

CANADIAN JOURNAL OF  
**REFLEXOLOGY**

July 2007

Volume 1, Issue 3

**Neuro-Foot  
Reflexology**

**TABLE OF CONTENTS**

|   |    |
|---|----|
| Greetings from RAC .....  | 2  |
| Praxis Vertebralis<br>(Neuro-Foot Reflexology)<br>By: Lone Sorensen ..... | 3  |
| RAC Conference Layaway Plan ...   | 12 |

It is difficult to believe that we are already into our third issue of the Journal. The year seems to be flying by.

Everyone at RAC hopes you are enjoying the new format of our publication. The feedback we have received has generally been very positive. We encourage you all to think of, and suggest, articles you might write or other potential authors so that we can continue to add new dimensions to the Journal. Just call or email the office with ideas and we will happily pass them on to the Journal's Editor, Deborah Murphy. I would like to give a special vote of thanks for all the hard work that Deborah Murphy and her team have put into this publication. There is a lot that goes on behind the scenes and Deborah Murphy orchestrates everything, ensures that all the copy is obtained from wayward people like me – your Executive Director – and then works to create something very special for us all every two months. Thank you Deborah to you and your team!

June marked the start of the marketing of the next **RAC Conference and AGM** to be held in **Montreal in November 2008**. Elsewhere in this Journal you will find information about our Conference lay-away plan – designed to make it easier for you to attend – and of the special airfare offers from West Jet. We have much more to share with you over the coming months but, for now, mark November 7 to 11, 2008, in your diary!

In the nearer future the **2007 AGM and Study Day** will take place in **Winnipeg on October 19 and 20**. The Annual General Meeting plays a key role in every Association – and especially so for RAC. This is the chance for members to meet the Board, voice their opinions and thoughts and have a say in how the coming year will be planned. Members can participate in the AGM, enjoy the social dinner and then get an extra bonus out of the trip by participating in a **Chi'N Reflexology Study Day** with Chin Hwa Chu.

TEAM RAC is really in business. We shall soon be announcing new education initiatives, a professional development policy, and the work underway to set standards of practice for RAC that will become the national standards for our profession. Be sure to renew your membership on time so you do not miss a thing. And be sure to encourage others to join the only truly national reflexology association in Canada.

Enjoy your summer. ❖

Déjà à la troisième édition! Où passe le temps?

Nous espérons que le nouveau format de cette revue sait vous plaire. Les commentaires à ce sujet sont pour la plupart positifs. Toutefois, ne tardez pas de nous envoyer des articles de votre plume pour ne pas dire clavier ou d'auteurs intéressants. Le personnel au bureau se fera un plaisir de les acheminer vers madame Deborah Murphy, rédactrice et son équipe. Véritable, chef d'orchestre, madame Murphy assure le bon fonctionnement de la revue afin qu'il soit lancée au deux mois et elle voit également à ce que des personnes comme moi, directeur général rencontre les échéanciers. Comment remercier vous et votre belle équipe dynamique, madame Murphy.

Nous avons commencé le marketing de l'**AGM et la conférence nationale** qui aura lieu à **Montréal du 7-11 novembre**. Donnons-nous tous rendez-vous à Montréal, la seconde ville Francophone au monde. Pour vous encourager, votre association mettra en vigueur un plan vous permettant de payer par anticipation. West Jet offrira aux membres un tarif spécial. D'autres informations vous seront communiquées dans les prochains mois.

Laissez aussi de la place dans votre assiette pour l'**AGM et les ateliers de Winnipeg les 19-20 octobre 2007**. Les assemblées sont très importantes pour les membres de l'ACR. C'est l'occasion privilégiée pour rencontrer les membres du conseil, offrir vos opinions et voter sur des résolutions importantes. Une bonne table s'annonce ainsi qu'un atelier sur la **Réflexologie Chi'N** avec Chin Hwa Chu sont au programme.

L'équipe de l'ACR fait ruche d'abeilles. Des nouvelles initiatives dans le domaine de la formation, le développement professionnel des membres, des nouvelles normes de pratiques feront la toile de fond de normes nationales.

En renouvelant votre carte de membre, vous serez assuré de toujours être au courant de ce qui se passe dans votre association. L'ACR est la seule organisme de réflexologie à caractère national! Encouragez donc vos ami.e.s de venir faire bonne greffe avec nous.

