

Refresh

THE REFLEXOLOGY MAGAZINE

Volume 4, Issue 1

Women and Spring



**Reflexology: an Approach to
Rekindling from Burnout**
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LETTER FROM THE EDITOR

Hello Readers!

It has only been three months, but it seems like it has been such a long time since our last issue of Refresh. This past year has been quite challenging for many therapists and their clients. But we're in a new year. And better days are yet to come!

This year is very special—it's RAC's 45th year of registering excellence. We have so many activities already planned and will announce them progressively throughout 2021. Check out our 2021 International Reflexology VIRTUAL Conference information on page 8 of this issue. We have an incredible line of webinar and online workshops open to all knowledge seekers. You can view the schedule on page 15.

We've put together an issue that highlights some of the concerns that we have heard from you—dealing with burnout, dealing with fertility concerns, and as because it's that transitional time of year: water.

Thank you for your continued commitment to our reflexology community.

We hope to see you online sometime this year!

Happy reading!

TEAM RAC



Marakary Bayo



Laura Marrast



Ines Hardtke



Yipin Guo



Chiao Ting Chen



Hayley Dow



Continuing Education Question:

Instructions: See and answer the continuing education question via this link:

<https://forms.gle/1M67TSAg7LKjDhR97>.

Completed response will earn you 1 CEU. We will let you know once your response has been reflected on your profile.

Question

Name one way that water supports the body?

Reflexology:

AN APPROACH TO REKINDLING FROM BURNOUT

By Cherie Griffiths, RCRT™



An overview of burnout

Burnout is a buzzword these days. With many of us now working from home, home schooling, active on the front lines, etc.; burnout is becoming increasingly common. A better buzzword to enter our lexicon might be “balance,” in order to cope with the impact of life demands beyond the capacities of our vital life force. Burnout is now considered an occupational phenomenon. First coined by researchers in the 1970s, burnout, simply put, is the effects of extreme stress and overwork that leads to a set of symptoms. The stressors are:

Being overworked, lack of control, lack of community, fairness, and values

These can lead to symptoms such as:

Detachment from work, physical & mental exhaustion, cynicism, and withdrawal from social activities.

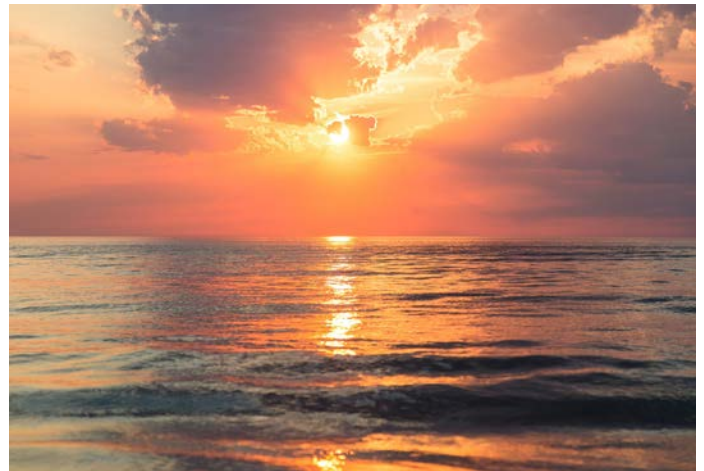
Eventually, parts of the brain are affected, especially the amygdala (which regulates emotions) and the prefrontal cortex (which regulates learning and higher processing). Burnout can actually change the shape of these two brain structures. The capacity to work and enjoy life is reduced to the point that time off is required. For each person it differs. For some, it is weeks, for others it may be years.

How Reflexology Helps to Rekindle From Burnout

Reflexology Therapy is an approach to resolving the tremendous impact burnout has. It can modulate the systems of the body (nervous, endocrine, hormonal, musculoskeletal) with its holistic approach to recuperating from exhaustion. Offering a calm environment, observation and attention to the client's body and mind while meticulously working on the feet (hands, ears, or face) holds a very valuable needed space for unwinding, relaxation, breathing and often to tenderly release emotions.

