



NEWSLETTER

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Aaah Fall!

The air is a little crisper, the sun is warm and feels so good. Leaves are starting to turn color and then crunch underfoot. Cleaning up the gardens and beginning to think of warm hearty soup!

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Lyme Disease

By Nancy Bartlett, NBCR

RI has a monthly forum sponsored by Brown Medical School - *Integrative Medicine at Brown*. There's great information and conversation on many subjects that pertain to us, our families, friends and clients. The forum has just started its third year, and meets at Memorial Hospital in Pawtucket, RI. Basically, it's a group consisting of MD's, Homeopathic & Naturopathic physicians, Chiropractors, Acupuncturists, Nutritionists and pretty much every holistic practice you can think of. It's a diverse group, with a lot to offer and I always come away with "aha" moments!

The first meeting this year was about **Lyme Disease**.

"Integrative Medicine at Brown, the topic for the meeting on October 6th will be Lyme Disease- Current Scientific Information, Complex Diagnostic Issues, Chronic Conditions, Most Effective Medical and Holistic Treatments and Tools found in RI. This will be moderated by Victoria Ball, ADD Career Coach, with case study speaker Barbara Smith, LICSW. "

Lyme Disease, if caught quickly, is usually contained with antibiotics. But that isn't the case for all. The speakers were excellent. It was eye opening and also pretty scary. The tick bite is just the start of a horrendous journey for some people. Three people spoke. All have Lyme. They shared their journey to Hell & Back (in varying degrees). It was also amazing how many in the audience had Lyme and some of the accompanying problems as well.

Some facts stood out:

- Most went to an average of eight different doctors before being properly diagnosed.
- All said that **validation of the disease** helped them to start a healing process. (That it wasn't "All in their heads")
- All were different and were helped in different ways. They encouraged anyone with the disease to keep on searching until you find what helps you.
- Improvement came with a variety of approaches involving both western and holistic practices.

Susan Hurd, MA, CAGS, LMHC, posted on the Integrative Medicine Face book page. Here are some excerpts:

"It is possible that energy healing modalities are a piece of the puzzle since everything in life is energy and each organism has its own vibration frequency. A persons DNA may shift with the energy frequencies taking place from Lyme living in them, as well as other co-occurring infections and conditions. Adaptations take place.

Psychotherapy counseling, mindfulness cognitive behavioral therapy, along with behavioral medicine approaches, helps to manage pain, stressors, depression, anxiety, exercise/food issues as well as help adjust and cope with the complexity and unpredictability of how this condition may wax and wane.

A newer paradigm shift as implemented by www.Healing-Choices.net , the Mind Heals approach, can help a patient learn how to take responsibility and be a co-participant in their treatment which is empowering." **Note: Susan also has Lyme.**

Reflexology, as an energy/bodywork practice, can be a potent tool for a Lyme patient. Teri Magnan, Principal of The Center For Universal Reflexology School in R.I., shared the case of a woman she worked with for two years. The woman was bed bound. Teri worked on her 1 or 2 times each week. At first, she felt worse and then improvements started to come. She now drives, walks the track, etc. She has to pace herself, but overall is in control of her life again.

Lyme disease is an infection caused by a kind of bacterium (germ) called a spirochete (say: spy-ro-keet). The disease is carried by deer ticks (found in the northeastern and north-central United States) and western black-legged ticks (found mostly on the Pacific Coast). These ticks can spread the disease to animals and humans through tick bites. These ticks are typically about the size of a sesame seed.

Lyme disease is most common in rural and suburban areas in the northeastern and midwestern states. Lyme disease is

also found in other parts of the United States, as well as in Europe, Asia and Australia. Tick problems are increasing each year as deer lose their habitat and are in closer proximity to humans. If you search online, there's a lot of information to be found – some contradictory as noted on the [RI state site](#).

<http://www.health.state.ri.us/diseases/lyme/>

Lyme Disease - Lyme disease is an infection caused by the bacteria *Borrelia burgdorferi* and is transmitted by ticks. The illness causes a wide range of symptoms, including a skin rash, fever, chills, meningitis, headache, muscle and joint pain, heart irregularities, facial paralysis, neurological disorders, and pregnancy complications. Lyme disease can be serious if it is not treated, but it is not fatal. Nearly 90% of all Lyme disease cases have been reported in the Northeastern part of the United States.

Prevention - The best way to prevent Lyme disease is to avoid ticks.

Pregnancy - Lyme disease acquired during pregnancy may lead to infection of the placenta and possible stillbirth, however, no negative effects on the fetus have been found when the mother receives appropriate antibiotic treatment. There are no reports of Lyme disease transmission from breast milk.

Pets - Lyme disease is not limited to humans. Pet owners and veterinarians have reported Lyme in dogs, cats, horses, cattle, sheep, and goats. Just as with humans, it is important for animals to avoid tick bites and receive prompt treatment for Lyme disease.

