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Greetings From Team RAC

As I sit to write this, it is a little under 50 days until the start of what we believe will be the best ever RAC Conference. Some of you will read this when you are part of the Conference in Montreal and I anticipate that, by then, there will be even more than the 200 delegates who have already registered.

The Conference will be the culmination of a year of change for RAC and will be a springboard to an even better future for Reflexologists across Canada. When we gather in Montreal it will be a great opportunity to recognise the strength and determination that is the new RAC.

2009 will be a year of tremendous growth for RAC — the signs are already there as long lapsed members return and new student numbers grow. Registration for courses in the first 9 months of 2008 exceeded the registrations in all of 2007. The RCRT programme is attracting more and more members and becoming recognised as the standard by which professionalism in Canadian Reflexology is judged. More and more courses are being approved and accredited and the work continues on the development of more educational opportunities for earning credits.

In 2008 we have seen the opening of new chapters and the revitalisation and growth of chapters that were on the verge of closing. Following the decision to include Chapter membership in the RAC fee, we now have over 25% of RAC members actively participating in their local Chapters.

I am sorry to say it has not all been positive. We have not yet managed to convince the major health insurance companies to cover Reflexology treatments. We have, however, made progress and many of our members have benefited from the growing willingness of the insurers to cover Reflexology treatment under the health spending account which is part of most policies. Our work will continue and we are confident that complete success is not far away. Each and every member can play a part in our fight for full recognition by asking their clients to put pressure on their insurance

companies and employers to have Reflexology included as a modality that is covered.

I am fortunate as, indeed, are all the members to be involved with such a great team at RAC. Many of you know, and perhaps will have spoken with, Alana Friesen, Liane Bissonnette, Sherri Gunn and Mounia Khattab at Head Office. Those of you who are teachers will have regular contact with Linda Hughan, the Director of Education and Professional Development. Few, if any of you, however will have spoken or had contact with Valerie Taylor — Valerie is our Financial Controller and it is with her help and guidance that RAC has navigated some treacherous financial waters and is now able to feel more secure about cash flow and revenue, both now and in the future. The *Canadian Journal of Reflexology* comes to you every two months thanks to the incredible efforts of Deborah Murphy and her team. To each and every member of TEAM RAC I extend my thanks and gratitude for their commitment, enthusiasm and loyalty to both to myself and to the Association. Sadly, Alana will be leaving us in the New Year to pursue other things and we wish her all the very best. She has been with us since I started with RAC two years ago and, without her, my job would have been a lot more difficult. Go to the future Alana with our gratitude and great affection and promise to keep in touch with us as you follow your new path. I extend a warm welcome to Angèle Cuthbertson who has joined us as Member Services Manager designate. May she have a long and happy career with RAC.

Many of you will be able to meet and talk with all of the TEAM RAC members and we all look forward to that. To those of you who will not be in Montreal I say you will miss a real treat and now is a great time to start saving, with our layaway plan, for the next Conference in 2010.

To each and every member I send the greetings and best wishes of all those who have the pleasure of working with and for you. We are here to help and to listen and welcome all your input no matter what.

I raise a virtual glass to the future of RAC, to its members and to Reflexology in Canada. ❖

Mot de bienvenue de l'Équipe-ACR

Au moment où je rédige ce texte, il reste moins de 50 jours avant que débute ce que nous croyons sera la meilleure conférence jamais tenue par l'ACR. Certains d'entre vous liront ce texte à Montréal pendant la conférence même, et vous saurez déjà que le nombre de participants finira bien au-delà des 200 personnes inscrites à l'heure où je prépare ce mot.

Point culminant d'une année caractérisée par le changement au sein de l'ACR, cette conférence servira de tremplin permettant aux réflexologues partout au Canada de préparer un avenir encore meilleur. Ensemble, à Montréal, nous aurons la chance de reconnaître la puissance et le dévouement qui caractérisent la nouvelle ACR.