Bel été à vous tous! ❖

# Praxis Vertebralis

## LE PRAXIS VERTEBRALIS – LA REFLEXOLOGIE NEURO-PEDAL

*Auteure : Avec 28 ans d'expérience en réflexothérapie, madame Lone Sorensen est également formée en réflexologie, l'acupuncture, la kinesiologie et la neurologie.*

*Elle offre de la formation en réflexologie, laserthérapie et l'anatomie. Elle a aussi établi trois écoles de formation (pied et visage) en Argentine ainsi qu'au Danemark et la Suède. Ses compétences sont recherchées mondialement.*

*Ses méthodes et ses concepts pour les client.e.s souffrants de troubles cervicaux fut reconnus en 2000 par «Filadelfia Kurhuset State Rehabilitation Centre au Danemark». Elle reçoit de l'Argentine en 2001 une reconnaissance officielle du O. M. H. S (organisme humanitaire) pour son travail dans ce pays.*

La méthode du **p r a x i s** vertébralis (la réflexologie neuro-pédal) est le fruit d' u n e recherche de 28 ans par madame Lone Sorensen.



Author Lone Sorensen

Instituto de Reflexologia Facial International

Cette méthode a été reconnue en 2000 par le «Filadelfia Kurhuset State Rehabilitation Centre of Denmark » (un centre traitant les personnes ayant subi des dommages au cerveau.

### Antécédents

La réflexologie et surtout la réflexologie du pied a fait ses preuves à l'échelle internationale dans le traitement des maux et est reconnue comme étant bénéfique pour la santé de la personne. En constante évolution, aucune culture peut réclamer la réflexologie comme étant uniquement la sienne.

## RAC 2008 CONFERENCE

Montreal November 7 to 11, 2008

### PAY BY THE MONTH!

Take advantage of the new layaway plan  
Save a fixed sum each month  
(see page 12)



### MAKE A NOTE!

WestJet is offering conference participants 10% off lowest published fares. Full details will be available shortly.

### FOR FULL DETAILS

204.477.4909 or [alana.rheanne@reflexolog.org](mailto:alana.rheanne@reflexolog.org)



## ACR-2008 CONFERENCE

Montréal -du 7 - 11 novembre 2008

### PAYEZ AU MOIS

Vous pouvez payer tant par mois.  
(Voir page 12)

### NOTEZ

WestJet offre un rabais de 10% aux participant.e.s  
Les détails à suivre!

### RENSEIGNEMENTS

204.477.4909 ou [alana.rheanne@reflexolog.org](mailto:alana.rheanne@reflexolog.org)

## Praxis Vertebralis (cont.)

La recherche en neurologie et l'anatomie reconnaît de plus en plus la part du système nerveux central (S.N.C.) dans l'évolution de la réflexologie

Le système nerveux central régularise le corps entier. Sans le système nerveux central, la réflexologie a aucun effet bénéfique.

La recherche en réflexologie combinée avec de nouvelles cartes neurologiques du pied a permis le développement du Praxis Vertebralis qui annonce un nouveau champs d'intérêt en réflexologie.

### PRAXIS VERTEBRALIS – NEURO-FOOT REFLEXOLOGY

*Author: Lone Sorensen is a therapist trained in reflexology, acupuncture, kinesiology and neurology and has 28 years of experience in the field of reflexotherapy.*

*She teaches reflexology therapies, laser-therapy and anatomy and established the initial three foot and face reflexology schools in Argentina. Ms. Sorensen also established a school in Copenhagen, Denmark and Gothenburg, Sweden. At the present time, Lone Sorensen, teach her techniques in Spain, Denmark, Sweden, Finland, Italy, Poland, England, Ireland, Holland, Argentina, Australia, Mexico, and Japan.*

*Her methods and concepts were approved, in 2000, for use on patients with brain damage in Denmark's Filadelfia Kurhuset State Rehabilitation Centre. In 2001 she received three Nobilitary titles from the O.M.H.S. (a humanitarian and health organization) for her reflexotherapy work in Argentina.*

The method Praxis Vertebralis (Neuro-foot reflexology) was developed, over the course of 28 years, by reflexotherapist Lone Sorensen. The method, technique and concept were approved, in 2000, by the Filadelfia Kurhuset State Rehabilitation Centre of Denmark (a centre for brain damaged patients).

#### The Background:

Reflexology, and especially foot reflexology, has long been used around the world to help people maintain good health and to alleviate certain discomforts. No one group or culture could be considered solely responsible for the development of reflexology as it has been constantly evolving.

Another recent step in the evolution of reflexology has resulted, in great part, from new research in the field of neurology and anatomy and a better understanding of the Central Nervous System (C.N.S.).

The Central Nervous System (C.N.S.) is key to reflexology because it regulates the entire body. There can be no reflexological response if there is no C.N.S.

Research that combined the original knowledge of reflexology with new neurological maps of the foot led to the development of *Praxis Vertebralis*, a new generation of foot reflexology.

#### Praxis Vertebralis:

Praxis Vertebralis makes use of neurological maps that were not available in the past. This is thanks to image medicine like Positron Emission Tomography (PET), a non-invasive scanning technique that utilizes small amounts of radioactive positrons (positively charged particles) to visualize body function and metabolism, and Computerized Axial Tomography (C.A.T), where scanners use a computer analysis of a series of cross-sectional scans made along a single axis of a bodily structure or tissue to construct a three-dimensional image of that structure. As a result, we now have access to a wider range of information and possibilities and can apply them to new non-invasive treatments that are both safe and effective.

