



Dedicated to Professional Standards

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NEXT MEETING

October 2, 2010
Saturday 9:30am-4pm
ONE DAY ONLY
Ellsworth, Maine

Hospice House
Direction Enclosed

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A letter from MCR's President: Alina Blakesley

I am writing this letter above the clouds heading for Washington DC then to Maine with a post conference glow. The 15th Reflexology of America Conference in Denver Colorado was a huge success with 125 participants from most states, including seven from Maine.

Our profession has deep roots as displayed by an impressive "Honoring the Pioneers of Reflexology" exhibit portraying 95 years of history. We are also evolving and defining ourselves as a stand alone profession. New York State has a bill in the works to shake off the law that makes reflexology illegal without a massage license and Florida has yet to sponsor one. New Hampshire succeeded just this year.

Reflexology is a growing profession. The National Institute of Health grant brought exposure and recognition to Reflexology from mainstream medicine. This 5-year study will be completed this year and will be published in medical journals in May 2011. This is exciting news and we can use the findings to our advantage when we promote ourselves to the medical community and the general public.

We have a strong organization in comparison to other states and have a lot to offer in advice and support. The New England States are interested in a regional network. I would like to organize a Skype session (free video conferencing system), with Terri Magnan, Gayle Brezack and Laura Jodry to exchange ideas and share interesting projects.

What a powerful experience to be among so many that have the same beliefs and goals to grow our profession. I bring back some useful tips and new material to assist our organization's growth. Hope to see you in the fall.



MCR's Board, Kate Winant, Susan Miller, Alina, Sylvia Young, Robin Brawn and June Atherton



Alina Blakesley

Denver Colorado Conference Highlights:

Dr. Piquemal's scientific documentation of the effects of reflexology on body systems through temperature graphs. He is trained in acupuncture, homeopathy with a master's degree in Neurosciences. We need more bridges like him who are science based and can speak that language.

Clarification of crystals deposits according to Lone Sorenson. She explained that we can analyze the different stages of illness through the sensation we feel in our fingers and thumbs when working a reflex. She explained that there are five varieties of deposits:

Sand crystals – reflecting the beginning stages of an illness where there are no symptoms. These imbalances can be corrected with a few treatments.

Puffed rice – reflecting a more advanced stage of the imbalance but still without symptoms of the illness.

Inflammation - a cracking sensation over the reflex when pressure is applied without pain.

Painful reflexes with some or all of the above signs. Symptoms of the illness are apparent. This stage may take years to develop.

Stone pearl over a reflex reflecting a chronic stage of the illness and may take many treatments to correct the imbalance.

Sorenson emphasized the importance of working the spinal reflexes where imbalances in posture compress nerves and blood supply affecting the organs.

Dr Martine explained that repairing trauma through reflexology may take a long time, depending on the length of illness. She described that if illness is present for 1 year, for example, 10-12 treatments are needed to correct the imbalance, for 2 years it would take 24 treatments and so on. A chronic illness takes longer to establish results.

Christine Issel stressed the importance of relaxation protocols as a first step in the healing process. She focused on plantar fasciitis, and how it can stem from tight calf muscles. She demonstrated her relaxation techniques to relax the lower leg. I have since used her techniques with amazing results for this condition. She also presented video clips of special techniques from other reflexologists attending the conference..

Online resource for marketing please see below. Stephanie Cooke stressed the importance of using social media online marketing to attract the younger population who are so familiar with these tools.

Some very useful tools presented by Amanda Trosten-Bloom, to help grow our association through Appreciative Leadership (check out her website <http://www.positivechange.org>). I will incorporate some techniques into our meetings by asking positively powerful questions to unleash our creative spirit.

ACARET, (American Commission for Accreditation of Reflexology Education and Training), an organization that certifies teachers of reflexology has now a 300 hour requirement standard for teachers of reflexology. Teachers who attain the certificate can use AAPP after their name. Connie Hubley, AAPP, has attained her ACARET certification.

