

Reflexology Association of Canada  
British Columbia Chapter

# Newsletter

## June 2010



*Precious one, So small, So sweet  
Dancing in on angel feet  
Straight from Heaven's brightest star  
What a miracle you are!*

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**REFLEXOLOGY**  
**ASSOCIATION OF CANADA**  
**BC CHAPTER**  
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## RAC BC MISSION STATEMENT

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.

## RAC-BC CHAPTER - NEWSLETTER

June 2010

### *Message from the Chair*

Hello Members,

I like to thank everyone who attended our AGM in April; your participation made it a successful event. The guest speakers and workshops made the weekend exciting and informative, it was enjoyable and without a doubt well worth while. Our next AGM will be on April 23<sup>rd</sup> and 24<sup>th</sup>, 2011. Mark it in your calendar!

As most of you know, Denise DeLeeuw, Dianne Faux and Toby Coupe have left the Board. I personally want to extend my gratitude to all three of you. Thank you for your dedication and all your hard work.

I would like to welcome our new Board Members, Ivana Rumlana, our new Secretary and Treasurer, Lee Hindrichs our Committee and Community Group Director and Bobbi Weller, our Member Services and Benefits Director. We hope that you will enjoy working on the board and I am sure we will be "Fruitful in Unity".

Just a reminder for those that have not submitted their membership dues. Please do so as soon as possible. We rely on your continued support.

I wish you all a terrific summer. Spend lots of quality time with family and friends.

All the best  
Helga Petersen

### *What's inside?*

**\*\* What's a Professional?**

**\*\* Controversy Corner**  
**Another "Concerned RAC-BC Member"**

**\*\* Flashback - 2010 Annual General Meeting**

**\*\* Check your Bra!**

**\*\* Reflexology, Ailments and ongoing Research**

**\*\* Coming Events**



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*For information on Courses and Continuing Education with our Instructors visit our website: [www.racbereflexology.com](http://www.racbereflexology.com)*

## **A Professional:**

- ◆ learns every aspect of the job.
- ◆ carefully discovers what is needed and wanted.
- ◆ looks, speaks and dresses like a professional.
- ◆ keeps his or her work area clean and orderly.
- ◆ is focused and clear-headed.
- ◆ does not let mistakes slide by.
- ◆ jumps into difficult assignments.
- ◆ completes projects as soon as possible.
- ◆ remains level-headed and optimistic.
- ◆ handles money and accounts very carefully.
- ◆ faces up to other people's upsets and problems.
- ◆ uses higher emotional tones: Enthusiasm, cheerfulness, interest, contentment.
- ◆ persists until the objective is achieved.
- ◆ produces more than expected.
- ◆ produces a high-quality product or service.
- ◆ earns high pay.
- ◆ has a promising future.
- ◆ lives up to the ethics and codes of their associations.
- ◆ has the ability to create knowledge as well as posses it.
- ◆ enthusiasm and commitment to clients.
- ◆ commitment to continuous learning about the profession.
- ◆ establishes special relationship with clients that have a lack of self interest.
- ◆ has a level of autonomy

The first step to making yourself a professional is to decide you ARE a professional.

## **Are you a Professional?**

### **The Core Values of Professionalism include:**

- Honesty and Integrity
- Altruism
- Respect
- Responsibility and Accountability
- Compassion and Empathy
- Dedication and Self-improvement

*"The only Disability in Life is a Bad Attitude"*

# Controversy Corner

*Views or opinions expressed are not necessarily those of the Editor or Chapter Executive.*

