



NEWSLETTER

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THE PROFESSOR'S: WHY REFLEXOLOGY RULES

It never ceases to amaze me what we really can do with **reflexology and the feet**. Sometimes it's hard to believe that there's a modality that's so powerful and effective at our fingertips.

If that weren't enough, it's **just so darn much fun** to give, not to mention receive.

The average age of a reflexologist in the US is about 50 years old. Why? Well certainly we're wise but **most practitioners come to reflexology from other careers** and fields. We're well educated, second (or third) career baby boomers. I'm seeing an increase in **nurses, physical therapists, even physicians assistants, podiatrists and MD's** as my students. And they love the information along with reflexology's simplicity and ease.

Reflexology is perfect as a career start too. I've taught plenty of teenagers and they're naturals. In fact I wish I'd started my reflexology learning curve decades before I did. (There's some comfort in knowing that I'll be practicing reflexology well into my nineties, which fortunately is decades to come.

In class I've talked about my journey with reflexology. I also mention how I've studied dozens of other modalities, **Polarity Therapy, Cranio-sacral balancing, massage, Reiki, Mechanical Link, Acupressure and Shiatsu**, to name a few. I'm licensed and certified in most.

Still, **first and foremost, I'm a reflexologist**. It's my "go-to" modality.

Why, you might ask, since they're all pretty impressive?

The answer is easy. **In the other modalities**, and I've trained thousands of hours and spent tens of thousands of dollars... **I have to work much harder** for not much of a better result.

And, just about everything I can do in any other modality **I can also do through the feet!**

That's right, **you heard me**.

I have access the **meridians** on the feet.
I have access to all the **chakras** on the feet.
I can do amazing **Cranial** work through the feet.
I can **Reiki** with the best of 'em through the feet.
Gem Stones work beautifully on the feet.

Do **connective tissue** work?... **check**.
Access the **skeletal** structure?... **check**.
Palpate the cranial rhythms?... **check**.
Access **pulse and temperature**?... **check**.

If that wasn't enough - and I think there's a lot more to come in this fascinating field - **personality and psyche information** are also available through the feet.

√ √ **DOUBLE CHECK!!!**

So, if you thought reflexology was all about the **organ reflexes**... well, you'd be right, but you'd also be missing a **wealth of additional possibilities** along with **super easy access**.

Now occasionally I do work on the whole body - I've been trained very well to do that. But **it's much more work**, getting up, walking around, pressing and prodding here and there, lifting a limb or two.

My back hurts and my thumbs hurt (and they never hurt me doing reflexology) and I'm not convinced it's that much more effective. Occasionally, there's an expectation from my client for some movement, for example; if they've come for some oriental bodywork.

If that's the case, **first, I educate them**, and then they're just as happy to have some great reflexology with another modality added, letting me be **creative**.

I always **tell them** that I'm using **more than one modality**, even if I'm staying at their feet.



Why?

Because I believe it's important to **let my client know what's reflexology and what is something else.** That way they have **choices** to pursue another path, should they want to.

Most importantly, they always know what they can expect from another practitioner (especially one who doesn't offer additional techniques).

And, I believe very strongly in **keeping our treasured modality intact.**

Just like I also believe in offering **all the tools** I have at my disposal to my client.

It's a **win - win** situation.

I love, love, LOVE that.



Here's a tip from Wendy that you can **use immediately for maximum results.**

You can set your client right at ease by **engaging their senses** immediately upon entering your office.

For example, around the holiday season, take **a cup of hot water**, I use the little coffee mug "hot plates" (have you ever noticed how useless they are for keeping your coffee and tea hot - well they're perfect for keeping your aromas warm and fragrant).



Put in a real cinnamon stick and a half teaspoon of whole cloves. Once it warms up, it'll give the air a **seasons cheer that everybody loves.**

After the holidays, use **lavender for a universal appeal.** Yes, there will be one client who doesn't like the smell, but it's easy to clear out too.

Use the tip above with cinnamon and cloves to fragrance your home or apartment for your holiday get-togethers. It gives that "baked cookies" **comfort aroma** without the sugar. I've even used it to entice renters. Realtors have long known that actually baking the cookies in the home for prospective buyers will increase the comfort and therefore the interest level of prospective buyers. It's their **secret** and now it's yours too.

Nancy Bartlett, NBCR

I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble Helen Keller

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