

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

August 2011

Associated Reflexologists of Colorado

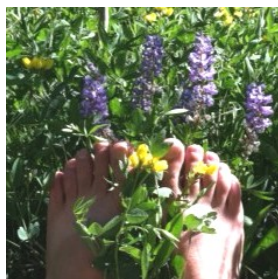
The mission of ARC is to advance Reflexology as a profession and to assist Reflexologists in becoming more effective through continuing education and sharing in both Reflexology theory and practical techniques.

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The ARC Newsletter is published quarterly. This newsletter is for the education of its membership and dissemination of health related information and news. The material should not be construed as medical advice, treatment or recommendation for self treatment where professional, medical intervention is the standard of care, and is not intended to replace professional medical care.

**Membership meetings are the
2nd Tuesday of
February, May, August and November.**



Summer Quarterly Membership Meeting Tuesday, August 9, 2011

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

This month's guest speaker is:

Janice Sullivan, owner of Healing Hands Colorado is a Licensed Massage Therapist, Certified Reflexologist, Facial Reflexologist, and a Skillful Touch Practitioner. Janice will be sharing some of her techniques and philosophies with the group.

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).

MEMBERSHIP RENEWAL TIME



If you haven't renewed your membership, please fill out the application found on page 11 of this newsletter and mail your application to:
ARC, Box 697, Englewood, CO 80151.

You can also renew online at:

www.reflexology-colorado.org

Remember, you don't have to be a professional Reflexologist to join our association. Anyone who is interested in supporting Reflexology in the state of Colorado is invited to join!

Newsletter Editor

Marie T. Koepke
970.531.3528
mtnmarie@yahoo.com



PRESIDENT'S MESSAGE by Elizabeth Heard

Greetings to all of you!

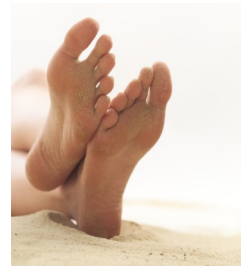
Hopefully, since the end of 2010 we have been busy with our healing work. More than ever, people need our help for de-stressing and ridding themselves of pain (and yes, we are helping their body rid itself of pain). We are the tools in their tool box of alternative therapies that the body needs to do its own work. We have a gift and more people are discovering and valuing the work that we do. We and our profession are growing!

Thank you, all of you!

Elizabeth Heard, ARC President

Do Your Feet Look Good Naked? By Dr. Oz and Dr. Michael Roizen

It's flip-flop season. But if your feet took more of a beating last winter than Goldman Sachs' PR team, it's time for some damage control. Even tough guys are hesitant to get out of hot sneakers if what's inside are calluses, heel cracks and thick, yellow nails. Here's how to like yourself naked from the ankles down.



◆ KEEP THEM DRY

Fungi, yeast and bacteria love warm, moist places, so don't give them a chance to snuggle in and corrupt and discolor your nails. Avoid being among the 12 percent of Americans with the nail fungus onychomycosis—even the name is ugly. Quickly get out of sweaty shoes after a walk. And towel dry wet feet—including between toes—with your own towel.

◆ CUSHION THEM

Slip on well-padded athletic shoes when you'll be on your 26 foot bones awhile. (Price doesn't always equal quality, but athletic shoes are one of the five things we think you should overpay for to gain quality.) Dead, thick skin, also known as calluses, builds from putting too much pressure on feet often. To prevent the kind of heel pain that has 16 percent of us saying ouch, check for shock absorption in the heels, which bear the brunt of your weight.

◆ TRIM THEM

Keep nails short so they won't curve into the skin or allow infection-causing bacteria to gather beneath them. To soften thick toenails before cutting, soak them in warm salt water for five to 10 minutes, then [reflex] massage in a urea-containing cream like Eucerin or Aqua Care. And use industrial-strength nail cutters, since wimpy ones will split nails.

ARC Meeting Minutes - May 2011

by Mindy McKinney, ARC Recording Secretary



ARC Meeting Date: May 10, 2011

President Elizabeth Heard called the meeting to order at 6:00 P.M. and began by introducing our newest member, Peggy Brown. Each of the members introduced themselves to the group and talked about the first book they had ever read on the subject of reflexology.

Treasurer Marcia Franks reminded the group about the upcoming July 1 ARC membership renewal date, asking members to either give her a check tonight or mail it to the ARC mailbox, making sure that all of the information on their application is correct and updated.

