



*Dedicated to Professional Standards
Established 1991*

Volume 24 Spring 2014 Issue 2

Maine Council of Reflexologists
P. O. Box 5583
Augusta, Maine 04332
www.reflexologyofmaine.org
info@mcronline.org

MCR Officers

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Jefferson, ME

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Wendy Decker, Bath, ME

**NEXT MEETING
October 4, 2014**

Saturday 9am - 4pm

It's a Pot Luck!

Beth C. Wright

Cancer Resource Center
23 Commerce Park
Ellsworth, Maine

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A Letter from MCR's President, Aloisia Pollock

We have enjoyed a busy spring and an interesting meeting.

The first proposal was a name change for MCR. According to at least one member the designation "council" does not seem to properly describe our organization. We heard various definitions. As of the May meeting most members are content keeping MCR unchanged.

Secondly, we learned that RAA's new regulation states that MCR professional members need to have 300 hours of initial instruction in reflexology. Our correspondence secretary, continuing education committee and membership committee are keeping you abreast of the rulings and there will be more detailed information later.

Lastly, some MCR members would like to change the format of our newsletter. Most MCR members stated at the May meeting that they are happy with the newsletter as it is.

We were able to discuss each of these items but did not have enough time to go into as much detail as some of you might have enjoyed.

Thus, I urge each and every one of you to contribute to the MCR newsletter. Let your voice be heard without interruption, express your opinion, however biased, and make the newsletter a forum for the exchange of ideas!

I would love to hear from newly certified reflexologists whether you have received enough education to enter into your reflexology practice with confidence.

Educators, how many hours do you want to add to your curriculum to serve the needs of your students?

About the name change: I would like to hear more of how the word "Council" is being viewed and used by other organizations and by the general public.

Lastly, it is always interesting to hear some testimonials. How has reflexology impacted your clients, improved their health? Have you come across a special technique you would like to share with your peers?

My wish is also that each committee write a brief report in the newsletter about what they have been up to since the last meeting.

Let us all become involved, read the "fine print" before MCR signs any agreements or authorizations – after all, it is OUR newsletter and OUR organization!

Enjoy every day of our brief Maine summer and treat yourselves to reflexology!

Aloisia Pollock
MCR's President



May's General Meeting in Augusta

32 practitioners attended



Let's break the record and go for **35** this fall!
October 4, 2014 ~ Ellsworth, Maine



June Atherton, Ellen Hunter, Terry West, Wendy Decker, Mac MacDonald, Elisabeth Wolfe, Karen Boynton, and Sonia Robertson attended a Reflexology Refresher Class at Treat Your Feet in Augusta last April.

Also Susan Lindsay, Suzanne Girlando, Claudia Darneille, Ellen Klain and Norma Weiman attended the same class the next day. I forgot to take their picture. :o(



Myra Achorn, Aloisia Pollock, Loretta Baker, Wendy Decker, Susan Miller and Rachel Pelletier attended a workshop in Portland last March where Connie Hubley, Mac MacDonald and Dan Crowley went to the same workshop in Bangor.

**Understanding the Gut Brain:
Stress, Appetite, Digestion, and Mood**
Presented by Merrily Kuhn, Ph.D.



Nancy Butler-Smith and Myra Achorn Giving mini hand sessions at the Healthy Aging Learning & Living Expo.

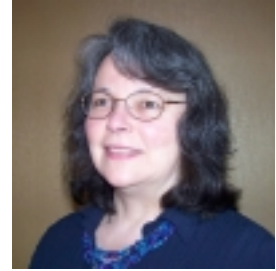
**We encourage you to attend the
Fall MCR meeting in Ellsworth!
The afternoon educational
program is going to be "HANDS
ON"! Please come!**

Newsletter
Editor
Myra Achorn
and
Proofreader
Claire Guy



Member-in-the-Spotlight ~ Nancy A. Butler-Smith

I first heard of reflexology when in the mid 1990's I had developed bone spurs in both my heels. I chose to get casts of my feet and have Orthotics made, purchasing well made shoes, versus the surgery route. My sister had several sessions of reflexology with Myra Achorn, so I gave it a try and fell in love. Being a single mother at the time I could not have the number of sessions I would have loved to have had, but I was blessed with several gift certificates to see Myra often over the years. Each time I left her office feeling the need to learn more, though it was not until February of 2011 that a gift of the right amount of money for a deposit made me realize I was able to pursue an education from her Treat Your Feet ~ School of Reflexology.



