



Dedicated to Professional Standards

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Maine Council of Reflexologists

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NEXT MEETING

May 19, 2012

Saturday 9am - 4pm

**Civic Center Inn
Augusta, Maine**

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A letter from MCR's President, Alina Blakesley:

New developments in regulating reflexology have caused some states great concern. MCR needs to be vigilant and prepared for circumstances that may threaten our right to practice. Let me explain.

This is a quote from the Washington Reflexology Association member, Liz Pyle:

"We have been advised of a bill currently being drafted at the state level that would create a registry for reflexologists. Although no finalized numbers have been provided, the annual costs and fees could be exorbitant - according to our lobbyist, it could be up to \$5,000 per reflexologist. The legislation would require that the fees cover the cost of administering this registry. The registry would be a listing of all reflexologists (you'd be asked to provide your name and address). The state would then provide you a number that you must use whenever you advertise as a reflexologist. The state would also gain the legal right to enter your business for inspections, although the bill does not define what they can "inspect" for. It is our belief that this bill is an attempt to confront the problem of human trafficking where dubious establishments are using the term "reflexology" to operate."

Alison Gingras, the RAA president reports that a few other states are concerned about the human trafficking problem. To prepare ourselves if we need to act quickly in the future, I am inviting a local state representative to explain legislative procedures in Augusta, together with a Skype session with Christine Issel. We will also have transcripts of the legislative workshop available from the RAA conference.

The first step is to become informed and be in step with what is happening on the national level.

Don't miss this very important meeting!



Linda Nickerson, Alina, & Wendy Decker
Secretary, President & Vice President



Alina Blakesley, B.S., NBCR

Member-in-the-spotlight ~ Elisabeth Wolfe

I first became interested in reflexology in 1998. I had been an RN since 1975 (23 years then- yikes!) after having graduated from Georgetown University in Washington, D.C. I grew up in a suburb 60 miles from NYC, the daughter of an MD and one of 11 children. I always knew I wanted to be a nurse. However, by 1998, I started to feel like I was more a part of the problem rather than the solution. As a home health nurse my work was becoming more and more about medications and paperwork and less and less about the person sick- I wanted to do more! I put that desire out to the universe and before I knew it, a reflexology book (called “The Family Guide to Reflexology by Ann Gillanders”) appeared before me at Borders Book Store. I read it, got excited- overly so, I must admit. I called Nancy Nutt, a reflexologist in the Midcoast area where I live, who said she heard that Myra Achorn was thinking of starting a school. I called Myra and told her I wanted to be a reflexologist. She asked me if I ever had a treatment and I told her no! Well, she said I needed to get 4 or 5 treatments before I decided, so I did (with her) and it was fabulous and it’s been true love ever since.

Now my 14th year as a reflexologist, I practice out of my home in Belfast, Me. I have all the clients I want, again trusting that the universe will send me what I need. As soon as I get a little light in my caseload I send out a prayer and more clients appear. I don’t advertise and lately, because I care for my elderly mother in my home, I don’t do volunteer work either.

My work has evolved so that reflexology is just one of several modalities I use. I am a “Surya” practitioner, which involves working multidimensionally (physically, psychoenergetically and spiritually). Reflexology is the best “IN” I know of to go deeper. Reiki trained, I currently am receiving in-depth training in “The Work” of Byron Katie. She, as well as Michael Mamas (director of the School of Enlightened Healing) have been my main gurus outside of reflexology.

The masters I have learned from in Reflexology includes Myra Achorn (my beloved first teacher and mentor- thanks for the incredibly solid, rock foundation you have given me!), Father Joseph, Lynne Booth, Bill Flocco, Dwight Byers, Daniel Lobash (Koryo Hand Therapy), and most recently, Li Chun Huang, MD, OMD from China, whom I hope to work with more in the future in the area of Auricular Therapy.

