

RAC — BC CHAPTER

Reflexology Association of Canada



The mission of the Reflexology Association of Canada BC Chapter is to advance the understanding and knowledge of Reflexology both for its members and for society as a whole. We will accomplish this by focusing on education, publicity and activism in local health events and forums. We will provide a supportive environment for mentorship and camaraderie amongst BC practitioners.

MESSAGE FROM THE CHAIR - Hello everyone

April 2009 Newsletter

A SERIOUS CONCERN

A recent event involving Reflexology and the City of Coquitlam threatens to ban the practice or regulate the practice through (although unqualified) registered massage therapists.

To make a lengthy story short, the City of Coquitlam had a public consultation in the beginning of April about “adult oriented or undesirable businesses”. They proposed the passing of a bylaw that would ban Reflexology practitioners and other health modalities from their city as, in their interpretation, the practice can too easily be used as a front for undesirable activity, such as prostitution. They propose to ban the licensing of the practice in their city. RAC head office and I have submitted written correspondence to the city in an attempt to enlighten and educate the city by explaining Reflexology and the requirements to become a registered and certified practitioner. As a practicing Reflexologist, I have serious concerns about this development and so should you. We will update you on any new developments when they are made known.

In response, RAC is also launching a new campaign addressing the general public, Cities throughout Canada and Insurance Companies. Please see the “Spring Offensive” in this newsletter.

A NEW PROGRAM – PROMOTING YOURSELF, REFLEXOLOGY AND RAC BC.

We are introducing a new program for our members throughout B.C. We want to assist you and other members within your area in funding to promote yourself, Reflexology and RAC BC from a portion of your annual dues that we receive from RAC. This funding is meant to encourage you to get out in the community and present Reflexology and the services that you offer. Interested in learning more? The information will be available shortly and members of your Board of Directors will contact you in the near future.

MORE NEWS

In April 2008 the BC Chapter introduced Facial Reflexology in the Newsletter. Now we have the opportunity to take this exciting diploma course in Facial Reflexology here in BC. Facial Reflexology is a complete treatment in its own right. Please see the flyer in this issue.

Don't forget to visit our website regularly. It is continuously updated showing local, national or international Reflexology events.

Talk to you soon,
Helga; Chair person of RAC BC Chapter

RAC LAUNCHES SPRING OFFENSIVE

CITIES ACROSS CANADA

A letter will be going out later this week to each and every incorporated city across Canada which is aimed at ensuring that, when formulating by-laws to fight prostitution and crime, Reflexology is not lumped in with general body workers as an area of potential threat to the well being of the neighbourhood in which the modality is practiced. It is our intention to work with all willing City Councils to help them formulate such laws so that RAC certified and RCRT designated members are exempt from the expensive licences required to practice or the possibility of a complete ban on practicing in any way whatsoever. We will keep you informed as to progress and developments.

(If you know the email of someone who should receive this please pass it on to us)

CANADA WIDE MEDIA

Early next week, we will be blitzing media across Canada with a release aimed at creating greater public awareness of what Reflexology is and is not. For too long, we have allowed Massage Therapists to practice our profession without proper training or qualification and this has been made easier for them by the fact that too many people believe that Reflexology is simply a foot massage by a fancy name. Starting now and working towards World Reflexology Week in September we plan to ensure that media across the country carry press releases, news and stories relevant to Reflexology on a regular and sustained basis. Please let us know of anything you believe is newsworthy so that we can build a story around it for distribution locally and nationally.

HELPING HEALTH INSURANCE COMPANIES TO GET IT RIGHT

Too many health insurance companies will only cover Reflexology treatment when it is carried out by a qualified massage therapist unaware, as they seem to be, of the major differences between Reflexology and massage or of the inherent dangers that lurk in allowing non qualified individuals to give Reflexology treatment.

A letter going out in the next few days to all health insurance companies will start the process of putting these misconceptions right and working towards the point where coverage will be provided only when the treatment is performed by a RAC Certified and RCRT designated therapist. Make sure that you and your clients are doing everything possible to reinforce this message with insurance companies.

WE WELCOME YOUR THOUGHTS, IDEAS, SUGGESTIONS, PRAISE OR CRITICISM

CONTACT US AT 204 477 4909 (PHONE) 204 477 4955 (FAX) OR

membersevices@reflexolog.org

Reflexology and Massage Differences (Reference document only and not to be published)

Reflexology is not massage as understood in the systematic and scientific manipulation of the soft tissues of the body and is not referred to as such. It stands alone and separate from other therapies or any other form of practice or treatment. It may however, enhance and/or complement other practices.