While I was a student in 2011, I was introduced to the Maine Council of Reflexologists as an associate member, and I was impressed by the level of professionalism with which the meetings were held, and by how warmly welcomed I felt by everyone involved. Once I became a professional certified reflexologist early in 2012, I felt I had to do my part. I have volunteered to collect the mail, store the refreshment bins, and set up and maintain refreshment basics, all while participating in all but one of the Maine Council of Reflexologists' General Assembly meetings. Thanks to the Education Committee, I am learning something new about reflexology and the people I am proud to call my colleagues, at each informative and interactive meeting!

My practice has grown from family and friends in my home, to doing sessions in client homes and elderly complexes, and now I have a wonderful office in Augusta. I still work a full time job in the field of Broadcast Radio for Blueberry Broadcasting. My new office is in the same building so I am able to see clients in the morning, mid-day and for sessions after 5pm.

I have participated in several area events; Common Ground Fair, Roaring Brook Ladies Night, Health and Wellness Fairs in Waterville, Augusta, Leeds, and this month at the 6th Annual Healthy Aging Expo at the Cohen Center in Hallowell. I want to bring reflexology the recognition it deserves as a complementary modality. I always promote The Maine Council of Reflexologists and provide the brochure at my booth set up, as I do not feel we are competing for clients with each other as much as we are with other modalities. Connie Hubby, founder of the Reflexions Etc. School of Reflexology, invited me to take part in a share with her graduating class a few years ago, and I have reached out to some of Myra's newer graduates and shared a booth at a health and wellness event last fall, and encourage other reflexologists to work together to promote and educate about reflexology at events. We are all in this together as it takes many to make a good impression across the state for all MCR members.

I enjoyed the Sue Ricks workshop last summer as it was so wonderful to have the chance to learn the gentle touch technique.

Last year I became a RAA delegate and devoted my time and energy into grasping what we as a state organization need from a national organization and what they need from us. Being Delegate, I had the task of representing MCR at the Leadership conference and it gave me a much better insight to what we can do with RAA to grow awareness of the professional level in which we practice our craft. The bottom line is we want to shout it from the roof tops what an amazing tool Reflexology can be in the overall well being of mankind!!

A happily married newlywed, I married my husband Mark last September. Together we have 4 children (2 girls and 2 boys), and a lively 3 ½ year old grandson. We live in Monmouth where we love to garden. We have apples, grapes, raspberries, strawberries, flowers, and a large vegetable garden, that keeps us very busy in the growing and harvest season. I love to walk, bicycle, and kayak around the beautiful State of Maine.

I was a 3rd Generation Florist having grown up in the family business of Flowers by Butler Twins in Farmingdale Maine, until my sisters and I decided to close the business and pursue other interests in 2000. I was a FTD Master Florist, and a Certified Balloon Artist.

My goal is to do reflexology full time. I have a Grandson with autism and would love to do a study of reflexology and its effects on autism. I want to become ARCB certified in the future, and continue to work with MCR, RAA, and public event's to promote and educate the public on the benefits of reflexology.

My favorite moment I have had with each client is the second session when they completely let me in, you know that moment they just give in to the full realization that I am there to provide them with a great experience and the magic begins!!

*Interviewed by Wendy Decker,
Newsletter reporter*

Common Ground Country Fair!

Have YOU signed up for the fair YET?

MARK YOUR CALENDARS
for **THE THIRD WEEKEND AFTER LABOR DAY**
SEPT 19, 20, AND 21, 2014

Have YOU signed up for the fair YET?

GATES OPEN AT 9am EACH DAY with fair goers looking for a reflexologist. It is time once again to start thinking about the Common Ground Country Fair!

MCR will have three reflexology chairs; a person working on feet, hands, ears, and a communicator. We will need to have FOUR reflexologists per a four hour shift and ONE willing to help if needed. The shifts are from 9am until 1pm and from 1pm until 5pm. The volunteers will be sent a free pass. This is a wonderful, fun loving, down home fair which gives MCR a wonderful opportunity to kick off World Reflexology Week by touching so many people.

At the May 17th meeting, the following members have volunteered their time to work so far but there are open times spots just waiting for you. Please step up and call TODAY to save your favorite time spot and get your FREE pass to the Fair.

<u>Fri. 9am-1pm</u>	<u>Fri. 1pm-5pm</u>	<u>Sat. 9am-1pm</u>	<u>Sat. 1pm-5pm</u>	<u>Sun. 9am-1pm</u>	<u>Sun. 1pm-5pm</u>
Myra Achorn	Myra Achorn	Karen Boynton	Lynn Marie Danforth	Karen Boynton	Karen Boynton
Judy Rice	Liberty Bryer	Sue Gillete	Nancy Butler-Smith	Margie Hatch	Susan Miller
Sonia Robertson	Ellen Hunter	MaryAnn Ratteres	Kate Winant	Chrissy Studer	___open___
Sylvia Young	Susan Miller	Chrissy Ravelli-Studer	___open___	___open___	___open___

Willing to help if needed

Willing to help if needed

Willing to help if needed

A HUGE THANK YOU GOES OUT TO ONE AND ALL - for signing up so far - PLEASE Call ASAP and join the Fun at the Common Ground Fair.

