

Refresh

THE REFLEXOLOGY MAGAZINE

Volume 4, Issue 2

Reflexology and Summer

Should we be offering reflexology during the summer?

Reflexology During a Heat Wave? - Pg. 6

Working the Kidney, Heart and Lymph Drainage Reflexes on the Hand - Pg. 8

What is Cranio-Sacral Reflexology? - Pg. 13



Table of Contents

Letter from the Editor	Pg. 3
Introducing a New Partnership	Pg. 4
Reflexology During a Heat Wave?	Pg. 6
Working the Kidney, Heart and Lymph Drainage Reflexes on the Hand	Pg. 8
2021 International Reflexology Virtual Conference: The Highlights	Pg.10
What is Cranio-Sacral Reflexology?	Pg.12
Upcoming Workshops and Webinars	Pg.15

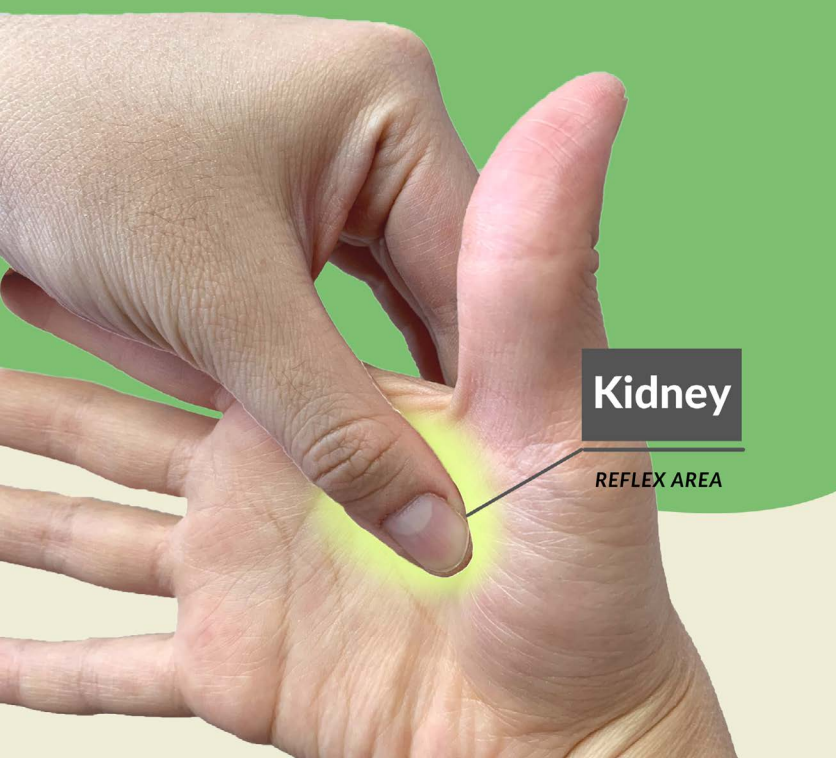


Continuing Education Question:

Instructions: Read this issue of **Refresh**. 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

How does the body cool itself down?



LETTER FROM THE EDITOR

Hello Readers!

Summer is upon us! Sunshine, warmer temperatures, and more daylight could bring a lot of positives (yay!), but there could also be some negatives. In this issue of Refresh, we hope to help you deal with some of the negatives and stay in the much-deserved positive space. Read about using reflexology during the summer months on pages 6 – 7 and check out some of the points that you can work on your hands on page 8.

Thank you to everyone who came out to our 2021 International Reflexology Virtual Conference in May. It was a great learning and interactive experience! For those of you who were unable to join us, you can view some of the highlights on pages 9 – 10.

We received several inquiries in May asking about cranio-sacral reflexology. In response, please find a republished piece on the topic on pages 12 – 13.

As always, we value our readers' feedback and input, so if you have any ideas for future topics or themes, or you wish to submit an article or advertisement, please reach out to us at newsletter@reflexologycanada.org.

Stay safe. Wishing you a great summer and happy reading!

TEAM RAC



Marakary Bayo



Laura Marrast



Ines Hardtke



Yipin Guo



Chiao Ting Chen



Hayley Dow



Great News!

