

Associated Reflexologists of Colorado

August 2008

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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Summer Quarterly Membership Meeting

Tuesday, August 12, 2008

5:30-6:00 pm: Potluck Dinner

6:00-7:00 pm: Business Meeting

7:00 pm: Sherri Storz presents:

PEP

*Physical and Emotional Power**

This bodywork healing technique uses primarily energy points and gentle joint movement to permanently release muscle memory of stress or trauma. The original event may be either physical or emotional in nature. Our muscles hold both, causing some to pull too hard, and some to pull too little, creating an imbalance, a common cause of pain and inflammation. Old, as well as current stresses and trauma are stored in layers in the muscles. Each layer removed by PEP is gone forever. Most problems require between five and ten sessions to correct. Sessions are performed with the client clothed, and treatment is painless. Some of the modules of the PEP technique are:

Lower Body Clearing	Upper Body Clearing	Neck Clearing
Scapular Clearing	Scar and Inflammation Clearing	TMJ Clearing
Coccyx Clearing	Three levels of Emotional Clearing	

The presentation will consist primarily of demonstrations of the various components of the PEP technique. Many attendees will have an opportunity to experience first-hand the effects of this powerful technique. There will also be hand-outs with information about Sherri's work.

Sherri Storz is a native Coloradan but spent about 20 years in other states before returning home. She received her professional training in occupational therapy while in Southern California. Sherri has worked as an occupational therapist for over 20 years in Boston, Georgia, Pennsylvania, and Colorado. She left occupational therapy in 1999 and since May of 2007 she has devoted herself full-time to body-work therapy.

Location: Old Hampden Holistic Center, 3501 S. Corona Street, Suite # 1 303-341-4384
SW corner of Old Hampden & Corona near Swedish Hospital. Old Hampden is one block north of 285 (Hampden).

ARC Board of Directors

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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.

Remaining ARC 2008 Meeting Dates

August 12th November 11th

President's Message by Tambria Leland

Hello to everyone. I would like to start my first President's message explaining why it is me writing this and not Todd Richer. Due to the bylaw changes that ARC did last year to match to RAA, the qualifications on who could run for office changed from every member to only professional members which Todd is not currently. Since I had also volunteered to be president, I was asked to step in via a revote done through e-mail. I look forward to working with Todd and all of the new board members to help make ARC a better organization.

I would like to thank the outgoing board members: Adrienne Fahey, Jennifer Reinbrecht, Cynthia Ford, LaShay Canady, Debbie Zalman, and Marie Koepke for all of their hard work the last two years. Next, I would like to introduce everyone to our new board members. Carol Mates – Vice President; Marcia Franks – Treasurer; LaShay Canady – Membership Secretary; Mindy McKinney – Recording Secretary; Suzanne Janssen – Newsletter Editor; and our two State Delegates for RAA – Mary Koepke and Beth Schroeder. You can read more about me in Adrienne's article in the newsletter, but I want to mention again, please come and introduce yourself to me as I am new to this organiza-

tion. I want to get to know everyone and to hear people's thoughts and opinions about what we can do to make this organization and reflexology better.

With all of the introductions done, let's look to the future. World Reflexology Week is coming up the last full week of September (21st-27th) and we are looking for ideas on how to promote Reflexology. Please bring any ideas to the meeting on August 12th for discussion and planning. Also at the August meeting, we are looking to start a membership committee to help us gain more new members in the coming years. We are looking forward to more great speakers like Sherri Storz and wonderful workshops like Bill Flocco's. Finally, we have the RAA National convention in 2010 that we need to start planning for (look for the article on volunteering for the convention committee). Two years may seem like a long time away, but I know how time flies, look at how fast the DNC came upon Denver.

It looks like it is going to be a busy two years, but I know with everyone's help and support we can make ARC continue to shine! Our future is so bright, we've gotta wear shades!!

Enjoy your summer! **Tambria**



Tambria Leland
Newly Elected ARC President

Getting to Know... Tambria Leland, ARC President

The ARC newsletter is starting a new tradition by spotlighting one or two new members every quarter. Tambria Leland, the newly elected ARC president, was interviewed for this issue by Adrienne Fahey.

ARC: What is your background?

