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REFLEXOLOGY

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Reflexology Research

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Greetings From Team RAC

It is hard to believe that, by the time you read this, one quarter of 2008 will almost be over. It has already been a challenging and interesting year and there is obviously more to come.

The start of the year saw the launch of our Continuing Education Programme and, to those of you who have signed up, welcome to this new initiative. It has been surprising – and not a little disappointing – that so many members seem to be viewing the CEU programme as some kind of burden or threat rather than the great opportunity it is – not only for the individual but also for the Association and reflexology as a whole. Willingness to continue to learn and develop is something to be applauded. By opening our minds to new ideas and professional growth we do not, in any way, diminish our abilities, experience, or expertise. Rather, it shows the world that we are professional and that we understand the need to keep current in our learning and knowledge.

When we look at other professions – especially in the healthcare sector – we do not believe that an experienced individual has nothing to learn. We take it for granted that other health care professionals have a duty to remain current and to continue to learn about new techniques, new developments, and new ways of looking at old practices. By not setting the same standard for reflexology we will not be able to ask for the same recognition by the public, insurance companies, or other healthcare professionals. Learning and sharing ideas always has its benefits – in fact, it is hard to find a down-side.

RAC has worked very hard to ensure the programme is challenging enough to be worthwhile while setting reasonable goals that ensure members will be able to reach the credit targets without being greatly inconvenienced. Working towards the required credits need not be expensive or require lots of travel – often it involves things that you are already doing – and we are open to suggestions from you as to new areas in which we might consider giving credits.

The liability insurance question has, once again become a thorny one. Many professional associations make it mandatory for all members to carry this insurance – and in some parts of the world it is mandated by the government. We have negotiated even lower rates for members so that, now, it would only cost only \$225 for a year's coverage. That is minimal when compared to the

cost of obtaining legal representation. Members should bear in mind that there does not have to be wrong-doing for a client to sue. Just the perception of wrong-doing could be enough. In Manitoba an hour of legal representation can cost upwards of \$250... and an hour is never enough! RAC does not gain anything from these insurance policies – our position on insurance is based on ensuring members' peace of mind. No one gains if a reflexologist loses everything to a lawsuit!

TEAM RAC is still very optimistic about the year ahead and all that it holds. The team is always available to work with you and for you. I hope that, as winter turns to spring, we shall see more and more of you wholeheartedly embracing the new initiatives and helping to take RAC and the reflexology profession to new heights. ❖

Mot de bienvenue de l'Équipe-ACR

Il est difficile de croire, mais au moment où vous lirez ceci un quart de l'année 2008 aura presque écoulé. Déjà l'année s'est avérée pleine de défis et d'intérêt et il y a encore beaucoup plus à venir.

Au début de l'année, nous avons lancé notre nouveau programme de formation continue et j'aimerais souhaiter la bienvenue à tous ceux et toutes celles qui se sont inscrits à cette nouvelle initiative. Nous sommes surpris et, il faut le dire, un peu déçu qu'un si grand nombre de personnes voit dans ce programme un fardeau ou une menace. Il représente en réalité une merveilleuse occasion non seulement pour chacun d'entre nous mais pour l'association entière et la réflexologie en général. Le désir de continuer à apprendre et à se perfectionner est à célébrer. En ouvrant l'esprit à de nouvelles idées et au perfectionnement professionnel, nous ne diminuons aucunement nos habiletés, nos expériences antérieures ni notre expertise. Au contraire, ce faisant, nous démontrons publiquement notre professionnalisme et la croyance qu'il faut toujours demeurer au courant quant à nos apprentissages et nos connaissances.

En jetant un coup d'oeil sur les autres professions, surtout dans le domaine des soins de santé, nous ne croyons pas qu'un professionnel chevronné n'a plus rien à apprendre. Nous présumons que les autres professionnels en soins de santé ont le devoir de demeurer au courant et d'apprendre de nouvelles techniques, de nouvelles recherches et de nouvelles perspectives sur les idées reçues. Si nous n'établissons

Mot de bienvenue de l'Équipe-ACR

pas les mêmes normes dans le domaine de la réflexologie, nous ne pourrions pas demander la même reconnaissance du public, des sociétés d'assurance ou des autres professionnels de santé. Apprendre et partager ses idées a toujours des bienfaits. En fait, il est difficile d'en voir le désavantage.