Being a RAC Member gets you First Aid & CPR training for Less!

As natural health practitioners, it is important that you know what to do if a client has an emergency in your office or chair. This is why the Reflexology Association of Canada (RAC) has negotiated preferential pricing with St. John Ambulance for your first aid and CPR certification training as well as on first aid equipment purchased through them.



About St. John Ambulance

St. John Ambulance is Canada's largest and most trusted provider of regularly scheduled lifesaving courses. Established in 1883 in Canada, St. John Ambulance is a major, United Nations-accredited international charity. Revenue generated from CPR / first aid training programs supports St. John Ambulance charitable work in Canada and around the world.

First Aid & CEUs

Currently, first aid (physical and/or mental) and CPR certifications are worth ½ CEU for every hour of training up to a maximum of 10 CEUs.

Access

Login to your member account at reflexologycanada.org. Click on member benefits to get the codes as well as additional information.

*** RAC recommends Standard First Aid and CPR Level C. ***



St. John Ambulance

SAVING LIVES
at work, home and play

NEW



Looking for a way to warm up your Reflexology room or living space?

Refresh your home or office decor with our new blankets. Shop Now!



Reflexology
STORE

www.reflexologystore.ca

15% discount for RAC members

Reflexology During a Heat Wave?

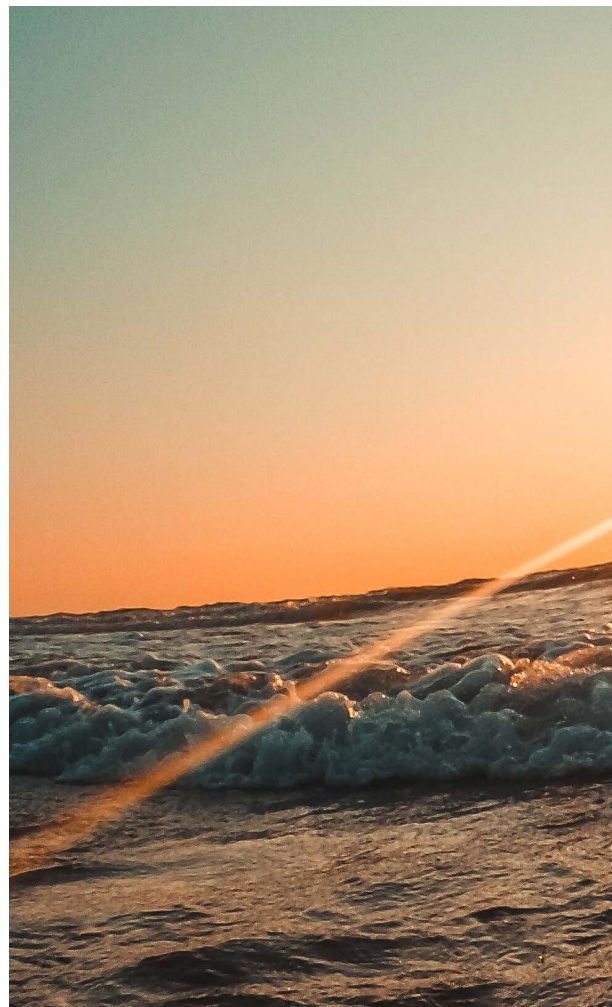
Heat affects our heart, kidneys, and our lymphatic system. How can reflexology help?

By Team RAC

When temperatures rise, our body works hard to cool off. We radiate heat to our cooler skin, and we sweat using our own heat to turn this into water vapour. When our skin is no longer cool or the air is too humid for evaporation, we have a harder time cooling off. In heat, our heart is pumping four times the volume of blood than on cold days. Radiating heat and evaporating sweat dilates our blood vessels. It adds additional stress on our already hardworking and pumping heart, reduces minerals in our bloodstream, and requires a lot of water¹ to keep all of this going. If any of these components are lacking, we become vulnerable to amplifying anything in our body that may not be working as it should or could. Further, these physiological changes – electrolyte imbalances, dehydration, greater volume of blood circulating – can compromise kidney function particularly in our already vulnerable population² by adding more stress to a stressed body.