*Karen Boynton,
Coordinator
(207) 845-2702*



Tri for a CURE ~ 2014

For the fifth year in a row, the Maine Council of Reflexologists (MCR) will provide reflexology services at the Maine Cancer Foundation "Tri for a CURE" this summer. Lynn Marie Danforth (owner of "Hands on Feet") of Willard Beach, South Portland and other volunteers from the MCR have provided reflexology services for as many feet at the Tri as they can get their hands on.

The MCR Cancer Committee is excited to provide information about the results of a recent research that has determine that reflexology can actually improve the quality of life for patients with breast cancer, advanced cancer, and undergoing chemotherapy. (<http://www.branchreflexology.com/nih-grant-results/>) The National Institute of Health (NIH) granted Michigan State University \$3.1 million to provide research into the benefits of reflexology for cancer patients. The results indicate that reflexology improved patients' ability to carry groceries, climb stairs, eased breathing, improved sleep patterns and other measures. Following the study, a number of hospitals in Michigan incorporated reflexology into their treatment protocols for breast cancer patients.

The results were so positive that's the NIH has made a second grant to the same research group. Michigan State University has developed a protocol for caregivers to provide a modified reflexology treatment to administer their loved ones who are in need of a little help to get them through. This project is very close to the hearts of everybody on the MCR Cancer Committee. When a loved one is diagnosed with cancer it is very difficult for the caregiver and they usually tend to step back, not knowing what they can do. This protocol will help connect the caregiver to their loved one; they can help with the "power of touch" reflexology. Lynn explained that the MCR Cancer Committee plans to teach this protocol to people in our community so they will be able to use this as often as they wish for their loved one.

For more information about reflexology and MCR got to www.reflexologyofmaine.org. For more about this project, feel free to contact Lynn Marie Danforth, Hands on Feet, 207-318-0129, handsonfeet1@gmail.com.

Educational Opportunities & More

MCR meeting dates: OCTOBER 4, 2014 Beth C. Wright Cancer Resource Center, 23 Commerce Park, Ellsworth
Fall: Afternoon program: Michigan Research Grant study on the effectiveness of reflexology for Breast Cancer .
The 9-step protocol that was used in the study will be shared and time to practice the technique in a trade will follow.
Winter: January 17th, 2015: General Council ~ Augusta, ME - Venue not set yet. **Earn 2 CEUs**

ICR Conference: Sheffield S. Yorkshire, United Kingdom, 2015 ~ www.icrreflexology.org

ICR celebrates 26 years of service to the reflexology profession and endeavours to continue the important role of bringing Reflexologists around the world together.

RAA Conference: Anchorage, Alaska, 2016 ~ www.reflexology-usa.org

We will be looking forward to seeing everyone in Alaska

Membership Renewal Date July 1, 2014 ~ \$50. ~ Current Members as of June 30, 2014
71 of which 63 are professional level

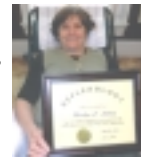
Mail application & check payable to MCR, PO Box 5583, Augusta, Maine 04332

New Members: Ronda Alley - Bar Harbor, ME ~ (207) 801-2228
Theresa Perry - Winchester, N. H. ~ (603) 239-4712
Susanne Recos - Amherst, MA ~ (413) 522-7780
Teresa Esculano - West Gardiner. ~ (207) 242-9859



Ronda & Theresa

Newly Certified Members: Marilyn Solvay - Mt. Desert Isle, ME. ~ (207) 224-3176



Changes: Name change ~ Nancy Butler to Nancy Butler-Smith

E-mail address ~ myraachorn@aol.com

Address change ~ Priscilla May Wallace, 42 Pinkham Point Rd, Harpswell, ME 04079

Speak Your Mind! MCR's Newsletter Editor wants your input.

From MCR Webmaster, Wendy Decker:

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

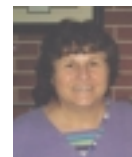
Bring it to the next meeting
Join in the FUN of the AUCTION

Mac MacDonald ~ Auctioneer
at the May 2014
meeting in Augusta



Mac MacDonald
Auctioneer

Treasurer's Report ~ May, 2014 Totals by Account



Loretta Baker
Treasurer, MCR

CONTINUING EDUCATION NEWS

We had a lively afternoon program this May, as we explored the world of **PODOLOGY** and the work with diabetic foot care. Our professional member-Kathy Long was unable to present her original lecture, however I was able to share her stories and information about this exciting field of study and the work she did while on an internship component. If you would like more information, you can reach-out to her or google the 'North American School of Podology.'