RAA members have increased to 500 strong and growing. The next conference will be in Florida.

The most powerful experience was the "Share". There were 2 sessions at the end of each day. Imagine a very large room set up with 50 recliner chairs and a few massage tables filled with participants giving and receiving. After about 15 minutes into the "Share" experience the room became quieter and quieter as we all relaxed and enjoyed the benefits of reflexology.

Online Marketing Resources

<http://www.google.com/squared>

Google Squared - FREE. Helpful tool in cross marketing.

<http://www.google.com/alerts?hl=en>

Google Alerts - FREE. Get alerted when certain keywords are found in the press.

<http://www.marketingprofs.com/>

Marketing Profs: Marketing Resources for Marketing

Professionals - FREE. This site has articles that can keep you informed on marketing trends..

<http://www.linkedin.com/>

Linkedin - a networking site for professionals. (Considered the "facebook for professionals.")

<http://www.constantcontact.com/index.jsp>

Constant Contact - e-marketing for small businesses.

http://www.constantcontact.com/docs/pdf/35_things_you_should_know.pdf

Getting Started with Social Media - basic information about using facebook and twitter for your business (put together by Constant Contact).

www.facebook.com

www.twitter.com

Legislation Report from RAA Conference Participants

North Dakota

I spoke with three reflexologists from ND. They have a volunteer board of reflexologists that set up the rules and regulations. I conclude that this board knows a lot about the profession and can do a good job as overseers. One of the reflexologists stated that she didn't mind paying fees for a reflexology license as she already pays for a license for her hairdressing business. Roberta Anderson from Bismark ND was willing to gather more information for us and report through a Skype session in the future.

New York

Bill S7516: Provides for the licensure of reflexology practitioners. This bill is in the works as currently it is illegal to practice reflexology without a massage license.

I spoke to three reflexologists from NY. They have a huge task to educate their representatives and senators that reflexology is not massage therapy.

They reported that items in their favor are:

New Hampshire BILL 84-FN passed in 2009. Each success leads to setting a precedent.

States that have succeeded in recognizing reflexology as a stand alone profession are trail blazers for others who struggle with massage law exemptions.

National Institute of Health Grant awarded to Dr Wyatt for a 5 year study "Intervention of Advanced Breast Cancer". Dr Wyatt is recognizing a vast difference between a massage school reflexology course consisting of three hours in comparison to a 200+ reflexology certificate. She coined the phrase Authentic Reflexology Practitioner.

Items that are working against the passage of the bill are:

Massage therapy has a large lobby and do not want to give up control.

It is difficult to get attention of representatives. Christine Issel stated that in the political arena it's who you know that counts - who can gain access to decision makers and influence them.

Cristina Lipka, certified reflexologist, is our contact person in New York. We can set up a Skype session in the future to learn about the progress of this bill.

No one is available from Tennessee or New Hampshire, the two other states that have licensure/registration for reflexology.

I asked at random, participants' views on rules and regulations: some responses were:

- Certification is needed to verify that the reflexologist is an Authentic Reflexology Practitioner to obtain integrative medicine grants. There is a vast discrepancy of training and doctors need to know if a practitioner has the appropriate qualifications such as a certificate stating the number of hours of training, a license or is registered
- As a profession we need to educate the public the difference in services between a trained certified reflexologist and a person who has a few hours/ days training as in the case of some licensed massage therapists and nail technicians.
- Reflexology will need to constantly upgrade its standards to fit into a medical model. Practitioners need credentials so they are recognized by doctors, public and grant institutions.
- Each state is different; sometimes each county within a state has different rules. For example, California has Freedom of Practice Act.

Questions from MCR Members at the Spring Meeting in Winthrop.

We can use the following questions below and gather information for our members. Questions and answers will be posted on our website.