I am ARCB certified; it was a desire to support our profession that made me get the certification as opposed to any increased knowledge from the process. I continue to this day struggle with which “clothes” (or identity to put it another way) do I dress with for my profession’s sake. Do I spend my energies solely trying to be the most top-notch reflexologist I can possibly be or do I divide my energies and work politically to enhance our status? So far, because I absolutely despise politics, I have chosen to work individually, hoping to present to my small world a professional, competent representative.

As for fun, I have an incredible life. As I have said, I currently supervise 24-hour care for my elderly mother, sharing this responsibility with my sister Penny who moved to Maine just to be able to provide care for her- she is a true saint! We consider it an immense honor to help Mom in this final stage of her life, get a lot of love and laughs out of it as well. And of course, I do reflexology with her that seems to quiet a lot of aches and pains. When I’m not in my office or with my mother, I hike (I recently walked 500 miles across Spain-The Camino- what a blast!), garden, do yoga, kayak and sundry other things trying to keep healthy and stay outdoors as much as possible.

To sum up, thanks to reflexology, I feel I am part of the solution, not part of the family. I consider it an immense pleasure to support people’s self correcting mechanism through touch.

Interviewed by Wendy Decker

Elisabeth

Maine Council of Reflexologists



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Educational Opportunities

Next MCR meeting dates: **MEETING DATES FOR 2012:** **MAY 19** at Civic Center Inn, **AUGUSTA** and **OCTOBER 20** at Hampton Inn, **ELLSWORTH**. *Attend these meetings and earn 2 CEU's*

RAA conference ~ Orlando, Florida, May4-6, 2012 ~ www.reflexology-usa.org

Theme: "Reflexology in the Circle of Life" Contact: RAAConf2012@reflexology-usa.org

Membership renewal Date by July 1, 2012

Mail check payable to **MCR, PO Box 5583**
Augusta, Maine 04332



MCR Members 75

2011 - 2012 July 1st-June 30th 2012 - 2013

New Members: **Nancy Butler** - Monmouth, ME. ~ 592-4573
Patricia Baumhoff - Norway, ME. ~ 527-2283
Teresa Esculano - West Gardiner ME. ~ 582-1291
Grace Noonan-Kaye - Peaks Island, ME ~ 557-888
Priscilla May Wallace - Topsham, ME. ~ 729-9079

Previous members

Claudia Darneille - Porter, ME. ~ 625-2031

missed being mentioned

Ellen Klain - Falmouth, ME. ~ 233-8641

Newly ARCB certified: **Grace Noonan-Kaye** - Peaks Island, ME ~ 557-888
Robert Marchand - So. Portland, ME. ~ 767-4919

Client's Testimonial

I have been seeing Myra Achorn, reflexologist professionally for more than 13 years. I had been a practicing RN for more than 30 years and suffered from chronic pain in my feet after long hours of being on them in the hospital. So I decided to try out reflexology. After 4 weekly treatments my pain had decreased tremendously. Since then I have received a reflexology treatment every month for years.

In 2005 I had foot surgery and healed very quickly due to the reflexology. It improved the circulation in my lower extremities which helped speed the healing process.

I am firmly convinced that I could not have continued my career as a hospital nurse if it were not for these reflexology treatments. I have retired after 45 years of nursing but continue to have monthly maintenance treatments. Also the skin on my feet has never looked better. **Sheila T. Maine.**

"If you are interested in exchanging links between your website and other member's websites, please contact Wendy at wendy@reflexologyandmassage.com or 207-443-2572. Exchanging links is a great way to boost your search engine/google page ranking, so your website will be more visible."

