



Associated Reflexologists of Colorado

P.O. BOX 697, ENGLEWOOD, CO 80151 WWW.REFLEXOLOGY-COLORADO.ORG

Nov 2009

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.

Fall Quarterly Membership Meeting

Tuesday, Nov 10, 2009

5:30-6:00 pm: Potluck Dinner 6:00-7:00 pm: Business Meeting

7:00 pm: ARC Presents... Linda Close

What is Qigong?

Linda will discuss the basic definitions and ideas of Qigong. We will participate in some basic Qigong exercises to reduce stress, calm the mind, boost the immune system, and generally get the "chi" flowing. Resources will be available.

Linda Close, RN has over 20 years of experience in: orthopedics, Neonatal Intensive Care , Nurse Practitioner, . Linda holds certificates in Holistic Nursing, Healing Touch, ChiKung Energy Body Healing and Neuromuscular Stress Release Technique. She practices at the Close Chiropractic Office in Monument, Colorado .

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 MEMBER BENEFITS Top 10 reasons to join this state association

Think of ARC as your Colorado family of Reflexologists. Reflexology and ARC are still in their "infant" stage; in joining this association, members can actively participate in nurturing and networking with each other to provide all members with a solid foundation in their Reflexology practice.

1. A quarterly newsletter containing current articles on Reflexology and member news.
2. Continuing education opportunities at the quarterly meetings with various topics to enhance practitioner's awareness and skills of practice.
3. Opportunity to share your own areas of expertise with the group by giving a presentation.
4. A membership certificate signed by the presiding president and secretary which verifies to your clients membership in a professional state organization.
5. Periodic discounts on continuing education courses that are sponsored by ARC.
6. Current directory for purposes of making referrals, scheduling trades, etc.
7. Option to be included on the ARC website referral list.
8. Opportunity to network with other reflexologists.
9. Discounts for professional liability insurance from AMBP (www.ambp.com).
10. Opportunity to actively participate in the growth and expansion of Reflexology as a profession!

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Congratulations to ARC member BETH SCHROEDER
 Who has been nominated and has accepted the position of the
RAA DELEGATE ASSEMBLY POSITION
 She will now oversee all state delegate activities and report to the RAA board

ARC Board of Directors

Tambria Leland

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Elizabeth Heard

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RAA/ARC Members:

Please note that RAA Delegates Beth Schroeder and Elizabeth Heard are available to answer any questions you may have regarding RAA.

NEWSLETTER EDITOR

Marie T. Koepke

970.531.3528

mtmarie@yahoo.com

President's Message by Tambria Leland

Happy Fall to Everyone!

We've had a very busy couple of months since our last meeting. In August, we held our first Reflexology Exchange Day put on by ARC. I would like to thank Carol Mates for arranging this at The Barn and Todd Richter for getting the postcards sent out for it. We had a very good showing and everyone enjoyed themselves. In September, we had two successful events to celebrate World Reflexology Week at Shining Lotus and Isis Bookstores. I would like to thank Rachel Lord for setting up the events for us and Cheryl Foster, Todd Richter, and Elizabeth Heard for volunteering their time to work the event. Hopefully, we will be able to make this an annual event to get awareness out to the community about

Reflexology.

As we head into winter, just a reminder that we are almost six months away from the RAA national convention in May. They are looking for volunteers to help during the convention. This is a great way to meet people from other states and get their viewpoints on reflexology.

Finally, I look forward to our November speaker: Lisa Nelson will talk with us about QiDong.
Have a Fabulous Fall!!

Tambria Leland, ARC President

ARC 2010 STATE BOARD ELECTIONS

Let us all start thinking about how we can best serve the profession of Reflexology by serving on our state association board. These are all exciting positions as we all work together for the greater good of promoting Reflexology. Please contact Tambria or any of the ARC board members for more information

REFLEXOLOGY ACRONYMS

ARC: Associated Reflexologists of Colorado—State Membership

Association. This association assists its members in state-wide issues in business, education and legislation in regards to Reflexology www.reflexology-colorado.org

ARCB: American Reflexology Certification Board—Certification board which tests and promotes the Reflexologist on meeting basic national standards at a professional basis. This organization is a testing agency only www.arcb.net