Licensing/Registration

- How do non ARCB certified reflexologists feel about the new law in New Hampshire which makes it illegal for them practice reflexology?
- States that have licensing/registration laws namely, North Dakota, Tennessee, New Hampshire, and most recently New York, members want to know the following
 - ☐ why did they peruse rules and regulations for reflexology
 - ☐ how is it working for them
 - ☐ are all reflexologists abiding by the rules
 - ☐ how are the regulations implemented – does the state control office space, separate bathroom, separate entrance, will their be inspections?
- Are requirements for licensing too strict? Are they too expensive for some reflexologists who may be working part time? Is the bar too high to get licensed, namely cost of training too high, time and cost to get trained prohibitive? IS the bureaucracy and cost of license worth it?
- Does licensing offer respect and professionalism and is the public protected from people who claim that they are reflexologists with just a few days training?
- How do Reflexologists like being regulated by the state who presumably does not know anything about the profession? Have you changed the way you work? How has it affected your relationship with clients, doctors, health institutions, other body workers?
- What are the benefits of a Registration law as opposed to a licensing law as in the case of North Dakota? Has that affected your profession positively or negatively?
- Has licensing/registration opened the door for insurance coverage?
- Are there any other states pursuing licensing/registration?
- How does RAA feel about rules and regulations? Is the profession evolving to the point that rules and regulations are important for the growth of the profession in order to obtain grants from health intuitions for research or claim insurance coverage etc?

Education

- Is RAA proactive about listing all the current training requirements nationally, and internationally? For example, how many hours of training, how does the curriculum vary in each state, country? Is there a list providing this information on the RAA website?
- Hand Reflexology – Kate and Connie are very interested in finding out all we can about the ARCB Hand Reflexology Certification course, namely, curriculum, resources, hours needed, protocols, instructors qualifications, etc. Our goal is to develop an ARCB Hand Reflexology course by fall 2010. MCR is an ARCB Continuing Education provider and the new course would enhance our ability to provide training that we could offer our members as well as members from New England states.
- Are there any speakers/ members from other states that would be available for Skype sessions at our MCR meetings?

Research/Case Studies

- What research forms are available? Does each state have their own form, does RAA provide any forms? Are we able to copy and use forms from RAA newsletter?
- Can RAA make forms available on line for case studies/ research?
- Are there any national research projects in progress that MCR members can contribute too? For example case studies about children, teens, etc.
- What research projects are going on at this present time? Does RAA have a list on their website so members can view the work that is being done on behalf of Reflexology? Some examples might help members to start their own research projects.
- What kinds of research grants are available for projects? Is there someone in RAA who can offer assistance in grant writing? Can RAA provide a link to some grants that members can apply for?
- Members would like case studie's forms, as well as examples of case studies, particularly some guidance on how to set up a case study i.e. how do we enlist people to participate, how many people needed, length of time, etc.
- Members need information about serious research projects that are funded and require extensive reporting. Where to look for such projects. Can RAA provide us with a list and assistance in applying for a grant?

Other

- How will RAA handle delegate replacement? There are many vacancies for additional delegates and states are having a hard time either replacing a delegate or finding two people.
- How is the organization emerging from the crisis of the last two years? Are people working together and resolving conflicts in a positive manner. Is RAA now on solid ground?
- How does RAA see the future of our profession say in the next 5 years? What changes are on the horizon in the alternative health care arena?

The afternoon session was given by Connie Hubley and Kate Winant. Their subject was Hand Reflexology. Present were June Atherton, Sylvia Young, Kate Winant, Connie Hubley, Robin Brawn, Robert Marchand, Evangeline Sparks, Michael MacDonald, Margery Hatch, Lynn Poor, Jodi Elder, Susan Miller, Wendy Decker, Alina Blakesley, Sonia Robertson, Donna Dyer, Lisa Edwards, Judy Noonan, Amanda Vaznis, Ron Gaudreau, Claudia Salas Lyman, Mary-Ann McHugh, Mariannne Winnett, Jodi Viles, Brenda Colfer, Myra Achorn and late-comer Claire Guy.