When working on a client dealing with burnout, the areas of the toes which refer to the head, brain, and neck may be more sensitive. This sensitivity may also extend to other reflex areas—the shoulders, heart area, lungs, digestive, reproductive—as the circulatory system is directed towards the muscles and away from other systems after being in an ongoing state of stress.

When weaving the fingers under the ankles, in what is sometimes referred to as the crescent moon, we are also influencing Chinese meridian points that influence other parts of the body to balance, harmonize and create a state of calm. Working around the ankles brings a sense of “aha,” a sense of peace, and aids to help insomnia, a factor found in many burnout or pre-burnout clients.



The Bigger Why of Rekindling with Reflexology

- To reduce the length of recuperation time.
- For brain health and the ability to absorb and retain new information.
- To increase energy and motivation to exercise for strength and balance.
- To bring back quality time with family, friends, and loved ones.
- For fertility health.
- To get back to financial health, by being able to work.

Time and investment spent with self-care and self-love will help to evaluate what is truly important in one's life.



Water and Reflexology



By Linda Googh, RCRT™



*Water is the vehicle that helps flush waste.
Reflexology helps speed up the detoxification process.*

The moment reflexology starts to work, it “Kick Starts” the body’s detox system working twice as hard to get rid of waste from our cells and organs. Together, they team up as the “Feature Balancing Act.”

This “Feature Balancing Act” improves elimination through not only our bowels and urinary system, but also the respiratory system and the skin. Water is the fundamental solvent for all our body’s biochemical processes. Did you know, hemoglobin, carbonates, various proteins, and many other molecules in our body use water as a solvent? It is so easy to forget that water is vital in delivering oxygen to our muscles. Reflexology aids this process to improve circulation and oxygenation. Let’s give this team a big round of applause!

Hot and Cold-Water Therapy

Water on the outside of the body is just as beneficial as water that you consume. Cold water works by constricting the blood vessels in the area that has been injured. Heat helps to reduce pain.

During my many years as a dancer and choreographer, I was like a traveling pharmacy! To this day, I still carry a big bag of tricks that would give Mary Poppins a run for her money.

A Hard Act to Follow!

Whether it is the onset of neck or shoulder strain, ball of the foot pain, or a flare up of arthritis or carpal tunnel syndrome, water and self-reflexology can be a healing combination!

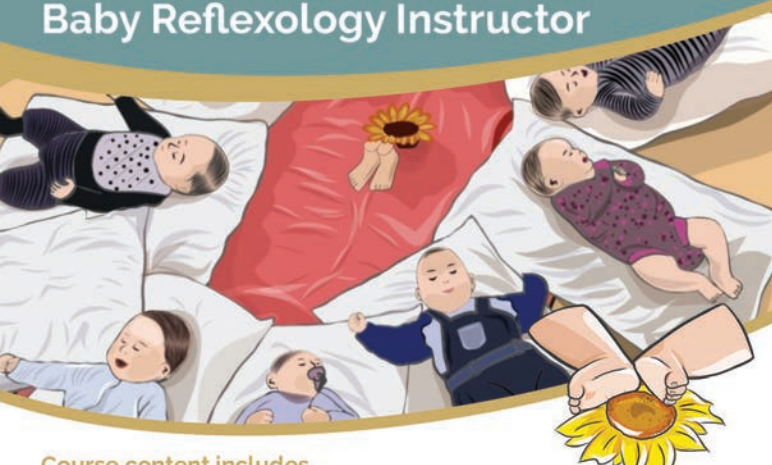
Sponsored content

Online Training Courses

Baby Reflexology

Baby Reflexology Instructor

golden egg holistic



Course content includes

- Contraindications
- Behavioural states and baby cues
- Common childhood ailments
- Adapting techniques for older children and teenagers
- Treatment plans and home care advice
- Simple hand reflexology and abdominal massage routine suitable for all ages
- Specialised baby reflexology techniques for digestive ailments, teething, anxiety, irregular sleep patterns

Students who complete this training can follow onto 'Baby Reflexology Instructor Training' course (optional)

CPD Approved & Certified Training

www.goldeneggholistic.com

info@goldeneggholistic.com

MY PERSONAL WATER STORY

Many years ago, prior to becoming a Reflexology Therapist, I suffered with water retention, as a result of salt sensitivity and an issue with my kidneys.