L'ACR a mis beaucoup d'effort dans le développement du programme afin d'assurer qu'il lance des défis intéressants tout en établissant des objectifs raisonnables pour que les membres puissent accumuler les crédits nécessaires sans demander un temps excessif. Pour obtenir ces crédits vous ne devez pas nécessairement dépenser beaucoup d'argent ni vous déplacer fréquemment. Souvent le programme reconnaît les choses que vous faites déjà et nous aimerions entendre vos suggestions sur d'autres domaines dans lesquels nous pourrions peut-être offrir des crédits.

La question d'assurance responsabilité, encore une fois, se révèle une question épineuse. Plusieurs associations professionnelles (y compris l'ACR) exigent que tous leurs membres soient couverts par ce type d'assurance, et dans certains pays, cette

couverture est obligatoire au niveau gouvernemental. Nous avons négocié des tarifs encore moins élevés pour nos membres : être couvert pendant une année ne coûtera maintenant que 225 \$, ce qui est très abordable comparé aux frais d'un représentant légal. Tous nos membres devraient garder à l'esprit le fait qu'un client peut tenter un procès même si aucun acte préjudiciable n'a été commis. Seule la perception d'un tel acte peut être assez. Au Manitoba, les frais de représentation légale commencent à 250 \$ l'heure...et une heure, ce n'est jamais assez! L'ARC ne profite aucunement de ces polices d'assurance; notre opinion est guidée par le désir de protéger nos membres. Personne ne gagne si un réflexologue perd tout en raison d'une action judiciaire!

L'équipe de l'ARC est encore très optimiste face à cette nouvelle année et tout ce qu'elle nous offrira. Nous sommes toujours ici pour travailler avec vous et pour vous. Il est mon espoir que, lorsque l'hiver cède au printemps, nous verrons un nombre toujours croissant de membres participant pleinement à ces nouvelles initiatives et aidant l'ARC et la réflexologie à franchir de nouveaux horizons. ❖

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Why Do Reflexology Research?

WHY DO REFLEXOLOGY RESEARCH?

19 REASONS

Author: William (Bill) S. Flocco, Director, American Academy of Reflexology

Hundreds of books about reflexology have been written, with hundreds of thousands of copies of reflexology books sold all over the world. The subject of reflexology appears in magazines, newspapers, on radio and television, and Hollywood type movies. There are dozens of reflexology organizations and hundreds of reflexology schools across the globe. Reflexology symposia and conventions are held every year around the world. This all happens because reflexology works.

Until the mid 1980's all reflexology results were what is called, "anecdotal." This means that the benefits reported as the result of the application of reflexology basically are stories told by either the person who received the reflexology or the person who was the reflexology practitioner. As in any field, a maturing process eventually occurs where deeper questions are addressed. These questions often lead to answers that are arrived at through research. During the late 1980's and the early 1990's substantial attention began to be focused on designing and conducting research in the field of reflexology. Before conducting research, let us take a look at some reasons for conducting reflexology research studies.

The reasons for conducting research are as many as there are people conducting research. However, generally speaking, there are five categories of reasons to conduct research:

1. Change attitudes of the public, health care providers, and health insurance companies.
2. Promote acceptance of Reflexology.
3. Provide information on clinical effectiveness of Reflexology on specific conditions.
4. Improve procedures for the clinical application of Reflexology.

5. Insure quality procedural approaches for Reflexologists wishing to conduct research studies.

A short list of some specific reasons to conduct reflexology research.

1. Help people lead healthier, happier, more productive vital robust lives.
2. Help clients more from the beginning.
3. People more likely to use reflexology, consequently likely to be more healthy.
4. Show the commitment and maturation of the profession of reflexology.
5. To learn, refine our knowledge and our hands-on skills.
6. Increase reflexologists' self confidence, pride, dignity, and self respect.
7. Explore if reflexology maps actually exist.
8. If there are reflexology maps, are some more accurate or effective than others?
9. How does reflexology work? What are the mechanisms in the body that make it work?
10. Increase our effectiveness regarding: pressure, techniques, frequency, how long to hold or work on reflexes, duration of session, number of sessions.
11. Which combinations of reflex points will be more effective.
12. Discover the average degree of predictability of reflexology for specific conditions.
13. Helps practitioners have more clients.
14. Be able to answer people when they ask, "has any research been done on a given subject?"
15. Gain respect of more natural health practitioners and health care providers.
16. Open doors to reflexology being used in

Why Do Research? (cont.)

combination with other health care approaches.

17. Open doors for reflexology to be used in corporate settings, the military, in hospice and cancer centers, in pain control stress reduction clinics, in surgical recovery and in other settings.