The principle of Praxis Vertebralis is that the vertebrae medullar structure participates, through a reflex arc, in controlling the functions of the human body. It is known that the

## Praxis Vertebralis (cont.)

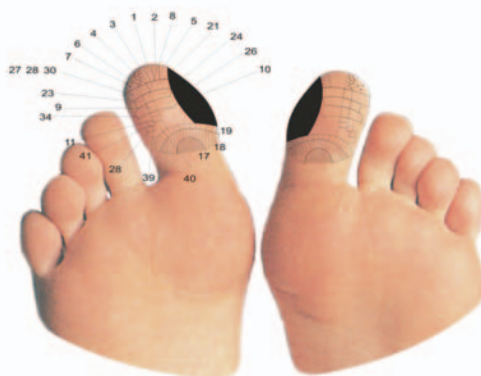
structural changes in the spinal cord, and the resulting effect on the nerve roots, can result in the physical cause of many diseases.

A reflex arc is initiated by physical contact of the skin on the foot, resulting in a nerve impulse being sent to the brain and a nerve response from the brain to the organ represented by the area touched on the foot. It is known as an arc (i.e an incomplete circle) because the resulting nerve response from the brain initiates a change in the body and not in the part of the foot touched).

In ancient times the treatment was performed directly on the spinal cord's vertebrae. With further exploration the treatment can be performed on the feet.

A Praxis Vertebralis practitioner is trained to observe the disease in both the spinal cord and the spinal cord area of the foot. With further exploration the treatment can then be performed on the feet. The treatment can be

### Brain Cortex Map



Courtesy Instituto de Reflexología Facial Internacional

Cortex of the brain

used to find and solve blockages that can lead to a range of physical, mental, and emotional imbalances.

The technique consists of working the spinal cord in the feet in a way that integrates our neurologic



IT'S ALL IN YOUR FEET

**CHRIS STORMER,**  
affectionately known as

**'THE UNIVERSAL FOOT LADY'**

is a renowned world authority on natural health and author of 5 books.

She shares remarkable insight into how feet highlight the significant aspects of the body be it mental, physical, emotional or spiritual, for the best steps to be taken to regain or maintain health.

A not-to-be-missed experience for anybody interested in having some cutting edge, up-to-date information!

It's one of the best investments you can make.

YOU are invited to come and experience the MAGIC of

**CHRIS STORMER'S**

**INCREDIBLY INNOVATIVE, EXCITING  
and HIGHLY INFORMATIVE  
TWO Day presentation**

**'The LANGUAGE of the FEET'**

in  
**CALGARY**

**TUESDAY & WEDNESDAY  
28 - 29 August 9:30 - 4:30**

Investment: \$280 full price - \$250 early bird  
(book 2 full weeks prior to two day seminar)

Make sure that there is space for YOU by contacting.

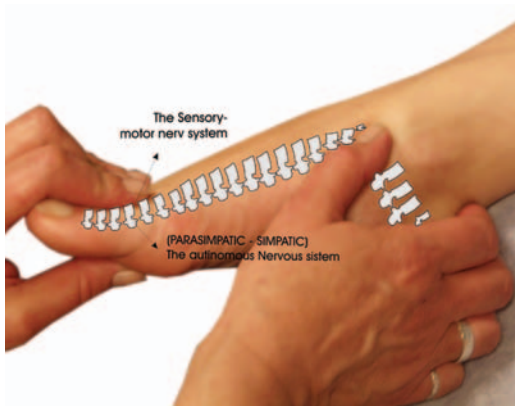
**Susan Rusch**

[smrusch@shaw.ca](mailto:smrusch@shaw.ca)

Tel: 403 - 201 2042

[http://www.okinhealth.com/chris\\_stormer\\_reflexology.html](http://www.okinhealth.com/chris_stormer_reflexology.html)

# Praxis Vertebralis (cont.)



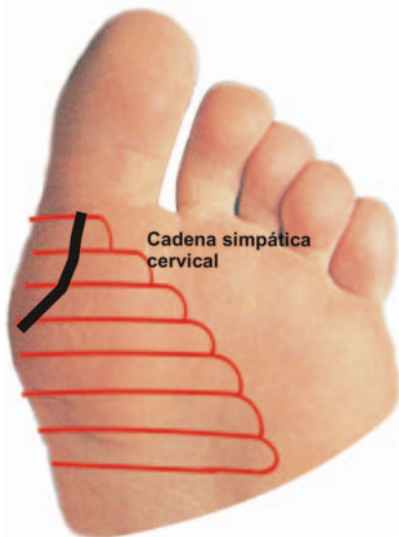
Instituto de Reflexologia Facial Internacional

*Sensory-motor system & autonomous nerve system*

pathways. The result is a balancing of the energy meridians and the balancing of the sympathetic and parasympathetic nervous systems.