From MCR Webmaster ~ Please check your information on the MCR website public listing of certified MCR reflexologists. If you want your email listed, have any changes, or need passwords, please contact **Wendy Decker** at 207-443-2572 or reflexparties@gmail.com



START SAVING TODAY
TURN YOUR CANS & BOTTLES
INTO CASH
Bring it to the next meeting
Join in the **FUN** of the **AUCTION**



Mac MacDonald
Auctioneer

Try Reflexology
It Really Works
Improves Circulation
Reduces Body Stress
& It Feels Good Too

Tri-for-cure Reflexology Outreach

Saturday and Sunday July 28th and 29th ~ *Sign Up Sheet*

Saturday July 28th	10am -2pm
Coordinator - Lynn-Marie Danforth 767-5776	1) Lynn-Marie Danforth
	2) Suzanne Girlando
	3)
Sunday July 29th	10am -2pm
Coordinator - Lynn-Marie Danforth	1)
	2)
	3)

\$1 per minute

The proceeds will be split half going to MCR to cover cost of rental and the rest goes to Tri-for-cure

Test Your Knowledge

1. There are how many muscle layers of the Plantar foot? a. 6 b. 7 c. 2 d. 4
2. There are how many muscles in each foot? a. 24 b. 20 c. 14 d. 12
3. Layer 1 of the Plantar foot muscles include: _____
 a. Flexor Digitorum Brevis, Peroneus Tertius, Lumbricals
 b. Adductor Hallucis, Lumbricals, Abductor Digiti Minimi
 c. Flexor Digitorum Brevis, Plantar Interossei, Peroneus Tertius
 d. Abductor Hallucis, Flexor Digitorum Brevis, Abductor Digiti Minimi
4. There are how many Extensor muscles of the foot? a. 17 b. 10 c. 9 d. 11
5. The innermost, or 4th layer of the foot is comprised of: _____
 a. Dorsal and Plantar lumbricals
 b. Extensor Digitorum Brevis and Flexor Digitorum Brevis
 c. Dorsal and Plantar Interossei
 d. Abductor Hallucis and Adductor Hallucis
6. The 2nd layer of the foot is comprised of: _____
 a. Flexor Digitorum Brevis and Extensor Digitorum Brevis
 b. Lumbricals and Quadratus Plantae
 c. Quadratus Plantae and Tibialis Posterior
 d. Lumbricals and Adductor Hallucis
7. The 3rd layer of the foot is comprised of: _____
 a. Flexor Digiti Minimi, Adductor Hallucis, Flexor Hallucis Brevis
 b. Flexor Digiti Minimi, Plantar Interossei, Fibularis Brevis
 c. Flexor Hallucis Brevis, Fibularis Brevis, Adductor Hallucis
 d. Adductor Hallucis, Tibialis Posterior, Quadratus Plantae

http://www.stepbystepfootcare.ca/_images/anatomy/musclesplantar_fullsize.jpg

Common Ground Fair Sign Up Sheet

September 21st 22nd and 23rd, 2012

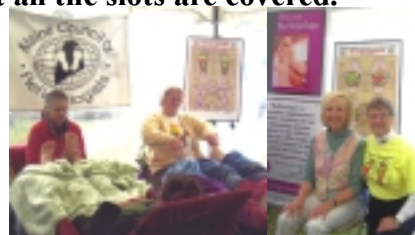
Friday 21 st Sept.	Morning Session 9am -1pm	Afternoon Session 1-5pm
Coordinator - Alina Blakesley Will set-up ~ 633-1125 Speaker - Myra Achorn	1) Alina Blakesley	1) Susan Miller
	2) Sonia Robertson	2)
	3) Sylvia Young	3)
Saturday 22 nd Sept.	Morning Session 9am -1pm	Afternoon Session 1-5pm
Coordinator - Chrissy Ravelli-Studer ~ 845-2352 Speaker - Sarah Filliter	1) Chrissy Ravelli-Studer	1) Kate Wanant
	2)	2) Suzanne Girlando
	3)	3)
Sunday 23 rd Sept.	Morning Session 9am -1pm	Afternoon Session 1-5pm
Coordinator - ?????HELP we need a coordinator. Alina will close down and take all MCR item with her	1) Margie Hatch	1) Nancy Butler
	2) Ellen Klain	2) June Atherton
	3)	3)

Each coordinator will be in charge of that day and makes sure that all the slots are covered.

