



# NEWSLETTER

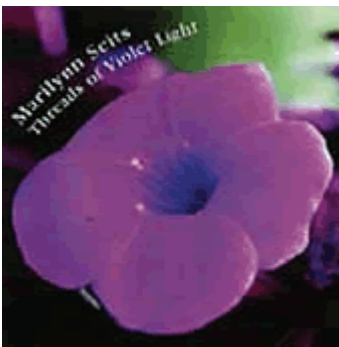
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## What's happening in the Store!

This month I'm highlighting two of my favorite CDs (My clients love them too :)

### THREADS OF VIOLET LIGHT - By Marilyn Seits



Soft piano passages are accompanied by strings, flute and ambient pan sounds to create a beautiful, serene and relaxing listening experience. This music was written in musical keys of A & B which represent the third eye and crown chakras. Opening the crown chakra at the top of the head can help us to access our natural intuitive sense which sometimes gets drowned out in the noisy stress of daily life. 64+ minutes of continuous music with no breaks between tracks and no sudden changes of pace or mood. These ambient instrumental sounds will put your client in a state of relaxing bliss!

### THE MUSIC OF JOHNSY GONZALES



**The Whisper** - reflects a layering of influences by different contemporary musical styles, that soothe the human heart and enlighten the spirit, expressing feelings and emotions through the wide variety of the Native Wind Instruments of the Americas. Kokopelli's Soul is a 58 min CD featuring Pan Pipes and Flutes from Native America.

You can listen to a samples of these CDs on the Store site [www.myreflexologystore.com](http://www.myreflexologystore.com) . Price \$14.98 ea.

## Fascia and Reflexology

Not long ago, I received my latest issue of the ARCB Magazine (Summer 2009, Vol 16, #1). It was chock full of great information!

Did you know:

- The American Reflexology Certification Board has established a Hand Reflexology Certification Exam for national certification. Note: Being nationally certified as a Foot Reflexologist is the pre-requisite at this time.
- ARCB and the Reflexology Association of America (RAA) combine forces to seek Legislative changes for Reflexologists in states requiring that Reflexologists be Massage Therapists. Current Successes are: New Hampshire, Nebraska and Wisconsin! There are more “in the works”. Helping Reflexologists one state at a time!
- The International Council of Reflexologists (ICR) is gathering “case studies” from Reflexology Practitioners from all over the world. Research is not readily available, but case studies can be very helpful. You don’t have to be a member of ICR to participate. For more information and a case study form, contact [ceciliasalvesen@gmail.com](mailto:ceciliasalvesen@gmail.com).

Another article that caught my attention and really resonated with me was actually a combination of 3 different articles, written by 3 different people — all about Fascia (the great communication system of the body). Christine Issel, Editor of the ARCB Magazine, tied them together as an “Aha” moment of “Connecting The Dots”.

### A Quick Anatomy Lesson—Fascia 101

By Christine Issel

Fascia is a fibrous membrane covering, supporting, and separating muscles. It also unites the skin with underlying tissue. Fascia may be superficially found in a small space or cavity | connective tissue and adipose tissue below the dermis, the layer of skin lying immediately under the epidermis, or outer layer of the skin. Beneath the skin it is a covering permitting free movement of the skin. Or it may be deep, enveloping and binding muscles. Fascia is found all over the body. Cells communicate via integrins, the receptor on cell surfaces that links with proteins and chemical mediators to enhance cell-to-cell communications.

If we could remove everything from the body except the fascia a three-dimensional representation of the body would exist, much like initial computer graphics used in the motion picture industry to create computer generated images.

There is such a thing known as fascial reflex, which is a muscular contraction resulting from percussing facial fascia. In a coma, contraction of fascial muscles follows pressure on the eyeball. Germaine to reflexology is the plantar fascia ensheathing the muscles of the sole of the foot. A common pathology related to this is plantar fasciitis

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Following were two articles, one written by an acupuncturist and the other a biologist and bodyworker (including Reflexology). They put forward the theory that meridians are actually fascia pathways and that cells ‘communicate’ through the fascia. Cell membranes are very electro-chemically sensitive and fascia is the current that generates the field. You are pressing on that piece of the fascia, and it’s the pathway to either a magnet that’s the receiver, to the cell membrane, or to the pineal gland, which is really the controller of our whole body. The conclusion is that fascia, an organ well known by medical science, is a great communicator of the body—even faster than the nervous system! Could this help explain how Reflexology works?

I know economic times are tight, but I encourage you to support your state, national and international organizations. They're working hard for us and are comprised almost 100% of volunteers giving their time and talent to the profession. Together the work will progress and recognition and respect will come for our wonder modality.

*Simply petting a dog is like a spa treatment. You get a massive release of mood-boosting serotonin!*

*Nancy Bartlett, NBCR*



*Happy Birthday  
America!*

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