MAINE'S MCR MEMBERS AT RAA CONFERENCE



Janet Stetser, Claire Guy, Alison Gingras, Susan Moulton, Alina Blakesley, Connie Hubley, Robert Marchand and June Atherton



swap sessions

Directions to October's MCR meeting in Ellsworth, Hospice House

Coming from the south one has several choices **option #1** 295 north to 95 in Augusta north to Bangor off on 395 to 1A east. Ellsworth is 26 miles thru 1 set of lights. At the next light, get in left lane turn left, go over RxR tracks. Then take the next left, sort of an angle Y. Go straight till you see parking lot on the right. McKenzie St is on the corner. **Hospice House** is around the corner or next to parking lot. **Option # 2** TAKE 295 to Augusta take 3rd exit route 3 to Belfast turn left on to route 1. Follow signs to Ellsworth. Go thru the light after river thru downtown to the next light. Go straight thru over RxR tracks. Then take the next left sort of angle Y. Go straight till you see a parking lot on the right. Park here, Hospice House is round corner if you get lost call me on my cell phone 664-4294. **Thanks Mac** P.S. **If you go past Ellsworth Hospital, you went too far.** (2 1/2 -3 hours depending on how you drive)



Member-in-the-spotlight

Robin Brawn's story:

I LOVE, LOVE, LOVE Reflexology!! Years ago, when my boys were little, I read an article in a woman's magazine about reflexology and I was enthralled with the idea. I started giving my boys treatments before bed...they loved it...my husband was skeptical stating, "You believe everything you read." Over the years I purchased several books and videos and thought I would teach myself. Several years later I was complaining about foot problems and my acupuncturist told me of a reflexologist in my area who I might like to try. I held on to her card for several months and finally gave her a call...Elizabeth Wolfe...her treatment was amazing and I left there thinking, "I would love to do this." Elizabeth was Myra Achorn's first graduate from "Treat your Feet" School, 10 years earlier. I called Myra and she had an opening for me. Four months later I was going back to school for the second time since I turned 40.

At 40, my husband and I had sold our grocery store, French and Brawn in downtown Camden, and began new careers. I enrolled to Kennebec Valley Technical College in the Occupational Therapy Assistant program. I graduated in 1999 and continue to practice in a nursing home in Belfast 2 days a week. The anatomy and physiology course I took for that program was critical in my understanding and application of reflexology. I use reflexology in the nursing home with clients who are experiencing breathing difficulties, pain, joint replacement or balance issues. My rehab supervisor is very supportive and agrees with benefits of reflexology. Also, many of our clients never have experienced that type of healing touch.

I graduated from Myra's school in 2008 and have been building a practice since that time. I have an office above our two car garage and clients can hear the loons in the summer and look out the skylight above the massage table to see the sky all year round. I need more regular clients to consider taking on the ARCB certification. My mantra is, "More clients are on their way". I also belong to RAA and as a COTA (Certified Occupational Therapy Assistant), I belong to MEOTA (Maine Occupational Therapy Association). I need to accumulate 36 CEU's for OT, required every two years, and they cannot be all in one category. They must be a combination of workshop, academic education, independent study, teaching, professional writing/research, or student supervision. I try to use some of my reflexology CEU's to carry for both disciplines. Hand therapy in OT and hand treatments in Reflexology can be very interchangeable. A lot of my clients in the nursing home have Rheumatoid arthritis and Osteoarthritis.

I am very interested in Vertical Reflexology, Facial Reflexology and Foot Reading. I have purchased a DVD and book by Lynn Booth and am studying that now and practicing vertical reflexology (VRT) on my patients in the nursing home based on one of Lynn Booth's studies relating to VRT and balance.

