



NEWSLETTER

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E-mail: myreflexologystore@cox.net
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NEW!!!

UNIVERSAL HAND REFLEXOLOGY CHART (CREATED BY: TERI MAGNAN, NBCR)

8.5" X 11" laminated, double sided Hand Reflexology chart. Laminated for durability. Large enough to display in your office, yet, small enough to bring with you to Workshops, Health Fairs, etc.

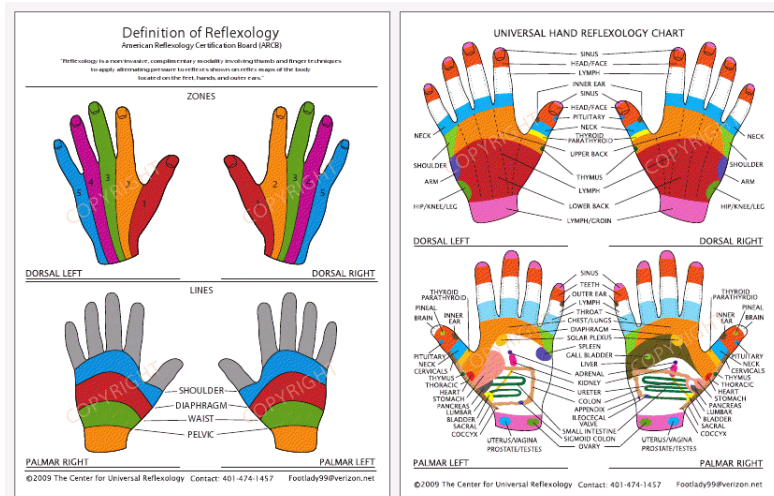
This chart is based on the Universal method of Reflexology. One side shows the vertical and horizontal Zones and the other side dorsal and palmar hand maps showing the anatomical relationship between the hand reflexes and the corresponding areas of the body.

\$12.99 ea—Order through the store.

COMING SOON: UNIVERSAL FOOT REFLEXOLOGY CHART-
For info contact: myreflexologystore@cox.net

UNIVERSAL FOOT REFLEXOLOGY DVD (BY: TERI MAGNAN, NBCR)

The Center for Universal Reflexology -
Teri Magnan, NBCR, AAEd



Teri teaches the Universal method of Reflexology (Chris Stormer). She has trained and certified many Reflexologists in R.I., CT and MA since 1997. This DVD contains a Foot Reflexology session done by Teri, illustrating the Universal Reflexology method. The Universal method starts on the left foot and proceeds through each body system to create balance and wellbeing.

\$18.99 ea—Order through the store

THIS 'N THAT- for you and your clients!

Bill Flocco and The American Academy of Reflexology
www.AmericanAcademyofReflexology.com
Research Studies, Foot, Hand, Ear Reflexology Workshops,
Professional Reflexology Certification, & Continuing Education Classes

Reflexology For Eyes—A case study from Bill's Research files

SUBJECT

Eyes, Myopea, Adolescent

CITATION

Wu, Z., Li, X., You, H., Dai, D., and Gao, Q., "Reflexology in Treating Adolescent Myopia: Observation of 34 Cases." 1994 China Reflexology Symposium Report, Beijing : China Reflexology Association, page 124.

SYNOPSIS OF STUDY

34 students with myopic were given 5-10 minutes of foot reflexology for 10 times which equaled one session (15-30 days) After two sessions, 10 (14.7%) increased by more than 0.5 in visual acuity, 23 (33.8%) increased by 0.25-0.40, and 24 (36.3%) by 0.1-0.25. The total curative rate being 83.8%.

CONCLUSION

Foot reflexology was found to be effective for the relief of adolescent myopia.

COUNTRY WHERE STUDY CONDUCTED

China

INSTITUTION WHERE STUDY CONDUCTED

Jiading Hospital of Traditional Medicine and Hulong Middle School

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**ESSENTIAL OILS:** are the volatile, aromatic liquids that can be distilled from plants. Each essential oil is comprised of many different constituents that work together synergistically to give the oil its unique properties.

How to use:

**Topically:** Mix 5-10 drops of essential oil with 1 oz. of a pure vegetable oil and rub on the skin.

**Inhalation:** Place 1-3 drops of essential oil on a tissue, cotton ball, or strip of fabric. Hold close to your face and inhale, or attach to a ceiling fan or air vent.

**Room Spray:** Place 10-15 drops of essential oil with 1 oz. Water in small spray bottle. Shake well and spray in room as desired.

**Bath:** Mix 3-6 drops of essential oil with 1/2 oz. Unscented shower gel or 1/4 cup Epsom salts and add to water while filling.

**Caution:** Use ONLY therapeutic grade oils. Because I'm not an aroma therapist, I stick mostly with lavender—it's calming and no-one seems to be allergic to it :)

## **Cleaning for a Reason—Please pass along**

If you know any woman currently undergoing chemo, please pass the word to her that there is a cleaning service that provides FREE housecleaning 1time per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service. <http://www.cleaningforareason.org>

This organization serves the entire USA and currently has 547 partners to help these women. It's our job to pass the word and let them know that there are people out there that care. Be a blessing to someone and pass this information along.

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Reflexology Association of America's 15 Anniversary Conference

The Conference was WONDERFUL! It was just as expected in terms of the hotel, speakers, food, etc. That would have been 'enough', BUT—how exciting it is to be there with everyone else— from all over the world—all passionate about Reflexology!

Getting to chat with so many of the Pioneers of our modality—Dwight Byers (now 81 yrs young—reflexology has worked for him!), Christine Issel, Bill Flocco, Zachary Brinkerhoff and! (I even had presence of mind this time to ask for some auto-graphs this time:) I am SUCH a Reflexology Groupie! I might add that all of them are STILL working hard for reflexology.

Then—comes the dedicated RAA Board and ALL the volunteers that make these conferences possible over the years — Yup ALL volunteers, stepping up to the plate for the rest of us.

And—Volunteering must be addicting, because folks like Janet Stetser, Opal Knowles, Virginia Farwell, Laura Jodry & Phyllis Garvey (just the tip of the iceberg) just keep on mentoring and helping when needed, which is so appreciated by the new volunteers on the block.!

People like Nachi Sanchez, putting together a fabulous display honoring our pioneers and getting it to the conferences—no easy feat—it's HUGE! (His goal is to have it eventually in the Smithsonian Institute. He's a great salesman and I bet he'll do it! I'm proud to be a reflexologist and part of this wonderful group of people.

In 2012, the Conference will be in Florida! Start saving now — you won't be sorry!

Happy Summer Everyone!

Nancy Bartlett, NCBR

Don't believe what you hear. Life is GOOD!

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