Elizabeth asked those present to please check the table for notices on upcoming events and classes, i.e., a Lavender Festival on June 18 and classes at Just for Health on the ARCB review, aromatherapy, advanced hands, and herbal medicine. This info will be included in our next newsletter.

Elizabeth is doing "Karaoke for Kids" to benefit homeless children at Warren Village. She asked permission to email a flyer to the group regarding this fundraiser. The group agreed.

Elizabeth reported that there is still no word from Aurora Parks & Recreation regarding a reflexology path as discussed in previous ARC meetings.

ARC Sponsored Workshop: Vice President Diane Ahonen announced the voting results from our workshop survey: the majority of votes were for Dr. Jesus Manzanares on November 12 & 13, 2011. They would like to have 32 people for the class; however, they are willing to work with a slightly smaller group if necessary. Linda Chollar with Dr. Manzanares' office will handle all of the details of this workshop. For more information on this workshop or to register, go to www.ManzanaresMethod.com and contact Linda Chollar directly.

Diane will check on early tuition details and send an email blast to members. We'll also include this information in the next newsletter.

We concluded our business meeting with a short hand trade with a partner before our guest speaker started.



WE STILL NEED 2 ARC MEMBERS TO REPRESENT OUR STATE IN THE RAA DELEGATE ASSEMBLY.

Please contact the ARC Board President if you are willing to serve in this position. For details on this please review February's newsletter.



ARC TREASURY REPORT

ARC Financial Statement 2011

Ending June 30, 2011

Balance forward 2010 4445.43

Income 2011

Membership	1505.00
World Reflexology Week	5.00
Advertising	50.00
	6005.43

Outflows

Bond	100.00
Reimbursable Expenses	35.54
Newsletter	135.33
Meeting Room	100.00
Speaker	100.00
Liability Insurance	206.00
USPS (PO Box)	7.00
Website	164.90
RAA dues forward	600.00
	1448.77

Balance on Hand 4556.66
Reconciles with bank statement

FOOT DROP

by

Marie T. Koepke, ARC Newsletter Editor

The largest and longest nerve in the human body is the *sciatic nerve*. It originates in the lower lumbar/sacral area of the spine called the *sacral plexus*; a group of spinal nerves (L4-L5 and S1-S4). These nerves supply the lower limbs, specifically the ankles and feet.

The sciatic nerve splits into two branches at the knee into the *common fibular nerves*. The *superficial fibular* (supplying the dorsum of the foot) and the *deep fibular*. (supplying the Hallux and second toes).

In the majority of injuries to the sciatic nerve, the common fibular nerve becomes most affected. Damage to the common fibular nerve causes the foot to be plantar flexed, a condition called *footdrop*.

From *Principles of Anatomy and Physiology*;

by Tortora & Derrickson; 11th edition.

DERMATOMES AND REFLEXOLOGY

By Marie T. Koepke, ARC Newsletter Editor

What is a Dermatome?

A Dermatome is a Greek word which literally means "skin cutting". A dermatome is an area on the dermis of the skin, supplied by nerve fibers originating from a single spinal nerve root. The dermatomes are named according to the spinal nerve which supplies them. The dermatomes form into bands around the trunk but in the limbs their organization is more complex.

A dermatome receives nerve signals from a spinal nerve. Each dermatome receives sensory information (such as pain) from a particular region on the skin and sends the information to the brain.

Aching in a dermatomic area indicates a lack of oxygen to the nerve which results in inflammation somewhere along the path of the spinal nerve or perhaps the root of where the nerve originates.

Sir Henry Head, a neurologist, first noted this skin/spinal nerve relationship in the early 1900s. He then went on to develop a map of dermatomes on the human body. He also noted that alternating pressures to certain dermatomes had an effect on the internal organs and parts of the body.

Through understanding the map of the dermatomes on the body; specifically on the feet; the Reflexologist can use this knowledge of the dermatome map to help locate the specific nerve or nerves that give rise to their client's pain.



New Classes

TCM Foot & Neuro Reflexology, Facial Reflexology, Japanese Cosmo Face Lift

Instructor: Evelyne Huegi

NCBTMB & ARCB Approved Provider

DENVER, COLORADO

Japanese Cosmo Face Lifting Sorensensistem™

Japanese Cosmo Face Lifting is a non invasive Neuro-Sensorial procedure that is performed on the face. Combining Facial Reflexology and Esthetic through the stimulation of 21 Acupressure Points in the facial tissue. The Japanese Cosmo Face Lifting Technique dramatically restores tone and smoothness minimizing fine lines and wrinkles and imparts a fresh luminous radiance to the face.