During the program we used the 'round table' technique of discussion, to brainstorm reflexology methodology for aiding clients with diabetic foot care issues. Our own Mac MacDonald was able to share personal experiences with this condition. We also utilized references from the book "*Podiatry for the Reflexologist*" on the subject of diabetic neuropathy.

The topic of the qualifications for continuing education units was explored in the meeting, with an emphasis in understanding how to obtain CEUs in a Self-Study project. Great news unfolded as we presented the book report option as well as the multimedia option.

Three new items were donated to the CEU lending library for members to sign out and complete the report form. Thanks to Donna Dyer for the Mildred Carter-Hand Reflexology book, and Connie Hubley for the Sue Ricks' DVD, *Infant and children gentle touch reflexology*, as well as the *Podiatry for the Reflexologist* reference book. Contact Kate at [\(207\) 229-7276](tel:2072297276) if you are interested.

We are looking forward to the fall afternoon presentation at the Beth Wright Cancer Care Center in Ellsworth this October. The Cancer Research Committee will be presenting the findings of the Michigan Research Grant study on the effectiveness of reflexology for breast cancer patients. The discussion of 9-step protocol that was used in the study will be shared and time to practice the technique in a trade will follow.

A final note is that 'Workshop 2015' is unfolding and members will have a chance to vote at the October meeting for who they would like to see come to Maine for our weekend presentation. Keep your ideas coming, as we pear down to 4 potential lecturers. A full list of possibilities will be coming to you by September 1st.

Respectfully submitted,

Kate Winant

Federation of State Massage Therapy Boards (FSMTB) Model Practice Act

The profession of Reflexology has its own: *(Written by RAA's Board of Directors and submitted to FSMTB)*

- History, vocabulary, theories, and techniques separate from any other profession. It works primarily with reflexes through the nervous systems versus the musculature. The effect of Reflexology is seen at a distant from where the pressure is applied; its intent is not to change the soft tissue of the body nor to practice medicine in any form. The intent behind Reflexology is to bring the body into balance through the relaxation process, thus promoting stress reduction and well-being.
- Schools and educational programs that far exceed any course taught in massage schools;
- Professional membership associations at the state, national and international levels;
- National certification through an independent, non-profit organization with a psychometrically valid exam;
- 4 State laws (ND, TN, NH, WA) and 33 exemptions from massage laws;
- The AMTA Government Relations Committee strongly recommended in 2003* that reflexology be exempt in proposed legislation citing the following wording: **Persons who restrict their manipulation of the soft tissues of the human body to the hands, feet or ears and do not hold themselves out to be a massage therapist or do massage therapy;**
- Over 300 Research studies from around the world to prove the efficacy and safety of Reflexology.

All of the above points demonstrate the uniqueness and independence of the field of reflexology. Therefore we are respectfully requesting clear wording within the document that excludes reflexology from being considered a sub-technique of massage.

Thank you.

RAA Board of Directors



The 30-Second-WOW-Message How to Answer, "So, What Do You Do?"

by Linda Collar

Part 2

The How and Where

Article taken from the EBook, *Wow, I Didn't Know That's What You Do!* by Linda Chollar. Find Part 1 in the Winter 2014 issue.

In the first part of this article, I gave two of four insights for crafting an effective reply to the question, "What do you do?" They were the Who and What elements to what I call your **WDYD-Wow-Message**.

Now comes the HOW and WHERE and putting the four elements together so that you never again have to struggle with what to say when asked 'What do you do?'

Insight #3: HOW To Put It in Action

Suppose you are engaged with a potential client who complains of having anxiety. Signs of anxiety can be feeling restless, lack of focus, edgy, no interest, no energy, poor sleep, indecisiveness or makes mountains out of molehills.

Translate these phrases or words [the problem] into potential hooks to say how your service helps [the solution] to anyone experiencing anxiety. eg:

- Go from restless to restful
- Bring your life into focus
- Kick brain fog and gain clarity
- Feel more balanced and energetic
- Best decision you can make this week
- Turn your mountains into molehills in an hour

Here's the template to craft your wow-message:

1. Label yourself, if you like: *I'm a reflexologist (massage therapist)*. Just make sure that's not all you say and watch for the glazed-eyes!

2. **Who** do you work with? *I work with professional women who are on their feet a lot and are troubled with pain in their hips, legs or feet.*
3. **What problem** are these people having - *off work, in pain, tired of pain pills?*
4. What do they **hope** for - *pain relief, back to the gym, back to work?*
5. **How** do you help them? *I help them get results, maintain and make positive changes to prevent relapses.*
6. **Put it all together:**
I'm a foot reflexologist who specializes in pain management. I work with women who are on their feet, like nurses, waitresses, hairdressers or seated at computers a lot. They get stress and pain in their back, legs and feet and are looking for relief, to get back to work and be active again. I help them with their pain without drugs and to move toward better posture and work habits.

