



NEWSLETTER

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What's happening in the Store!

We're thinking about HANDS!



When I received my training, Reflexology was pretty much "all about the feet!" As time has gone on, my attitude has changed, due in part to the passion of other practitioners and workshop leaders throughout the years.

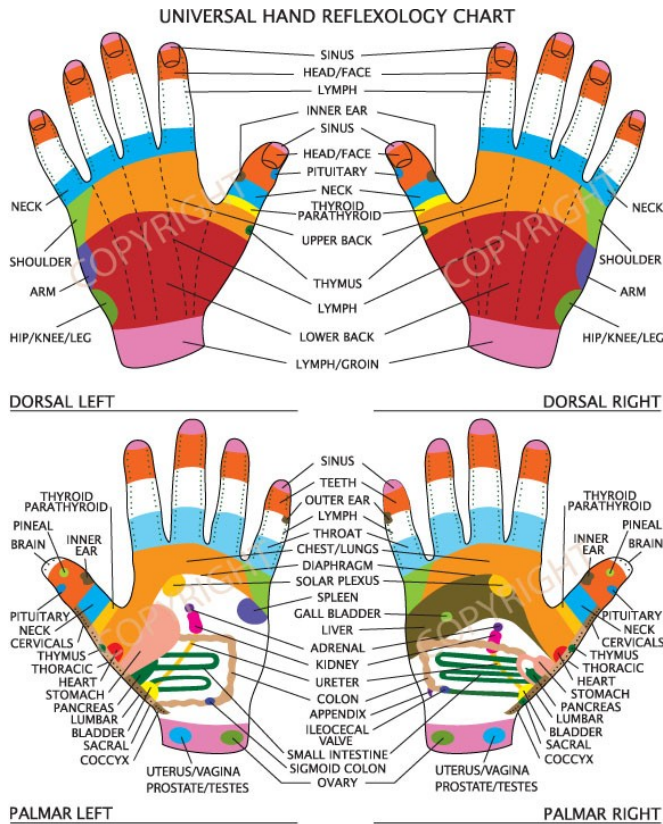
Bill Flocco challenged us. You **KNOW** how effective foot reflexology is. Wouldn't it be great to combine that with hands and ears? Each area works, but in slightly different ways, bringing their own 'enhancements' to our clients!

I've found this to be true over the years. For example, when I'm working on head/face/neck reflexes in the feet, the client may comment that they feel something in that area of their body. I do find that when I'm working the hands in the same area that they seem to feel it more and more often. Could it be because the fingers are

longer, giving us a bigger area to work those reflexes? (Food for Thought:)

Many of you know the frustration of trying to find an appropriate hand model to show clients, use for health fairs, etc. I've managed to find feet and an ear, but just no luck with hands.

With the ARCBs decision to test nationally for Hand Reflexology, my teacher, Teri Magnan and I put together an intensive hand reflexology training program. One class has graduated and the next will start soon. I'll teach this class for Teri's school. Wanting to have something for my students as a study aid, I decided to try masonite cutouts with blackboard paint so that the students could practice the systems they'll be learning in class. This is brand new for our next class. I'm debating whether there would be an interest from my customers in something like this. Should I offer it in the store? I'd appreciate your thoughts. (myreflexologystore@cox.net)



Universal Hand Reflexology Chart

We've also been working on the Universal Hand Reflexology Chart.

Teri teaches the *Universal* method for Foot Reflexology.

Chris Stormer (Mother of the Universal Method) hasn't done a hand chart, so using the Universal principles, we've created one. It includes the horizontal divisions of zones and lines on the back side, and will be for sale in the store soon.

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LANGUAGE OF THE HANDS

Our Hands reach out to touch the world around us, responding to our environment and shaping it to our needs. The ability to manipulate as well as to sense is unique among our sensory organs. Hands engage in many activities during the day. Communication a primary such as shaking hands, touching a child, or waving to a friend. Further communication is possible through instruments of writing. From stone tablets to computers, the hand has done it all.

Helping Hands

Ask to be handed something

Warn hands off

Leave empty handed

Win hands down

Cold hands - warm heart

Throw our hands up in dismay

Surrender hands up

Hands Rock!!

Why Hand Reflexology?

- Someone has "ticklish" feet.
- Not the time or place to "bare" the feet.
- Great and accessible for self-work or homework for clients
- And, of course, that **GREAT** enhancement in addition to foot and ear work!

~~ Books ~~

I've just finished reading two thoroughly enjoyable and informative books. One recently written by Christine Issel and the other by Eunice Ingham (that was not previously published) just published by :

New Frontier Publishing

PO Box 246654

Sacramento, CA 95824.

Tel: 916-455-5381

Email: christinec.issel@gmail.com for more information or to purchase these books.

Eunice Ingham – A Biography – Her Life & Legacy of Reflexology – Author: Christine Issel

This book is a biography of Eunice based on personal papers and photos as well as interviews with family members and students, opening the way to a more detailed view of her life and career.

This book really made me feel as if I knew her. Her fortitude and dedication to Reflexology was amazing when you consider the obstacles she faced back in the 1900's. She is – the Mother of Reflexology!

Stories The Feet Are Telling – “Stepping To Better Health” – Author: Eunice D. Ingham

This book is basically a lecture (workshop) transcript from 1958. You really do feel as if you were there. You don't get to participate in the “Hands On” portion the next day, but the lecture contains a wealth of information every bit as important today as it was then. One of her famous sayings was that “Circulation is life and stagnation is death”. She then goes on to talk about what reflexology can do for circulation, and how it works in various conditions.

Using my new found knowledge, I recently read an article about Gout.

What causes it? High uric acid levels in the blood set the stage for gout, commonly as a result of the kidneys' inability to remove enough uric acid from the blood. It sometimes forms into crystals that collect in a joint (usually in the big toe to begin with) with intense pain and inflammation.

What can Reflexology do? If someone is prone to gout, regular Reflexology would help disperse and flush the uric acid from the system. NOTE: Eunice says DON'T work on the inflamed joint if they are having an attack. Work a referral area.

Is this a cure? Perhaps Not – but it would help along with proper diet and perhaps other lifestyle changes such as exercise to provide an environment that will help the body rid itself of this excess uric acid by eliminating congestion that's impeding the affected organs from working 100%.

Then Eunice poses a question “What will it mean to that client to have relief from the pain of gout? ”

I think we can guess.....Neat, eh?

Nancy Bartlett, NBCC

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