



RAC- BC Chapter October 2008 Newsletter

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.

For those of you who could not make it to our Annual General Meeting in September, our board has changed. Our Newsletter Director, Colleen Elder has resigned. I personally extend my gratitude to you Colleen, thank you for all your work. We also elected Peggy Sutherland from Victoria as our new Newsletter Director. Welcome Peggy. We all hope that you will enjoy your position and the important tasks that you will be performing as a board member.

Once again I would like to take this opportunity to encourage all our members to join in Chapter activities. As you may know the New Education Program requires that you continually upgrade your knowledge and education. In 3 years you must earn 30 credits to maintain your title of **RCRT, Registered Canadian Reflexology Therapist**. Our board and committed members are making every effort to provide you with the avenues to earn the necessary credits. If you haven't already done so, look on our website on a regular basis, www.racbc reflexology.com for Chapter and other activities. Don't wait until the last few months in the third year. You will be disappointed when you fail to reach your intended goal.

For those of you who have the opportunity to attend the RAC Annual General Meeting in Montreal in November, I must say the program looks intense and pretty exiting. For the members who are attending, just to remind you that you can earn up to 25 credits for attending the entire conference. How about that! Almost an entire 3 years worth of credits. Is anybody else interested in attending? If so, contact me before the end of the month.

October represents change with beautiful colors. This transition prepares for Autumn. A time to wind (fall) down from our busy summer schedules. A time to take a few moments and focus, to reflect and think about things that we haven't had time to think about. A time to organize and plan those important matters that haven't been taken care. A time to encourage our success for the future.

Enjoy the season, I certainly will.

Helga Petersen, your Chair person



Message from the Okanagan

We will be holding a RAC Video Pot Luck Lunch on Sat. Oct 25 from 12 noon till 4pm for anyone who would like to come join in. We hope to get through at least 2 to 3 videos in that time period. It will be held at Colleen Elder's house in Kelowna. If you are planning to attend please give me a call so I know how many are attending. I'll also give you directions. Thanks! Colleen (250) 765-5597. PS You receive credits for watching the videos.

Who's Who?

Chair and Vancouver Librarian

Helga Petersen
helgacp@shaw.ca

Secretary/Treasurer/Okanagan Librarian

Denuse Deleeuw Blouin
summerlandreflexology@telus.net

Newsletter Director (old)

Colleen Elder
celder02@hotmail.com

Newsletter Director (new)

Peggy Sutherland
pmjsutherland@hotmail.com

Director and Island Librarian

Dianne Faux
diannefaux@hotmail.com

Membership Director

Shirley Marcotte
smarcotte@shaw.ca



Article of Interest:

Reflexology World Magazine- Sep 2007 issue pg 5

Breast Cancer and Reflexology

How Can Foot Reflexology Help Women with Breast Cancer

by Sylvia Carlson

Breast cancer survivors can benefit from complimentary and alternative medicine therapies such as reflexology.

Breast Cancer Canadian Statistics

Breast cancer is one of the most common forms of cancer among women in Canada. According to the Canadian Cancer Society, approximately 22,000 women will be diagnosed with breast cancer in 2007. It is also found in men, but is fairly rare. Fortunately, breast cancer death rates have been on the decline since the mid 90's.

What is Breast Cancer?

Breast cancer typically begins in the glandular tissue of the breast, particularly in the ducts or lobules. Early diagnosis is extremely important in order to remove the cancer cells before they begin to spread. Mammograms can detect abnormalities in the breast tissue.

Complimentary and Alternative Medicine and Breast Cancer Patients

More and more people are utilizing complimentary and alternative medicine as a way of coping and dealing with a variety of health conditions. In a 2005 study published in Breast Cancer Research and Treatment, researchers found that complimentary and alternative medicine use is associated with an increased perception of breast cancer recurrence and breast cancer related death. Essentially, women are seeking alternative ways to increase their chances of survival and being proactive about their own health and well being.