The length of the spinal cord is 'worked' using three types of movements:

1. Firstly the foot is flexed and manipulated with one hand whilst the spine is assessed using the (bony) side of the thumb with a sliding movement. This manoeuvre serves to warm and loosen superficial tension in the spine.
2. Secondly, the bony edge of the thumb is used



Instituto de Reflexologia Facial Internacional

*Cervical zones in the foot*

to loosen between vertebra, (almost like a sawing-motion) while the other hand is used to flex the foot to allow the therapist better access between vertebra.

3. The third manoeuvre again uses the bony edge of the thumb, but the 'gap' between vertebra is approached from an inferior oblique angle so the resulting move is an inverted V shape that is made between vertebra.

**T h e**

## Results:

Vertebral foot reflexology is currently being used to improve a range of conditions including brain-medullar damage, vision distortion, hearing difficulties, learning disabilities, complications from labour, and the results of a domestic accident or a chronic disease. *See Case Studies 1 & 2.*



Instituto de Reflexologia Facial Internacional

*Lumbar, sacrum and coccyx*

Praxis Vertebralis foot reflexology is more effective and has quicker results if the problem is approached as soon as possible. The Praxis Vertebralis is a different system, and part of Temprana Therapy, focused on putting the patient in balance – without which no improvement is possible. Because responses vary Temprana Therapy uses diverse ways and methods to stimulate the body and make sure that every structure in the body gets activated.

Temprana therapy relies on stimulating the nervous system using the feet, hands and facial maps/reflexology. The degree of intense treatment has been designed for individuals with brain damage as it is in these specific cases that neurological pathways have to be rebuilt. Using



# SeaWalk

## ION CLEANSE SPA

The *SeaWalk* Spa creates negative ion rich water. Negative ions are essential to our well being. Did you know that **-ions** help balance serotonin for increased energy? **-ions** increase the flow of oxygen throughout the body, this can help relieve anxiety.

**-ions** also help decrease the **+ion** overload associated with toxic buildup. Toxicity can bring you down and prevent you from living your life with vitality.

Decreasing that **+ion** overload can improve; skin rashes, acne, joint pain, fatigue, stressed immune system and acidic system.

For pictures and information visit our website @ [www.seawalkspa.ca](http://www.seawalkspa.ca)

### **What better service to add to your business?**

Ion Cleanse Canada® specializes in support and setup of ion cleansing services for reflexology practitioners, esthetique and holistic businesses and spas and salons.



## Eye Structure



*Instituto de Reflexologia Facial Internacional*

intense reflexological stimulation aimed at the nervous system will, with time and depending on the duration of the brain injury, steadily re-establish the neural pathways.

Treatment using Temprana is usually provided on a weekly basis by a trained therapist. A parent or carer will, with instruction from the therapist, maintain treatments between sessions by using some basic home-play protocols to perform on the hands, feet, and face. The regularity of the at-home treatment can be from 3 times a week up to a daily basis depending on the intervals between visits to the therapist and the degree of disability suffered.

Nutritional advice, Brain Gym and music therapy can also be incorporated in to a treatment program.

Praxis Vertebralis has been shown to improve **auditory problems** (whether the origin is physical or psychological), to improve the **mobility** of a patient through specific stimulations, and to reduce difficulties that are the result of **dyslexia, concentration problems, or hyperactivity**.

The frequency and length of treatment required will depend on the problem of the patient. A child with learning problems will

typically need 10 to 12 weekly treatments. A patient with brain damage will need up to 3 treatments a week, possibly over the course of two years. Praxis Vertebralis is often included as part of Temprana Therapy – a special program of Foot, Face and Hand reflexology, for handicapped patients.

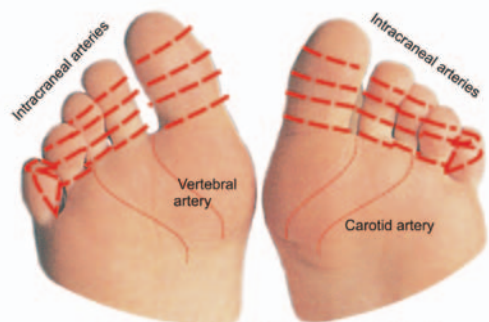
When used on patients with **Down syndrome**, Praxis Vertabralis can help the individual use his/her resources to the maximum and to enable the person to live a richer life.

In motor and sensitive speech problems the practitioner can assess the unbalance and, depending on the origin of the problem, the therapy can help maximize speech potential. The map of the brain cortex in the big toe allowed for the analyses and treatment of 40 areas of the cortex of the brain.

In accident victims, who cannot eat normally, the treatment can alter the mechanisms that allow mastication, and the consequent swallowing, and improve the client's ability to eat.