Reflexology

Massage

Application

Non-invasive therapy applied to specific areas (feet, hands and ears being the primary target areas) To promote a physiological response from an area far removed from the tissue stimulated via the nervous systems, and acupuncture meridians.

Clothes are not removed. Only the footwear comes off, as only the feet, hands, and ears are touched. Oils, lotions, or creams, not used during session.

Applied to the whole body; muscles and connective tissue locally for local benefit, or when applied to muscles located all over the body, benefits the entire body.

Or -Massage is the systematic and scientific manipulation of the soft tissues of the body

All the clothing comes off, as most of the body is touched. Use of oils , lotions, and /or creams

Techniques

Uses small muscle movements primarily thumbs and fingers. Uses systematic alternating pressure and rotation on a reflex.

Uses large muscle movement Hands (either opened or closed) and sometimes feet, arms and elbows.

Purpose

To improve the function of organs and glands, and all systems of the body. Works with the function of the body. The primary focus is the Autonomic NS and the Parasympathetic NS.

Primarily to change the soft tissue directly stimulated. Stroking restores metabolic imbalance within the soft tissue Works with the structure (musculature/ soft tissue) of the body.

Benefit

Therapeutic total body relaxation leading to the balancing of all internal and external body systems; improving circulation via stimulation to the nervous and subtly energy systems.

Local muscle relaxation or if the entire body is massaged the to muscular system improving circulation an reducing muscu tension.

Research:

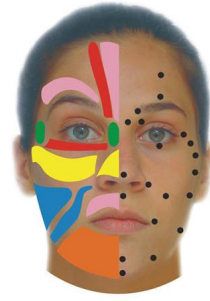
Scientific research studies conducted in USA, Australia, Denmark, China, and elsewhere proving effectiveness of Reflexology

Worldwide research studies documenting the therapeutic value of massage

Facial Reflexology Sorensensistem™

Diploma Course
Vancouver 2009 - 2010

Internacional de Lone Sorensen
Int. Institut of Facial Reflexology



DAT

ES 2009-10:

<u>Parts 1 & 2:</u>	14-17 November 2009
<u>Parts 3 & 4:</u>	26-30 March 2010 <i>(includes exam: 30 March 2010)</i>
<u>Time:</u>	10am-4.30pm <i>each day</i>
<u>Tutors:</u>	Angela Sellens Drake M.A.R. (Parts 1 & 2) Lone Sorensen (Parts 3 & 4)

Facial Reflexology Sorensensistem™

was devised by Lone Sorensen, for whom it has won three honorary awards from the World Humanitarian Organisation for Health, Argentina. Over the past 30 years, she has been developing this powerful system of healing, drawing on acupuncture theory and traditional South American Indian practices and combining these with the stimulation of neurological points, to affect the whole body.

The facial zones are initially assessed to identify the primary imbalance or cause of symptoms disease. Treatment involves a range of techniques including the stimulation of acu-points and meridian zones, cranial points and zones, as well as specific nerve points chosen from 564 present in the face.

As with Foot or Hand Reflexology, the effects can be profound and far-reaching. Stimulation of the facial nerves provides a direct route to the brain. Lone has found that Facial Reflexology works very quickly into the central nervous system, has few contra-indications and is particularly beneficial for neurological disorders, including pain control. She continues to develop the therapy and has devised a range of additional techniques, including her highly regarded **Temprana therapy**, especially devised for children.

In Facial Reflexology, it is the condition of the underlying facial tissues that is read, to assess the condition of the body's energy systems. Fine lines and wrinkles, though, have their own place in reflecting our health. Lone continues to develop the therapy and has devised a range of special techniques, incorporating the use acupuncture points and natural oils on the face, to form a holistic and wonderfully effective face-lifting therapy which rejuvenates the facial tissues, thereby providing a natural and holistic beauty treatment.

Facial Reflexology is also especially relaxing and enjoyable to receive!