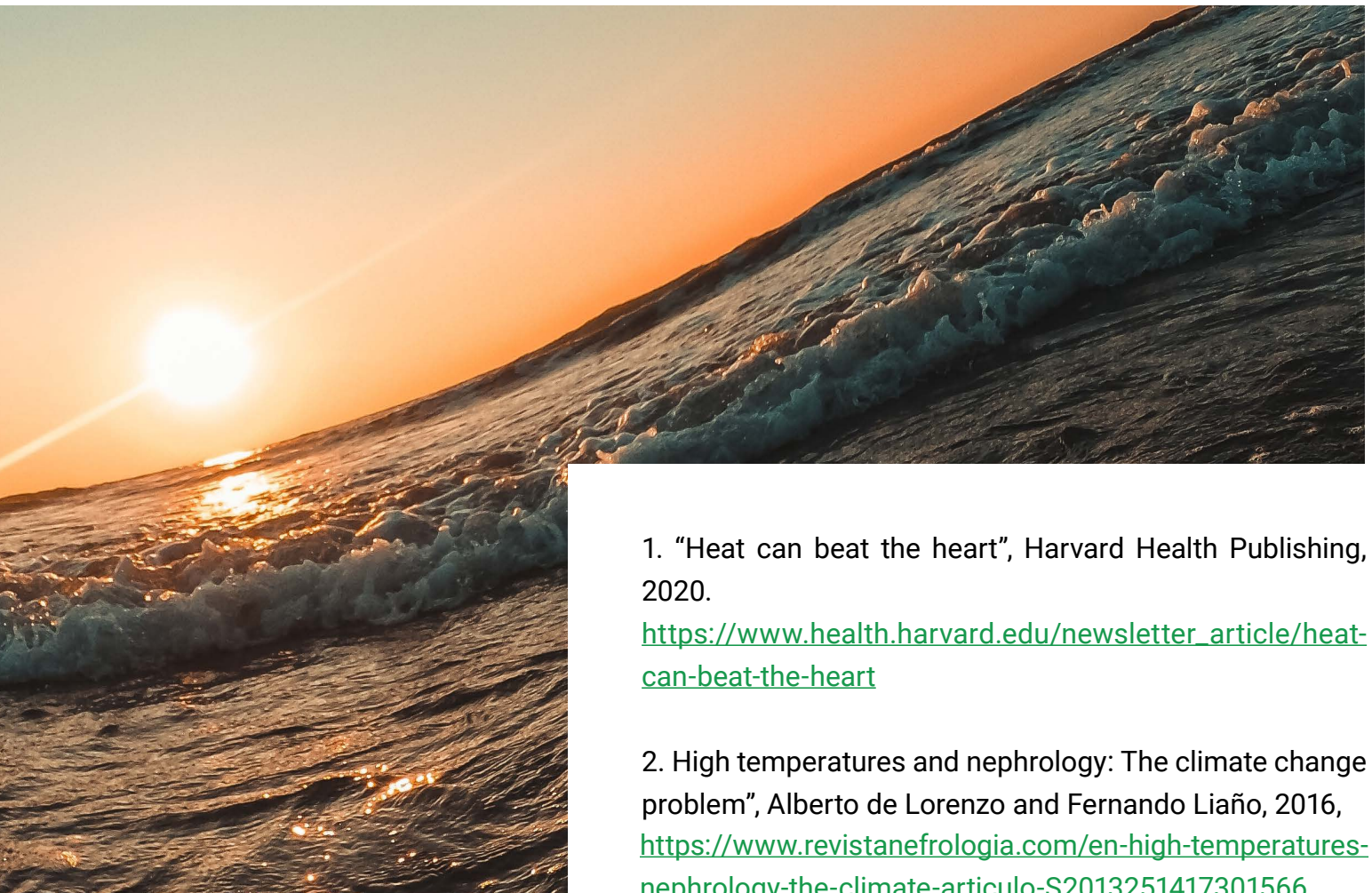
How Heat Affects the Lymphatic System

To exacerbate things, in hot and humid weather, we tend to move less to not create more internal heat. Without movement though, our lymphatic system slows down, and fluids tend to pool in our lower limbs. This pooling puts extra pressure on the veins, lymph vessels, and muscles. This pooling takes valuable fluids and minerals out of circulation. Consequently, this amplifies the effects of our body's hard work to cool itself down. The pressure on the blood vessels increase, the heart has to pump harder, our minerals are reduced, and we require even more water. A perfect time for reflexology, no?