## Team 'WRECK' or Team 'RACK' ?

It was interesting to read the article 'Team RAC or Team WRECK?' in the feedback column 'Controversy Corner' in RAC-BC's March Newsletter. Based on its very title, this column might be viewed as a venue that invites 'Anonymous' and potentially *controversial* input. Anonymous postings here may simply stem from quite a few people's concerns and frustrations wrapped into one letter's content, with no one person stepping up to the plate to take on possibly (probable?) harsh feedback from head office, or 'Team RAC' alone. Understandable if the material included is received as blatant criticism of the leadership in the Association and singles out one individual as responsible for causing perceived distress. Nevertheless, if an off-the-cuff 'rant' such as this helps to bring legitimate concerns to the table for future discussion and potential resolution, perhaps it isn't necessarily a bad thing. 'Controversy Corner' also offers a platform to brain storm humorous or seemingly bizarre ideas submitted as 'food for thought', which, under further analysis, may actually bring new direction for future members' consideration. And if you know you're on to something 'good' that can affect positive change in the Association - well Great! - here is the place to introduce your vision! Personally I'm proud to be a member of RAC. There are many benefits in belonging to our Nationally Registered Association. From affordable liability insurance for RCRTs, along with a proposed and potentially viable group health plan for all RAC members - to shared links between other healing arts professionals - to valuable continuing education courses and workshops offered through this network, the opportunities for growth under the umbrella of RAC are many. Wouldn't it be great if RAC trained reflexologists were recognized as 'registered' professionals in the province of BC? Is this a goal we can each strive toward or do you believe this reality is hopelessly beyond our reach as an Association? After all, if enough members of the public request reflexology as their healing modality of choice, it stands to follow that the medical community, the insurance companies and those elusive 'powers that be' will begin to take note, even if they haven't done so in the past! I believe that the current leadership of the RAC BC Chapter is heading in a positive direction and feel confident they are open to member input. Effective communication between well organized Chapters and Team RAC at head office is a goal we can each participate in and collectively endeavor to achieve. It stands to reason that a pro-active professional organization with representatives from each Chapter, combined with respect for the valuable input of the membership at large will drive the future fate of RAC toward health and survival, or conversely, dissolution of the entire Association. "What can I do to advocate for my chosen profession?" Asking yourself this question may be a good place to start affecting change. We are all members of 'Team RAC'. Let us 'RACK' our brains to find solutions, stay on 'tRACK' to reach our potential and work together as a membership to avoid 'Team WRECK' from becoming a reality.

Anonymously yours,  
Another concerned RAC- BC member  
or if you must know: Bee Flach

# Flashback

## 2010 Annual General Meeting

B.C. Chapter Development Committee



- Ryan Gunther -  
Welcomes All!

Message from the Chair  
'RAC-BC'



- Helga Petersen -

Secretary & Treasurer  
RAC-BC '2009'



-Denise Deleeuw-

Membership Director  
'RAC-BC'

Motion carried!



-Shirley Marcotte-



Visit our Photo Gallery on our Website for more.

## A Greeting from Denise DeLeeuw our Secretary/Treasurer emerita

Hello fellow RAC BC Chapter Reflexologists,

I would like to say a Big Thank-you for the honor of serving as Secretary Treasurer of our wonderful Chapter these last few years. I was a "newbie" back then and was a little apprehensive to take on such a role. I felt honored but yes apprehensive when I was asked if I would consider the position. However, I felt that it would be a great way to understand and promote Reflexology more and hopefully be able to contribute something of value. I've seen lots of changes over the years and yes, some were a little challenging. The past has already happened and that we can't change but we can change the now. I like what I see now for our Chapter. I feel if we use our energy to focus on what we do want and not what we don't want our future for this Chapter and Reflexology will be quite amazing. I felt very excited at our AGM and felt lots of good positive energy evolve from it. It was wonderful to be able to support our members and to help connect us with an AGM week-end again. I look forward to meeting and sharing with more of you at the many AGM week-ends to come. Thank-you to everyone who helped organize it and to everyone who was able to participate. A Big Thank-you to our Board of Directors. I appreciate the time and energy you are able to give to our Chapter. I look forward to our future as a Reflexology Association.

In Health,  
Denise DeLeeuw,  
Summerland Reflexology and Health Centre

## *Bras and Healthy Breasts*

Lifting, separating but causing cancer? Bras were designed to enhance our sexuality but are they killing us? The fortune is in the manufacture and marketing of the bra, the unfortunate thing is what bras are doing to our health.

The lymphatic system, which is the garbage disposal system for our cells, is impaired from fully functioning by bras that are wired (or have plastic stays) or that are not fitting. 80% of women are wearing bras that are not the correct size! Bras are designed to change the shape of the breast (usually to make them look larger or perkier) and it does this by applying pressure. The pressure impedes the flow of lymph causing stagnation, fluid build up, tenderness and can lead to fibrocystic breasts (lumps). Coupled with diets high in heated fats and exposure to cancer causing toxins in our food and environment, the lymphatic system is over taxed.