Reflexology and Breast Cancer Patients

Reflexology does fall into the realm of complimentary and alternative medicine. It has been utilized for a variety of health conditions, and has been shown to be effective in reducing pain and tension and as a way to promote relaxation and stress reduction.

Pilot Study Shows How Foot Reflexology Helped Women with Breast Cancer

Researchers from Michigan State University tested three types of complimentary and alternative therapies – reflexology, guided imagery and reminiscence therapy for women receiving chemotherapy during the late stages of breast cancer. Though this was only a pilot study, foot reflexology was shown to be the most effective complimentary and alternative therapy. Patients experienced a decrease in depression and anxiety, and an increase in quality of life. Foot reflexology helped these women cope better. Instead of dreading each visit to the treatment center, these women were comforted and given a foot reflexology treatment during their chemotherapy. They were not only given emotional support, but also were able to benefit from the physical benefits of reflexology, namely to increase circulation, release pain, stress and tension,

and to boost the immune system. Reflexology simply helps to bring the body back into balance.



Reflexology Bookshop:

Need some new titles on your bookshelf?

[The Complete Guide to Foot Reflexology](#)

Barbara Kunz, Kevin Kunz, published 1993

[The Complete Illustrated Guide to Reflexology](#)

Inge Dougans, published 1996

[The Joy of Reflexology](#)

Ann Gillanders, published 1996

[Better Health With Foot Reflexology](#)

Dwight C. Byers, published 1987

[Reflexology for Women](#)

Nicola Hall, published 1994

[Original Works of Eunice D. Ingham: Stories the Feet Can Tell Thru Reflexology/Stories the Feet Have Told Thru Reflexology](#)

Eunice D. Ingham, Dwight C. Byers, published 1984

[Practitioner's Guide to Reflexology](#)

Kevin Kunz, Barbara Kunz, published 1997, republished April 2000

[Reflexology Foot Massage for Total Health](#)

Inge Dougans, published 1997

[Right Brain Left Brain: Reflexology: A Self-Help Approach to Balancing Life's Energies With Color, Sound, and Pressure-Point Techniques](#)

Madeleine, N. D., published 1994

[The Professional's Guide to Reflexology](#)

Shelley Marleen Hess, published 1996



Some words of wisdom:

(From internet article: <http://www.gurustu.com/articles/balanceact.php>)

Everyone's talking about balance these days. Balance your diet with these supplements and that juicer. Balance your time with this timeshare or the latest electronic gizmo. If you use this abdominizer, that rubber stretcher or this electric shock heating pad, you'll balance your body in no time flat!

Balance doesn't come in a bottle or a box. It comes with Time and what you do with each moment.

Balance is the ultimate state of being. It's a completeness that can generate health and longevity. You see it mentioned in eastern philosophies where the yin and the yang have to be in harmony.

But you don't have to sit in silence for hours on end to achieve balance. In fact, the person who "works hard and plays hard" might actually be in more balance than anyone else.

So how do you get balanced? It's actually fairly easy in concept... and just a bit more difficult in practice.

Just add the other stuff...

It really is about ADDING, not SUBTRACTING. That might seem scary, considering all the stuff you already do; but if you realize that Time is finite, adding what you really want will help to push away the stuff that's putting you off balance.

It's also important not to subtract first. That creates a void... and anything can fill up the void, including the thing you just stopped. An example of that would be like a diet where you cut out sweets, but don't eat anything else... only to end up hitting the cookie jar at night. Adding gives you the control to have what you want.

Take time to play, if you work too hard.
Work, if all you do is play.

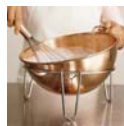
If you sit all day, go for a walk at night.
If it's too noisy, sneak away to a place for a moment of silence.

Eat some healthy food.
Exercise.

Do something, however little, for yourself every day.