I am 30 years old, and I was born in Wheat Ridge, Colorado. I married a year ago and have no children and no pets. I graduated from the University of Northern Colorado in Greeley with a double major in finance and management and a minor in psychology. While in college, I got into the habit of massaging the hands of fellow college students during finals and enjoyed doing that. After college, I was hired as an accountant but was laid off after 9/11, so I decided to pursue bodywork by enrolling in massage school in 2001.

ARC: How did you get into reflexology?

After working within the massage field for five years, I learned the importance of working the hands and the feet, so I enrolled in school once again and obtained training in reflexology from the Colorado School of Healing Arts (CSHA), graduating in March 2008. I currently work full-time as a payroll/project accountant and perform reflexology and massage part-time.

ARC: Do you have a preference for reflexology or massage?

Touch, in general, is my preference. Touch has always been my drive. I incorporate reflexology whenever I can. I do a lot of hand reflexology when I work at the Renaissance Festival.

ARC: What do you like to do for fun?

I like to work at the Renaissance Festival in Larkspur doing chair and foot massage. I've done that for the last six years. I love going to conventions and either working or playing there. I also love to read and do any kind of puzzles.

ARC: Do you have a reflexology success story?

As part of my CSHA certification in reflexology, I had to work on clients and document those sessions. I worked on one client complaining of hip and shoulder pain. I worked on this client once a week for five weeks. Each session was 1 ½ hours long. After just a few sessions, the client reported no shoulder or hip pain between sessions.

ARC: What is your vision for ARC?

My goal for ARC is increased awareness and membership as well as a focus on the 2010 RAA conference. I would like to help maintain the structure of ARC so it is easily seen.

ARC: Is there anything else you'd like ARC members to know?

I'm excited to meet everyone, so come up and say hi to me at future meetings. I like meeting new people and hearing people's thoughts and opinions.

May 13, 2008 ARC Minutes by Debbie Zalman

Adrienne began the meeting at 6:10 p.m. Nineteen people were present (see sign up sheet). The first item on the agenda was the Colorado Massage Registration Bill. Senate Bill 219 was passed in the Senate by a vote of 20 to 15, requiring all massage therapists to register with the state (as opposed to licensure). We have been successful in having reflexologists excluded from this law. This ensures our freedom to practice as reflexologists without being subject to massage laws.

The Bill Flocco seminar has had a change of location for the general public class on Friday night, June 27th, but people from CCU will be present to redirect attendees to the appropriate room on campus, which will meet our needs. The seminar is posted on the ARC website, and LaShay will have the Pay Pal option up and running by June 1st. We were encouraged to sign up and pay for the class ASAP, which many of us did. New flyers were passed around and we were encouraged to make copies for clients and colleagues. Adrienne has advertised the workshop in the local papers including The Arvada Press, YourHub.com and The Rocky Mountain News.

Regarding the issue of marketing, Adrienne sent 100 letters to various dance companies in town, with no response. She plans to make direct phone calls to those she sent letters to, but is calling for the consideration of a marketing committee. Joint efforts could be much more effective. (Another idea she put forth is connecting with a running club of 300, called The Rocky Mountain Road Runners. She proposed offering club members a 10% discount on reflex-

ology services with an ARC reflexologist. All were in support of this proposal.) **Editor's Note: This discount offer cannot be offered due to laws governing non-profit corporations. This item will not be pursued.**

As ARC is now officially a member of RAA, we have a joint enrollment form, which was passed around and explained. The option to join either organization or both is available. Dues of \$125 for both memberships are due by July 1st. Jennifer pointed out that although we now have a credit card option for payment, there is a small fee for this service and checks are still more cost effective. Marsha suggested sending e-mail messages to non-members, who may have attended previous meetings, to advise them of future meetings, as they don't receive the newsletter. This may be one way to increase membership.