For additional details, registration and cost of the diploma course; please go to the RAC BC website; click on Events, then go to Local Events, lower mainland. <http://www.racbc reflexology.com/>

For more information: www.reflexologiafacial.es www.facialreflexology.com
www.pathwaysreflexology.co.uk



304-414 Graham Avenue
 Winnipeg MB R3C 0L8
 Toll free: 1-877-722-3338
 Phone: 204-477-4909
 Fax: 204-477-4955

Website: www.reflexologycanada.ca
 Email: memberservices@reflexolog.org



Health Show Health Record & Waiver

Name : _____

Address : _____

City/Province : _____ Postal Code: _____

Telephone: (____) _____ E-mail: _____

Do you have (please circle one):

- | | | |
|----------------------------------|-----|----|
| a) Diabetes | YES | NO |
| b) Heart Disease | YES | NO |
| c) High Cholesterol | YES | NO |
| d) Blood Pressure Irregularities | YES | NO |
| e) Blood Clots | YES | NO |
| f) Foot/Hand/Ear Condition | YES | NO |

Have you ever had (please circle one):

- | | | |
|-----------------|-----|----|
| a) Stroke | YES | NO |
| b) Cancer | YES | NO |
| c) Heart Attack | YES | NO |
| d) HIV/Aids | YES | NO |
| e) Hepatitis | YES | NO |

Are you pregnant? Yes No If yes, how many months? _____

Anything else the therapist should know about your health?

Waiver

I understand that the treatment I receive is provided for the basic purpose of demonstrating the techniques and efficacy of Reflexology. Reflexologists do not diagnose, prescribe medication for medical or psychological conditions, nor treat for specific conditions. I further understand that the treatment should not be construed as a full reflexology treatment or substitute for medical examination, diagnosis, or treatment and that I should consult a physician, or other qualified medical specialist for mental or physical ailments that I am aware of.

Because Reflexology is contraindicated under certain conditions, I confirm that I have informed the therapist of all my known medical conditions and answered any questions honestly. Should I seek further Reflexology treatment from the therapist I agree to update them as to any changes in my medical profile and understand that there shall be no liability on the therapist's part should I forget to do so.

Signature

Date

Thai Foot Reflexology

This course is such a hit, it is fully booked with a wait list. It is set for May 30th & 31st, 9am – 6pm here in Victoria.

This is approved by the Reflexology Association of Canada for the RCRT CEU Program.

For those of you who are not able to take the course, here is a recipe of interest for you!

THAI CRAB CAKES

Dietitian's tip: To make a tasty sauce, combine 1/4 cup fat-free plain yogurt, 2 tablespoons each chopped fresh mint and basil, and a pinch each of salt and sugar in a food processor; process until smooth. Serve with the crab cakes.

Serves 4

Ingredients

1/2 cup brown basmati rice, rinsed and drained
1 1/2 cups water
1/2 teaspoon salt
1 teaspoon sesame oil
1/2 red onion, chopped
1 clove garlic, minced
5 ounces fresh lump crabmeat, picked over to remove shell fragments
1 tablespoon fish sauce
1/2 teaspoon chili garlic sauce
2 tablespoons chopped fresh cilantro (fresh coriander)
1 egg, lightly beaten
3 tablespoons plain dried bread crumbs
1 tablespoon canola oil
Fresh cilantro (fresh coriander) sprigs for garnish

Directions

In a saucepan, combine the rice, water and 1/4 teaspoon of the salt. Cover and bring to a boil; stir once. Reduce the heat to low, re-cover and simmer until the water is absorbed and the rice is tender, 45 to 50 minutes. Set aside.

In a small frying pan, heat the sesame oil over medium heat. Add the onion and saute until soft and translucent, about 4 minutes. Stir in the garlic and saute until softened, about 1 minute. Remove from the heat.

In a large bowl, combine the crabmeat, onion mixture, fish sauce, chili garlic sauce, cilantro and the remaining 1/4 teaspoon salt. Toss gently with a fork to combine. Stir in the cooked rice and toss gently to combine. Stir in the egg and mix until well blended.

Sprinkle the bread crumbs on a sheet of waxed paper or parchment (baking) paper. Divide the crab mixture into 4 portions and form each portion into a 3 1/2-inch patty — or make 8 patties for appetizer portions. Dredge each patty in the bread crumbs.

In a large frying pan, heat the canola oil over medium-high heat. Add the patties to the pan and fry, turning once, until golden brown on both sides, about 5 minutes on each side. Top each with a cilantro sprig and serve immediately.

IMPORTANT DATES TO REMEMBER!

International Council of Reflexologists (ICR)

12th Biannual Conference September 11—13, 2009

Los Angeles (Anaheim) California, USA

What a great opportunity to learn and network with other practitioners and teachers.

Go to their site at: www.icr-reflexology.org/conference_2009.htm

Respectfully submitted by your board,

Reflexology Association of Reflexology – B.C.

Helga Petersen	Chair and Vancouver Librarian
Dianne Faux	Director
Denise Blouin	Secretary/Treasurer/Okanagan Librarian
Shirley Marcotte	Membership Director
Peggy Sutherland	Newsletter Director and Island Librarian