Raising our legs at or above our hearts (as clients usually do in reflexology sessions) redistributes lymph and blood. In the lower limb, this reduces pressure in the veins and lymph vessels, reduces swelling, and relaxes muscles. This allows for a more natural blood flow overall which takes pressure off the heart and, in turn, the kidneys. Just from raising our legs, we're already starting to address some of the stressors that hot and humid conditions bring.

Add in reflexology, and we're giving the body an added boost to improve circulation, reduce tension, and support the body's efforts to function optimally. Due to the extra stress that heat and humidity put on our body, reflexology may be more beneficial in the middle of a heat wave than in the cold of winter. So, yes, reflexology in the middle of a heat wave!



1. "Heat can beat the heart", Harvard Health Publishing, 2020.

https://www.health.harvard.edu/newsletter_article/heat-can-beat-the-heart

2. High temperatures and nephrology: The climate change problem", Alberto de Lorenzo and Fernando Liaño, 2016, <https://www.revistanefrologia.com/en-high-temperatures-nephrology-the-climate-articulo-S2013251417301566>

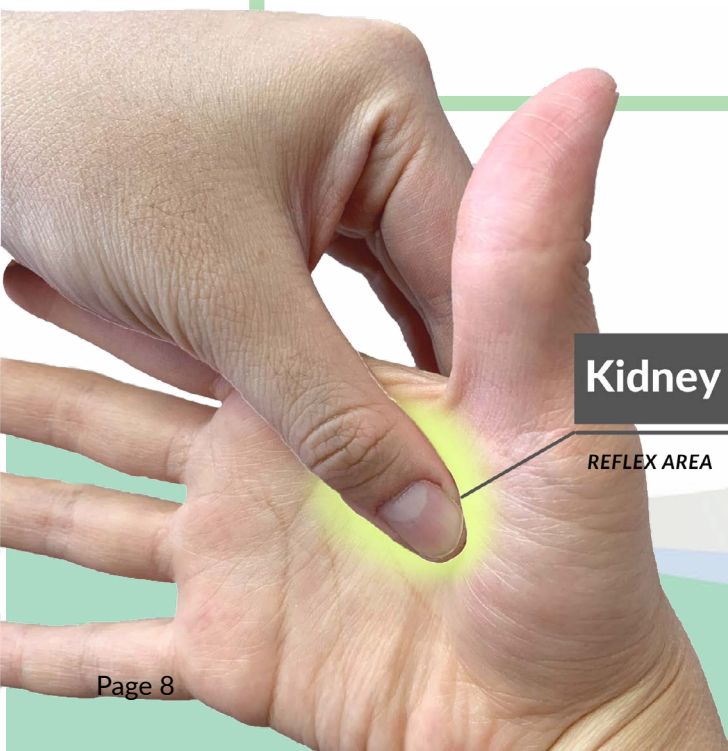
Working the Kidney, Heart and Lymph Drainage Reflexes on the Hand

A great way to address issues that come up in hot and humid conditions is by emphasizing the circulatory, lymphatic, and urinary systems with these specific reflexes on the hands.



1. Take your left index finger and thumb and lift up the right hand grabbing the web between the right thumb and the right index finger.
2. Place your left elbow (desk, chair, etc). Push down on the points that you grabbed on your right hand (don't move where you grabbed). These points will most likely be sensitive.
3. Hold this position (keep that pressure) for around 30 seconds.
4. Repeat on other hand!

You can do this work when you think of it – at your desk, while watching Netflix, in the middle of a heat wave and you're having difficulties cooling down.