En 2009, la croissance de l'ACR sera d'envergure. D'ailleurs, nous en constatons déjà les signes la forme du retour d'anciens membres et de l'adhésion de nouveaux étudiants. Le nombre d'adhésions pendant les 9 premiers mois de 2008 a dépassé le nombre total en 2007. De plus en plus de membres s'intéressent au programme d'accréditation professionnelle, lequel commence à s'établir comme norme professionnelle à respecter dans le domaine de la réflexologie au Canada. Le nombre de cours acceptés au programme d'accréditation ne cesse d'augmenter, et le travail de recherche de possibilités de formation additionnelles menant à l'accréditation se poursuit toujours.

Nous avons vu, en 2008, l'établissement de nouvelles sections, ainsi que la revitalisation et la croissance de sections autrefois menacées de fermeture. Suivant la décision d'inclure les frais d'inscription de section à ceux de l'ACR, plus de 25 % des membres de l'ACR participent aux activités de leurs sections.

Malheureusement, tout n'est pas parfait. Jusqu'à présent, nous n'avons pas réussi à convaincre les grandes sociétés d'assurance-maladie de couvrir les traitements de réflexologie. Toutefois, nos efforts n'ont pas été perdus car plusieurs de nos membres ont profité de la volonté d'un nombre grandissant de sociétés d'assurance de rembourser les traitements de réflexologie par le biais du compte gestion-santé faisant partie de la plupart des polices d'assurance. Nous poursuivons notre objectif et sommes convaincus que le succès est à portée de main. Tout membre de l'association

peut participer à cette lutte en demandant à ses clients de faire pression sur sa société d'assurance et sur son employeur pour que la réflexologie soit reconnue comme traitement à part égale.

Je suis très chanceuse, comme l'est tout membre, de faire partie d'une équipe aussi merveilleuse que celle de l'ACR. Il y en a parmi vous qui connaissent ou qui ont sans doute communiqué avec Alana Friesen, Liane Bissonnette, Sherri Gunn ou Mounia Khattab au siège social. Si vous êtes formateur, vous avez certainement parlé avec Linda Hughan, directrice de la formation et du perfectionnement professionnel. Cependant, vous n'avez probablement jamais échangé avec Valerie Taylor. Valerie est contrôleur des finances, et c'est en partie grâce à elle que l'ACR a su se sortir de circonstances financières difficiles et peut maintenant se sentir plus à l'aise quant à sa situation financière actuelle et future. Notons que c'est Deborah Murphy et son excellente équipe qui vous offrent tous les deux mois le *Canadian Journal of Reflexology*. J'aimerais exprimer mes sincères remerciements et reconnaître l'engagement, l'enthousiasme et le dévouement de tout membre de l'équipe ACR envers moi en particulier et l'association en général. J'ai le regret de vous informer que Alana nous quittera au début de l'année prochaine pour poursuivre d'autres aventures, et nous la souhaitons bonne chance. Alana est avec nous depuis deux ans, et sans elle, mes responsabilités auraient été encore plus difficiles à gérer. Alana, tournez-vous vers l'avenir tout en sachant que nous sommes là avec reconnaissance, affection et la promesse de garder le contact lorsque vous vous lancez vers de nouveaux horizons.

Bon nombre de vous auront l'occasion de rencontrer et de parler à chaque membre de l'équipe ACR, et nous avons tous hâte de vous voir. Pour ceux et celles qui ne pourront pas nous rejoindre à Montréal, il est dommage que vous ne puissiez pas participer à cet événement important, mais il n'est pas trop tard pour commencer à économiser pour la conférence en 2010!

J'aimerais offrir à tout membre les salutations et les meilleurs vœux de tout le monde qui a le plaisir de travailler avec vous et pour vous. Nous sommes toujours à l'écoute.

Je porte un toast à l'avenir de l'ACR, à ses membres, et à la réflexologie au Canada. ❖

Reflexology and Brain Studies

REFLEXOLOGIE ET ETUDES DU CERVEAU

Les scientifiques commencent maintenant à valider ce que les réflexologues ont toujours dit. Les recherches démontrent que la réflexologie fait « allumer » certaines parties du cerveau associées à des phénomènes tels que douleur et homéostasie.