18. Document reflexology as a separate natural health care approach from acupressure and massage therapy.

19. Upgrade the image of the profession of reflexology.

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POURQUOI POURSUIVRE DES RECHERCHES EN RÉFLEXOLOGIE?

19 Raisons

Auteur : Bill Flocco, Directeur, American Academy of Reflexology

Des centaines de livres sur la réflexologie ont été publiés et des centaines de milliers d'exemplaires de ceux-ci ont été vendus partout au monde. La réflexologie apparaît comme sujet dans les magazines, les journaux, à la radio, à la télé et dans les films hollywoodiens. Il existe des douzaines d'organismes de réflexologie et des centaines d'écoles de réflexologie à travers la planète. Des congrès et des symposiums annuels ont lieu un peu partout. Pourquoi? Parce que la réflexologie fonctionne.

Jusqu'aux années 80, toutes les observations sur la réflexologie étaient « empiriques », c'est-à-dire que les bienfaits cités comme résultats de traitements de réflexologie consistaient vraiment en récits racontés soit par la personne ayant subi les traitements ou le réflexologue lui-même. Comme dans tout autre domaine, les questions plus profondes sont analysées à un stade avancé de son développement. Ces questions sont souvent répondues grâce à la recherche. Pendant les années 80 et au début des années 90, la conception et la poursuite de

recherches dans le domaine de la réflexologie ont incité beaucoup d'intérêt. Mais avant d'examiner les résultats de recherche, jetons un coup d'œil sur le pourquoi de la recherche.

Ce qui motive la recherche varie selon la personne. Toutefois, en général, les raisons derrière la recherche se divisent en cinq grandes catégories :

1. Changer la perception du public, des travailleurs de la santé et des sociétés d'assurance.
2. Promouvoir l'approbation de la réflexologie.
3. Fournir de l'information sur l'efficacité clinique de la réflexologie lors du traitement de certaines conditions.
4. Améliorer les procédures d'application clinique de la réflexologie.
5. Assurer la qualité des approches procédurales disponibles aux réflexologues voulant mener des études de recherche.

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Why Do Research? (cont.)

Une liste abrégée de raisons précises pour mener des études de recherche en réflexologie :

1. Aider les personnes à vivre une vie plus saine, plus joyeuse, plus productive et plus robuste.
2. Aider davantage les clients dès le début.
3. Démontrer que les personnes plus portées à subir des traitements de réflexologie ont aussi de meilleures chances à être plus en santé.
4. Illustrer l'engagement et le développement de la profession de la réflexologie.
5. Apprendre et affiner ses connaissances et compétences pratiques.
6. Favoriser la confiance en soi, la fierté, la dignité et l'amour-propre des réflexologues.
7. Explorer l'existence des cartes de réflexologie.
8. Déterminer si certaines cartes de réflexologie, si elles existent, sont plus exactes que d'autres.
9. Découvrir comment fonctionne la réflexologie. Identifier les mécanismes corporels en jeu.
10. Rendre plus efficaces les éléments suivants : pression, technique, fréquence, durée de la pression sur les réflexes, durée de la session, nombre de sessions.
11. Identifier quelles combinaisons de points de réflexe sont les plus efficaces.
12. Établir le niveau moyen de prévisibilité de l'efficacité de la réflexologie à traiter certaines conditions.
13. Augmenter le nombre de clients.
14. Se préparer à répondre à la question « Y a-t-il des études de recherche à ce sujet? »
15. Gagner le respect d'un plus grand nombre

de professionnels de la santé et d'autres fournisseurs de soins.

16. Promouvoir l'utilisation de la réflexologie en la combinant avec d'autres approches de soins de santé.
17. Promouvoir l'utilisation de la réflexologie dans les hospices, les centres anticancéreux, les milieux corporatifs et militaires, les cliniques anti-stress, les services périopératoires, pour n'en mentionner que quelques-uns.
18. Établir la réflexologie comme une approche de santé naturelle distincte de l'acupressure et de la massothérapie.
19. Améliorer la perception de la profession de la réflexologie.

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Parlez-vous le web?

THE LANGUAGE OF WEBSITES:

Deborah Murphy is President of Clockwork Communications Inc., a Halifax-based agency providing consulting services for a wide range of clients. Her expertise includes strategic marketing, website planning and production, editing, specialty publishing, and Public Relations. Prior to establishing Clockwork, in 1999, Deborah earned a Journalism Degree from Ryerson and went on to work in PR and Event Management in agencies and on the client side of the business. She can be reached at dmurphy@ClockworkCanada.com or 902.442.3882.