My hobbies include Tai Ji, multimedia art work, yoga, kayaking, gardening, hiking, and Jin Shin Jitsu which all keep my brain and body healthy. I do regular trades with other reflexologists, massage and Jin Shin Jitsu practitioners. I get regular acupuncture and chiropractic treatments and see a homeopath and herbalist.

My husband and I love to play cribbage every night to see who will do the dishes. My husband, the skeptic, is now my greatest advertisement for my reflexology practice and pays me for 2-3 treatments a month out of his poker winnings. We have been married for 33years. We love to travel, collect antiques, play cards with friends and visit our boys and daughter in law in Boston area. We will be first time grandparents in August.

Robin home office is in Lincolnville, Maine.



Submitted by Wendy Decker

Educational Opportunities

Next MCR meeting date: October 2, 2010 in Ellsworth, Hospice House . **Afternoon Program:**
Will be a round table discussion and "trades". Attend these meetings and earn CEU's

Treat Your Feet~School of Reflexology Refresher Class: Sat. September 11th 9-4 or 5 if needed \$25.
For more info, call Myra at 623-4552. **Class limited to 6** "Lets talk REFLEXOLOGY & HANDS ON"

Common Ground Fair is Fri., Sat., Sun., September 24-26.

The 2nd Reflexology Association of Canada International Conference will take place at the Fairmont Hotel, Winnipeg from November 5th to 7th 2010. For more info. Liane Bissonnette, Tel: 204.477.4909 ~ Tel: 877.722.3338
Fax: 204.477.4955 liane.bissonnette@reflexolog.org ~ www.reflexologycanada.ca

ICR Conference ~ Portugal, 2011

Next RAA conference will be in Flordia in May, 2012

Practitioners are welcome to donate their time at the **Maine Boats, Homes and Harbors show** in Rockland in **August**, and at the **Common Ground Fair** in Unity in **Sept.** *More information contact Alina at 633-1125*

MCR 2009 ~ 2010 Members 73

New Members:

2010 - 2011



Alice &
William



Claudia,
Judy,
Amanda
& Ron

Gary & Kati Smith
Betty Dawson
Daniel Crowley
Ronald Gaudreau
Amanda Vaznis
Judy Noonan
Claudia Salas Lyman
William R. Guptill Jr.
Alice A. Moore



Newly Certified **Lynn Poor**, Lewiston, Maine



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



IMA Group Practicing Member Insurance For Reflexologist IS NO LONGER
insuring for Liability coverage at this time. Call Myra Achorn if you have questions about insurance. 623-4552

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



Mac MacDonald
Auctionare

Treasurer's Report ~ April, 2010
Totals by Account



June Atherton

Food For Thought ~ Just A Reminder

Blueberries: SMALL, BUT POWERFUL

Blueberries might be small, but don't be fooled. This super food has a lot of antioxidants, such as vitamin C. Antioxidants help fight disease by protecting against unstable molecules called free radicals. Free radicals cause cell damage. This might raise a person's risk for cancer, heart disease or Alzheimer's disease.

Seven nutrition tips for people with COPD (chronic obstructive pulmonary disease)

- E Eat** healthy foods such as fruits, vegetables, fish, eggs and whole grains. Cut back on red meat, sweets, french fries and refined grains, such as white bread and white rice.
- A Avoid** caffeine. It drives too much water out of your body and may interfere with some of your medications. Instead, choose caffeine-free drinks like water, juice and low-fat milk. These fluids help your body digest food better. Liquids also keep your mucus thin and easier to cough up.
- T Think** about your breathing when you eat. Chew slowly and take small bites. Breathe deeply to prevent shortness of breath.
- W Watch** your weight. Being too thin can make you feel weak. But being overweight makes you heart and lungs work harder.
- E Eat** a little at a time. Large meals fill you stomach and make it hard to breathe. Try eating five or six small meals each day instead of three big ones.
- L Lighten** up on salt. Excess salt can keep too much water in your body. That can make breathing harder. Instead, used herbs or no-salt spices to flavor you food.
- L Limit** food that cause bloating, which may make breathing more difficult. These may include soda, fried and spicy foods and some vegetables, like cabbage or cucumbers.