Chronic Lyme Disease - One of the most controversial issues in Lyme disease today is the question of chronic Lyme disease. Some people, even after typical treatment for Lyme disease, have reported the recurrence of chronic, persistent symptoms of Lyme disease, including arthritis, fatigue, and neurological disorders. Many people who claim to have chronic Lyme disease have experienced a decreased standard of living and are sometimes not able to work, care for their children, or partake in the activities they once enjoyed. A handful of physicians have recounted cases in which chronic Lyme patients undergo a complete personality change, sometimes resulting in violent and criminal behavior. A few physicians even claim that their patients have died of chronic Lyme disease.

Physicians and researchers who believe in the existence of chronic Lyme have stated that the *Borrelia burgdorferi* bacteria, which causes Lyme, has a dormant form which can actually “hide” inside human cells, making it difficult to detect and treat. It is when the bacteria reemerge from this dormant state that they are said to wreak havoc on the body. Neurologists taking brain scans of patients who have tested positive for Lyme disease have discovered, in some cases, severe hydrocephalus (water on the brain) leading to the compression of the brain tissue. Autopsies on patients who allegedly died of chronic Lyme revealed massively deteriorated tissue throughout the brain and spinal cord. They believe that the chronic version of the disease occurs when the initial form of the disease goes untreated for an extended period of time.

Other physicians, however, do not believe that these symptoms and disorders are necessarily the result of Lyme disease. Some attribute the problems that patients experience to “post-Lyme syndrome,” stating that the symptoms of Lyme disease may persist for a while even after the bacteria is gone from the body. Others believe that it may be the result of bacteria similar to *B. burgdorferi*. Some say that the patients have some other condition, such as fibromyalgia, lupus, or ALS, and have been misdiagnosed with Lyme. Still others say that patients are ill with some yet undetermined chronic condition, and latch onto chronic Lyme because they want to believe that they have a definable, treatable condition. And, lastly, some physicians believe that chronic Lyme sufferers are not ill at all, and the whole problem is “just in their heads.”

More and more physicians do seem to be accepting the existence of chronic or persistent Lyme. But the debate does not end there. Some physicians believe chronic Lyme exists, but do not believe that patients gain any significant benefit from treatment. Chronic Lyme is usually treated with intravenous antibiotics, and patients may have to receive injections for months, years, or the rest of their lives. In 2001, a study by Mark S. Klempner, MD et al. (*New England Journal of Medicine*) claimed that chronic Lyme patients do not benefit from the intravenous antibiotic treatment. Many physicians and insurance companies used the Klempner study to refuse treatment and insurance to chronic Lyme patients, claiming that treatment was not medically indicated and, in fact, irresponsible. However, other physicians have stated that the study was flawed, and continue treating chronic Lyme patients.

The State of Rhode Island recognizes chronic Lyme disease as a real problem, but, in the absence of medical consensus, leaves treatment decisions at the discretion of physicians. It does currently require insurers to cover the cost of chronic Lyme treatment."

Can you imagine how a Lyme disease patient feels after reading the above?

University of R.I. - www.tickencounter.org

By Thomas Mather

Back in the day, we had ticks. Big, yucky American dog ticks. They usually crawled to the top of your head, you felt a lump, pulled the tick out, flushed them (or found some other form of revenge), and that was that. Usually no one got sick. Ticks were mostly just an annoyance, and that's what people knew about ticks. American dog ticks are still around but these days, there's another tick, a tiny blacklegged tick, smaller than a freckle.

It's also known as the deer tick, and it crawls up under clothes, latches on without much fanfare, and these ticks are LOADED with disease-causing pathogens.

Once attached to people or pets, deer ticks are just hard to find! Their numbers are on the rise and they occur in more & more places – even your backyard!

“Top 10 Things Everyone Should Know About Ticks These Days”

10. Ticks crawl up - Ticks don't jump, fly, or drop from trees onto your head and back. If you find one attached there, it most likely latched onto your foot or leg and crawled up over your entire body. Ticks are "programmed" to try and attach around your head or ears. On their normal hosts, ticks also usually crawl up; they want to blood feed around the head, neck, and ears of their host, where the skin is thinner and hosts have more trouble grooming.

9. All ticks (including deer ticks) come in small, medium and large sizes - Ticks hatch from eggs and develop through three active (and blood-feeding) stages: larvae (small-the size of sand grains); nymphs (medium-the size of poppy seeds); adults (large-the size of apple seeds). If you see them bigger, they're probably partially-full or full of blood.

8. Ticks can be active even in the winter - That's right! Adult stage deer ticks become active every year after the first frost. They're not killed by freezing temperatures, and while other ticks enter a feeding diapause as day-lengths get shorter, deer ticks will be active any winter day that the ground is not snow-covered or frozen. This surprises people, especially during a January thaw or early spring day. Remember this fact and hopefully you'll never be caught off-guard.