During a visit to a neighborhood Health Store, I found myself at a loss when searching for a natural diuretic. Most herbal supplements and teas had warnings for those who have impaired kidneys. The storeowner noticed I seem to need help and quickly asked, "How can I help you?" In total frustration I blurted out about the edema I suffer in my body! In the meantime, I have extreme water retention!

The very sympathetic woman firmly asked, "How much water do you drink?" I laughed and answered her most abruptly, "Water is the enemy!" "Don't you get it, I said" if I drink water I will blow up!

Well that's did it! You could tell she wanted to slap me right there and then, but she held her breath, counted to 3, took my hand, and dragged me to the back of the store where she then filled a very small Dixie cup of about 2 ounce of water and handed to me to drink. Down it went in 2 gulps.

The woman now waving her finger said, "You don't know this now, but I have given you one of the most important lessons of your life!

Water is essential for balance in the body.



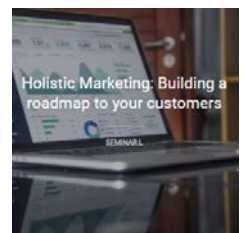
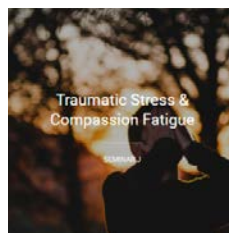
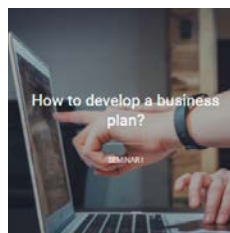
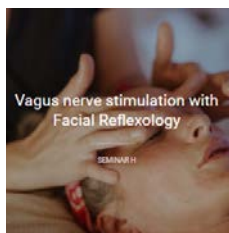
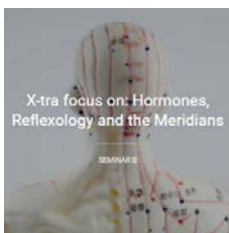
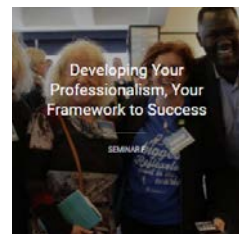
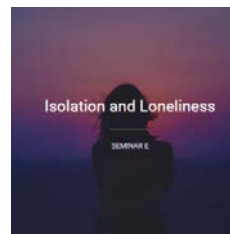
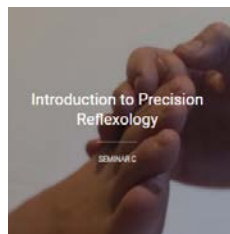
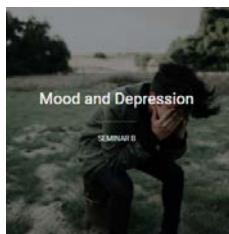
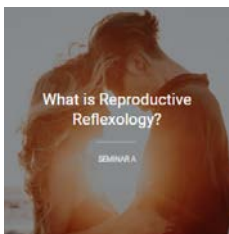
REFLEXOLOGY
VIRTUAL CONFERENCE 2021

The BEST Reflexology Event is Back



Join us for the 2021 International Reflexology Conference—This time from the comfort of your home. The conference will be held from May 1–2, 2021 completely online. There will be:

★ More Seminars



★ [More Speakers](#), [More Learning](#), [More Networking](#), and Better Memories!