ACARET-is the accreditation organization responsible for setting educational standards for the profession of reflexology in America. This organization works to establish uniform national standards for reflexology education www.acaret.org

RAA: Reflexology Association of America—National Membership Association assisting members at the state and National levels in education, legislative, ethics, standards of professionalism and serves as a National referral service for Reflexologists. www.reflexology-usa.org

AUGUST 11, 2009, ARC MINUTES by Mindy McKinney

President Tambria Leland called the meeting to order at 6:15 P.M. There were 19 current members in attendance and two visitors: Cheryl Foster has trained with Rachel Lord, knows several of our members, and is interested in joining. Pam Moser is a student in Marcia Frank's class at CSHA and will receive her reflexology certification in September. Welcome to all.

Tambria began the meeting with several reminders for the group:

- Please remember to sign in for tonight's meeting. This helps towards ARCB accreditation.
- If you are interested in putting a picture next to your name on the ARC website, please email it to Marcia Franks, LaShay Canady, or Tambria Leland.
- The deadline for ARC and RAA membership renewals expired June 30. Please be sure to turn in your membership applications if you have not already done so. The cost for Professional membership in ARC is \$50; Associate membership is \$35. Please refer to the ARC website or the last page of the current ARC newsletter for additional membership fees.

Tambria informed the group that Suzanne Janssen, our Newsletter Editor, will be stepping down from her position due to time constraints and asked if anyone would be interested in this job. This position is not filled by a vote and the person does not need to be a Professional member in ARC. The newsletter is done four times a year, and the printing and mailing is handled by Eve Busse. Because of the amount of time involved in preparing the newsletter, Rachel suggested sharing the job between two people. Marie Koepke said she would be willing to share the job and will look for a co-chair. Tambria will mention it at the Reflexology Exchange Day next Sunday, August 16, and will also send out an email blast.

LaShay also sent an email to the board expressing interest in stepping down from her position as membership Secretary at the next quarterly meeting in November. She was already holding this position at the last election, having covered for someone else who stepped down, and believes that she's put in two years' time thus far. If any Professional members in the group are interested in this position, please let the board

know. Relating to this topic, an idea was mentioned to possibly change the ARC by-laws to introduce staggered elected positions so as to ensure smooth board transitions. Perhaps the Recording Secretary, Vice President, and Treasurer would be elected one year, and the following year would be the President and Membership Secretary.

The next item on the agenda was Reflexology Exchange Day, Sunday, August 16. Carol Mates and Todd Richter have been working to put this event together. It will be held from 12-6 P.M. at a facility run by the HOA where Carol lives in Monument with the purpose of getting acquainted with other reflexologists; including ARC members who live further south; exchanging and sharing information, techniques, and ideas; and encouraging any non-members to join ARC. Directions have been sent out in an email and Tambria distributed reminder slips that included the address. The facility has a kitchen with a stove as well as a deck, and participants are asked to bring a potluck dish and/or small monetary donation. People will also need to bring tables or reflexology chairs. We hope to be in groups of four doing 10-15 minute sessions on each other (receive two and give two) for one hour and then switch groups. Todd arranged for ABMP to mail out 165 postcards for free regarding this event to members in the south Denver/Colorado Springs areas. Carol called all ARC members in the 719 area code. She had three people say they would attend; Todd has two people from ABMP coming; a few members from tonight's group will be there as well. Extra copies of newsletters and membership applications for new people will be on hand, as well as cameras to capture the event for sharing on our website. After this event has concluded, Beth Schroeder asked if someone would send her a write-up and she will send it to RAA for their magazine (September 5 deadline). If anyone has any other articles they are interested in sending for the RAA magazine, please do so. Thanks were given to Carol and Todd for all their work on this event.

Marie had a suggestion/question regarding the ARC website. She mentioned that it took her some time to find upcoming events and wondered if we could simplify things or perhaps have an events page when you first open the site.

World Reflexology Week: ARC will bring awareness of Reflexology to the general public with two events held on Saturday, September 26. (The "Metro Mile" running event that was previously considered has been changed and will, therefore, no longer be an option.) The two events are scheduled from 1:00 to 5:00 P.M.