In Patients with epilepsy Praxis Vertebralis therapy has helped rebalance the body's systems, regardless of the cause or type of epilepsy. In some cases, the result is an individual who is both symptom-free and medication-free. Results vary in speed from nearly immediately (often in children) to three to six months of weekly treatments for individuals who have had epilepsy for many years.

## Psychiatric Pathologies



Treatment areas in case of patients with neurovegetative-dystonia

*Instituto de Reflexologia Facial Internacional*

## Praxis Vertebralis (cont.)



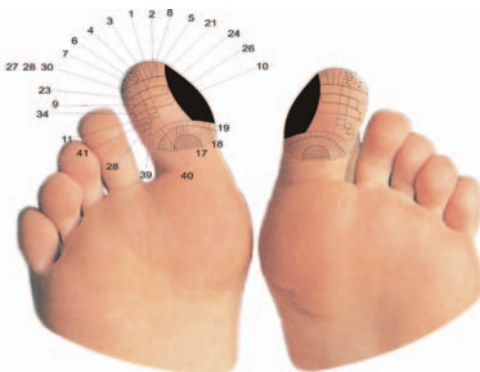
Instituto de Reflexologia Facial Internacional

*Emotional analysing & treatment line*

### Learning Praxis Vertebralis:

The Praxis Vertebralis course is currently taught in 3 modules, each 16 hours in length, to students who are already qualified foot or face reflexologists.

In **Module One** students learn how to work with the nerve maps and the spinal line in the feet. This includes learning about the relationship between the central nervous system and the meridians, and the relationship between nerve points and nerve zones in the feet and their connection to organs, parts of the brain, the cranial nerves and the chemical balance of the body. Other areas of study include how postural problems can impact on the spinal nerves and how these in turn create health



*Cortex of the brain*

Instituto de Reflexologia Facial Internacional

complications. Students will learn how to analyze for the biggest deposit in the foot (as in the face, with Facial Reflexology), and for the biggest deposit in the “spinal cord” on the foot. (The biggest deposit is a change in the deeper dermis layers of the skin, where, through chronic impaired nerve or circulation supply to an area of the foot, the otherwise smooth texture of the dermis layer becomes marked by lumps of different sizes and textures known as deposits. These deposits are graded according to a 5 scale rating of chronicity which progresses from 1 = acute to 5 = chronic).

**Module Two** focuses on the central nerve system, the brain and neuro-anatomy. Students learn how to “read” emotional blockages, through the spinal line in the feet, and how to treat the blockages caused by these emotional problems. This module also focuses on understanding the map of the brain cortex and how to analyze 40 areas in the foot, connected to the cortex, for damage and/or blockages.

FAULKNER

& LAFUMA

RECLINING CHAIRS

GO TO

[www.pacificreflexology.com](http://www.pacificreflexology.com)

OR CALL

1 (800)688-9748

**NEW LOW, LOW PRICES**

## Praxis Vertebralis (cont.)

Module Three teaches new ways of working with the skin and the muscles related to the spinal nerves.

Further information on Praxis Vertabralis is available on the web, including at:

- [www.reflexologiafacial.es](http://www.reflexologiafacial.es),
- [www.facialreflexology.org.uk](http://www.facialreflexology.org.uk), and
- [www.facialreflexology.com](http://www.facialreflexology.com).

**CASE STUDY #1** – Praxis Vertabralis Practitioner Nikke Ariff, London, UK. Conducted June 2004 to November 2004.

**Client:** Tom, Age 12 years

The practitioner first met Tom in June 2004. He had been previously diagnosed with Aspergers and Tourettes Syndrome. Tom was very quiet and shy during our initial meeting and discussions, but equally was keen to try out the therapy. His first treatment lasted about 30 minutes and he relaxed well during the

treatment and was very calm throughout. He had a big smile on his face when the session was over and said he felt like he'd been lying in a field. He enjoyed the feeling the treatment had given him. As he left he said he was looking forward to the next treatment.

Tom's main difficulties stem from his conditions and include poor non-verbal communication, lack of eye contact, sleep problems and becoming distressed by changes in his environment. I found it hard to establish eye contact during the first few sessions but as time went on and he became more comfortable with me we were able to establish eye contact more easily. Another of Tom's difficulties is his compulsion to run around the place for no reason, feeling almost out of control. As treatments progressed he reported feeling much calmer and less inclined to run around.

At the end of the summer term Tom had received 6 weekly treatments and felt they were

## An Affordable Alternative to Traditional Massage Training

Try this short, affordable massage training program.  
You'll love it or you don't pay. Certification  
recognized by Canada's largest massage association.  
Courses available throughout Ontario and BC.

Call Relax to the Max toll free at 1-888-381-7732  
for a recorded message or to receive a free CD  
and information package.

Visit us on the web at  
[www.relaxtothemax.ca](http://www.relaxtothemax.ca)



## Praxis Vertebralis (cont.)

really making a difference to his school week. He said it was helping him to concentrate more during lessons and kept him calmer. He reported improved sleeping patterns including the ability to get to sleep quicker to sleep for longer.