ALL-IN-ONE MANAGEMENT SOFTWARE

Sponsored Content

We know practice management is a very big part of your day-to-day, that's why we made a platform that offers many features to help you in the most effective way. Check out how GOrendezvous can help you save time and gain more revenue.



Electronic medical records

- Custom lexicons for reflexology therapists
- Hands, feet, and ears diagrams
- Intake forms (COVID-19 included)
- PIPEDA and PHIPA compliant

Enjoy the exclusive offer
for R.A.C. members
UP TO 15% OFF

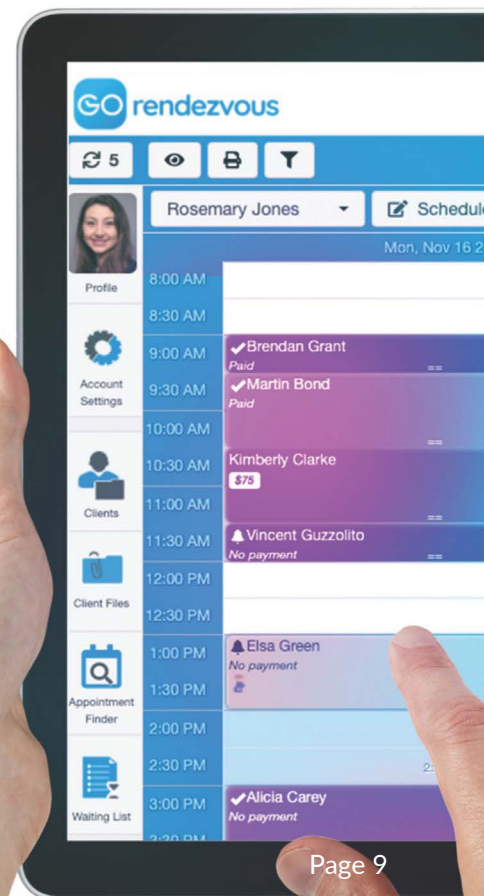
Online bookings

- Email & 2-way SMS reminders
- Avoid losing revenue with automatic cancellation replacement
- Free & friendly onboarding offered
- Insurance receipts

**START YOUR FREE
TRIAL TODAY**



Visit gorendezvous.com





REFLEXOLOGY
VIRTUAL CONFERENCE 2021

The Highlights

2021

International Reflexology Virtual Conference

Thank you to all of our conference participants!

We had a fantastic time at the 2021 International Reflexology Virtual Conference—our first completely virtual conference ever! We had 13 speakers, 12 different seminars, 2 keynotes, and 1 panel discussion.



Danielle Gault

BA, HRM, RCRT™, LCRT, LCRTT



Dr. Colleen McQuarrie

Naturopathic Doctor at Ottawa Integrative Health Centre



Linda Baril

RCRT, LCRT and Trainer, Doula



Franky Czinege

Financial Planner at RBC



Inge Dougans

Founder at Dougans International



Kinneh Gueye

Marketing Strategist, Brand Manager at Accenture



Nancy Hood

Mental Health Worker, Registered Social Worker at Canadian Mental Health Association