We are charging \$1 per minute for reflexology sessions. Reflexologists may opt to give free sessions if they so choose. We have cut back to reserving one booth space for two reflexology chairs. The third reflexologist can provide information or give hand reflexology sessions. There will be a Reflexology DVD playing or we can have soft music.

*Call Alina if
you want Sunday's
coordinator's
position*

**Please inform June Atherton 374-5117 as to
how many passes are needed for your day.
The coordinator is responsible for set up and
closing the booth.**



Lisa, Brenda, Alina & Myra
**THIS COULD BE YOU,
SO SIGN UP ASAP.**

Human Trafficking seems far removed from reflexology, but recent findings are that it isn't the case. Primarily on the west coast, human trafficking is gaining ground under the cover of massage, and, in some cases, of reflexology as well. RAA and ARCB, in coordination with state reflexology associations have made headway in legalizing reflexology across the country. We don't want reflexology to be lumped in with illicit bodywork businesses, or regulated under massage. A strong voice must be heard regarding our position in this matter. Publicly stating reflexology's position gives us the opportunity to demonstrate the unity of our field and the professionalism with which we want to be viewed. RAA and ARCB have produced a joint brochure that provides details on how to identify a legitimate reflexology practice, professional reflexologist, etc. You can download FREE copies of the brochure from the home page on the RAA website. Look under the 'Brochures' section (right side of the page). The brochure contains some great verbiage on the "legitimate" practitioner. You may want to use some of this information in your own business brochures, newsletters or public speaking. You may be reluctant to mention Human Trafficking to your clients, unless you're in an area where this is happening - but - should they say anything to you, you'll have the right information at your fingertips to show them. There will be more on this subject in the upcoming RAA magazine.

Adventures in Reflexology ~ submitted by **Suzanne Girlando** member of MCR

Some of the most enjoyable conversations I have with fellow reflexologists involve “comparing notes” on our actual sessions with clients. I would like to share something that happened over the past year.

We all know about the importance of drinking plenty of fresh water. I have a relative/client who is well aware of this, but none-the-less finds it nearly impossible to drink water. I once joked that he must have rabid “hydrophobia” because when I would hand him a glass of water, the look on his face was as if I were giving him a glass of old crankcase oil. He also knew that he must be dehydrated as his mouth would feel dry and he had other symptoms of dehydration such as feeling more tired than would be expected and so forth.

But would he drink water? No! I would give him a glass and find it abandoned somewhere with most of the water remaining. An attractive crystal decanter wasn’t any more successful in encouraging water consumption.

Being a native Italian, he was very fond of his espresso coffee throughout the day and his wine in the evening. He said in Italy they say, “But water rusts out my insides!” All joking aside, this was a concern of mine, and his too, but he couldn’t seem to develop a habit of drinking pure healthful water.

Well, the third time I was giving him reflexology, half way through he suddenly said “I am so thirsty! Would you please get me some water?” Sure I would, right away! I watched him drink down the whole glass with the enthusiasm of someone who has crawled through a desert. Then, incredibly, he asked for two more glasses and drank those down fully, and as quickly as the first. The next morning he told me that he had drunk six (!) more glasses throughout the night.

Wow! What was that all about? Hmmm, let’s see: I know that the hypothalamus regulates the sensation of thirst and I wonder if the reflexology stimulated this gland and created an immediate response. Eunice Ingham reports on a number of cases where she observed an almost immediate reaction to working a gland reflex that was out of balance. Perhaps this is what happened.

I am sure we all have certain experiences in reflexology that are interesting, unique, puzzling, and even thrilling. I hope you have enjoyed reading about this one and I look forward to sharing more with you.

Comments on Our January Kristen Erico Auction ~ submitted by **Suzanne Girlando**

I wanted to thank everyone for giving the girl a chance! Yes, I am shy and sometimes am tongue-tied, but I suppose it was the collective good energy that made me comfortable and allowed me to have a great time.