We did not have a speaker this meeting, as it was planned we would have a treatment exchange after elections. However, Marie and Beth had just returned from the RAA meeting, full of enthusiasm and fresh ideas. They were inspired and impressed by the leaders in our field. They shared some of the main points that were dealt with at the delegation, such as the need to define our profession, before the government does it for us. ACARET is busy defining our education standards, which is an ongoing area of much debate. Ideas, such as "Student Appreciation Day," in which we could actively go to reflexology schools and educate and solicit new members, were presented. Big news is that Colorado will be the next host to the 2010 RAA convention. Marie and Beth had an enormous amount of information to share and clearly want us to see them as direct communicators to RAA and the work that is being done nationally. Look for notes from the conference on the ARC website and through your e-mail.

Inspired by this presentation and the future of reflexology, Adrienne opened the election process with a call for nominees for president, vice president and treasurer. Todd Richter and Tambria Leland, both new to ARC, volunteered for president and gave brief summaries of their background. Todd Richter received 17 votes and Tambria 6 votes. Todd Richter is our new president. Carol Mates volunteered for vice president, Marsha Franks for treasurer and Mindy McKinney for recording secretary. All were unanimously supported. La Shay Canady has taken the role of membership secretary since Sondra left, and Suzanne Janssen has been our newsletter editor, as of the most recent newsletter. There was much excitement as we

New Product Reduces Stress on Thumb

**Society for
Barefoot
Living**

Speaking of...

If you're more inclined to work on the hands and ears after reading about Bill Flocco's workshop, you might want to do this quick test for anemia on your clients complaining of fatigue. **Anemia** is a condition caused by an abnormally low level of red blood cells (RBCs) in the body.

RBCs' main job is to carry oxygen throughout the blood. Someone with anemia does not produce enough red blood cells, and as a result, insufficient oxygen is transported to the body's tissues. Fatigue is the number one symptom of anemia, but other symptoms can include pale skin, weakness, dizziness, jaundice, tea-color urine, hair loss,

heart murmur, enlarged spleen and liver, and lightheadedness.

One way to test for anemia, says Dr. Godfrey Mix, author of *The Salon Professional's Guide to Health*, is to take your client's hand, palm up, and with your other hand, extend the fingers back. Look at the palm lines; they should be pink. In a severely anemic individual, they will be white or almost white. If you suspect anemia after doing this quick test, be sure to refer your client to a qualified health professional/doctor.



2008-2009 Membership Drive



ARC and RAA Membership applications are available online at www.reflexology-colorado.org or by emailing LaShay Canady at reflexology@thebossgrp.com.

Post-Traumatic Stress Syndrome

Researchers found that voluntary reflexology work and befriending were significantly related to improvements for post-traumatic stress victims in Northern Ireland. Researchers were exploring voluntary work as a practice in social work. Establishment of evidence-based practices "has become accepted as a benchmark for service delivery in almost areas of social work."

Seventy-five service users were followed over a nine to twelve month period with a completed research inventory up to four times. "The results showed that despite detrimental effects of additional life stresses, psychological health and depression scores improved for all service users. Some community-based services (befriending) and some complementary therapies (reflexology) were significantly related to these improvements. Changes in post-traumatic stress disorder severity were not significant.

Significant improvements were seen with voluntary reflexol-

ogy and befriending work in comparison to other services including: Self-help group, Youth work, Narrative work, Respite care, Counselling, Group therapy, Massage, Aromatherapy, Advice and info, Indirect services and Yoga.

"Despite the fact that additional stressful life events added to the vulnerability of these service users, findings indicated significant improvements in psychological health and levels of depression over time. Improvements were significantly related to the use of some of the services offered by voluntary sector victims' organization; however apart from befriending and reflexology, participants who did not use the other services also improved significantly. Numbers of art therapy users were too small to draw even tentative conclusions."

Dillenburg, Karola, Fargas, Montserrat, Akhonzada, Rym, "Evidence-Based Practice: An Exploration of the Effectiveness of Voluntary Sector for Victims of Community Violence," British Journal of Social Work, August 9, 2007 ~ courtesy of <http://www.reflexology-research.com/>

Legislatively Speaking — It's Official!!!