After a break in treatments during the summer holidays Tom returned and reported that his sleep pattern had gone back to what it was before he had started the treatments. He also felt like running about the place again and we had difficulty making eye contact.

During 5 treatments, once every two weeks, over the autumn term, Tom's sleep improved and he soon began to trust me again, to make eye contact, and to chat about his week in school.

Eye contact is always established quickly, (6 to 8 sessions) and his confidence has definitely grown over the treatment sessions. We have established a good therapeutic relationship. His mother had also talked with the school and she stated that they had made a great difference they had made in Tom's behaviour.

When treatments resumed, following a break at Christmas, Tom once again reported that his sleep patterns had been disturbed over the holiday period. This was rectified within 2 treatments.

Tom feels he can now channel his energy in a more positive way than he did before. He thinks that the treatments provide more benefit than his anger management class as it actually makes him feel different about himself on a physical and mental level in a way that the classes do not. I feel Tom's confidence and self esteem have considerably improved during the six month period during which he has been having the treatments.

**CASE STUDY #2** – Praxis Vertabralis  
Practitioner Joanna Allport, London, UK.  
Conducted December 2004 to May 2005.

**Client:** 39 year old female suffering from Epilepsy

The client is 39 year old female who has suffered from severe epilepsy since the age of 11. The client is referred to as "N".

It was important to gain as much information about N's epilepsy as possible, so the practitioner developed an epilepsy questionnaire that was specific to N's case. Information about the client's general physical, mental and emotional state were also documented.

With a health history that included a traumatic birth, developing asthma at the age of 4, developing epilepsy at the age of 11, having viral encephalitis at the age of 27 and currently experiencing regular epileptic attacks that could put her into a coma for 3 days at a time, N enquired about having Neuro-foot reflexology *Praxis Vertebralis* to see if it could help her health problems.

### Presenting Symptoms

**Epilepsy** N has severe epileptic attacks that occur apx. every 3 to 4 weeks and can cause her to go in to a coma for 2 to 3 days.

**Asthma** She has suffered from asthma since she

## INDIAN HEAD MASSAGE COURSE

*Through the Canadian  
Centre of Indian Champissage.*

*Classes are available and  
ongoing throughout Canada.*



Please contact  
**Debbie Boehlen**  
at 905-714-0298  
or see website at

[www.canadianchampissage.com](http://www.canadianchampissage.com)  
for workshop dates.

## Praxis Vertebralis (cont.)

was 4 and it is worse during the winter time. **Hayfever (Grasses)** especially when she visits her parents in France. She has to take steroids for a while before each visit in order to be able to breathe more easily.

**Low energy with great tiredness** N is recovering from Epstein Barr virus/Glandular fever.

**Leg numbness** Her calves feel numb at the moment. This has occurred on and off for 10 years to varying degrees of severity.

**Mental/emotional** She feels that there is an imbalance between the mental and physical (her own observations). She has had a lot of emotional stress in her life and feels under great pressure after recently being divorced and bringing up two young children with not much support and little financial security.

**Modalities** N feels best between 2pm and 3pm

### Epilepsy questions

*Problems at birth? Premature? Low birth weight? Needed an incubator?*

A traumatic birth, pulled out at the head with callipers, developed a haematoma.

*Febrile seizures? (Seizures with fever as an infant)*

She had febrile convulsions at 6 months of age and at 11 years of age had epilepsy.

*How old were you when you learned to walk and talk?*

14 months old

*Did you require special classes?*

No

*Encephalitis? (Infection of the brain)*

At the age of 27 years of age had viral encephalitis and nearly died.

*Family members with epilepsy?*

No, but her doctors feel it is genetic. They feel it is generalised over the brain, not in one particular area.

*Allergies to injections?*

No

*Medical illness requiring hospitalisation?*

Gall bladder operation, caesarian, viral encephalitis

*Problems with alcohol/drugs?*

No

*Can you describe your seizure?*

Usually fall to the floor, feel cut off at the knees and my body shakes for 15 minutes and sometimes longer. I am unconscious for a short while, can't converse but can say yes or no. I have a few Petit Mal attacks first. My shoulders flinch and then the brain goes completely slow. I can have Grand Mal too. I tend to get bruising after a fit. Afterwards she says she can't eat for 2 days and won't drink unless someone reminds her to. Normally she tries to drink about 4 litres of water a day.

*Do you have convulsions?* I bite my tongue when I am having a Grand mal attack.

*Do you lose control of urine?* No

### CONFERENCE LAYAWAY PLAN

In recognition of the financial pressures that can sometimes make Conference attendance more difficult, RAC is introducing a *Conference Layaway Plan*.

RAC members can make monthly deposits, in amounts of \$10 or more, in to a layaway account from now until 2008 registration closes. The total amount saved will then be applied to the registration fee with any balance being returned to the member in order to help cover hotel and travel costs.