Michele Huszar

Natural Health Therapist, RCRT™



Peter Moreira

MBA, CPA, CGA



Barbara Scott

MARR at The Association of Reproductive Reflexologists



Lone Sorensen

Founder and Director at International Institute of Facial Reflexology



David Wayte

CERT ED, MFHT, CNHC, ITEC at Jubilee College



Jan Williamson

Director at School of Precision Reflexology

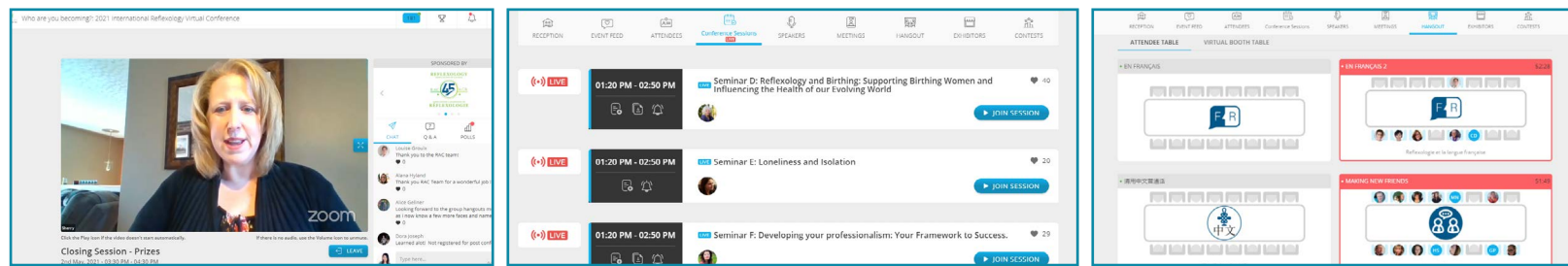


Stay tuned for an announcement
of our 2022 event!



Relive the weekend on our Instagram account:

<https://www.instagram.com/reflexologycanada/>



Here's what some of our 2021 Conference Attendees had to say:

“Ample, fascinating, knowledgeable and fun Speakers to choose from with diverse and different backgrounds. Great platform, easy to use and navigate around. Well done Team RAC! Thank you.”

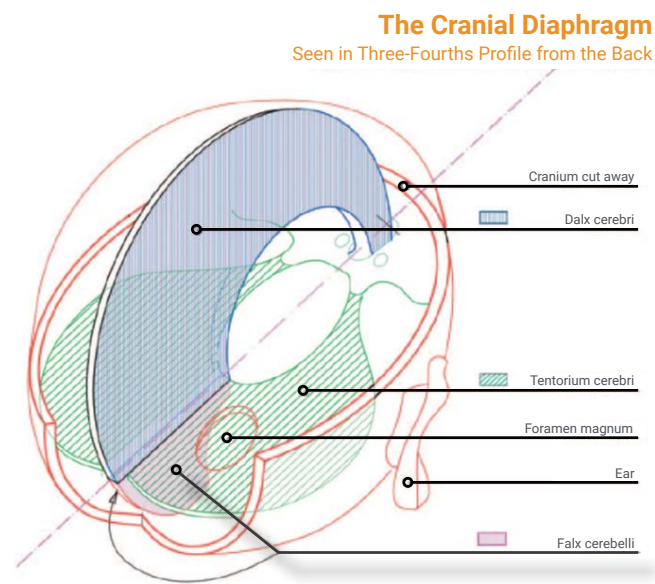
“Accessibility
Looking forward to videos of sessions that I missed and to review sessions I was able to attend live. Always so hard to choose!! Speakers were very informative.”

“The work TEAM RAC did to provide this online venue to make it as personable as possible during the pandemic. The speakers I was able to attend were excellent!”

“I enjoyed so much from the conference! I think what I liked best was the new knowledge being shared. It ignited some ambition in me and reminded me how much I love learning & Reflexology.”

What is Cranio-Sacral Reflexology?

Author: *Dr Martine Faure-Alderson* was a holistic therapist for over 40 years. Her method of practice included cranial osteopathy, reflexology and cranio-sacral reflexology, homeopathy, osteopathy, and medical herbalism. Martine set up the RTTFA School of Reflexology in Paris in 1974 and she lectured widely, around the world, on Cranio Sacral Reflexology (CSR). She passed away in 2019.



Healing through touch is thousands of years old and reflexology has been practised for millennia. Cranio-Sacral Therapy is a non-invasive treatment which has gained increasing recognition in recent years. Cranio-Sacral Reflexology (CSR) combines Reflexology with Cranio-Sacral Therapy.

Cranio-Sacral Therapy was developed about 100 years ago, in Kirksville, Missouri, by William G. Sutherland, D.O., an osteopath.¹

The therapy was given added impetus in the UK following a series of lectures, in 1970, by another American osteopath, Palm Beach based John E. Upledger, D.O.²

Over the next three to four years the concept of what is now referred to as Cranio-Sacral Reflexology (CSR) was developed by the author, Dr. Faure-Alderson, as a distinct methodology combining Reflexology with Cranio-Sacral Therapy.³

Dr. Faure-Alderson came to link the two therapies when, during the course of treatment, she worked certain areas of the cranium and sacrum and then went on to work the ten zones of the feet. She discovered the points in the feet corresponded to the disturbances she felt in the cranium or sacrum. After 25 years of observation, she documented her combination therapy.