As always, consult your doctor before making changes to your diet.

Info. from AARP's Spring 2009 newsletter
from UnitedHealthcare Medicare Solutions.

Did You Know?

The bowel is home to some 700 species of bacteria. The typical American consumes 10-15 grams of fiber a day, but optimal bowel function requires 30-35 grams. Add whole grains, bran, raw fruits, vegetables and beans to your diet. You should drink at least a half-ounce of water per day per pound of body weight. (A 120 lb. adult should drink at least 60 fl. oz. of water daily, roughly half a gallon.) Eating a diet with lots of red meats, cheeses, refined grain products, foods high in sugar and salt negatively impacts intestinal health.

The intestinal system features the colon (or bowel). A muscular organ about five feet long. The colon extracts water from the waste matter and sends it back into the bloodstream. Nerves and muscles in the colon regulate the time it takes waste matter to travel through the colon and out of the body. Friendly bacteria in the bowel aid in the breakdown of waste.

Colon health is largely affected by diet. We eat more sugar and processed foods than ever before, and we regularly abuse our bodies with various stimulants and sedatives. In addition, we are all exposed to thousands of toxins and chemicals on a daily basis (air and water pollution, cleaning products, cosmetics, etc.). All of this impacts bowel health and function. Stress and lack of muscle tone can also affect colon function.

For health and well-being, it is essential that this "sewer system" of the body receives regular cleaning and preventative care.

Eat, Drink and Be Wary: Certain foods or ingredients can dehydrate and stress the kidneys. These include carbonated drinks, coffee, caffeine, certain teas, table salt and alcohol. The kidneys need pure water throughout the day to help them flush toxins and function efficiently.

Info. from Nature's Sunshine Products, Inc.'s
Vol. 35 No. 2 April 2010 catalog.

Common Ground Fair Sign Up Sheet

CGCF Coordinator for 2010 - Alina Blakesley

Friday 24 th Sept.	Morning Session 9am -1pm	Afternoon Session 1-5pm
Coordinator - Susan Miller	1) Brenda Colfer	1) Lynn Marie Danforth
	2) Connie Hubley	2) Robin Brawn
	3) Sonia Robertson	3) Lisa Edwards will close
Saturday 25 th Sept.	Morning Session 9am -1pm	Afternoon Session 1-5pm
Coordinator - Ramona Miller	1) Kate Winant	1) Kate Winant
	2) Sylvia Young	2) Ramona Miller
	3) Chrissy Ravelli-Studer	3)
Sunday 26 th Sept.	Morning Session 9am -1pm	Afternoon Session 1-5pm
Coordinator - Alina Blakesley	1) Marge Hatch	1) Alison Gingras
	2) June Atherton	2) Wendy Decker
	3) Michael MacDonald	3) Alina Blakesley

Any Changes - Please call Alina Blakesley

This year 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.



Update on the Reflexology Grant at the Michigan University

Dr. Gwen Wyatt's 5-year study 2005-2010, 3.1 million dollar Cancer Study funded by NIH

Purpose: To study the effects of Reflexology on women with breast cancer undergoing chemotherapy

Barbara A. Brower, the lead reflexologist reported that the findings are positive and that a full report of the study will be published in medical journals in 2011. We can use this major breakthrough for reflexology in the medical arena in many ways. I suggest that our membership have a brainstorming session at the fall meeting to identify ways we can promote reflexology in the state of Maine to the medical community and the general public. (Alina)

Barbara Brower also mentioned that Dr. Wyatt is applying for another grant. Reflexologists will be available on-site at clinics to train primary caregivers to administer reflexology on their family members. This would be available for those on Medicare and Medicaid. Dr. Wyatt's intention is, "to do more for the underserved women such as those who cannot afford Reflexology."