Des études d'imagerie par résonance magnétique fonctionnelle (IRMf) sont au point de changer la réflexologie en décrivant certaines de ses principes de base. Dans trois différentes études, des chercheurs à Hong Kong ont utilisé l'IRMf pour analyser ce qui se passe dans le cerveau lorsque des techniques de pression sont appliquées à des zones spécifiques du pied gauche liées aux réflexes. Le résultat? Ils ont trouvé que certaines parties du cerveau activées par de telles techniques correspondent aux théories et à l'application de la réflexologie.

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REFLEXOLOGY AND BRAIN STUDIES

Author: Barbara Kunz, co-author of 11 books on reflexology in 19 languages.

Scientists are now validating what reflexologists have always claimed. Researchers have found that reflexology “lights” up parts of the brain associated with such things as pain and homeostasis.

Functional Magnetic Resonance Imaging (fMRI) studies are about to change reflexology, providing illustration of some of reflexology's basic tenets. In three separate studies, Hong Kong researchers explored with fMRI what happens in the brain when pressure or technique is applied to specific reflex areas of the left foot. Their finding: the specific parts of the brain activated by such work correlates with reflexology's theory and intended use.

In one study, reflexology applied to a specific part of the foot activated the reflected area.

Specifically technique stimulation applied to the inner lateral corner of the left great toe activated the right temporal lobe, the part of the brain related to the reflex area of the brain and to the inner lateral corner of the left great toe to see if this would activate the part of the brain reflected by this reflex area, the right temporal lobe.

In another study, reflexology technique stimulation of the eye reflex area activated a region of the brain matching acupoint stimulation of stroke patients with vision defects but not the visual part of the brain.

In a third study, reflexology pressure work was compared to electro-acupuncture work. This study is discussed in detail in below. The above-mentioned studies will be detailed in the future.

The studies were presented at the NeuroImage Meeting, the Annual Meeting of the Organization of Human Brain Mapping, 2005 and 2006. The researchers found that the “fMRI is a useful to investigate the central neural pathway of reflexology.” The researchers, Annie M. Tang, Geng Li, Chan C.C., Edward Yang, K.K.K. Wong and R. Li, are with the University of Hong Kong.

During the study “Comparison of Foot Reflexology and Electro-Acupuncture: An fMRI study,” the researchers used fMRI to compare what happens in the brain when pressure is applied to foot reflexology's adrenal gland reflex area and what happens when electrical stimulation is applied to acupuncture's K1 point, both located in approximately the same area of the foot. What they found was that the areas of the brain activated by both “were mostly localized at insula region.” The stimulated reflex zone and acupoint is the treatment point for psychological anxiety, inflammation and asthma according to Reflexology and Chinese medicine. The activation in insula demonstrated that massage (reflexology) or acupuncture stimuli at the point may probably regulate emotional and pain effects. Our results are consistent with the results in psychological asthma. Also, our results indicate that massage (reflexology) has the same function as acupuncture. (Annie M. Tang, Geng Li, Edward S. Yang, “Comparison of Foot Reflexology and Electro-Acupuncture: An fMRI study,” The Jockey Club MRI Centre, The University of Hong

Reflexology and Brain Studies (cont.)

Kong, Pokfulam, Hong Kong 474 TH-PM; Presented at Twelfth Annual Meeting of the Organization for Human Brain Mapping; NeuroImage 31 (2006) 237).

The insula is associated with emotions, pain and visceral functions as well as integration of homeostatic information. According to Dr. Martin Paulus, a psychiatrist at the University of California, San Diego, the mind and body are integrated in the insula. "The insula itself is a sort of receiving zone that reads the physiological state of the entire body and then generates subjective feelings that can bring about actions like eating, that keep the body in a state of internal balance." (Blakeslee, Sandra, "A Small Part of the Brain, and its Profound Effects," New York Times.com February 6, 2007).