August 11, 2009 ARC Minutes by Mindy McKinney (Cont'd.)

1. Isis Books & Gifts (metaphysical store) (Broadway/ Yale) – One reflexology chair set up in the entry-way. Quick 10-minute sessions.
2. Shining Lotus Metaphysical Bookstore (S. Colorado Blvd/Evans – behind the School of Yoga) – Two chairs set up in the middle of the used book section.

- Adrienne had a pamphlet on reflexology that Tambria will make copies of to have at both locations.
- All work will be done on a volunteer basis. We will not ask for donations, and if any are given, they will need to be given to ARC.
- ARC membership applications will be available at both locations in the event anyone (or their company) is interested in joining as an associate member.
- Members offering their services are welcome to distribute their business cards.
- Rachel printed up information regarding our event to be included in each store's newsletter. Isis distributes to over 2,000 people, and Shining Lotus also has a large circulation.
- Suggestions were made to bring reflexology charts and other visual aids as well as having a drawing for a free session.
- Tambria suggested doing this again in the spring if it goes well September 26.
- Marcia put together a notice for this event for the purpose of posting it in various locations and distributed a copy to each of the members at the meeting.
- Tambria thanked Rachel and Todd for all their work on this event.

RAA Conference: Beth Schroeder (RAA delegate), Elizabeth Heard (RAA delegate), and Todd Richter (RAA Conference Committee for ARC) each gave an update as to what they are working on.

Beth: Her sub-group is working on speakers for the conference. Their idea is to have multiple tracks, interactive sessions, and a lot of sharing. There will be a lot of international speakers. They are now at the point of sending out contracts for the speakers. Most of the work will be done by RAA vs. ARC. The conference will be held at The Inverness Hotel. Announcements will be coming out soon to pre-buy tickets for the conference. Discounts will be given to members and non-members who choose to pre-buy.

Elizabeth: She is on the Education Committee. To be a professional member of RAA you must have 200 hrs. of training. An article will be coming out in the next issue of the RAA magazine talking about ways to help members accumulate more hours if needed.

Todd: He is on ARC's Conference Committee and will be asking for volunteers to help at the conference in areas such as registration, raffle, staging (water, tissues, etc.) to name a few. Unfortunately, no discounts will be given on costs for volunteers. We will put something in the next newsletter to get people thinking about it now. ARC will get a free vendor table. Rachel wondered if members could sell something (for example, charts) under their own name. Todd will see what they did at the previous RAA conference in Maine. There will be a need for people to bring reflexology chairs for a sharing room and also a need for a Spanish-speaking interpreter. We will do sign up sheets at our next quarterly meeting.

Other Business:

If you are joining RAA for the first time, you will need to submit a copy of your school certification.

Marie suggested the idea of having different regional meetings so that people who live far away can participate. She mentioned that North Carolina has sub-meetings where they usually meet for a half day and include a workshop. Someone in the group takes minutes and sends them to the main Board. They still maintain their regular quarterly meetings. Tambria mentioned the idea of webcam meetings but because we were running late said that she will mention this idea in the next newsletter and place it on the agenda for the November quarterly meeting.

Tambria concluded the meeting at 7:25 and introduced our speaker for the evening: Marie Koepke, who will give a presentation on the integration of hormones, aromatherapy, and reflexology

ARC Bank Statement ending 10/2009		
Balance forward from 2008		4172.58
<u>Income</u>		
Membership	4258.99	
Flocco Workshop	.285.00	
World Reflexology Week	32.00	
PayPal	5.00	
	4580.99	8753.57
<u>Outflows</u>		
Speakers	150.00	
Meeting room	212.50	
Reimbursable expenses	74.77	
Bond	100.00	
Website building 5	54.24	
Newsletter and postage	262.30	
RAA dues forward	1625.00	
Dues overpayment	60.00	
Liability Insurance	170.00	
Advertising for WRW	85.11	
Trade Day	268.36	
ARCB fee	250.00	
Checks	25.05	
	3837.33	
Balance on hand		4916.24