The lymphatic system works without the aid of a pump and is sensitive to pressure stopping its flow. Tight fitting socks or stockings can swell the feet and ankles in much the same way. A sluggish lymphatic system has a negative effect on our immune system and can be the source of cancer.

Studies show that pregnancy is beneficial to the breasts; the reason is that the lymphatic system is not fully operational in the breast area until pregnancy.

Wearing a tank top or undershirt at home under our normal garments relieves the pressure created by a bra while giving some support to the breasts. Even underpants can slow the lymphatic system, finding the correct style and fit to allow flow is important. Bras and underpants are not meant to be worn at nighttime. Given that society dictates our dress code while in public, a regular lymphatic drainage massage may be our best defense!

Lymphatic drainage massage moves stagnant debris through the system, improving the overall flow – much like a tow truck removing a damaged car from an intersection will once again get traffic moving. Decreased tightness, swelling and pain are often noticed as a result of regained flow.





## QUESTIONS AND ANSWERS

To your reflexology questions

*Ask Shirely*  
[smarcotte@shaw.ca](mailto:smarcotte@shaw.ca)



## *Reflexology & some Common Ailments*

### **Circulation**

Blood carries oxygen and nutrients to all parts of the body, and if the smallest fraction of blood supply is cut off from one or more parts of the body, the effects soon become evident. More than 1,000 times a day, blood circulates through the body's many miles of veins and arteries. Stress and tension tighten up the cardio-vascular system and restrict blood flow. Circulation then becomes sluggish, causing high and low blood pressure.

By reducing stress and tension, reflexology allows the cardio-vascular vessels to conduct the flow of blood naturally and easily, and assists in the elimination of toxins and impurities.

### **Diabetes**

Reflexology has been known to produce good results with diabetes, especially if the treatments begin shortly after being diagnosed. Diabetes is caused by a deficiency of insulin production in the pancreas. Some of the ailments suffered by diabetics are: bad circulation, peripheral neuropathy or damaged nerve, retinopathy, constipation, rectal dysfunction in males and heart problems.

Reflexology improves circulation, boosts the immune system and instigates healing forces. Many patients have reduced their medication under the supervision of their physician. Since reflexology effectively reduces stress. Diabetics who have regular reflexology treatments maintain balanced sugar levels.

### **Multiple Sclerosis**

It is estimated that 2.5 million individuals may suffer from MS worldwide. It is an autoimmune disease that attacks the Central Nervous System consisting of the brain, spinal cord, and the optic nerves. Myelin which protects the nerve fibers enabling them to function, is destroyed or damaged causing a disruption of electrical impulses from the nerves to the brain.

Common symptoms include: bladder and bowel dysfunction, dizziness and vertigo, difficulty with memory, attention and problem solving, fatigue, balance problems and difficulty in walking, numbness or "pins and needles", pain and vision problems. Other less common symptoms include: headaches, hearing loss, itching, seizures, spasticity, tremors, speech and swallowing disorders.

Reflexology has become increasingly popular in the treatment of MS. The Complementary Medicine Clinic at the Sheba Medical Center in Tel Hashomer, Israel conducted a study with 71 persons diagnosed with MS for an eleven week treatment period. Fifty-three reflexology volunteers received pressure on specific points in the feet and a massage of the calves. The control group received a nonspecific massage on the calf area. Symptoms were assessed in a masked study in the beginning, in six weeks, at the end of the treatment phase and again at a three month follow-up. The reflexology group showed significant improvements at the end of the study period for scores of paresthesias (numbness, tingling), urinary symptoms and spasticity (a condition in which certain muscles are continuously contracted). Muscle strength scores for the group showed borderline improvement. The improvement in the intensity of paresthesia remained significant at the three month follow-up. Subjects in the control group showed no significant improvements on any of the outcome measures.

# *Reflexology & Paralysis*

A pilot study of the effects of foot and hand reflexology applied to paralyzed clients began in 1980. Foot and hand reflexology techniques were applied to a quadriplegic client and two paraplegic clients. The work consisted of 220 hours of sessions, 338 hours of sessions and 358 hours of sessions applied over a time period of three to five years.