The fMRI study showed that reflexology stimuli activates other areas of the brain, one of which receives information about sensory information such as pressure to the feet. This area is the

somatosensory cortex, the homunculus or the "little man," a representation of the body projected onto the brain. Reflexologists view the reflexology chart as a representation of the body projected onto the foot. The fMRI study thus shows that stimuli applied to the representation of the body on the foot communicates with the representation of the body in the brain. (Kunz and Kunz have long contended that the foot reflexology chart is one of several "homunculi" of the body. At least five parts of the brain are organized as a homunculus.)

The implications of the fMRI study are many. Among them is an understanding of other recent studies. For one, reflexology work was found to improve pain tolerance and pain threshold. (Carol Samuel "The effects on reflexology on pain threshold and tolerance in an ice-pain experiment on healthy human subject," May 13, 2007, International Congress on Complementary Medical Research (Conference)) The fMRI study has found a direct correlation

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Reflexology and Brain Studies (cont.)

between pressure to a single reflex area of the foot and one of the brain's processing areas for pain, the insula. This same area of the brain helps integrate homeostatic responses and may help explain results obtained in other research studies that link reflexology to changes in the body's viscera. Austrian researchers, For example, found improved blood flow to the kidneys after reflexology technique was applied to the kidney reflex area. In another study, Austrian researchers found the same results with an intestine reflex areas and blood flow to the intestines. Further research has demonstrated a change in blood sugar level (pancreas function) as well as functions of the heart.

Such results support a contention by Kunz and Kunz that reflexology's stimulation of pressure to the feet, by definition, communicates with and creates change in the body's homeostasis. The rationale is that in order to walk the body must see itself and fuel itself. The fMRI study demonstrates an actual mechanism within the body to explain such a theory.

BIBLIOGRAPHY:

Tang Annie M., Li Geng., Chan C.C., Wong K.K.K., Li R. and Edward Yang Brain Activation at Temporal Lobe Induced by Foot Reflexology: an fMRI Study, 11th Annual NeuroImage Meeting. 2005, 1445. (Publication No. :102229) www.humanbrainmapping.org

Tang M.Y., Li G., Chan C.C., Wong K.K.K., Li R. and Yang E.S., Vision Related Reflex Zone at the Feet: An fMRI Study, 11th Annual NeuroImage Meeting. 2005, 1431. (Publication No. : 102226)

Annie M. Tang, Geng Li, Edward S. Yang, "Comparison of Foot Reflexology and Electro-Acupuncture: An fMRI study," The Jockey Club MRI Centre, The University of Hong Kong, Pokfulam, Hong Kong 474 TH-PM; Presented at Twelfth Annual Meeting of the Organization for Human Brain Mapping www.humanbrainmapping.org; NeuroImage 31 (2006) 237

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The Feet Don't Lie!

LES PIEDS NE MENTENT PAS!

Auteure : Bobbi Warren étudie, pratique et partage les bienfaits de la réflexologie depuis les années 60. À travers la planète, elle parle du pouvoir de guérison des traitements de réflexologie pour les mains et les pieds. Elle en est une parmi un nombre très limité de formateurs de la International Institute's Seminar sur la Ingham Method®, et dans ce rôle, depuis 25 ans, elle voyage beaucoup aux États-Unis, au Canada et en Europe. Elle est certifiée par la American Reflexology Certification Board, a rempli deux mandats comme présidente de la Reflexology Association of America, est actuellement vice-présidente du conseil de la Reflexology Association of California, et est aussi déléguée de cet état. Bobbi est l'auteure de *What My Feet Say About Me—The Art of Foot Reading to Better Understand Yourself and Others*. Elle offre également des services d'accompagnement visant le bien-être au sein de sa pratique à San Diego, en Californie. Pour s'amuser, elle fait la course de voilier. Pour la contacter, veuillez envoyer un message à l'adresse suivante : bobbi@thefootladies.com.

Votre père est-il un peu têtu et a-t-il de la difficulté à voir le point de vue des autres? Est-ce quelqu'un que l'on remarque aussitôt qu'il entre dans une salle? Donne-t-il l'impression d'être assommé par la vie? Voilà les questions qui sont venues à l'esprit de l'auteure lorsqu'une étudiante a décrit les pieds de son père. L'étudiante a répondu que la description était des plus exactes. Très intéressant, n'es-ce pas? Surtout étant donné qu'il vivait à une distance de plusieurs milliers de milles!