Many reflexologists feel that they should have a website but are not sure how to go about getting started. Delving in to the World Wide Web for the first time can make many feel like they need a translator. You're not imagining it – it really is a different language!

Whether you plan to create your own website or to hire someone to do it for you, it will be much simpler to complete your website plans if you understand the language.

The information below is a continuation of an item that appeared in the January 2008 (Volume 2, Issue 1) issue of *Canadian Journal of Reflexology* and is designed to outline the more common terms you will run across and some key facts you may need to know.

Hosting:

Once a website has been created it is a static file, just like a word file or a photo file, that only you and the people who you share with can view. In order to make the website “live” on the World Wide Web, so anyone in the world can access it, you need to purchase a hosting package. Do not confuse Web Hosting with an internet service provider (ISP) such as your local telephone or cable company that you pay in order to be able to access your e-mail and go on the web. It is a different service – although some internet service providers do include hosting (usually minimal) in their internet packages so you might want to check on this before you buy the service elsewhere.

Hosting is for website support only – it will not give your computer access to the internet. If you were to consider that your domain name is like your phone number, and the physical website (text, images, etc) is like your phone, then the hosting is like the telephone lines coming in to your phone. If you cut your phone lines you will still have a phone and a phone number, but no one will be able to connect with you from the outside world. Web hosting packages are not overly expensive and your hosting company does not have to be the same company that sold you your domain (although sometimes the price is better if you buy both together). When you start with a new company, either the first time or when changing companies, the hosting company will need to transfer your domain name from your past host or from where it has been “parked” since you bought it. This process can take a couple of days to complete with some interruption to your website availability and your e-mail as the DNS adjusts to your arrival/move.

Most hosting packages provide more than enough bandwidth or disk space for the average website (remember, some photos and other images can use up a lot of space). If your website files are larger than your available disk space/bandwidth then your site will not work. If you are unsure then ask your web programmer or wait until your website is designed and check the size of your files before choosing a hosting company.

Your hosting company should also allow you a certain number of **e-mail addresses** (all ending with your domain name) which you may need to set up yourself (they can provide support on how to do so). Make sure your package includes enough for everyone in your company (not everyone needs to work in the same location) plus a few extra. In order to start using your new e-mail addresses you need to have webhosting in place — you don't need to have a website designed or live before your new e-mail can be set up. This is useful if you are printing business cards, brochures, etc, but your website is not yet complete.

continued on Page 11

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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PMS Reflexology Research Study

PMS REFLEXOLOGY RESEARCH STUDY

by Terry Oleson, Ph.D., and William S. Flocco

ABSTRACT:

The following Abstract appeared at the beginning of the Research Study Published in 1993 for readers to gain a quick overview of the study and determine if they would like to read the entire published study.

RANDOMIZED CONTROLLED STUDY OF PREMENSTRUAL SYMPTOMS TREATED WITH EAR, HAND, AND FOOT REFLEXOLOGY

Objective: To determine whether reflexology therapy - the application of manual pressure to reflex points on the ears, hands, and feet that somatotopically correspond to specific areas of the body - can significantly reduce premenstrual symptoms compared to placebo treatment.

Methods: Thirty-five women who complained of previous distress with premenstrual syndrome (PMS) were randomly assigned to be treated by ear, hand, and foot reflexology or to receive placebo reflexology. All subjects completed a daily diary, which monitored 38 premenstrual symptoms on a four-point scale. Somatic and psychological indicators of premenstrual distress were recorded each day for 2 months before treatment, for 2 months during reflexology and for 2 months afterward. The reflexology sessions for both groups were provided by a trained reflexology therapist once a week for 8 weeks, and lasted 30 minutes each.

Results: Analysis of variance for repeated measures demonstrated a significantly greater decrease in premenstrual symptoms for the women given true reflexology treatment than for the women in the placebo group.

Conclusion: These clinical findings support the use of ear, hand and foot reflexology for the treatment of PMS.

(*Obstet Gynecol* 1993;82:906-11)

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ÉTUDE DE RECHERCHE SUR LA RÉFLEXOLOGIE ET LE SYNDROME PRÉMENSTRUEL

par Terry Oleson, Ph.D., et William S. Flocco

RÉSUMÉ :

Le résumé suivant est inclus au début de l'étude de recherche publiée en 1993 pour fournir aux lecteurs un aperçu rapide de l'étude afin de déterminer s'ils s'intéressent à lire l'étude complète.