The Biggest Reflexology Conference in 2021

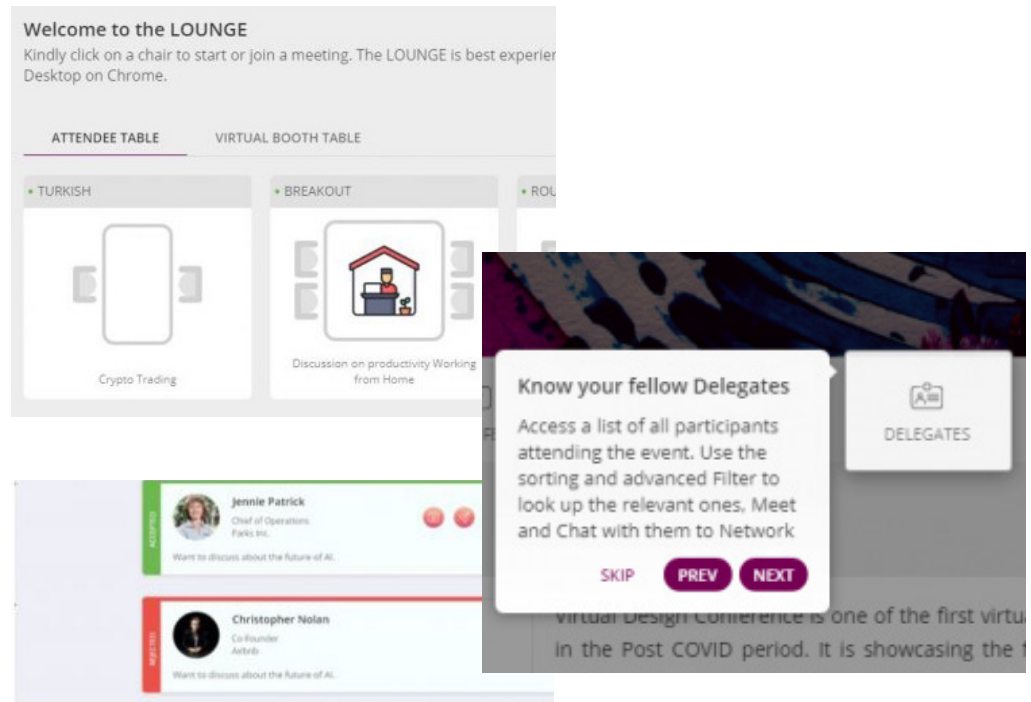
The International Reflexology Conference 2021 will be hosted on a unique platform that will allow attendees, speakers, sponsors, and exhibitors to interact, market products and services, and connect in real time!

Attend conference seminars hosted virtually in real time.

A networking lounge for attendees to feel closer to an in-person event.

Schedule one on one video meetings and chats with other attendees.

Take notes & exchange virtual business card.



Join Meetings

1. You can approve Meeting requests by clicking on the 'Let's Me' button.
2. You can easily join meetings at the specified meeting time, by 'Join Meeting'.

Ticket Pricing:

Get your ticket today: www.reflexologyconference.com

RAC STUDENT MEMBERS

\$99.00 + tax

Regular price

RAC MEMBERS

\$149.00 + tax

Regular Price

NON-MEMBERS

\$174.00 + tax

Regular Price

Celebrating 45 years of registering excellence



REFLEXOLOGY AND FERTILITY

...how are they connected?



By Gloria Laing

RCRT™ MARR MRP

You've heard it at your hairdresser, you've heard it from your aunt. The cashier at the grocery store knows someone who knows someone.... if you're having trouble getting pregnant, go see Reflexology Therapist!

It sounds like an old wives tale, but who said old wives tales need to be false? In fact, many of them are very true and still very relevant. And this one is no exception.

REFLEXOLOGY

Massage Balm with Dandelion & Kaolin Clay

Reflexology is the ancient healing art where by applying strategic pressure to specific parts of your feet (hands, ears etc..) called Reflexes, blockages in the communication lines between your brain and your cells, organs and systems are cleared away and your body is able to regain its' ability to ward of dis-ease and dis-function.