L'analyse des pieds, l'art de comprendre la personnalité, ou la perception de soi, d'une personne en examinant la taille et la forme de ses orteils et de ses pieds, est une approche fantastique à ranger dans son coffre à outils. Une plus grande connaissance de ses clients permet de mieux les servir. Il va donc de soi qu'une meilleure connaissance de soi favorise davantage sa capacité d'aider les autres.

THE FEET DON'T LIE!

Author: Bobbi Warren has studied, practiced and spread worldwide the news about Reflexology's ability to heal through the feet and hands since the 1960s. As one of only a few of the International Institute's Seminar Trainers of the Ingham Method®, Bobbi has, for 25 years, traveled extensively throughout the United States, Canada and Europe. Bobbi is nationally board certified (ARCB) in Reflexology and was President of the Reflexology Association of America for 2 terms



Continued on Page 10

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2008 RAC CONFERENCE – PROGRAMME OUTLINE

THURSDAY NOVEMBER 6TH

Noon – 6:00	Conference and hotel registration
9:00 – 4:30	Teachers' In-Service
5:00 – 7:00	RAC Annual General Meeting
6:30 – 7:30	Reception (to be hosted with short welcome from Chair).
7:30 – 9:30	Welcome dinner

FRIDAY NOVEMBER 7TH

8:00 – 8:45	Registration continues
8:30	Trade show opens
8:35 – 8:45	Call to order
8:45 – 9:00	Conference opening
9:00 – 9:45	Colleen MacDougall – Natural Health Practitioners of Canada Associations (NHPCA) – <i>“The CAM Landscape in Canada”</i>
9:45 – 10:00	Break
10:00 – 11:30	Workshops 1 (a) Beryl Crane – <i>Meridian Theory – Hands (continue after the break)</i> (b) Farida Irani – <i>Padabhyang</i> (c) Dr. Ferdynand Barbasiewicz – <i>Clavicular Therapy</i>
11:30 – 12:30	Lunch
12:30 – 2:00	Workshops 2 (a) Chris Stormer – <i>Health and Healing Through the Feet</i> (b) Jackie Seger – <i>Feline Reflexology</i> (c) Beryl Crane – <i>Meridian Theory – Feet</i> (d) Martin Charest – <i>La Réflexologie Analytique</i>
2:00 – 2:30	Break
2:30 – 4:00	Workshops 3 (a) Lone Sorensen – <i>Facial Reflexology – RCRT ONLY</i> (b) Martine Faure Alderson – <i>Cranio-sacral reflexology – French</i> (c) Linda Hughan – <i>RCRT Student Only Review</i> (d) Mary Thorne – <i>So, Now You're a Reflexologist - Now What? Closing the Gap between Education and Business Success</i>
4:15 – 6:00	Chapters Meeting
End of Conference Day	
Evening – Optional Mediaeval Dinner	

SATURDAY NOVEMBER 8TH

9:00 – 10:30	Workshops 4 (a) Chris Stormer – <i>Health and Healing Through the Feet</i> (b) Linda Baril – <i>Working with Pregnant Women (in collaboration with Moshe Kruchik)</i> (c) Master Do Duc Ngoc – <i>Vietnamese Qi Gong – French</i>
10:30 – 11:00	Coffee break
11:00 – 12:30	Workshops 5 (a) Beryl Crane – <i>Auricular Theory – RCRT Only</i> (b) (c) Karen McNeill – <i>Marketing Your Reflexology Business</i> (d) Martin Charest – <i>Analytical Reflexology</i>



Montreal



2008 RAC CONFERENCE – PROGRAMME OUTLINE

SATURDAY NOVEMBER 8TH

12:30 – 1:30

Lunch

1:30 – 3:00

Workshops 6

- (a) Martine Faure Alderson – *Cranio-sacral reflexology – English*
- (b) Jackie Segers – *Feline Reflexology*
- (c) Allain St Cyr, Carole Faguy & Marie Mclelland-Leger - *So you want to offer an Introduction to Reflexology Workshop?*
- (d) Master Do Duc Ngoc – *Vietnamese Qi Gong – French*