It doesn't have to be equal time for each thing. Five minutes of quiet can balance eight hours of noise. A moment of play can counter tons of work. It's about HAVING this stuff in your life, more so than how long you have it.

It's your time, your life, your choice.
Add accordingly.



From the Mixing Bowl:

Thanks to Tracy P. for this:

Millet Oatmeal Cookies

Sweet snacks can be nutritious too. The crunch of millet gives these whole grain cookies extra interest.

½ cup / 125 ml butter, softened
¾ cup / 175 ml packed brown sugar
1 egg
1 ½ cups / 375 ml rolled oats
¾ cup / 175 ml whole wheat flour
½ tsp / 2 ml baking powder
½ tsp / 2 ml baking soda
¼ tsp / 1 ml salt
¼ tsp / 1 ml ground ginger
Pinch cinnamon
2/3 cup / 150 ml raisins or currants
1/3 cup / 75 ml hulled millet
1/3 cup / 75 ml mini chocolate chips, if desired

In bowl, cream butter with sugar, beat in egg. Mix together oats, flour baking powder and soda, salt, ginger and cinnamon; stir into creamed mixture. Mix raisins and millet. Drop by teaspoonfuls onto lightly greased baking sheets, flatten slightly using floured fork. Bake 325F / 160C convection oven or 350F / 180C conventional oven until golden (approximately 10 min). Makes about 3 dozen cookies.



More interesting information found on the Web:

Thanks to Diane W. for this info:

Workshop in Vancouver:

Dear Members:

I just want to let you know about an upcoming November workshop that I will be running through Pacific Reflexology in Vancouver.

I live in Auckland, New Zealand so I am promoting this event largely through e-mail and the Internet.

I was recently featured on a New Zealand prime time television show performing reflexology and Reiki on cats and dogs. Click on the link below to view the segment:

<http://tvnz.co.nz/view/page/465467/1803421>

Kind Regards,

Jackie Segers

Certified Reflexologist

Reiki Master/Teacher

Author

+64 21 799 770 or 0800 021 037

vitalreiki@extra.co.nz

<http://www.revitalizeme.com>

**Animal Reflexology
And Other Natural Therapies
Workshop**

November 1st and 2nd 2008

11.00am- 4.00pm

Natural therapies once thought to be only for humans are now becoming increasingly popular with our companion animals. Stress is the most common cause of all illness and disease in pets and humans alike. Natural therapies are a minimally invasive way to reduce stress and encourage the body's own healing ability. This workshop covers reflexology, acupressure, holistic pulsing and energy balancing techniques to maintain good health and to assist during times of ill health especially recovery from trauma or surgery. They work well alongside veterinarian care but are not designed as a replacement.

The workshop is for all pet owners and people involved or interested in animal bodywork or animal care.

Participants can bring their companion animals (by arrangement with the teacher and Pacific Institute of Reflexology, as this will need to be scheduled). All animals can benefit from these natural therapies.

Students will receive a comprehensive manual and a certificate.

Course Cost: \$170+GST (if registered two weeks prior) \$190+GST (within two weeks)

Workshop Facilitator:

Jackie Segers is a certified reflexologist who studied at the American Academy of Reflexology in Los Angeles with Bill Flocco. She is a Reiki Master/Teacher and craniosacral therapy practitioner. Jackie lives in Auckland, New Zealand. She is the author of *Reflexology for Cats*, the first practical book on paw, ear and face reflexology. This book also features acupressure, Bach flowers, craniosacral therapy, holistic pulsing and Reiki. *Reflexology for Cats* was released in New Zealand by David Bateman in October 2007 and in Australia in April 2008.

For more information please see Jackie's website - www.revitalizeme.com

Venue & Bookings:

Pacific Institute of Reflexology, 535 West 10th Avenue, Vancouver, B.C.

Ph. (604) 875-8818 or 1(800) 688-9748 or email chrisshirley@pacificreflexology.com