More specifically, when it comes to Reproduction, this is where Reflexology is really effective! Reproduction is the one system in your body that is not required to work in order for you yourself to maintain life. It could, therefor be argued that Reproduction is one of the last things your system cares about if you have other imbalances that need addressing more urgently. And in every Reflexology treatment, the whole body is taken into consideration and treated – every time.



The sweet summertime smell of Dandelion Oil (made with hand harvested 100% organic dandelion infused in cold pressed organic extra virgin olive oil) relieves joint pain, muscle pain, arthritis inflammation, and is known to reduce anxiety.

Kaolin Clay helps to re-mineralize the depleted body and adds that luxurious grip necessary in foot and hand work, while leaving the skin feeling moisturized and silky - but not greasy.

Handmade with love by a Reflexology Therapist in Canada for North American Reflexology/Massage Therapists, because your clients deserve a clean product. And so do you!

gloria

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free shipping in Canada and USA with orders over \$100

Think of it in terms of corrective parenting – calmly identify and acknowledge the unwanted behavior, remove the offending behavior by discussing why that behavior is inappropriate, then teaching, reaffirming, and enforcing positive behavior.

ReproFlexology has highly successful protocols for both male and female conditions of Reproduction as well as highly advanced protocols for supporting someone undergoing Fertility Treatment with a Fertility Clinic, something that is ill advised for the lay therapist in this instance.

When supporting the client undergoing fertility treatment at a fertility clinic, a trained ReproFlexology therapist is able to help turn nature on its' head and support the efficacy of the medications and protocols of the fertility clinic that are necessary in order to have the best assisted conception results possible.

But you don't have to have a diagnosis or an appointment at the fertility clinic in order to seek help with Reflexology. In fact, it is in "undiagnosed infertility" that ReproFlexology really shines because it takes what seems like an unsolvable problem and corrects it simply and naturally in a way that seems almost magical.

ReproFlexology should be thoroughly applied to anyone who is preparing to conceive, actively trying to conceive, or undergoing assisted conception procedures with a Fertility Clinic.

Is Reflexology a Hoax?

Some in the scientific community believe that Reflexology and other forms of complementary therapies are nothing more than a Trojan Horse? Here is an excerpt of my brief rebuttal to this assertion. I often explain and promote reflexology as a unique natural modality, that will leave you feeling incredibly relaxed, and offers you an opportunity to free yourself from the tethers of tension. It is in short—soul comfort for your soles!

I often explain and promote reflexology as a unique natural modality, that will leave you feeling incredibly relaxed, and offers you an opportunity to free yourself from the tethers of tension. It is in short—soul comfort for your soles!

Seeing the outstanding efforts of RCRT™s to promote and educate the public about reflexology, I was extremely frustrated when I read an article from Jonathan Jarry—a science communicator with the McGill University Office for Science and Society, and weekly contributor for CTV Montreal News—titled, [“Beware of the Trojan Horse of Integrative Medicine”](#) discrediting Complementary and Alternative Medicine (CAM) including reflexology. Jarry’s main argument is that complementary and alternative therapies, “lack significant evidence for their efficacy and worse yet, continue to be sold as promising solutions to the problems of real medicine.” I was so bothered by his position that I wrote him back to counter some of his comments.

By Wendy Reichental, RCRT™





Reflexology
STORE

www.reflexologystore.ca

Check out our stress and anxiety pamphlets to help you promote yourself, your business, and explain reflexology to your clients and potential customers.

Reflexology does not claim to heal any medical conditions. This therapy supports a person's pursuit of maintaining good health and well-being. Reflexology therapists do not diagnose, prescribe, cure, or treat for any specific conditions. I questioned him on why he considered the therapy to be a "hollow" pursuit, when there are numerous studies that illustrate that reflexology can decrease a patient's stress and anxiety in various circumstances. And further evidence showcases that in a relaxed state of mind the increase and release of endorphins can help reduce perceptions of physical discomfort, stemming from physical pain or mental distresses.

If the goal of traditional medicine is to relieve pain and suffering, promote good health, and prevention of disease, why can't conventional and complementary medicine work in unison with the common goal of offering whole-person care (including further wellbeing of mind, spirit, and body)? In this manner, CAM and conventional medicine could build a system that everyone could trust and benefit from without picking one or the other.