7. Ticks carry disease-causing microbes - Tick-transmitted infections are more common these days than in past decades. With explosive increases in deer populations, extending even into semi-urban areas in the eastern and western U.S., the trend is for increasing abundance and geographic spread of deer ticks and Lone Star ticks; and scientists are finding an ever-increasing list of disease-causing microbes transmitted by these ticks: Lyme disease bacteria, Babesia protozoa, Anaplasma, Ehrlichia, and other rickettsia, even encephalitis-causing viruses, and possibly Bartonella bacteria. Back in the day, tick bites were more of an annoyance but now a bite is much more likely to make you sick.

6. Only deer ticks transmit Lyme disease bacteria - The only way to get Lyme disease is by being bitten by a deer tick or one of its "cousins" found around the world. Deer ticks also are known as blacklegged ticks in the U.S., sheep ticks in Europe, or Taiga ticks in Asia. Dog ticks, Lone star ticks and other types of ticks just don't seem to be able to transmit Lyme disease. While that's good news, it makes saving any tick that you find biting more important so you can identify it. Doing so may save a lot of unnecessary doctor visits and treatments.

5. For most tick-borne diseases, you have at least 24 hours to find and remove a feeding tick before it transmits an infection - Even a quick daily tick check at bath or shower time can be helpful in finding and removing attached ticks before they can transmit an infection. You'll probably want to check even more carefully if you know you've likely been

exposed. Many of the disease-causing microbes transmitted by ticks need a "re-activation" period in the tick once it begins to feed. The germs eventually make their way into the tick's salivary glands and the tick spits them into you while feeding. Some infections, especially viruses, move into the tick salivary glands faster than others. Lyme disease bacteria take at least 24 hours to invade the tick's saliva.

4. Deer tick nymphs look like a poppy seed on your skin - And with about 1 out of 4 nymphal deer ticks carrying the Lyme disease spirochete and other nasty germs in the northeastern, mid-Atlantic, and upper mid-western U.S., it's important to know what you're really looking for. They're easy to miss, their bites are generally painless, and they have a habit of climbing up (under clothing) and biting in hard-to-see places.

3. The easiest and safest way to remove a tick is with a pointy tweezer - Think of a tick as a little germ-filled balloon. Squeeze it too hard on its back end, and all the germs get pushed to the front end, which by the way, is attached to you by the tick's straw-like mouthpart. Using really pointy tweezers, it's possible to grab even the poppy-seed sized nymphs right down next to the skin. The next step is to simply pull the tick out like a splinter. Don't worry if the mouthpart stays in your skin as long as you've got the rest of the tick by its head. Other tick removal methods, like a hot match, Vaseline, dish soap and cotton, or various little key-like devices don't work as consistently as pointy tweezers on all types of ticks. Remember to save the tick and try to identify it. (see # 6)

2. Clothing with built-in tick repellent is best for preventing tick bites - An easy way to avoid tick bites and disease is to wear clothing (shoes, socks, shorts or pants, and shirt) with permethrin tick repellent built-in. This strategy can be especially effective for protecting children. Dressing kids in tick repellent clothes everyday is a safe and easy way to keep ticks from biting and transmitting disease. Commercially-treated tick repellent clothes last through at least 70 washes, while using kits or sprays to treat your current outdoor wardrobe can last through 6 washes. Tick repellent on clothing, not skin is something everyone needs to know about to stay safe outdoors.

1. Tick bites and tick-borne diseases are completely preventable - There's really only one way you get a tick-transmitted disease and that's from a tick bite. Reducing tick abundance in your yard where you spend a lot of time, wearing tick repellent clothing every day, treating pets every month with tick repellent spot-on products, getting into a habit of doing a quick body scan for attached poppy-seed sized or larger ticks, and pulling ticks off quickly and safely are all great actions for preventing tick bites. These days, ticks are more than just an annoyance. One bite can make you sick, even change your life! Remember these 10 things and you'll stay safer.

The author is professor of public health entomology at the University of Rhode Island, and is director of the non-profit TickEncounter© Resource Center. His Think T.I.C.K Take ACTION! strategy and toolbox for tick-safe living is available on www.tickencounter.org.

Got that afternoon slump? In stocking or bare feet, rub one of your heels against the sole of your other foot until you feel heat in the foot you're rubbing. Reverse feet and repeat with the other heel. This activates acupressure point "Gushing Spring, for energy and vitality. Spend 5 minutes on each foot & perhaps enjoy a nice warm cup of tea :)

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Nancy Bartlett, NBCR

You achieve balance not by pushing against your body, but by following it's lead

Terri Trespicio

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