



NEWSLETTER

Volume 4, Issue 2
March, 2009

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Spring Has Sprung

Spring has sprung, the grass has ris'.

I wonder where the birdie is?

There he is, up in the sky.

He dropped some whitewash in my eye!

I'm alright, I won't cry.

I'm just glad that cows can't fly!



Reflexology On Children's Feet

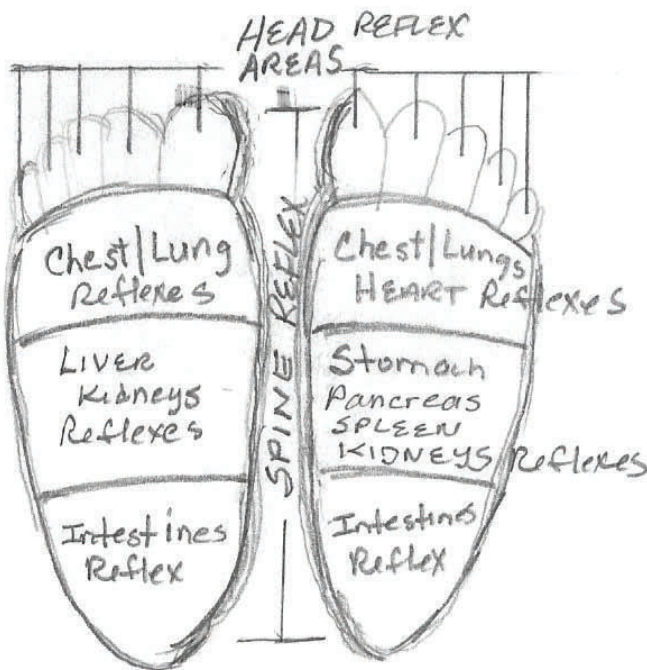
By: Geri Karr, LR, NBCR

Maternity Reflexologist

www.HappySouls.reflexology-usa.org

Geri practices in N.C. and is on the Board of the NC Reflexology Association

She is a past Board member of RAA, and a member of ICR.



Foot Map 0 - 3 Years

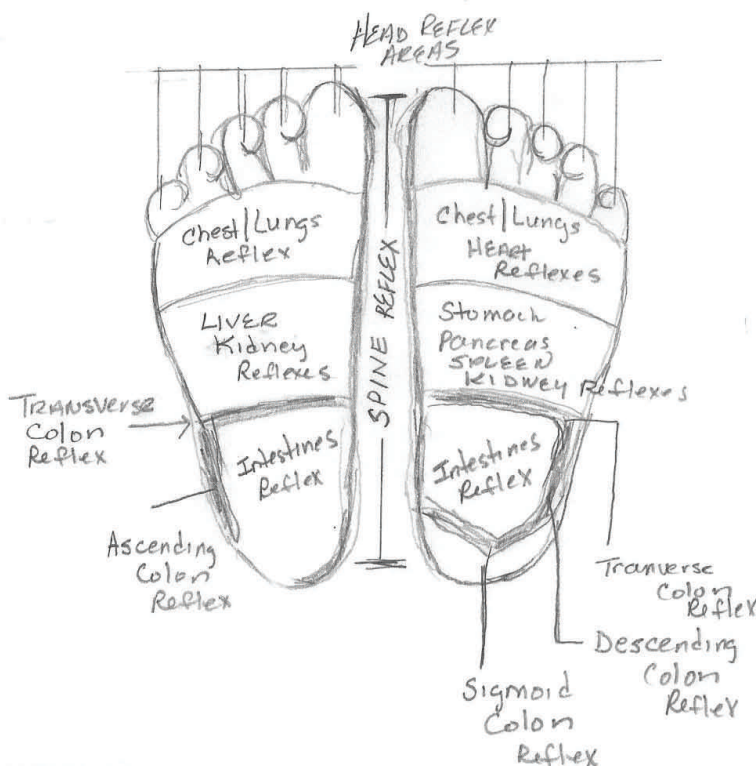
Start on the inside of the right foot, with tiny, forward, creeping movement of the thumbs. Gently work up from the base of the heel, to the point where the toes join the foot. Work this way across the foot to the outside edge. Repeat on left foot..

Gently work toes by supporting with index finger on other hand, on the front side of toes while gently creeping up from base of toes to tip of toes, - play "This Little Piggy Went to Market" game.

Foot Map 3 - 5 Years

Work across chest/lung, abdominal areas by taking small creeping motions forward. Work from inside foot to outer edge.

This is used to teach moms basic baby reflexology for their little ones.



TITLE OF CASE STUDY: The Effect of Reflexology on Infants With Screaming Fits

WHERE STUDY CONDUCTED: Denmark

INSTITUTION WHERE STUDY CONDUCTED: Not indicated

SUMMARY/ANNOTATION: This multi-year study conducted in Denmark investigated whether reflexology has an effect on infants crying at least one hour and a half during 24 hours due to colic. The randomized controlled study used 30 infants aged 1-3 months in 3 test groups as follows: 10 receiving reflexology targeted toward reduction of crying, 10 receiving reflexology not targeted toward reduction of crying, and 10 receiving conventional medical treatment and no reflexology. Participants were monitored for a 2-week period with those receiving reflexology being given 4 sessions during the 2-week period. Findings showed that while no crying reduction was found with infants using conventional medical treatment, 8 of the 18 infants (2 dropped out) receiving reflexology showed marked reductions in screaming fits. While there appeared to be little significant difference in benefit between the two groups receiving targeted versus non-targeted reflexology, the group receiving targeted reflexology showed greater benefit.

CONCLUSION: Initial information available prior to publication indicate that reflexology is more likely to be beneficial in the treatment of infants with screaming fits due to colic (45%) versus conventional medicine (0%).

CITATION: Author unknown, "The Effects of Reflexology on Infants with Screaming Fits." Accepted for publication: Ugeskrift for Laeger (Danish MD Journal).

Case Study found at the ICR website. <http://www.icr-reflexology.org>

Worry is like rocking in a rocking chair. It gives you something to do, but it doesn't get you anywhere!

Nancy Bartlett, NBCC