What I learned in reading Jonathan Jarry's article is that there is still a long road ahead for reflexology to be accepted in the more traditional scientific and medical fields. Reflexology would benefit from more clinical research and peer-review studies. However, despite all of this, I do believe that the profession of reflexology has a promising bright future especially in light of this pandemic and how people are craving human touch. We, as RCRT™s just must keep doing what we do, continue to share and be vocal about our stories, spread the testimonials from our clients, and keep pushing for the recognition that we know reflexology so rightfully deserves.



RAC Member Honoured NWAC Entrepreneur of the Month



*The Native Women's Association of
Canada (NWAC) Names our RAC Member
as Entrepreneur of the Month!*

Like many business owners during this season, COVID-19 forced Karen to close the Apothecary. During the closure, she decided that the pandemic wasn't going to hold her back from continuing to offer amazing therapy to her clients. She invested her time, money, and energy in planning for a re-opening with new products and great marketing. She applied to the Be the Drum Program (NWAC initiative). Working directly with her mentor, Karen successfully re-opened with fantastic promotions, social media marketing, and she also gave back to her community!

Sullivan's Apothecary: Vision Statement – We plant the seeds of today, for the roots of tomorrow

New products and services now being offered at Sullivan's Apothecary in Kapuskasing, Ontario. Karen Sullivan is an Algonquin from Timiskaming First Nation, who owns Sullivan's Apothecary in Kapuskasing, Ontario. Sullivan's Apothecary is a charming shop located on Byng Avenue that offers reflexology and aromatherapy. Karen is a Reflexology Therapist, registered with the Reflexology Association of Canada (RAC), and a NAHA Certified Professional Aromatherapist; she supports each client individually, based on their consultation, with integrity and experienced service, this is what separates Sullivan's Apothecary apart! Karen specializes in reflexology in lymph drainage designed for breast cancer and immune-compromised clients. Karen is the Director of RAC's Ontario North division and plans to create a RAC training facility in the future. The Apothecary offers holistic plants and teas, along with aromatics at the Aroma Bar to create your concoction! On any given day, you may wander by the shop and see her creating a cedar leaf hydrosol in her copper still.



We plant the seeds of today, for the roots of tomorrow!



The Native Women's Association of Canada (NWAC) is a National Indigenous Organization representing the political voice of Indigenous women, girls and gender diverse people in Canada, inclusive of First Nations on and off reserve, status and non-status, disenfranchised, Métis and Inuit. An aggregate of Indigenous women's organizations from across the country, NWAC was founded on the collective goal to enhance, promote, and foster the social, economic, cultural and political well-being of Indigenous women within their respective communities and Canada societies.

We have an exciting line-up of webinars and online workshops for 2021!

Upcoming Webinars & Online Workshops



April 14, 2021—WEBINAR: [Understanding Your Professional Association—RAC](#)

Speaker: Marakary Bayo, RAC Executive Director



May 29, 2021— WORKSHOP: [Building a Holistic Marketing Plan](#)

Speaker: Kinneh Gueye



June 5–6, 2021—WORKSHOP: [Reproreflexology™, PART I](#)

Speaker: Barbara Scott



July 10–11, 2021— WORKSHOP: [Precision Reflexology and the “linking” technique](#)

Speaker: Jan Williamson



August 14, 2021—WORKSHOP: [Vagus Nerve stimulation with Facial Reflexology](#)

Speaker: Lone Sorenson



September 18–19, 2021—WORKSHOP: [X-tra Focus on Hormones, Reflexology and the Meridians](#)

Speaker: Inge Dougans



October 17, 2021—WORKSHOP: [FingerFree® Reflexology](#)

Speaker: David Wayte



November 1, 2021—WORKSHOP: [Assisting Women Through their Labour and Delivery](#)

Speaker: Linda Baril

View all the details and register: www.reflexologycanada.org/events



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