Short version - plug and play script:

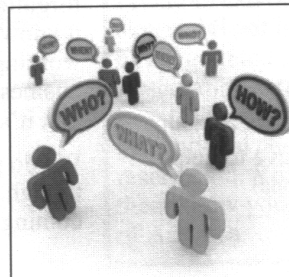
- 1) I (help/show/teach] people
- 2) with ____ (the problem)
- 3) to get ____ (the solution- what they are moving toward)
- 4) so they can (do/be/get) - the results they want (back to work, etc.)
- 5) without the ____ (repeat specific pain they are moving away from)

Optional finish when you feel this person is not your ideal client profile. Ask them DYKA, "Do you know anyone who has these sort of problems and could benefit from my services?"

A few more wow-factors:

"What I offer my clients is a way to get relief from pain and feel better FAST - head to toe (headaches to hemorrhoids), to have more energy or mental clarity. My therapeutic reflexology could be exactly what you need for that [name their problem or pain]. Call me - I can help you too!"

"I help people with IBS and



digestive problems discover how reflexology can relax their gut to ease symptoms and help things function more smoothly."

"I help pregnant women with the common low back stress so they can be more comfortable without the pain. Do you know any PG women who would like a drug-free method for pain relief?"

"My passion is to help migraine sufferers stop the pain and educate them about headache triggers so they get better. If you know of ANYONE who suffers with migraines or headaches, please tell them THERE IS HELP, to call me (here's my card)!"

Insight #4: WHERE to focus your WOW Message

Tightening up your marketing focus will help you to craft a message. Find out where your ideal clients hang out, shop, read, their lifestyle patterns, and you will know where to target your marketing. A message to the general public will not tap your niche of potential ideal clients. You want to attract soccer moms vs. simply 'moms.' You address the needs of the 65+ year old vet with PTSD vs. 'senior men.' Run test messages to different groups with a way to track results. Put together a well-written, proof-read message in strategic areas and ways that reach your market (physical locations or meetings, newsletters, social media, etc).

When putting your WDYD message in print or media, use a strong headline with an impact suited to your audience, a tag-line with your wow words and add a *Call to Action* (learn more, make an appointment, visit my website, get the gift certificate, etc). Now, Here's your call to action:

Take these action steps:

1. Craft your message into a single sentence using the template as a start.
2. Test your *WOW Message* on at least 10 people next week.
3. Put all of this out fully to the Universe - what you do, who you are and who you want to serve. Be confident in what you have to offer in service. Feel the energy of the value in your offerings and the change you can create in others' lives.

You never know who is looking for YOU and the help you provide *right now*. Be ready anywhere, anytime to wow your potential clients with a meaningful message about the value of your service.

Linda Chollar, AAEd, is a certified business success coach and accredited educator who has maintained a private wellness practice and taught reflexology for 20 years. Owner of The Reflexology Mentor, she provides continuing education and business coaching services exclusively for reflexologists. CE Classes via tele-class, webinars and live. Contact: linda@reflexologymentor and www.ReflexologyMentor.com

The WOW Moment



I enjoy spreading the word and sharing Reflexology with all ages!

On Friday June 6th of this year I participated in the 6th Annual Healthy Aging Learning & Living Expo. It was held at the Cohen Center, located at 22 Town Farm Road, Hallowell, Maine. With the help of Myra Achorn we set up a booth with displays of charts, session photos and as I always the MCR, RAA and my own brochures. We offered mini hand sessions to the Expo patrons. Once again the Crew of Radio Station 92 Moose sat in my Chair for a session while doing a Live Radio Broadcasting explaining the benefits of reflexology. This kind of exposure helps spread the word that reflexology is enjoyable and beneficial! The attendee's patiently waited in line for their mini session given by Myra and myself. As we all know, the older Generation appreciates the human touch and the benefits of improved circulation!! We stayed after most exhibitors had exited to make sure we give sessions to the staff members who worked so hard to put the event on - just proving everyone enjoys reflexology!

I can't thank Myra enough for all she does every day to help me and all her past students to advertise and promote the profession of foot and hand reflexology with a positive image everywhere she goes!!

Nancy A. Butler-Smith

MCR member and a RAA Delegate representing MCR

Testimonials by MCR Members

Sent in by Donna Dyer, Topsham

Reflexology has helped me in many ways. Most noticeable is, no more swelling in my ankles! I have had total hip replacement on both of my hips and post-surgery, (even several years later), I was experiencing moderate to heavy swelling in my ankles almost all the time (except 1st thing in the morning). Since regularly seeing Donna for reflexology, the ankle swelling has all but disappeared!