HOSPICE & REFLEXOLOGY

By ARC member Kay Foelske, Hospice CNA,CR, Reiki, *Two Feet in Heaven*, Boulder

I found a niche for Reflexology within the scope of caring for Hospice patients as a CNA. For me, working with the Hospice patient is the most honorable place to be. Many years ago, while working at Hospice, I found that many patients really didn't want help with their personal care. I thought to offer a foot soak to the patients, which might help develop a trust in me. While the patient's foot was soaking, I would wonder about methods of foot rubs. Seeking more knowledge on this method, I contacted the School of Massage In Niwot CO and asked them if they ever offered foot massage lessons to the public. Amazingly, the next quarterly session would be that weekend.

I was one of 12 participants in this foot reflexology class. As I began to receive a session on my feet, I thought, that I had died and gone to heaven! Receiving reflexology on my feet was off the charts for me. I knew at that moment what I wanted to do.

I continued to attend another class. I was hooked. I began giving every patient I worked with a foot reflexology session. They too, were singing praises after their sessions. Eventually, I realized that in order to continue doing these sessions with Hospice, I needed to be certified. My Instructor, Dee Dee Roberts steered me towards the IIR in St. Petersburg, FL.

While giving Reflexology sessions, I began to notice



that the Reiki I practice comes through these sessions too. The confluence of these two energies is quite remarkable.

The Hospice patient who is "high functional" is fine with a Reflexology session. If they're sitting up in a chair or recliner most are able to receive ear and foot reflexology. I adjust the pressure depending on the nature of their illness. Most patients find great comfort and calm during and after a Reflexology session. Some have told me that they sleep better, feel mental clearer and some have said "they feel good enough to take a walk"!

As a Hospice patient begins their decline I change the session to what's appropriate at that time. Each visit will be different. It's important to meet them where they are. Giving a regular session may not be possible. What is possible would be working the toes, to clear their head; the diaphragm rock to help with their breathing; ankle rotations for comfort. Many families are very grateful to have had their loved one receive an extra level of care during their dying process.

Many Hospices are beginning to offer "alternative care" to their patients. The therapist can be paid through their Foundation. As we baby boomers age and go into Hospice Care we become a generation who have participated in alternative care. I hope to receive Reflexology and Reiki until my last breath.

RAA NEWS

RAA EDU COMMITTEE—Elizabeth Heard, ARC Delegate

During the last few months the Education Committee for RAA has been busy crafting answers to questions regarding various ways for reflexologists to gain more credit hours in order to stay in professional status according to RAA guidelines. The procedures that were proposed for increasing hours was voted in by the board earlier this summer and now can be read in Reflexology Across America, RAA's quarterly publication. To obtain a copy email a request to www.reflexology-usa.org

RAA CONFERENCE COMMITTEE—Beth Schroeder, ARC Delegate

The RAA Conference Committee has many facets to its duties and responsibilities for the 2010 RAA Conference to be held in Englewood, CO, at the Inverness Hotel and Conference Center. Accomplishments to date include narrowing down of the speakers and workshop presenters into two "tracks," one covering Reflexology, scientific findings and cutting edge work as it relates to Reflexology, and the other track focusing on business building, marketing, leadership and organization skill building. A report has been prepared and will be presented to the RAA Board of Directors soon for their review and approval.

Don't forget ARC will be hosting the 2010 RAA National Conference

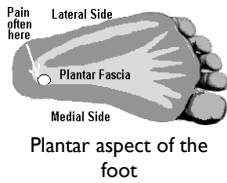
"Reflexology: Stepping Up to New Heights"

May 14-16, 2010 Englewood, Colorado

We are "stepping up to new heights" in business, education and the future of what Reflexology holds for our profession. For more information and how to get involved contact the Conference Committee

RAAConf2010@reflexology-usa.org

Plantar Fasciitis by Marie T. Koepke, RN, NBCR



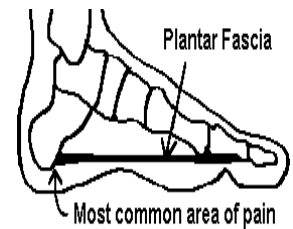
Plantar fasciitis (P.F.) is an inflammation of the plantar fascia. "Plantar" refers to the bottom of the foot, "fascia" is the layer of tissue covering and separating muscles "itis" means "inflammation". The plantar fascia encapsulates muscles in the sole of the foot. It supports the arch of the foot by acting as a bowstring to connect the ball of the foot to the heel. It is somewhat thicker and tougher than fascia in other areas, and it attaches to the bottom of the heel bone (the calcaneus).

