, mix together and set aside. Place the cucumber in the refrigerator and leave to chill for at least 1 hour, or until required. Transfer the cucumber to a serving dish Pour the Dressing over the cucumber just before serving and garnish with fresh mint leaves.



REFLEXOLOGY-PLUS™



PATRICIA BARRANCE,
A.R.C.B. Certified Reflexologist, AAEd. Accredited Educator



Patricia Barrance



REFLEXOLOGY-PLUS IS A 450 HOUR CERTIFICATION PROGRAM

A series of five, three-day workshops, (Friday, Saturday & Sunday) over a period of 16 months. Levels One through Five. The course includes:-

- Instruction and hands-on practice of Foot and Hand Reflexology; Anatomy & Physiology,
- The Meridian Connection to Reflexology; Energy Connection to Holistic Health Care
- Pathology: Diseases & Disorders; Business & Sales Tax Information.
- C.E.U.s for Massage Therapy approved by the Iowa Department of Public Health

Location – Conference Room - Baymont Inn & Suites,
1220 Park Place, NE, Cedar Rapids, IA. 52402. 319-378-8000

NEW DATE FOR LEVEL ONE 2009 – September 18th, 19th, & 20th

Level One September - Friday 18, Saturday 19, Sunday 20, **2009**
 Level Two: November - Friday 20, Saturday 21, Sunday 22
 Level Three: March - Friday 19, Saturday 20, Sunday 21, **2010**
 Level Four: June - Friday 18, Saturday 19, Sunday 20
 Level Five: November - Friday 5, Saturday 6, Sunday 7

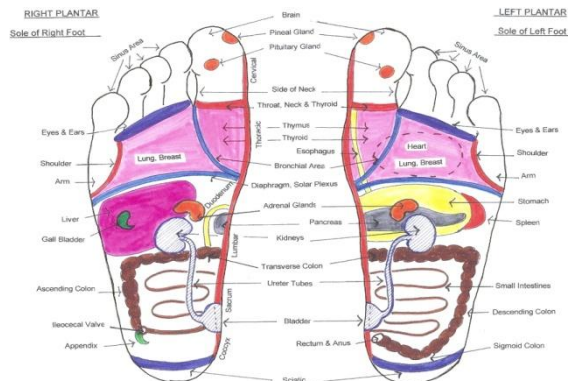
Time: - 8:30 a.m. – 4:30 p.m. for all the workshops.

Cost - \$380 for each workshop. A \$50 deposit is required for each workshop.
The balance of \$330 to be paid at the registration of each workshop, this includes a Materials Fee of \$20.
Total cost of the entire program: \$1,900.

Reflexology has profound health benefits.
It creates a deep relaxation, is pain relieving and revitalizes the client in body, mind and spirit.



Cindi Minehart – Business Tips



Please contact Patricia Barrance for information. 319-373-0345 pbarrance@juno.com www.reflexology-plus.org