Additionally, reflexology has improved my posture. My feet are more flexible which in turn helps me to feel more grounded when walking and standing, which has also lead to improved overall balance.

Furthermore, reflexology has helped to diminish general pain all over my body. Donna can tell what areas of my body have stiffness, and/or pain just by working reflexology points on my feet and toes.

Like most people, I was a little skeptical at first, but have come to believe (by results) that reflexology is truly a wonderful and amazing therapy. I wish I could afford to see Donna everyday!

William F., Bath Iron Works Employee
Raymond, Me.

As a result of chemotherapy treatments almost two years ago, I contracted peripheral neuropathy in both hands and feet. In searching for some relief, I stumbled on reflexology. As it seemed to be a logical possibility as it directly addressed both extremities.

I was referred to Donna Dyer by a retired reflexologist and have been seeing her on a regular basis for seven months. Without reservations, I can only say that I have found my sessions not only the most relaxing hour of my day, but they have improved my balance, brought comfort to me and have given me more energy. It has allowed me to play competitive senior tennis and swimming.

In March, I was able to compete in a 75+ men's relay at Harvard which resulted in five New England records for our age group. This in turn was recognized in a recent issue of Sports Illustrated. Undoubtedly, the "high" of my athletic career.

In May, I started another round of chemotherapy and have continued to see Donna regularly. She continues to provide me with the relief I have not been able to find with other types of therapy.

Bob H., Retired, Brunswick, Me.

Sent in by Ronda Alley, Bar Harbor

Hi Ronda,

Hope you had a great weekend and learned a lot! Wanted to let you know that after our session, that underlying yuck sinus feeling (like I was catching a cold), and the muscle pain in my shoulders both of which I had all week went away!! I felt so much better! Can't wait until our next session! :) Thanks, Jen

Sent in by Suzanne Girlando, Standish

One of my son's friends was over here—he has been helping me with a logo for my business and I have been intending to give him a session. Finally I got him in the chair. He did complain about eye strain and indeed that day had one of his recurring sties. His have been so bad that sometimes he has had them lanced! And he has chronic eye strain self-induced at times by his close work as an artist and overdoing computer screen time. Anyway, the eye reflexes (all three) on the left foot were extremely tender and I worked them as well as working the nerve supply and also worked to loosen up that entire area. Then I noticed that toes 2 & 3 were bent back, almost hammering, so I worked to relax them and pointed out to him that something was "going on." I asked if he possibly was wearing tight shoes affecting those two toes and he admitted he had recently been trying to "break in" a pair of athletic shoes, running and exercising in them. I suggested he return them for another size. I told him you can't "break in" shoes! But what is interesting too is that he has a tendency to eyestrain, a history of it, and then he goes ahead and buys shoes that "push" on those two toes! Curious! By the way, he just told me that the sty went away, totally. He was amazed because they usually come to a painful and inflamed head and then slowly heal. He said the sty went away soon after the session, never coming to a head. He said he was "sold." I am so happy to report this to you Myra! I recall hearing you speak about observing abnormalities in the feet and then considering them in light of physical conditions. I thought you would appreciate hearing this.

Continued on page 15

A MCR member and cancer survivor, Ann Ruel, shares her understanding what a person endures having cancer treatments and how she reaches out with free reflexology sessions.

From the Heart. Today, one of our cancer patients walked in and I had not seen her in a few weeks. When she walked in, it was slow, off balance and that endless look of exhaustion. She is a older gal, soft spoken, going through the motions, and of course trying to endure what has happened to her. I knew her well. I knew her tiredness, and numbness in her fingers and feet, due to the heavy rounds of chemo. She was working on being strong, despite the weakness that has settled in every part of her body. She, like so many, wants to stay strong even in this difficult situation. The chemo has claimed its toll, and as much as she wants to lift her head, she is weak, depleted and stripped of who she has been, a sweet wife, with lots of energy to do everything. It is gone for now, and as I take her by the hand, I gently seat her in the comfortable, warm inviting room, reminding her, that she will get through this time, but needs to focus on taking it slow, easy and letting others do for her at this time. She is not use to this situation and is having a hard time wrapping her mental thoughts around "others" doing for her. She has always been the one doing for "others." As she put her feet into the warm tub of water, a look of relief comes over her face. Finally someone is rubbing her feet, reminding her that, again, this will pass. I gently rub her feet and give her a gentle sea salt scrub and give her words of encouragement and hope. The medical procedures have taken a toll on her body. There is bruising from the needles and her legs, hands and face are swollen, just a little hair left. I have her get under the warm blankets on the reflexology table, and tell her to let it all go and relax for the time she is here. As I nurtured her ears, head, hands and feet, I take time to pray and ask God to renew her body and soul. I always see Jesus laying on the table and I gently stroke and comfort the body that has endured so much. She cannot afford the massage/ reflexology for the next few weeks, so I told her we would give her the treatment for free the next few weeks, so we can help her mind, body and soul heal gently and slowly with love and care. She hugs me with such sweet and tender gratitude that tears run down both our eyes. I know the battle and I am here to help her win it. That was my awesome day as a breast cancer survivor. Holding the hand of another cancer patient and pulling them gently through their battle to the other side. I asked God for a million dollars today, because there is nothing else I want to do. Please pray for her and all the people who come and need our love and touch at On Eagles Wings in Bridgeton, Maine. Ann received reflexology session during her journey throught her cancer treatments. For more information contact Ann throught her web site www.oneaglewings2.com.