Senate Bill 219, providing for the state registration of massage therapists, was signed into Colorado law by Governor Bill Ritter on June 2, 2008 and went into effect on July 1, 2008. All massage therapists practicing in the state of Colorado will now be required to register with the State of Colorado. For a year after applications for state registration become available (which will be April 1, 2009 at the earliest), massage therapists will have to meet one of three criteria for registration:

Have completed a minimum 300-hour massage therapy program and have a minimum of five years professional experience, OR

Have completed a minimum 500-hour massage therapy program, OR Have passed either the Massage and Bodywork Licensing Exam offered by the Federation of State Massage Therapy Boards (FSMTB) or one of the National Certification Exams (NCEs) offered by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). After the initial year of registration, all new candidates will have to complete a minimum 500-hour massage therapy program AND pass either the MBLEx or one of the NCEs. Massage therapists will be required to renew their state registration every two years at an estimated

cost of \$115.

Professions exempt from obtaining massage registration include **Reflexology**, movement educators such as those utilizing Feldenkrais, Trager, and Body-Mind Centering hods, energy work (Reiki, Shiatsu, Asian Bodywork, Polarity), structural integrators (Rolfing and Hellerwork), and the process of Muscle Activation Techniques.

New Committees Forming

ARC is looking for a few good people! Volunteers are needed to assist with ARC membership and the RAA conference to be held in Denver, Colorado in May 2010. ARC would like to increase its membership, so if you like talking with people and think that visiting massage and/or reflexology schools to make short presentations about ARC and its member benefits sounds like fun to you, or if you have some other good ideas about how to increase membership in ARC and would like to assist with the implementation of those ideas, then the Membership Committee might just be for you.

ARC has been asked by RAA to provide assistance and support for the national conference. So, if you like keeping time and organizing the flow of people, if you like meeting and greeting people at a registration table, if media publishing is "your thing," if you have time to help put packets together, if you like taking pictures, or if you think coordinating a raffle would be fun, then sign yourself up for the RAA 2010 Conference Committee.

Please contact Tambria Leland, at lelandtm@hotmail.com or 303-233-0107 if you are interested in assisting..

Your Brain on Exercise—How Breaking a Sweat and Doing Yoga Can Make You Smarter

(GLWRUV1RWH7KHIROORZLQDUW minutes a day,” says Spirduso.
*zine, March and April 2008 issue and was written by Gabrielle de-
 Groot Redford and Janet Kinosian.)*
Mental Muscle?

To learn more, read *Superbrain Yoga* by Master Choa Kok Sui.

We all know that exercise is good for the body. Now, scientists are discovering it's good for the brain as well. In recent years, researchers have found that exercise improves memory, concentration, and abstract reasoning among older adults, and may even delay the onset of Alzheimer's. It works like this:

aerobic exercise increases blood flow to the brain, which nourishes brain cells and allows them to function more effectively – “kind of like making sure your engine is all tuned up,” says Waneen Spirduso, Ed.D., a professor at the University of Texas at Austin and the author of *Exercise and Its Mediating Effects on Cognition* (Human Kinetics, 2007).

A recent study showed that exercise actually promotes the growth of new neurons (brain cells) in the hippocampus – the part of the brain that controls memory and learning. Scientists previously believed that once brain cells died, they were not replaced. “You can get cognitive benefits with activity that is fairly simple, like walking for 20

While yoga has long been shown to affect mood, one yoga move in particular is getting attention for boosting brainpower. Superbrain Yoga, as the exercise is called, is being practiced across the country as an antidote to brain drain. Go ahead. Try it! This simple move, shown below, boosts brain function by stimulating acupuncture points on the earlobes, according to Yale-trained neurobiologist Eugenius Ang, Ph.D.

Step 1 Place your left hand on your right earlobe, thumb on the front of the lobe with fingernail facing outward and second finger behind the earlobe. Then, with your right hand, grasp your left earlobe, again keeping your thumb on the front of the lobe, facing outward. Press both earlobes simultaneously, making sure your left arm is close to your chest and inside your right (which devotees say helps energy travel upward to the brain).

Step 2 As you press on the earlobes, squat down, keeping your back straight. Do 10 to 12 deep bends, inhaling through the nose on the way down and exhaling through the mouth coming up. You may place a chair underneath you as a safety precaution.

Step 3 Repeat daily. “It's like putting more gas in your brain's tank,” says Ang.

Are We Using our Full Intelligence? By Kevin Kunz

There is a word that I find very interesting. It is "stereognosis". Stereognosis is learning through manipulating objects. A child playing with blocks is learning through touch. Handling three dimensional objects like blocks helps the child's brain develop.