When walking the plantar fascia endures tension that is approximately two times body weight.

P.F. occurs either from injury, structural abnormalities of the feet & legs causing a shifting in the calcaneus, tibia and/or talus bones; high impact activities or prolonged walking. This is usually a result of a lack of flexibility in the calf muscles. The classic sign of plantar fasciitis is heel pain with the first few steps in the morning. Pain can occur on the inside of the heel and/or arch of the foot. It can be a sharp or burning pain.

ANATOMY OF THE FOOT

The foot is one of the most complex parts of the body, consisting of 26 bones connected by numerous joints, muscles, tendons, and ligaments. The foot is susceptible to many stresses causing foot pain, inflammation, or injury, resulting in limited movement and mobility. A normal footprint has a rise under the arch but joins the forefoot and the heel. This means when you walk the outside of your heel touches the ground first and your forefoot and toes are raised towards your shins. Your foot then rolls forward and inwards. This is called normal gait.



Pain occurs due to an overstretching of the plantar fascia—from weight bearing stress which can strain the plantar ligaments & nerve.

Duration/Frequency of Reflexology

The success rate in alleviating the pain and accelerating the healing depends on the frequency and duration of your Reflexology sessions. It is advisable to see your Reflexologist twice weekly for 40 minute sessions. The initial visit should be a full hour.

Healthy Happy Feet:

- Reflexology ~ Footwear which supports your arches & heels ~ Stretching metatarsals daily ~ Ankle rotation & calf stretches



DID YOU KNOW?

- ⇒ ARCB now offers Hand Reflexology Certification Exams
*prerequisite: 30 hrs of in-class hand reflexology
20 ARCB documentations*
- ⇒ ARCB will be posting the 2010 testing dates and locations by the end of the year. Check the www.arcb.net website for updates

**JUST FOR HEALTH SCHOOL OF REFLEXOLOGY
2010 ADVANCE HAND REFLEXOLOGY CLASS**

Feb 4, 5, 6

**Hand anatomy, advanced hand practice, biomechanics, ROM,
pathology, A & P. Cost \$345**



STATE CONTINUING EDUCATIONAL OPPORTUNITIES

BECOME A CERTIFIED MASTER HERBALIST! CLASS BEGINS FEBRUARY 2010.

Comprehensive 450 hour, 17 month training: "Botanical Medicine: East and West" prepares for career as clinician using Chinese and Western traditions. Just for Health School of Reflexology and Healing Arts. State approved and approved as provider of continuing education by American Reflexology Certification Board # POO116. ~ contact: Rachel Lord, 303-320-4367; www.justforhealth.net

FACIAL REFLEXOLOGY- Mod 1 & 2 24 Hour Accredited 4-day course ARCB & NCBTMB

December 4—7, 2009 (Friday—Monday)
Denver, Colorado
(location TBA)

COST

MOD 1.....\$350.00 MOD 2.....\$350

To Register Contact
Katherine Lee Reece
saffronrobespa@yahoo.com
Cell: 207-332-4840

On the web visit: facialreflexologyusa.com

A Wonderful Class for Reflexologists to learn Hot Stones for Reflexology!

Sponsored by The Institute For Phenomenal Touch
Saturday & Sunday, November 14 - 15, 2009

Fort Collins, Colorado

This 2-day Hot Stone Training will teach you new techniques far beyond the traditional hot stone classes. You will also be introduced to techniques of Phenomenal Touch® and working the body in a 3-Dimensional way. You will learn all the necessary aspects of giving a safe and flowing hot stone.

Cost: \$375. (Stones and supplies are additional cost)
Down payment of only \$100 and we can set up an easy payment

plan Full payment is due one week prior to the class.

See all the complete details about these classes on my website
<http://www.callmary.net/classes.htm>.