CSR is a non-invasive treatment, with profound effect on a variety of system's dysfunction, particularly in the sphere of trauma, including physical trauma, such as whiplash, or emotional trauma where it deals with the torsion or distortion of the meningeal membranes enveloping the spinal cord.

CSR is a therapeutic method that combines the use of pressure on specific areas of the foot that relate to the 12 cranial nerves, as well as on the pulse of the cerebro spinal fluid (CSF) which surrounds the brain and spinal cord.

The distinction between Cranio-Sacral Therapy and CSR is that with the latter, one is accessing the CSF from a point in the foot or the hand rather than at various points on the body or the head.

On the inner side of the foot and the hand we have an area for the spine where the spinal fluid, between the base of the skull on the point of Spheno Basilar Symphysis (SBS) and the sacrum and coccyx, is felt.

1. Sutherland WG. With Thinking Fingers. The Cranial Academy. 1962.

2. Upledger J E. Craniosacral Therapy. Eastland Press 1983.

3. Faure – Alderson. Tip to Toe. Clinic of Natural therapies. 1980.

4. Faure – Alderson M. Total reflexology. Healing art Press. 2008

5. T. Nakamaru, N. Miura, A. Fukushima, R. Kawashima. Somatotopical relationships between cortical activity, reflex areas in reflexology: And functional magnetic resonance imaging study, Neuroscience Letters (2008).

The brain is above the distal phalange of the big toe. On the inner side of the distal phalange of the big toe is also where the occipital hole is found and where the atlas and axis are located. The 12 pairs of cranial nerves are on phalanges of each toe and finger on the right foot and 12 cranial nerves are in the same location on the left foot.

Cranio-Sacral Reflexology helps treat trauma and stress related conditions by balancing the distribution of CSF within the four ventricles of the brain. Pressure applied to the specific points on the feet stimulate and harmonise the Cranial Rhythm⁴ or Primary Respiratory Mechanism (PRM). The movement of CSF can be felt in the feet, as a pulse or a wave, and is quite different from the pulse of the heart. A rhythm of six to twelve cycles per minute is the normal PRM for humans of all ages. It can increase to twenty-five during a fever or go as low as two in the case of a coma or anoxia.

A recent study in Japan⁵ showed that the stimulation of reflexological areas on the foot that correspond to the eye, shoulder, and small intestine, induced a somatosensory response which could be observed using Functional Magnetic Resonance Imaging. This study would appear to confirm what Reflexology Therapists believe – that the effects of the stimulation of the reflexes in the foot are demonstrable scientifically. Continued research will only add to the credibility of combination therapies such as CSR.

In conclusion, CSR is a step forward in the application of reflexology. It harnesses the extraordinary potential of the creative brain to bring homeostasis and health through reflexology.

**This article was originally published in Volume 3, Issue 4 of the Canadian Journal of Reflexology.*

Case Study – Dr. Faure-Alderson, London, England:

Marie, a little girl of 3 ½, was brought to my practice 2 days after a bad fall on the pavement in front of her house. Her knees, hands and chin were badly bruised. She was experiencing pain mainly at the back of her head and also in her chin, in both temporal bones and behind her eyes. Her headaches were bad and she refused to leave her mother's knee or to be touched by anyone.