Style: 3800L **GILDAN**
Gildan Ladies' Ultra Cotton™ Pique Polo

Description:

Sizes: S-2XL

Key Features:

- preshrunk 100% cotton pique made from 19/1 ring-spun yarns
- 6.5-oz.
- contoured welt collar and cuffs
- 3 wood-tone buttons on a reversed placket
- tubular construction
- double-needle bottom hem

S-2XL: Black, Dark Chocolate, Kiwi, Light Blue, Light Pink, Maroon, Navy, Purple, Red, Royal, Sand, Sport Grey (90/10), White

Care Instructions:
Machine wash warm, inside out, with like colors. Only non-chlorine bleach. Tumble dry medium. Do not iron. Do not dry clean.

Measurement Notes:
Sleeve length is measured from the center of the back.

S M L XL 2XL

The logo for MCR is at DR Designs, located on rte 202 in Manchester, Maine phone (207) 622-3303.

In the snail-mail newsletter, I am only able to print in black & white, but the colors are shown within MCR's newsletter on the website. You will be able to see the colors displayed or you may call Myra Achorn at 626-3338 and she will e-mail you the color chart. This is the same logo we had printed on polo shirts before. They are being sold at cost. If you want one of Myra's school polo shirts, let her now. **For more information about ordering call Myra at 626-3338.**

If you are looking for a MCR logo patch, sew on or iron on, you can call DR Designs at 622-3303 to put in your order.

Have You Ever Heard of “Oil Pulling”?

I had not heard of this Ayurvedic healing technique until several months ago while internet searching for information on natural remedies for gingivitis and other dental problems.

“Oil pulling” came up and once I encountered the term I discovered more websites and further information. In essence, “oil pulling” involves putting a small amount (approximately one tablespoon) of vegetable oil in your mouth and holding it there while you swish it around most vigorously for twenty minutes. It is *not* a gargling technique where the oil goes into the throat. After twenty minutes have passed, the oil is spit out, down the drain. At this point the oil has taken on a milky appearance. This is done on an empty stomach, before breakfast or in the evening before bed.

The online information contains numerous testimonials from users who state that this technique, when used regularly, has greatly enhanced their oral health: clearing up gingivitis, reducing plaque, ending bad breath, whitening teeth, and so on. A number of bloggers report quantitative improvement describing how the dentist’s measurements of gum “pockets” decreased and how their gums have shown great improvement—to the amazement of their dentists and hygienists!

How does this work? There are theories based on some observations. For one, the swishing and chomping movement of the jaw probably increases saliva flow. I have read that the oil “saponifies,” i.e. becomes a soap. It is known that soap is one of the most effective substances to wash away bacteria. Scientific studies on oil pulling show that the “spent” oil that is spit out is full of immature bacteria. Isn’t that interesting? As we know bacteria multiply rapidly forming into colonies. If the oil “soap” is able to dislodge, i.e., “pull out” the new bacteria that might not yet be strongly anchored to the teeth and gums, then it would seem that the continued growth of the colony could be curtailed in that it is not being renewed and strengthened with an overlay of newly attached bacteria. With repeated sessions of oil pulling, at some point the bacteria colony may simply wash or crumble away. This theory seems to apply to reports that oil pulling has decreased plaque and whitened teeth.

Perhaps there is also some connection with the body’s lymph system in that the vigorous swishing/chomping action stimulates lymph flow in that area and through some mechanism the body releases toxins through the oral cavity. This theory may explain why many people who practice oil pulling report that they have experienced great improvement in regards to other maladies such as infections and inflammations elsewhere in the body.