Mary Axelrod, NCMT, CMT, CR

Email: mary@callmary.net.

970-204-1794

Reflexology Schools in Colorado

- **Academy of Natural Healing** Isabelle Hutton, RN, NCR
Greenwood Village 303-779-1094
For class schedule/signup, charts information/orders, essential oils, and other products, visit: www.isabellehutton.com
- **Boulder College of Massage Therapy** Attn: Dee Dee Roberts
Boulder, Colorado 303-530-2100 www.bcmt.org
- **Colorado School of Healing Arts** Attn: Chris Smith
Lakewood 303-986-2320
- **The Healing Arts Institute**
Ft. Collins 970-223-9741 www.hai-colo.com
- **Just for Health School of Reflexology & Healing Arts** Attn: Rachel Lord
Englewood 303-341-4384 For class schedules visit www.justforhealth.net
- **Modern Institute of Reflexology** Attn: Zachary Brinkerhoff
Denver 303-237-1562 www.reflexologyinstitute.com
- **Rejuvenation** Attn: Janice Sterling
Colorado Springs 719-474-9130
- **Colorado Springs Academy of Reflexology** Attn: Barbara K. Coleman
Colorado Springs 719-550-8999
220 hour program trains and prepares individuals to take the National Reflexology exam. Naturopathy services also offered.

FACIAL REFLEXOLOGY SORENSENSISTEM tm



New Holistic Integrative Touch Therapy

Incorporating: Ancient Asian and South American healing traditions with the science of neurology.

By Katherine Lee Reece, CR, Holistic Aesthetician, Certified Esetic Practitioner
 Certified Instructor for the USA in Sorensensistem Facial Reflexology

The face is the expressive reflection of the whole human being. Working in the immediate vicinity of the brain, being abundant with vessels and nerve endings, traversed by all the yang meridians and the converging point of the central meridians: ren & du, Facial Reflexology offers a profound potential for healing..

More than 30 years ago, Lone Sorensen, studied a form of facial reflexology by observing a remote small tribe in the mountains of South America Andes. She began integrating this method into her traditional practice of reflexology and found amazing results occurring for her clients. She then went on to specialize with children suffering from brain impairments or syndromes, integrating traditional oriental methods of meridians and points and other traditional eastern methods into her practice. Her approach was proving to be highly rehabilitating. Lone's methods are now being taught and practiced in more than 23 countries. Her method is soothing, balancing, and beneficial to an assortment of symptoms, and she is the only Reflexologist who has received three honorary awards from the Oranization Mundal Humanitarian Organization for health in Argentina, where she founded her first three schools of reflexology. Her Institute and clinic are now in Barcelona Spain.

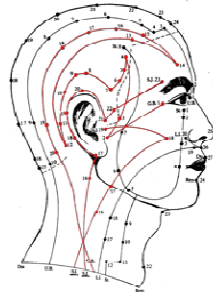
The main principal of the Sorensensistem,tm ,is based upon the ancient wisdom of TCM (Traditional Chinese Medicine) with its philosophy of meridians. There are 12 major meridians of energy running through our bodies and. they mirror each other on both sides of the body . Each meridian is coupled with another, giving the yin/yang element to the meridian pair.

- Stomach/Spleen
- Lung/ Colon
- Kidney/Bladder
- Liver/Gallbladder
- Small Intestine/Heart
- Triple Warmer/Pericardium

Weakness found within the meridian relates to the vitality of that organ. By working on the meridians, one is able to bring a balance and energy to the organs functioning ability. This then brings the body's energy to an optimum so that one's chi (energy) is able to support itself to gain health and wellbeing. We begin by stimulating 35 points on the face, activating endorphins and serotonin, bringing a relaxed state of being. Each merid-

ian also addresses specific muscles, emotions, body fluids, seasons and hormonal glands. So you see your whole body is being blissfully treated while you simply lay back being fully clothed, just mellowing out.

Neurological points help with facial paralysis and stroke rehabilitation, while also stimulating the entire central nervous system. This is only the beginning of Lone Sorensens' alchemy! We then continue with the South American Tribal Map. This is the foundation and accessing method for finding the largest deposit in the facial tissue.