As a newbie auctioneer, I forgot something wicked important: my manners! Therefore, “Thank you” to everyone who had the generosity and took the time to donate those items. Wasn’t it a blast to see how together we could make good money (as the saying goes) out of a little bit of this-and-that? I do want to say a special thank you to Sonia for the basket of lovely items—I regret that I did not take the time to really look at your handmade cards! For that matter, I wished I had tried to win that basket!

We had some very nice items and everything sold! The books did pretty well and I think it is a good idea to auction them between other items. We are all probably good readers and enjoy giving and getting books.

I would like to propose that for our next meeting we put the auction table somewhere in front where we can “preview” the items. I will gladly arrange them if we do this. This is usually done at auctions and gives people a chance to think about why they might want something, what they could do with it. Preview ups the revenue!

You know, you can always bring something from your kitchen: a loaf or two of bread, pastry, preserved fruits or veggies, candy or another specialty. I know there are talents out there! If it is something you or someone you know sells, go ahead and make a little card. Handicrafts are welcome. Who knows? You might get some orders. Antique/vintage items are worth a try.



Comments on Our January Kristen Erico Auction - continued

In the future, we may well be able to get some gift certificates from businesses.

If you are willing to donate your service (reflexology or massage or whatever other modalities you might possess), just attach your card to your brochure, or even a casual note. Don't feel bad if no one bids—we are from such different geographic areas!

And, sure enough, I thought of another benefit of our doing the auction: we get a chance to de-clutter! Maybe that paperweight or little quilt is beginning to seem passé in your home—well, send it along and it will go to a new home and you will feel lighter.

Isn't it wonderful that our organization has this fund? I like the idea that we are “building” the fund with every dollar we earn at auction. I believe that when we really “fatten” that account, more people will feel inclined to tap it. What a resource! Thank you to those who manage that financial piece.

Well, thank you for letting me clown around. Anytime the greatfella Mac doesn't want to do it, I'll step in!



January's meeting in Bath, ME ~ 21 attended



Dale Lowell and Chris Stanley from
Lamey-Wellenhan Shoe company

Continuing Education News:

This past January, the group of members enjoyed a lively presentation hosted by two very fun, proficient and passionate foot people. Dale Lowell and Chris Stanley are certified pedorthists and came from the Falmouth area, together they have over 40 years working for Lamey-Wellenhan Shoe company.

They brought information on 5 common foot pathologies and the specialized foot wear they can provide, plus demonstrations on foot analysis. One outcome of the talks, was a connection with local member **Ellen Klain, who will now be doing reflexology demonstrations in the store. Yahaoo!**

This Spring, we are looking forward to a talk in Augusta on the nerve endings and meridian placement on the feet. More information to follow with the meeting notice mailing in April. Our annual 'member treatment' trade afternoon in the fall will include information from our own member-Linda Nickerson on creating sacred space. Each fall we host an opportunity for members to exchange treatments with a special theme for the afternoon. Recently, we have had 2 member inspired sharings, one was 'the use of essential oils' with Claire Guy and the other 'the special considerations of treatments with palliative care' with Sylvia Young. Do you have a special talent you would like to share with the larger group during our fall exchange workshop? Just let me know!

More to come from our may meeting as we vote for our 2013 Fall Workshop to be held in Portland in October.

Respectively submitted-Kate Winant

The ARCB CE Requirement Every ARCB certificant must obtain 12 hours of Continuing Education every two years.

The Continuing Education Cycle

- The 2-year cycle is based on the calendar year. Therefore CE verification is due in December of the second year of the cycle.
- If you obtained your ARCB certification on an even numbered year, instead of an odd numbered year, you will be required to verify having met the CE requirement at the end of even number years. (For example, if you were certified in 2008, you will be required to verify having met the CE requirement in December of 2010, 2012, 2014, 2016 and so on).
- If you obtained your ARCB certification on an odd numbered year, instead of an even numbered year, you will be required to verify having met the CE requirement at the end of odd number year. (For example, if you were certified in 2007, you will be required to verify having met the CE requirement in December 2009, 2011, 2013, 2015 and so on).