I know of people who have used oil pulling with great benefit. I can testify myself that after an oil pulling session, your teeth feel like porcelain, similar to when you leave the dentist after having a teeth cleaning. I know of someone who used oil pulling for awhile and whose dental hygienist observed that there was much “less space” between the teeth (less gum recession) and wondered what had happened. A know too of someone who had beautiful, but very yellowed teeth, perhaps from drinking tea. She took up the practice of oil pulling. I hadn’t seen her in weeks and when we had a conversation, it was clear that her teeth had significantly whitened.

You can read much more about oil pulling online, even some scientific studies, primarily in the dental field. There are also a few books available online but unless you are a dental professional, this information and what is online should be sufficient.

A little more information on how to do “oil pulling.” From what I have read the preferred oils are cold-pressed sesame oil or cold-pressed sunflower oil. The sesame oil is more expensive but I read that it is known to be highly anti-inflammatory. I could not find information on why sunflower oil is recommended. Also, a number of users choose the popular coconut oil which too is known to be anti-inflammatory (and have a pleasant taste and fragrance too!) and anti-microbial. There is much research on the healing capabilities of coconut oil, so it seems like that would be a good choice too. Although these three oils might indeed be the most effective, perhaps any vegetable oil would be better than nothing!

You put the oil in your mouth. I used to use a spoon for this, but then I put the oil in one of those hand-pumped soap or hand sanitizer bottles which I could leave near the bathroom sink. Following the advice I found on some sites, I added a small amount of oil of oregano for its antimicrobial qualities. I simply pick up that little bottle and squirt it in my mouth. You swish vigorously for the twenty minutes. You spit it out and brush your teeth with baking soda, or whatever you choose for a dentifrice.

Suzanne Girlando



Lasting Impressions

Karen Grabowski (IA)

A client of mine died last week. She was the kind of person who lights up a room: an enthusiastic, upbeat, hilarious woman with an engaging mind and a bottomless desire to improve her health. She had been a client of mine for three years, and our sessions had long since moved beyond a purely professional interaction to a meeting of dear friends.

It is because of Lyn that I began researching scoliosis and celiac's, because of her that I expanded my understanding of how chronic conditions can - if we let them - overwhelm our ability to deal with the daily activities in our lives. Lyn was my poster child: a woman who let none of her "conditions" stop her from living a full and active life. She was also a person who accepted a primary role in her own wellness, constantly tweaking her nutrition and exercise programs to give her body the best chance at being healthy.

Reflexology was a regular part of her plan. She came once every month, allowed herself to completely relax and enjoy each treatment, and often spent the sessions sharing information and asking questions or seeking my opinions about some health-related news she had read or heard about.

For all this last week, I have been thinking about her and about the void her passing has created in my life, and it has come home to me in a very real way just how emotionally as well as physically healing reflexology can be. Even more important, the emotional healing - if we allow it - flows in both directions. While Lyn certainly believed she benefited from the time we spent together, I know that I did as well. Days with her on my schedule were particularly appealing to me. Whether she came in tired or energized, our time together was special.

This is one of the greatest - and most surprising - gifts I have received from taking up reflexology as my calling. I am not social; far from it, in fact - but I have found a profound sense of purpose and connection through the one-to-one sessions with my clients. In those sessions, I have met and come to appreciate people I might not otherwise have known. I have also felt able to share pieces of myself in a gentle, safe environment (that same environment my clients appreciate so much!) - and I have grown immensely as a person because of it. I have learned to be less judgmental and more open to accepting each person's unique path, and I have learned to listen a lot more and "advise" a lot less - because I am coming to understand that people change when they are ready and what they need more than good advice is a kind ear to truly listen.

When we talk about reflexology, we mostly focus on the benefits to our clients - and primarily the physical benefits. Through my experiences, though, I recognize that it is so much more. I truly believe my clients are better (physically and emotionally) through our shared sessions, but I also believe that emotional healing takes place for me, too, every time a client walks into my room.

Lyn helped teach me that. She was 84 years old. She was an amazing person - and she will be greatly missed by all who knew her. I can only imagine the laughter and joy she is bringing to everyone in the afterlife. Knowing her has made me be a better person - and a better reflexologist.

Karen Grabowski, Joyful Soles Reflexology
karen@karengabowski.com

What Kind of Member Are You?

Are you an active member, the kind that would be missed?

Or are you just content that your name is on the list?

Do you attend meetings and mingle with the crowd?

Or would you rather stay at home and complain long and loud?

Do you give a little time and help to make things tick?

Or leave the work to just a few and talk about the "clique?"

There's quite a project that means success if done,

And it can be accomplished with the help of everyone.

So volunteer and help with hand and heart.

Don't just be another member, but take an active part.

Think it over member; neither kind is right or wrong.

Are you an active member or do you just belong?

~Author Unknown