The location indicates an organ and the original location of imbalance to the individual. The deposits are located directly beneath the dermis. By detecting the size and form we then can tell which deposits is the oldest. Long stretching and smoothing strokes within the facial zones are done just as the indigenous tribe of the Andes have done for thousands of years. Once the largest deposit is determined, the Facial Reflexologist proceeds with assorted

Vietnamese maps addressing the organ, meridian, physical and sensory maps. We conclude with the acupressure point stimulation again to balance the systems and stimulate the lymph. These assorted facial maps and techniques make up the Basic 6 Steps of a Facial Reflexology session. These Basic 6 Steps is what we teach in our module I course of the 4 module certification course.

Facial Reflexology is a powerful treatment alone but can be used as a compliment therapy easily and quickly being adopted into various practices. Results are seen quickly, boosting the practitioners confidence thus increasing ones revenues. Following the basic 6 steps, another collection of therapies are utilized for specific concerns and relief of symptoms pertaining to the individual. The course continues with meridianology, Dien Chan, cranial acupressure points and lines, Dr. Yamamoto's points, plexus balancing and lesser known methods, integrating these studies and techniques to address the pain and discomfort of symptoms and help boost the central nervous system and meridians to bring optimal energy for the body to shift and heal.

The only product used is a wild crafted Rosa

FACIAL REFLEXOLOGY SORENSENSISTEM tm (cont)

Mosqueta rosehip oil, handmade in small batches according to timeless traditions of the region. Rosa Mosqueta oil has been analyzed extensively for its healing ability of scars and UV damage. The oil contains high levels of vitamin C and essential fatty acids, helping the immune system, cell membrane improvement and growth of the tissue, resulting in diminished facial wrinkles and aiding to a general toning of the skin.

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**WHAT THESE ARC MEMBERS SAY ABOUT THE
FACIAL REFLEXOLOGY MOD I CLASS**

- *“What separates this class from the many others I’ve attended is that it is so rich in the neuro-science applications of Reflexology.*
- *After this one class I’ve incorporated FR technique in my foot/hand/ear sessions with amazing results, I’m looking forward to Mod 2!*
- *Ms. Reece is a gifted instructor!”- Marie T. Koepke*
- *“Facial Reflexology has been a wonderful, complimentary addition to my reflexology practice. My clients enjoy and respond favorably to the deep relaxation they experience during and after each session.– Diane Ahonen*

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PRAXIS VERTABRALIS—NEURO FOOT REFLEXOLOGY SORENSENSISTEM tm

by Marie T. Koepke

Last May, I had the good fortune of attending one of Lone Sorensen’s classes in neuro-foot reflexology, Praxis Vertabralis, sponsored by the NCRA. I had been seeking more information on the neuro-physiology connection to reflexology and Lone classes seemed to be just what I had been looking for. The class content was extremely rich in the neuro-scientific connection between the feet and the central nervous system coupled with some new thumb/finger techniques which also addressed emotional traumas in the body. Through some basic techniques I was able to evaluate where the root cause of a client’s physical complaint was and the emotional trauma associated with it. All the information was disseminated succinctly in a “user-friendly” manner. Although, many would fear to tread in such waters as this, but Lone’s inspiring and dynamic teaching style, calmed the unchartered waters where one could easily assimilate the information. Needless to say, I jumped in with both feet first!

After taking the Praxis I class, I returned home and instantly was able to implement these techniques in my reflexology practice and was awed by the positive results I saw in my clients! The entire Praxis course is taught in 3 modules, due to the positive results I noticed in my clients with this technique, I flew back to NC for mod 2 and will be heading back in November for mod 3.

The fundamentals of the Praxis Vertebralis are found in old medicine. Neuro-foot Reflexology can be called and it is defined as a reflex technique, based in the neuro-biochemical action produced when stimulating an area or point in the feet, and has general and/or partial effect all over the body by reflexes corresponding to the spine and the spine nerves.

The origin of Praxis Vertebralis dates back to 460-377 BC., in times of Hippocrates. In the year 5 of the Christian era, a Tibetan doctor, Yhom Po, formed with five other doctors the first university of natural medicines, where Praxis Vertebralis was taught, and applied directly over the spine.