In preparation for the muscle toning work of the Japanese Cosmo Face Lift, deep cleansing and detoxifying of the skin are performed utilizing naturally beneficial skincare products customized for the skin's condition.

2-day course, Sunday and Monday, Aug. 14 & 15, 2011, 9 am to 5 pm \$375.00

Facial Reflexology Sorensensistem™

Facial reflexology is a therapeutic intervention in which stimulation of zones and points of the face are utilized to alleviate health conditions in other parts of the body.

A unique treatment that combines:

Ancient therapies from different cultures • Oriental energy meridians • Acupuncture points • Vietnamese and Andean tribal body maps • Modern neuro-anatomy

Initiate a healing process using the balancing properties of the above three disciplines and additional procedures including cranial lines and points • Muscle stimulation • Facial nerve points

Module 1, Sat., Aug. 13, 2011, from 9 to 5; Sun. & Mon., Aug. 14 & 15, from 6 pm to 10 pm \$375.00

TCM Foot & Neuro Reflexology Sorensensistem™

Foot Reflex Therapy is a method which distinguishes itself as a great tool for preventive care and early intervention. It can be defined as a reflex technique based on the neuro-biochemical action resulting from the stimulation of an area or point on the feet which has a general or partial effect on various areas of the entire body. Foot Reflexology is based on seven steps that involve the observation and stimulation of various foot areas.

In essence this technique is a combination of the wisdom of ancient medical traditions and modern neuro-anatomy designed to help improve the underlying imbalances which often manifest in our bodies in the form of physical, mental and/or emotional problems.

Module 1 Intro Class, 2 days, Tuesday and Wednesday, Aug. 16 & 17, 2011, from 9 am - 5 pm \$485.00

Evelyne Huegi, Swiss Clinique, 436 Heliotrope Ave. Suite 1E, Corona del Mar, CA 92625

TEL: 949-673-8260

www.swissclinique.com

swissclinique@gmail.com

PLANNING AHEAD—ARC BOARD POSITIONS RECORDING SECRETARY and TREASURER

By

Mindy McKinney, ARC Recording Secretary and Marcia Franks, ARC Treasurer

Next year we will have two board positions open for election. Elections for these positions will be held in May, 2012. The new board members will take the reins in August.

The positions that will be open are **Recording Secretary**, currently held by Mindy McKinney, and **Treasurer**, currently held by Marcia Franks. All board positions are two-year terms. Both Mindy and Marcia will have had their respective positions for two terms each.

Duties of the Recording Secretary:

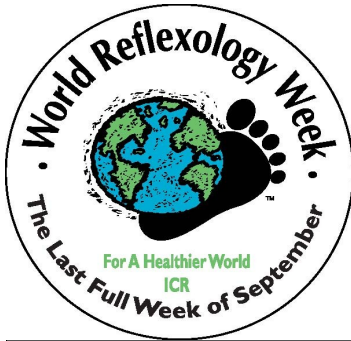
- ◆ Takes minutes at all ARC board meetings and ARC quarterly meetings.
- ◆ Maintains administrative files, newsletters from other reflexology associations, and any ARC related correspondence.
- ◆ Provides notepad, sign-in sheet, and nametags for each quarterly meeting. Purchases supplies as needed.
- ◆ Writes articles for the newsletter.

Duties of the Treasurer:

- ◆ Collects and deposits checks for membership, workshops, advertising, etc.
- ◆ Writes checks for Association expenditures.
- ◆ Keeps track of membership dues collected and gives information to Membership Secretary.
- ◆ Contacts members regarding any incomplete/inaccurate applications.
- ◆ Updates the new treasurer's info with the bank, post office, and printer.
- ◆ Accounts for income and expenditures and reconciles bank statements.
- ◆ Prepares a statement of inflows and outflows.
- ◆ Prepares a budget.
- ◆ Gives statement of inflows and outflows to accountant for annual IRS tax reporting.
- ◆ Submits a current financial statement for the quarterly newsletter.

If anyone is interested in either position or would like more information, please contact Mindy at 720-308-5940 or Marcia at 303-766-2469. It's a great way to be more involved with your Association!