We are familiar with learning through handling objects with the hands. But did you ever think about the information you gather by "handling" objects with your feet? Everything underfoot contributes to our learning process. Rocks, grass, pebbles and sand are objects that send messages to our brains.

There was a Japanese school years ago that was entirely bare-footed. The faculty felt that the students learned more while

being unshod. The occasional splinter was worth the benefits of learning through the feet.

Does encasing the foot and limiting the input from the outside world cause a kind of sensory "blindness"? Is the shoe in a sense a type of sensory deprivation chamber? Could the loss of stereognosis lead to over a lifetime the type of fragility we see with aging?

The real interesting thing is that stereognosis is linked to proprioception. Proprioception means sense of self. It is beyond the 5 senses. Proprioception is the way that when we close our eyes we can still sense ourselves. We do this through the stretch of muscles, the angulation of joints and deep pressure to the bottom of the feet.

Proprioception is what the police officer checks in a checkpoint to see if you have been drinking. Touching your finger to your nose with your eyes closed is a proprioceptive test. People with Alzheimer's lose proprioceptive abilities and have a distinctive loss of stereognosis. Could lack of stimulation of proprioceptors and accompanying loss of stereognosis lead to the devastating loss of self that Alzheimer's patients experience? Could we develop new and unique ways to stave off the effects of aging if we just started playing with our feet? - again What do you think And how would you do it



CHINESE MERIDIAN THERAPY in REFLEXOLOGY & MASSAGE

ARCB approved for 18 hours of Continuing Education credit, # POOO116

A practical class in the application of Chinese acupuncture points for the Reflexologist or Massage Therapist. By incorporating Chinese meridian therapy into your present sessions, you will improve your treatments by leaps and bounds.

Time: Friday Eve Oct 24, 6-9 pm and Fri and Sat Oct 25 & 26 9-6pm.

Place: Just for Health School of Reflexology & Healing Arts

Location: 3501 S. Corona St., #1, Englewood, CO 80113

Instructor: Rachel Lord, RN, CMT,MH, NBCR

Investment: \$285 (\$50 deposit required which goes towards tuition)

To Register: Call Rachel Lord at 303-320-4367 or email Rachel@justforhealth.net or download a registration form from www.justforhealth.net to mail in with your deposit.

School Approved and Regulated by the Colorado Dept of
Higher Education, Private Occupational School Board

BOTANICAL MEDICINE: EAST & WEST
Approved as a provider by the ARCB #POOO116

This 16-month training prepares you to be a **MASTER HERBALIST** using Chinese and Western herbal traditions and to function as a clinical practitioner of herbal medicine on a professional level.

Time: Training begins February 21, 2009 and continues through June 2, 2010 (with summer and winter breaks). Class meets every third weekend.

Place: Just for Health School of Reflexology & Healing Arts

Location: 3501 S. Corona St., #1, Englewood, CO 80113

Instructor: Rachel Lord, RN, CMT,MH, NBCR and staff.

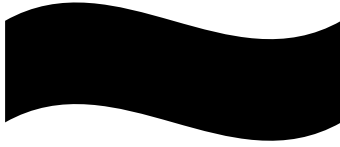
For Information and/or Registration: Call Rachel Lord at 303-320-4367 or email Rachel@justforhealth.net. You may also download a registration form from www.justforhealth.net to mail in with your deposit.

Just for Health School is approved and regulated by the Colorado
Dept of Higher Education, Private Occupational School Board

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

- Just in case you can't come up with reasons why you
love Reflexology...
1. Promotes good circulation
 2. Stimulates stamina
 3. Balances vital energies
 4. Increases endurance
 5. Revitalizes the power of concentration
 6. Helps cleanse body of toxins and impurities
 7. Helps the body heal more quickly
 8. Opens and clears neural pathways
 9. Renews physical health
 10. Helps the body restore youthful vitality
 11. Activates the nervous system
 12. Reduces stress and tension
 13. Improves mental energy
 14. Induces tranquil relaxation
 15. Reflexology feels wonderful and is cheaper than
a hospital visit!
- ³ Lashay Candy



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