3:00 – 3:30

Coffee break

3:30 – 5:00

Workshops 7

- (a) Lone Sorensen – *Facial Reflexology*
- (b) Farida Irani – *The Bowen Method*
- (c) Alain Simard – *Aromathérapie en réflexologie avec essences aromatiques du Québec*
- (d) Thierry Pautrot - *The Feet as Special Portals to the Postural System*

End of Conference Day

6:30 – 7:30

Reception

7:30 -

Optional Conference Dinner



SUNDAY NOVEMBER 9TH

8:00 – 9:45

Meet the speakers breakfast

10:00 – 11:30

Workshops 8

- (a) Martine Faure Alderson – *Cranio-sacral reflexology*
- (b) Mary Thorne – *So, Now You're a Reflexologist - Now What? Closing the Gap between Education and Business Success*
- (c) Alain Simard – *Aromathérapie en réflexologie avec essences aromatiques du Québec*

11:30 – 12:30

Lunch – *Keynote speech – Moshe Kruchik – Israeli Forum of Reflexology*

12:30 – 2:00

Workshops 9

- (a) Jackie Segers – *Feline Reflexology*
- (b) Rita Vandenplas - *Vietnamese Qi Gong (French)*
- (c) Allain St Cyr, Carol Faguy & Marie Mclelland-Leger - *Alors, vous voulez offrir un atelier – intro sur la réflexologie*

2:00 – 2:30

Break

2:30 – 4:00

Workshops 10

- (a) Lone Sorensen – *Facial Reflexology*
- (b) Karen McNeill – *Marketing Your Reflexology Business*
- (c) Thierry Pautrot - *Le pied, une porte d'entrée particulière du système postural*

4:15 – 4.45

Conference Close

End of Conference Day

4:45 – 5:45

Informal meet the speakers session (RCRT Members Only)

Evening free

We will do everything possible to ensure that this programme is accurate but please note that speakers/schedules are subject to change without notice.

**FOR MORE DETAILS ABOUT THE SESSIONS AND TOPICS
PLEASE GO TO OUR WEBSITE
www.reflexologycanada.ca**

The Feet Don't Lie! (cont.)

and is presently serving as Vice-President on the Reflexology Association of California's Board and as a State Delegate. Bobbi is the author of *What My Feet Say About Me—The Art of Foot Reading to Better Understand Yourself and Others*. She also incorporates Wellness Coaching in her practice in San Diego, California. For fun she races very big sailboats. The author can be contacted at bobbi@thefootladies.com.

Is your father a bit stubborn and not willing to see other's viewpoints? Was he someone people noticed when he came into a room? Does he seem to feel overburdened by life's events? Those were the questions that popped out of the author's mouth after a student described her father's feet. The student replies that this description matched him exactly. Interesting... since they lived thousands of miles away!

Foot Reading, the art of being able to understand a person's personality, or how they perceive themselves by the size and shape of their toes and feet, is an amazing tool to have in our library of knowledge. The more we know the better we can help our clients. And, of course, the more we know about ourselves, the more we can help others as well.

Hearing the student describe her father's feet; oversized, very rigid with stiff toes and full of edema offered several clues. His having stiff toes gives us the reflexology clue that his neck is stiff and foot reading would indicate that he has difficulty seeing other people's viewpoints. If he were willing to change that rigid way of being it would stand to reason that his neck would become looser and his toes would also. It's easy to see how our emotions, and how we view the world, affects our health. What is amazing is to see how those thoughts and emotions manifest in our the state of our bodies and our attitude toward the world.