From this work it was concluded:

- (1) A possible mechanism within the existing nervous system explains the workings of reflexology: the integration of autonomic-somatic information by the body. Such a mechanism allows the body to coordinate the involuntary internal reactions of the autonomic nervous system with the actions of the musculo-skeletal system for the purposes of survival.
- (2) The application of pressure, stretch and movement technique to the feet can effect a physical change within the body.
- (3) An interruption of the body's imaging process occurs in paralysis. The imaging can be changed by the exercise of locomotive components, pressure, stretch and movement.

A major observation was that pressure techniques applied to the feet elicited

- (1) what we came to recognize as a segment of the stride mechanism and
- (2) a direct response of the autonomic nervous system.

Specifically, the spasming of paralyzed limbs in response to pressure applied to the feet of the paraplegic clients came to be conditioned into a series of sophisticated movements consistent with the positioning of hips, legs, ankles, and feet for walking. Pressure technique applied to one foot elicited movement of both limbs, each appropriate for a segment of stride in opposition to the other.

The response of the quadriplegic client differed from that of the paraplegic clients. Pressure technique applied to the sole of the foot, base of the toes of the left foot elicited movement of particular digits of the right hand, as if the client was playing a guitar. Responses were elicited from left foot to right foot and vice versa put paled in contrast to the left foot/right hand response.

Secondly, a stereotypical internal organ response was elicited in all three clients from general work on feet. The response varied from client to client but seemed to be internal body adjustments. One client shivered and her teeth chattered, yet when asked, she would report no sensation of being cold. One client perspired on one side of the head. One client perspired below the level of spinal cord injury and experienced intestinal tract grumbling. The responses developed over time and were extinguished over time.

Aside from immediate responses to reflexology work, none of the three clients experienced a bladder or kidney infection, a common occurrence, during the course of the work. In additions, the quadriplegic client experienced a gradual return of the ability to sense pain, heat, cold, light touch, and deep pressure. The ability varied over his body seemingly from dermatome to dermatome. The pain sensation developed into discrete localization of pain. He reported the ability to sense fullness in the stomach next followed by sensation of the need to empty the bladder. Kunz K, Kunz b, "The Paralysis Project", Reflexions, Vol. 8, No. 1, J/F/M 1987

*What weighs nothing and yet is powerful enough to start a war?*

*"A belief"*

# Coming Events

## Hanne Marquardt Workshops, Abbotsford

Course 1 - September 16-17, 2010

Course 2 - September 18-19, 2010

### Reduced\* cost for EACH Course:

Early Bird (payment before July 31): \$290.00

Regular (payment after July 31): \$325.00

Refresher (taking course again): \$275.00

\* due to a strong CDN dollar and falling Euro

Visit our Website to download information and application.

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## Vancouver Total Health Show

September 25 & 26, 2010

Make plans to attend the show. Volunteers needed to provide sample Reflexology Session. Visit our Website for more information.

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## RAC Annual General Meeting in Winnipeg

November 4 – 7, 2010

Our Association is built by its members. We all have a voice at the AGM, so don't miss the opportunity to travel to Winnipeg to make your voice count.

For members who haven't yet decided, just a reminder that you can earn up to 25 credits for attending the entire conference. How about that! An almost entire 3 years worth of credits in one weekend. There is also a group rate available, with savings of up to \$30.00. Group rates are for 10 or more people signing up at once. If anybody wants to save money and are planning to attend, contact [helgacp@shaw.ca](mailto:helgacp@shaw.ca) before the end of July.

We're on the Web!

[www.racbc reflexology.com](http://www.racbc reflexology.com)

Look on our website for more information on the following!

### About Reflexology and RAC

#### 2010 Course Calendar

RAC Registered Certified Teachers/  
Instructors  
Reflexology Certification  
Instructor/Teacher Courses  
Continuing Education

#### Events

Local, National, International

#### Find a Therapist

#### Library

Books/DVD's/Videos in our library  
How to contact a librarian  
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Archives

#### Marketplace

On line soon!

#### Membership

#### Member's Only Section

RAC Member Programs  
Current RAC Publications  
Member's Forms and News

#### Links

Websites

Forums

Books/literature/therapy aids

- ◆ Hanne Marquardt Verlag (Bookstore)
- ◆ Reflexology Association Canada Book
- ◆ The Larkin List of Reflexology Books
- ◆ Reflexology Research
- ◆ Reflexology World Magazine

#### Photo Gallery