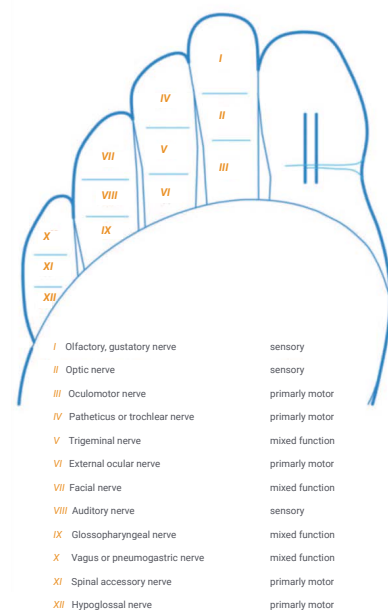
The only access she allowed was through her feet. I started by massaging her right foot – in the inner side of her foot, in the spinal area, from atlas to coccyx.

Then I proceeded to massage all articulations of her toes (plantar and dorsal) which correspond to all the sutures of the cranial bones of the head, and the distal phalange of both big toes (because the occipital bone is found there), as well as the teeth, mouth and chin. It was very tender and I could only stay on that part for a minute or two, so I alternated between the solar plexus, spinal column, sacrum, and coccyx to release the pain in her head.

At first, the primary mechanism and CSF rhythm were very high (above 18 pulsations a minute) and its movement was very agitated.

Gradually, as I massaged the spinal area and the sutures on her toes, the pulse began to slow down (based on measurements taken on the skin of her feet) and the pain and headache eventually went away. It required 3 treatments, each 40 minutes in length, at weekly intervals, to stabilise the child and after the third treatment the PMR and CSF of the child were back to 11 pulsations a minute. For all treatments I did not have any access to the head, neck, or spine. All results were achieved entirely through Cranio Sacral Reflexology.

Reflex Areas of the Cranial Nerves





Now Hiring Certified Reflexology Therapists

Join Canada's Largest Reflexology Provider!

- Flexible scheduling, with both part-time and full-time opportunities
- Existing client base with loyal and valued members
- Administrative team will work to support you by looking after billing, laundry, marketing and paperwork
- You focus on what you love: treating clients
- Work along side like-minded professionals: Registered Massage Therapists, Chiropractors and Acupuncturists
- Enhanced cleaning and sanitation procedures to provide you and your clients, a clean and safe environment
- Fully equipped work environment – we provide all the tools and proper PPE
- Positive, supportive, and professional clinic environment

Visit our website to learn more and submit your resume at MassageAddict.ca/careers

Massage Addict is the premier provider of massage therapy, chiropractic care, acupuncture, and reflexology in Canada with 100 clinics across the country. We provide over 60,000 treatments each month helping clients manage pain, stress, anxiety, injury, muscle tension and promote relaxation. Learn why over 1,400 Certified Reflexology Therapists, Registered Massage Therapists, Licensed Chiropractors and Registered Acupuncturists have chosen to work at Massage Addict. Massage Addict is Canadian owned and operated and a proud partner of The Arthritis Society.



MassageAddict.ca

Register for our upcoming online

webinars and workshops.

The learning will continue all year long!



Jun 16, 2021	Jul 14, 2021	Jul 31, 2021	Aug 14, 2021
<p>WEBINAR:</p> <p>Misconceptions about the professional practice of reflexology</p>	<p>WEBINAR:</p> <p>Let's talk about scheduling</p>	<p>WORKSHOP:</p> <p>Precision Reflexology and the "linking" technique with Jan Williamson (2nd date)</p> 	<p>WORKSHOP:</p> <p>Vagus nerve stimulation with Facial Reflexology with Lone Sorensen</p> 
Aug 24, 2021	Sep 18, 2021	Oct 17, 2021	Nov 1, 2021
<p>WEBINAR:</p> <p>Let's talk about what reflexology therapists don't do</p>	<p>WORKSHOP:</p> <p>X-tra focus on: Hormones, Reflexology and the Meridians with Inge Dougans</p> 	<p>WORKSHOP:</p> <p>FingerFree® Reflexology with David Wayte</p> 	<p>WORKSHOP:</p> <p>Assisting Women Through Their Labour and Delivery with Linda Baril</p> 

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



Our Email

info@reflexogycanda.org



Our Office

165B Garry Street
Winnipeg, MB R3C 1G7



Our Phone

(204) 477-4909
Toll-Free: 1-877-RAC-FEET

Follow us @ReflexologyCanada



www.reflexologycanada.org