From when we are born, and throughout our childhood, our feet are supple and smooth with no apparent problems. The length of the toes and the size of the feet are determined by

our genes and show our inherent personality traits. As we experience life, and our feelings and beliefs about ourselves change, the shape of our toes and feet also change. Our beliefs about ourselves are shaped by events that cause us to make decisions about who we think we are. Many times we perceive ourselves one way but try to show the world a different version of ourselves. When you know how to read the feet, those underlying feelings and perceptions are as plain as the nose on your face. It is fun to see the surprise on someone's face when they are asked a question about what you see in their feet. They are amazed when their feet show things that they thought no one could see. Sometimes the feet show things that someone is not even aware of about themselves. If they are given the information, and let sit with it, they will often later recognize that it is the truth.

As an example, the author once met a lady with narrow very petite feet. She was a hard worker

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The Feet Don't Lie! (cont.)

and would go out of her way to help you if needed but what her feet showed was that if she could get others to do things for her, she would. She was good at subtly getting others to do what she didn't really want to do – not delegating, but rather claiming ignorance on a subject so that others would do it for her. The author's feet are average size but wide, which indicates a capable and hardworking, practical and down-to-earth, person. By recognizing this natural inclination the author is able to deal with it better – feeling like a workhorse, plodding through life just getting work done, difficulty asking others for help.

Increased self-knowledge can be so freeing. When something is known then there is the

choice of whether or not to change it. Without this knowledge there is no opportunity for positive change.

Foot Reading can also be just plain fun! At a BBQ the author once looked at a man's toes. The length of his toes caused me to ask if what he did for a living was something that utilized his ability to see details and be methodical and yet be in touch with his intuitive side. In amazement he said he was a Homicide Detective!

It is often the mistaken impression that Foot Reading is a form of "fortune telling" and that it is like palm reading. None of the books available on the subject of Foot



Hard Working Lady –

Notes from the Author:

This was on the foot of one of my students. She is 82-years-old and still very active as a Certified Reflexologist. I asked her if I could read her feet; and, with her permission, I told her what I saw. The big toe is calcified into a non-movable bunion (this toe relates to her self-esteem and ego), the second toe (shows feelings) had

been amputated which resulted in her third toe (relating to what she is doing/activities) bending and overlapping her big toe. I asked her why the second toe was removed, and she said she had been to many doctors who all gave her the same advice. It would be easier to just remove the second toe rather than break the first one and put a pin in it. This is her right foot which shows what has happened in the past. Her foot told me that whatever work or activity she had done in the past, she did at the expense of her feelings and thoughts. In fact what she felt was of no consequence at all. She "bent over backwards" to do what had to be done. I asked her if that was true and she proceeded to tell me her story:

Her husband left her and her five children when they were very young so she had to raise them as a single mother, and she did it as a nurse. I asked how she "felt" about that, and she said, "Well, you know, you just couldn't complain. I had a job to do and I did it. My children are all grown and all went on to college." How exciting to be able to see all that at a glance!

The Feet Don't Lie! (cont.)

Reading have ever indicated. Foot reading cannot predict if you will win the lottery or meet the man or woman of your dreams....but it can tell you about certain personality traits you might want to watch out for!

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Working Together to Achieve More

WORKING TOGETHER TO ACHIEVE MORE RAC & THE NHPC

Author: Colleen MacDougall, Executive Director & Registrar, Natural Health Practitioners of Canada Association

Natural health professionals, or practitioners, provide health care and assessment techniques that use neither surgery nor drugs in healing. They use practice modalities that stimulate, and/or strengthen, the body so that it is better able to utilize its intrinsic self-healing processes.

Reflexology, as defined by the Reflexology Association of Canada (RAC), is a natural health practice and part of the complementary health care. Reflexology is also one of the 66 natural health modalities recognized and represented by Natural Health Practitioners of Canada (NHPC).

The Natural Health Practitioners of Canada (NHPC) is dedicated to promoting the art and science of natural health practices, to serving the needs and maintaining the professional standards of natural health practitioners in Canada, and to improving health care in Canada.

We currently represent about 6500 natural health practitioners throughout Canada and around the world. This membership number continues to grow exponentially.



A principal goal of the NHPC is to work collaboratively with other organizations in order to advance all of the natural health professions.