*Start saving now and take the pressure off!*

Contact Alana Friesen at 1-877-722-3338 or [alana.rheanne@reflexolog.org](mailto:alana.rheanne@reflexolog.org) for details and a sign up form. The sign up form is also available at [www.reflexologycanada.ca](http://www.reflexologycanada.ca).

See you in Montreal,  
November 7 to 11, 2008!

## Praxis Vertebralis (cont.)

*Are you tired after a seizure?* Yes.

*Are they more frequent around the time of your period?* Yes

*Do your seizures only happen at night?* No they tend to be around 6 – 7 am

*Does anything seem to trigger your seizures?* Stress

*When did you last have an attack?* Nothing since October 31, 2004

*Medication?* No

*Do you take any supplements/health products/health treatments?* Vitamin B and magnesium. Acupuncture for 2 years and there was no difference, the same with homoeopathy.

*Have you had any tests done? (MMR/ CAT scan/ EEG etc.)* Yes

*Results?* In the scan of the brain there is a dark area in the centre of the brain that the doctors aren't sure of what it is. It lies just below the hypothalamus. Doctors have classified my epilepsy as a general epilepsy, yet they do feel the symptoms are unusual.

**Other information:** Asthma from 4 years old, severe hayfever attacks, mostly to grass pollens. Takes medication and uses an inhaler.

**Practitioner's observations:** Highly stressed emotionally and physically. Talks a lot and finds it difficult to relax. Very excitable and agitated yet at times is very aloof and distant like she is not aware of her surroundings. Skin very red, dry and angry around the upper lip and skin scaling under the area just below the nose. A few spots on the chin.

### TREATMENT RECORD

*The scale used for rating the size of deposits is 1 to 5, with 1 being the smallest and 5 being the largest possible.*

(Treatment 1) December 2, 2004

Clinical observations: Very dry, red irritated skin on the upper lip and lips themselves. Very

pink under the base of the nose

**Main deposit in nerve zones in the face:** Several areas which had deposits: the lung; hormonal area; and the stomach. The greatest deposit was the lung area at 4.

**Main deposit in the spinal line:** D1 (Dorsal o Torax) connected with the lung. Level 3

1. Treatment D1 in the spinal line.

2. Balanced with: Larynges plexus with the large intestine nerve zones and the terminal colon point. Larynges Plexus are related to the Esophagus Reflex (which includes the Pharynx, Larynx, and Trachea reflexes) that reflexologists work on the foot. The large intestine nerve zones and the terminal colon point balancing pressing by thumb the large intestine reflex in the same time the terminal colon point in the feet. Then balancing the biggest deposit, D1 in the spinal line, with the larynges plexus, by pressing thumbs at the same time.

**Main deposit in the "emotional" spinal line:** L 3

## VERTICAL REFLEX THERAPY



Presented by  
**Lynne Booth**

*BA (Hons), BRCP, IIR, ART(Regd) Hons, MAR.  
Visiting from the UK*

**IN VANCOUVER, B.C.**

### **BASIC and ADVANCED WORKSHOPS**

Friday & Saturday 7<sup>th</sup> & 8<sup>th</sup>  
September 2007  
Cost: \$350 + GST

### **HAND & NAIL WORKING WORKSHOP**

Sunday 9<sup>th</sup> September 2007  
Cost \$150 + GST

### **DON'T MISS THIS ONE TIME OPPORTUNITY**

For more details or to register:  
1(800) 688-9748 or  
[www.pacificreflexology.com](http://www.pacificreflexology.com)

## Praxis Vertebralis (cont.)

(Level 3)

1. Balancing with the larynges plexus

**Main deposit in the map of the cortex of the brain (big toe): Cortex No. 10**

1. Treating neuro-foot zones for the midbrain

**After the Initial Treatment:**

Straight after treatment the patient developed a severe pain in both of her feet, which extended around the ankles and at the back of the ankles near the Achilles tendons and the calf muscles. I massaged the area to help relieve the pain. She said this helped reduce it but that she was still aware of it and felt she could cope with it. I massaged both of her feet, working the lung and large intestine area more and this helped a little.

She then developed pains in her left hand but they soon began to reduce. I gave her an after-care sheet, which explained what reactions she might expect after having a neuro-foot reflexology treatment.

**On subsequent treatments (1 – 9) the same treatment plan was followed.**

**Conversation December 8, 2004**

N rang to say that the symptoms had died down by the next day. Her headache had subsided. She had slept quite well and felt confident that something was happening. She booked a treatment for December 16.

**(Treatment 2) December 16, 2004**

Client has not had an epileptic fit since her first treatment. During the 2nd treatment she felt pain behind the eyeballs and in the eye itself. It began with both sides of the face and then went to the left side and remained there. I worked on the main deposit (lung). After the treatment she said she felt fine.