September 18-25, 2011

3 EASY STEPS TO PROMOTE WRW IN YOUR AREA

1. Coordinate a local group to do a public benefit fair or some other kind of event. Establish certain areas of responsibility that can be delegated to others, but establish a key person to oversee the projects.
2. Contact local media and inform them about **World Reflexology Week** and what local activities are planned. This can be done through news releases by scheduling an interview with the local media such as television or radio, submitting an article to the local newspaper or magazine, or volunteer your time to a special public event planned that same week.
3. Establish a reflexology network and have several Reflexologists do a joint ad in the newspaper offering a discount for the week.

For more information and for FREE printable resources please visit the ICR web site:

<http://www.icr-reflexology.org/wrw.htm>



ARC suggestion for WRW by Beth Schroeder, ARC Board Member

Fall Frenzy Triathlon

www.fallfrenzy.com

Sunday, September 11, Parker Rec. Center, Parker.

7 am race start (ARC members would arrive between 9 am and 1:00 pm)

- ◆ Expectation: 500+ participants, most from the front range
- ◆ Booth fee of \$50 waived when gift certificates, prizes, etc. are offered, and/or for volunteering at the triathlon
- ◆ ARC booth would be in the gym area (inside) with massage students from CO School of Massage
- ◆ This will be the first time for having Reflexologists attend!
- ◆ The entrants will pick up their race packets the Sat before the event at Treads in Parker.
- ◆ Banners, brochures and general networking possibilities.

Please contact Beth Schroeder: 720-530-5756 or schroeder90@msn.com

if you are interested in this exciting opportunity!

I.C.R. 2011 CONFERENCE

Castro Verde, Portugal.

Visit the web site for more information : <http://www.icr-reflexology.org>



Approved as a provider of continuing education by the
American Reflexology Certification Board (ARCB) # P00116

PROFESSIONAL REFLEXOLOGY TRAINING BEGINS SEPTEMBER, 2011.

Comprehensive 305 hour "Professional Foot, Hand and Ear Reflexology" program prepares for rewarding career as a clinician who makes a difference. Covers, history, theory, hands-on, foot assessment, documentation, student clinic and more. Eight month program meets on weekends. September 2011 thru April 2013.

BECOME A MASTER HERBALIST! TRAINING BEGINS SEPTEMBER 2011.

Gain skills and expertise needed for clinical practice in our Comprehensive 450 hour, case-based program: "Botanical Medicine: East and West". Weekend classes on theory, medicine making, herb walks, student clinic and more. Covers Eastern and Western herbal traditions.

September 2011 through February 2013. Meets approximately every third weekend.

CONTINUING EDUCATION WEEKENDS

INTRODUCTION TO AROMATHERAPY.

Weekend class taught by Beth Schroeder, NBCR, Certified Aromatherapist. Great opportunity to understand and effectively use essential oils by themselves or in any bodywork practice-particularly Reflexology.

Cost: \$250

August 27 and 28, 2011 (Sat—Sun) 9 to 6 pm.

ADVANCED HAND REFLEXOLOGY.

Weekend class taught by Jennifer Reinbrecht, CMT and Reflexologist. Beef up on hand techniques, review the basics plus learn advanced routines including carpal tunnel, relaxation, PNS stretching and more.

Cost: \$250

November 5 and 6, 2011 9 to 6pm

CHINESE MERIDIAN THERAPY IN REFLEXOLOGY AND MASSAGE.

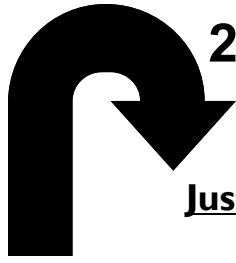
A practical, understandable class in the application of Chinese acupuncture points on the hands and feet. We explore Chinese meridians and theory with lots of hands-on. An invaluable addition to your practice.

Taught by Rachel Lord, RN, NBCR, CMT, MH.

Cost: \$285

November 18, 19, 20, 2011.

**To register or obtain information: Call Rachel Lord or Luke Terry, 303-320-4367
health.on.all.levels@gmail.com , www.justforhealth.**



2011 ARCB Approved CE Provider Classes in Colorado

Just for Health School of Reflexology and Healing Arts

Rachel Lord, 303-320-4367

Englewood, CO 80113

health.on.all.levels@gmail.com

www.justforhealth.net

♦ **Master Herbalist**

450 hour training begins in February 2011. Classes meet every third weekend.