For New Certificants

- You do **Not** owe CE verification at the end of the year in which you are certified. You will owe your first CE verification at the end of the next odd/even year, depending upon the year that you certified. (For example, if you received your certification in 2010 you will owe your first CE verification in December 2012. If you received your certification in 2009, you will owe your first CE verification in December 2011.)
- You may begin obtaining CEs as soon as you are ARCB certified.

This information is also on the ARCB website. From the Main Menu select "Continuing Education". From the drop down menu select "Certificant CE Requirements". If you have any questions please contact us at info@archb.net or (303) 933-6921.

Regards from the ARCB Board

WANT TO GO TO THE 2012 RAA CONFERENCE?

No extra funds at this time? Remember the Kristen Erico Fund Auctions at the end of each and every MCR meetings! Those funds may be your passport to any workshop or conference that you would love to attend!

How would could I get a loan from the Kristen Erico Fund?

The fund is used to make **INTEREST-FREE LOANS** to MCR members so They may participate in workshops and conferences for which they have No immediate funding. *****REQUIREMENTS***** for the loan: You must be a certified Reflexologist and a MCR member in good Standing. *****The LOAN may be used for:** Expenses related to the workshops/conferences, exclusive of books and charts. *****To APPLY for the LOAN (maximum amt. \$350 at one time):** Request a DOLLAR amount in WRITING to the President or Treasurer, Indicating what the money is to be used for and the name and address of Payee. You may email the request. **THIS WILL BE YOUR CONTRACT.** *****The President and Treasurer** will sign your contract and SEND you a Copy. The Check will be made Payable to the Payee. ******PAY-BACK minimum standards:** Start repayment of loan within 1 (ONE) month of distribution of funds. Full Loan amount has to be **repaid within 10 (TEN) months** so the funds will be available again for the next workshop/conference. Monthly bills may be sent as a reminder to the member, if necessary. **Think about the conference (MAY 4-5-6- 2012): times are hard, but small repayments are fine.** A working mini vacation is just a letter away from your dream coming true.

Alina Blakesley, President MCR, info@alinablakesley.com
Linda Nickerson, Treasurer of MCR, EarthStarReflexology@maine.rr.com

Movie Review of Triage ~ (Note: there is also a fictional film Triage, this review is about the documentary Triage.) submitted by **Suzanne Girlando**

This documentary can be watched on “instant view” on Netflix. One of my clients recommended it to me, as she is aware of my interest in healing, in healing from trauma, and the plight of Central African refugees from the genocide in Rwanda.

So, dear fellow reflexologists, this is not an easy film to watch. Don’t worry, it, of course, is not gratuitously graphic, but we do know that the genocide in Rwanda was of nightmarish violence and there are some portions of the film difficult to see. I decided to close my eyes during one scene.

Nonetheless, we are part of a tradition of healers who try help their fellow human beings, and though the work we do is usually full of joy and hope, we do face disease, and we do come to know well of suffering.

Triage is the story of Dr. James Oblinski who worked in the organization Doctors Without Borders and won the Nobel Peace Prize for the work. His was the only NGO (non-governmental organization) that remained in Rwanda during the height of the genocide.

Dr. Oblinski discusses some of the dilemmas he recognizes as a doctor in such a situation. He has much to say about human nature. But one thing he said especially caught my attention and propelled me to write this review.

There is a scene from years after the genocide when he revisits Rwanda and is shown conversing with several young medical students who themselves are survivors of the genocide. One of the students tells him that he is concerned if whether or not he (the student) can be a good doctor because he himself is damaged and still suffering. Dr. Oblinski speaks so poignantly to the young man about how personal suffering can only help one to be a better healer. He said we can recognize and accept our suffering and still look for happiness and a good life.