Lone explains Praxis in this way: “the basis of Praxis Vertebralis is that the medullar vertebral structure participates by reflex in the regency of the body functions. From the spinal cord and by each vertebra, there are nerves going out that affect the different parts of the body and organs, in that, if a vertebra is displaced or in any way affects the nerve, we see the organic relation and we can adjust the disorder that affects the patient. Structural disorders in the spine and its repercussions by pressure over the nerve roots are considered the physical cause of many diseases.”

Neuro-foot reflexology, Praxis Vertebralis, is a method with which the same results can be achieved in spine correction, liberating nerve roots, applying the technique in the feet, as in old times was performed in the spine, but by the feet, with much less risks. With the technique and study of Praxis Vertebralis it is possible to understand the factors related to the body dynamic. The illness can be observed in the spine, and at the same time in the spine area in the feet, where the study and treatment are performed. When giving back the structural harmony to the spine, diseases and emotional disorders are eradicated.

To learn more about this dynamic modality, read some case studies and find available classes visit Lone’s website at: www.facialreflexologyusa.com.

ARC MEMBER NEWS

ARC member Rachel Lord, is on the **ARCB Education Committee**. She review requests for Continuing Education credits (CEs) for non-ARCB approved courses, Independent Study submissions for CE credit and for Providers seeking ARCB approval for their courses or classes. She also critiques the applications, making sure the class content is appropriate and that all the information is correctly provided. If a class is already ARCB approved, then the member submits a certificate to ARCB showing they took the class and the number of hours involved. She does all this by email. Linda Delano, the ARCB Administrative Secretary, sends the applications and then communicates back to the applicant.



COLORADO REFLEXOLOGISTS STEPPING THEIR PROFESSION OUT TO THE PUBLIC

By Elizabeth Ann Heard, NBCR, *A Balanced Sole Reflexology*

What better venue than a bookstore to educate the public about the benefits of Reflexology!

Five Associated Reflexologists of Colorado (ARC) members participated in World Reflexology Week on Sat., Sept. 26th at two Colorado bookstores. ARC members: Cheryl Foster - *Barefoot Dreams* and Todd Richter - *Golden Hands Massage Therapy*, gave free 10-minute foot reflexology sessions to eager customers at the *Shining Lotus Book Store*. ARC's President, Tambria Leland and Elizabeth Heard, *A Balanced Sole Reflexology*, spread the word about professional Reflexology as a relaxing complementary modality to all who were interested at the *Isis Book Store* and gave free 10-minute sessions as well. People walked away with informational handouts about ARC and Reflexology, gleaned a new understanding of Reflexology, not to mention having "happy feet" only after 10 minutes of Reflexology! Let's all continue to educate. Great job everyone!

Here's what ARC member Todd Richter had to say about his experience: "Everyone I worked on was very pleased and told others in the bookstore about what they just received. Within minutes, I had people lined out the door. The energy was great and the owners of the store could not believe the turnout. For me, it was a great way to provide a little goodwill for the public. During the sessions, I got the sense that people would at least try to receive this work in the near future. I remember driving home and feeling wonderful about the work that was done today, and also feeling that I made a difference in someone's life and helped bring more awareness to the field of Reflexology."

ARC 2009/2010 MEMBERSHIP DRIVE — OUR GOAL => 75 MEMBERS !

Funds generated will assist ARC to continue efforts in supporting members in education and professionalism in the field of reflexology still need to renew your membership? You can now do so on-line at:

www.reflexology-colorado.org or complete the inserted application!

Thank you to the following members for their continued support of the Associated Reflexologists of Colorado!

CURRENT MEMBERS : 54

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Associated Reflexologists of Colorado

www.reflexology-colorado.org

(RAA Affiliated State)

Membership Year: July 1 – June 30

Ways how to become a member:

1. Fill out the enclosed application and send it with your check
2. Go to www.reflexology-colorado.org
Click on JOIN ARC, fill out the application, and send in your check OR process your PayPal payment

ARC encourages **MEMBERSHIP** from Reflexologists as well as Reflexology students and interested benefactors.

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



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