Growing Together

Collaborative relationships with other organizations within our country and around the world are essential to shaping the future of the natural health professions.

We live in a globalized world where national and provincial borders are opening towards opportunities. More so than ever before, we are seeing the movement of people and ideas across borders.

With this brings the challenge of finding new pathways and methodologies for sharing information and knowledge in support each other and these new opportunities. This global movement is an indicator that change is upon us, and the natural health practices are not immune to this.

In this changing world, Associations, regulatory colleges and the natural health professions in general, can no longer continue to work in

Working Together to Achieve More (cont.)

isolation. Working together we are stronger. Working together we can achieve more.

As a consolidated industry we can positively effect change in health care.

NHPC has been working with the Australian Association of Massage Therapists in creating a reciprocal agreement for credential recognition and has begun talks with The Prince's Trust Fund for a Complementary and Alternative Medicine organization inof the United Kingdom with the hope of establishing a memorandum of mutual recognition. As well, the Government of Canada's Canadian Information Centre for International Credentials (CICIC) has granted NHPC foreign credentials recognition.

RAC's Executive Director Marcus Summersfield and NHPC Executive Director Colleen MacDougall have also begun discussions about how our two organizations can work together to strengthen the natural health professions in Canada.

Working Together

At the invitation of NHPC, Marcus Summersfield recently attended the NHPC Annual National Conference on October 2-5, 2008 to learn more about NHPC and its work. Colleen MacDougall will be presenting at RAC's National Conference November 7-10, 2008 to provide RAC members with an in-depth look at the NHPC and to provide her perspective on the landscape of Complementary and Alternative Health Care (CAHC) in Canada.



There are many opportunities for cooperation and collaboration between RAC and NHPC organizations. At this time, two opportunities are of particular interest: Advocacy and Promotion.

Advocacy

Reflexology is one of the 66 natural health modalities represented by the NHPC. NHPC continues advocacy efforts with the private insurance industry and with all three orders of government (municipal, provincial, national) for all of 66 NHPC recognized natural health practices – including Reflexology.

RAC and NHPC working together in advocating for the recognition of reflexology within the Canadian insurance industry promises to achieve greater results than either of the organizations working independently.

Similarly, our combined efforts in getting the 'natural health practices' message to medical doctors and allied health professions promises to achieve greater results.

Promotion

Each year, NHPC promotes the natural health practices through the Natural Health Practitioners Awareness Week (NHPAW).

NHPAW is designed to prompt Canadians, clients, politicians and the media to take a look at the growing popularity, effectiveness and role that Natural Health Practitioners are playing in the Canadian health care system.

Working Together to Achieve More (cont.)

NHPC has developed tools that all practitioners can use to raise the awareness of their important role in helping Canadians achieve and maintain their health and wellness. Tools include promotional posters, event planning templates, advertising, stock stories, media relations and support provided by NHPC staff.

NHPAW's 2009 theme is *'Release some Stress. Visit a Natural Health Practitioner Today'*.

Information on the 2008 NHPAW, including media coverage from across Canada, can be found in the Natural Health Information Centre NewsRoom of the NHPC website at www.nhpcanada.org

We encourage all Reflexologists to get involved in NHPAW. Promote you and your practice. Organize a 2009 NHPAW event.

Go online to the Natural Health Information

Centre at www.nhpcanada.org to download your practice promotional materials.

Shaping The Future

The quest for greater knowledge and understanding is sought after all over the world.

This is also true for the natural health profession as the public and governments seek new ways to address the economic impact of western health care delivery methods, and new ways to encourage prevention and wellness.

As Reflexologists and natural health professionals, you are well positioned to advance natural health care in these areas and to promote the benefits of natural health practice.

Working together, we can achieve more.

Look for Colleen's presentation at RAC's 2008 Conference November 7-10 in Montreal, Quebec. ❖

DISCLAIMER

This journal is the official publication of the Reflexology Association of Canada (RAC). The views and opinions expressed in this journal are the authors' and do not necessarily reflect those of the association or its Board of Directors. The articles are not intended to replace the advice of a doctor. Readers should consult a health care professional.

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