The study and practice of reflexology gives me great joy and satisfaction, however, sometimes things don’t seem right enough “about me” or my life to think I could help someone as a reflexologist. I suppose we all might feel a bit of this at times.

Yet, having learned the discipline of reflexology, I feel that somehow, by virtue of that skill, I can rise above any personal situation and provide a beneficial session for my client. This of course does not mean that I don’t try to improve myself and deal with what life brings. That is one of our human responsibilities, no? What I am trying to say is that, as Dr. Oblinski says, we don’t have to be perfect to help one another. Isn’t this a little inspiring and encouraging?

Whether or not you get a chance to see this documentary, I hope you have enjoyed hearing the good doctor’s message.

You’re All Heart - and Potassium ~ Each organ is made up of different bio-minerals and chemicals, just as foods from the earth are made up of different minerals and chemicals. When we think of a carrot, most of us think of it as being a rich source of beta carotene (vitamin A) . We also know that oranges are a rich source of vitamin C. Well, we can look at the organs of the body in the same manner.

For instance, the adrenals store vitamin C, so we can think of vitamin C as nourishment for the adrenals. The bones are made up primarily of calcium and we know that calcium nourishes the bones. The heart is predominately a potassium organ. A mineral imbalance or potassium deficiency can lead to heart fluctuations, irregularities, and sometimes high blood pressure. Foods and herbs rich in potassium feed the heart. *Potassium-rich foods include:* **Potato peels, raisins, almonds apples, apple cider vinegar, bananas, carrots, cucumbers, goat’s milk, grapes, tomatoes, parsley, pecans, soy milk, sun-dried black olives and walnuts.** *Herbs rich in potassium include:* **Dulse, kelp, Irish moss, valerian, red clover, ginger, peppermint, parsley, licorice, horsetail, hops, garlic and hawthorn berries.**

Potassium works with sodium in all cells of the body. Potassium is stored in the muscles such as the heart. It is important in healing, aiding nerve synapses, vitality, preventing the formation of uric acid, and aiding hair growth. Without a proper potassium balance in the body, you can’t have thick, long hair, great muscle tone, or a strong heart.

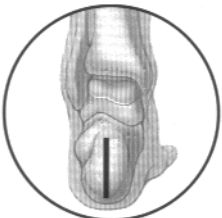
Feet on the Move ~ except one shown below

Your heel swings from side to side as your foot moves. When the heel swings correctly, your foot can flatten and regain its arch as you walk. But if your heel swings too much, your foot may flatten more than it should. Over time, such excess movement may cause foot problems.

Poor foot mechanics may eventually cause problems in your knees, hips, and back



When the heel hits the ground, its outer edge touches first. Soft tissues (muscles, tendons, and ligaments) relax. Your foot is able to flatten, adapt to uneven surfaces, and absorb the shock of touchdown



During midstance, your heel is below the anklebone, and front and back of your foot are aligned. Your foot easily bears your weight.



As the heel lifts, it swings slightly to the inside. Muscles, tendons, and ligament tighten. Your foot regains its arch, allowing your toes to push your weight off the ground.



Too Much Movement Causes Strain

When your foot flattens too much (**overpronation**), some bones are forced to support too much weight. The muscles pull harder on these areas, making it more difficult for tendons and ligaments to hold bones and joints in place. Over time, you may develop swelling or pain on the bottom of your foot or near the heel. Or a bony bump (**bunion**) may form at your toe joint.



When your foot flattens too much, the ankle and heel do not align during midstance. The foot strains under your body's weight.

<<<< This foot isn't going too far too fast ~ Myra's nephew broke his Tibia & fibula January 30th from slipping on the ice. He has a full length metal rod within the Tibia with 2 plates with plenty of nuts and bolts. 3 1/2 hours operation with recovery time of 3 months, but as we know scare tissue may be forever.