CEs: 450

♦ **Professional Foot, Hand and Ear Reflexology**

September 2011 - April 2013

CEs: 305

♦ **Botanical Medicine: East and West**

September 2011 – April 2013

CE's: 450

♦ **Introduction to Aromatherapy**

August 27-28, 2011

CE's: 16

♦ **Advanced Hands Reflexology**

November 5, 6, 2011

CE's: 16

♦ **Chinese Meridian Therapy in Reflexology and Massage**

November 18, 19, 20, 2011

CE's: 19

Linda Chollar, The Reflexology Mentor

Linda Chollar 310-318-3353

www.reflexologymentor.com

info@reflexologymentor.com

♦ **Dr. Manzanares Method of Reflexology**

Instructor: Dr. Jesus Manzanares, MD

November 12, 13, 2011

CEs: 16

Denver, CO

www.manzanaresmethod.com

♦ **Touching Fibromyalgia with Reflexology**

November 13, 14, 2011

CE's: 10

Denver, CO

FOOT NOTES & TIPS FROM THE TOES

"Flip flops are great for allowing your feet to breathe all summer long, but thong sandals can result in sore feet and ankles. Choose styles with arch and heel support to keep feet healthy and pain free." Charles P Chapel, DPM

A better alternative: BEECH SANDALS!

These sandals were originally conceived as part of Dr. Gayle Trenberth's research in to the physiology of grounding. A professional Mind and Body trainer, Trenberth discovered the unique benefits equal toe separation has on the alignment, balance and 'grounding' of the feet and body. From that point she developed the concept in to footwear with the aim of transferring the benefits of re-alignment in to everyday wear.

If you compare your adult foot to a young child's you will notice that a young foot is agile and toes are evenly spread. As we grow, years of cramming feet in to unsuitable, narrow shoes begins to take its toll. Feet lose their young, agile shape and flexibility and when we walk the bones of our feet jam together. Our natural balance and body alignment becomes compromised.

Beech Sandals work to alleviate these potential problems by spreading the toes and retraining the feet. As the foot bones regain mobility, balance and body alignment are restored and over all wellness is increased.

Beech Sandals benefits:

- ◆ Increase foot strength and improve flexibility of the foot
- ◆ Relieve stress within the foot
- ◆ Align toes
- ◆ Correct postural alignment
- ◆ Stretch leg muscles
- ◆ Stretch Achilles tendon
- ◆ Improve and strengthen arches of the feet
- ◆ Prevent hammertoe, bunions, plantar fasciitis and joint pain



Beech can be worn as everyday footwear and just 10 minutes wear a day is a proactive way to increase feelings of health and wellness. They provide a stable support for the foot unlike regular thong flip-flops and give your toes much needed relief from closed, often narrow shoes or heels. Only \$25 www.yogasandals.com

Editor's note: I LOVE my Beech Sandals! I have 3 pairs of Beech Sandals! One for around the house, my original pair I bought 3 years ago for work and one for outdoors and travel. Due to the great benefit and affordable price; I recommend these sandals to most of my clients especially with bunions and they have seen terrific results. Before I began wearing my Beech sandals, I noticed a small bunion starting on my right foot. It has now completely disappeared with wearing my Beech Sandals!

ADVERTISING IN ARC'S NEWSLETTER

Advertising in the ARC Newsletter is encouraged for both members and non-members alike.

The **member fees** are:

\$10.00: Business card size	\$15.00: 1/4 page	\$20.00: 1/2 page	\$30.00: whole page
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The **non-member fees** are:

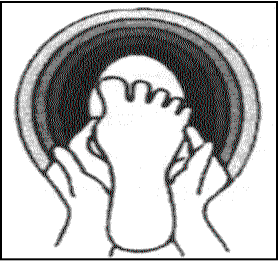
\$15.00: Business card size	\$20.00: 1/4 page	\$25.00: 1/2 page	\$35.00: whole page
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NEWSLETTER MATERIAL WELCOME

Please feel free to email Marie T Koepke at: mtnmarie@yahoo.com with material you'd like to see included in the quarterly newsletter.

Views expressed in articles and advertisements in this newsletter are not necessarily those of the ARC,
its Board of Directors, membership or the editor.

FOOT NOTE



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