ÉTUDE RANDOMISÉE CONTRÔLÉE DU TRAITEMENT DE SYMPTÔMES PRÉMENSTRUELS AVEC LA RÉFLEXOLOGIE DE L'OREILLE, LA MAIN ET LE PIED

Objectif : Déterminer si la réflexologie, une application de pression manuelle sur les points de pression sur les oreilles, les mains et les pieds correspondant somatotopiquement à des parties spécifiques du corps, peut réduire de manière significative les symptômes prémenstruels en comparaison avec un groupe recevant un traitement placebo.

Méthode : Trente-cinq femmes s'étant plaint d'avoir souffert de symptômes du syndrome prémenstruel ont reçu soit un traitement de réflexologie de l'oreille, la main et le pied, soit un traitement de réflexologie placebo, le choix de traitement étant choisi au hasard. Chaque participante a rempli un journal quotidien en évaluant 38 symptômes prémenstruels sur une grille d'évaluation à quatre points. Les indicateurs somatiques et psychologiques de malaise prémenstruel étaient notés pendant 2 mois précédant le traitement, pendant les 2 mois du traitement de réflexologie et pendant 2 mois suivant le traitement. Les sessions de réflexologie pour les deux groupes étaient

PMS (cont.)

fournies par des thérapeutes en réflexologie accrédités une fois par semaine pendant 8 semaines. Les sessions étaient de 30 minutes chacune.

Résultats : L'analyse de la variance des mesures répétées a démontrée une plus grande réduction significative des symptômes prémenstruels chez les femmes ayant reçu un véritable traitement de réflexologie que chez celles ayant reçu un traitement de réflexologie placebo.

Conclusion : Ces résultats cliniques appuient l'utilisation de réflexologie de l'oreille, la main et le pied pour le traitement du syndrome prémenstruel.

(Obstet Gynecol 1993;82:906-11)

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Language (cont.)

Search Engines vs Web Browsers:

Websites such as google, yahoo, and msn search are well known **Search Engines** that have been designed to help you find information on a particular subject or where certain key words are part of the information. They are free to use. Local search engines, specific to certain countries or industries, are also growing in numbers and appeal to people who want to search in a very specific region/market. From these sites you can search by key words – say chinese restaurant, winnipeg – and the search engine will then find a range of websites that contain your key words. The more specific you are with your key words, the more limited the results, and vice versa. There are various ways that web experts can program your site to increase the chances of your website showing up on a search engine. In addition, there are many search engines where you can register to be in their listings (some charge a fee, others don't). With enough time on the World Wide Web

your address should eventually be picked up by all the main search engines. When you consider the size of the web it's not surprising that it can take a while!

If, however, you already know the website address of a chinese restaurant (say at www.DragonPrince.com) then you would only need to enter that information in to the space at the top of your Web Browser (a web browser is the software program, such as Internet Explorer, that allows you to access websites on the internet). When you open your web browser it will automatically go to a 'www' address (it will be set to go to your 'home page' – if you have not set your home page preferences then it will open to whatever page the computer manufacturer has selected). In that space – simply delete the information that is there (i.e. www.yahoo.ca) and replace it with the address of the website you wish to view, then hit enter.

Remember, you do not have to do a 'search engine' search if you know the address you are looking for – if you know the website address, use your web browser – it will be much quicker. If not, use a search engine to search by key word, description etc. It is comparable to the difference between using the white pages phone directory vs. the yellow pages phone directory – the white pages (entering a website name) is useful if you know the precise name of the business you are looking for, the yellow pages (search engine) is useful if you only know the type of business you are looking for.

For sites that you visit frequently, you can put them in your 'favourites' – when you have the web page open, click on the favourites menu and choosing 'add to favourites'.

*Note: If you wish to **change your home page** many websites will have a **click on option** to allow you to do so (i.e. on yahoo.ca there is a link at the top left that says "Make Y! your Home Page").*

Alternately, you can change the setting yourself (if using Internet Explorer choose Tools, Internet Options, and then General – there is a space to type in your preferred home page). ❖

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UPCOMING EVENTS

RAC Conference and AGM

Montreal, QC

November 7 - 11, 2008

www.reflexologycanada.ca

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www.NSARP.org



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RAA Conference

Portland, Maine

May 1 - 4, 2008

www.reflexology-usa.org

Reflexology Association of Australia

Sydney, Australia

October 24- 26, 2008

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September 21-27 is World Reflexology Week!

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