**Evening of December 16, 2004**

She said that she used to have sinus problems and that the day after the 2nd treatment she started to experience huge amounts of mucus discharging from her nose. On several occasions she had to go to the toilet and be physically sick. She has the sensation that the

top half of her face and head from just underneath the eyes feels like it is full of mucus. She telephoned to see if this was normal. I told her that it is not possible to predict what symptoms you will experience after treatment, but it was possible that this was a response to treatment and not worry about it.

**(Treatment 3) February 3, 2005**

No epileptic attack. N's description of her reactions: "I bit my tongue while I was asleep, which is a sign that I may be going to have an epileptic attack, but I haven't." "A rash has appeared on the top of my lip." "I have stomach pain at the moment." "A lot of emotions have come up and they are all about rejection issues and rejection from my brother."

I gave her the same treatment as previous. I thought it important to teach her about point 19 in order to help stop an epileptic fit.

**(Treatment 4) February 17, 2005**

No epileptic fit. My client is very descriptive of how she feels emotionally and physically. Today she felt physically drained, lacked energy. I worked more on the emotional spinal line.

**(Treatment 5) March 4, 2005**

No epileptic fit. Her energy levels have been a lot better since the last treatment. Her comments: "A lot of spots have appeared on my face" (look like acne and quite irritated). She said she doesn't usually have spots. These spots are all over the face. She said that one time she remembered that she had a similar spot problem when she came off medication 10 years ago and the spots lasted for 2 years. On observation the spots look a mild attack of acne. The spots aren't deep and look superficial.

I treated using the same treatment plan and she fell asleep. This was quite unusual because normally she talks quite a lot throughout the treatment, however much you ask her to relax. Comments: There is a big change. She seems a lot more balanced and co-ordinated. It is like she is more in control of her life.

**(Treatment 6) March 11, 2005**

No epileptic fit. She says she hasn't bit her

## Praxis Vertebralis (cont.)

tongue for ages. The spots have reduced quite a lot, they were just under the skin. This result was quite quick. My client had brought herself a new wardrobe of clothes, and already lost a few pounds by cutting out the wheat. She looked great and seemed to be quite happy. She said she has sorted out the problem with her husband.

I treated her in the usual way.

### (Treatment 7) April 15, 2005

No epileptic fit. N has been in France. Normally she has to use inhalers and dose herself up with drugs before she goes and is on medication for the rest of her visit. She also likes to play tennis and this may cause her to use the inhaler more because she can't breathe.

She said that she was amazed that for the first time in her life she didn't have to use her inhaler or medication when she was in France and that she played tennis and didn't need any medication then either. She feels that she is well on the way to a full recovery.

I treated her in the usual way.

### (Treatment 8) May 6, 2005

No epileptic fit. She has got a new job and is moving shortly. No more spots, The skin above the upper lip (which is usually red) looks normal and is the same colour as the rest of her face.

Treatment with the same routine. She left with energy.

### (Treatment 9) May 10, 2005

No epileptic fit. She feels very good from last week. Treatment with the same routine.

### Practitioner's Conclusions:

Neuro-foot reflexology is not dependent on the facts of the case but the physical observations, what you find on the feet, how you use that information to build a treatment program, and what you discover during your examinations.

With the limited time and treatment schedule in this particular case, I feel that there was great benefit in giving this client neuro-foot reflexology and I am pleased with the results. ❖

## 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.

Advertisements are solely for the information of readers and are not endorsed by the association. No part of this journal may be reproduced without the express consent of the association.

Cette revue est la publication officielle de l'Association canadienne de Réflexologie (ACR). Les opinions présentées n'engagent que leurs auteurs et ne sont pas nécessairement celles de l'ACR ou les membres de direction. Les articles ne remplacent pas les conseils d'un professionnel de la santé.

Les annonces classées sont à titre d'information seulement et ne sont pas endossées par l'ACR. Toute reproduction de ce journal doit être autorisée par l'ACR.

# CANADIAN JOURNAL OF REFLEXOLOGY

## TEAM RAC

### Board of Directors / Membres du Conseil

#### Chair / Présidente

*Carol Faguy (QC)*

#### Vice-Chair / Vice-Président

*Marco Arruda (ON)*

#### Treasurer / Trésorier

*Donald Cater (BC)*

#### Secretary / Secrétaire

*Susan Lippert (AB)*

#### Directors / Directeurs

*Beverly McGee (ON)*

*Marie McLelland-Leger (ON)*

*Karen McNeill (BC)*

## STAFF / PERSONNEL

### Executive Director / Directeur général

*Marcus Summersfield (MB)*

### Membership Services Manager /

Gérante au service aux membres

*Alana Friesen (MB)*

### Chapter Development Manager /

Gérante au développement des chapitres

*Sherri Gunn (MB)*

### Director of Education and Program Development /

Directrice de l'éducation et des programmes

*Linda Hughan (NS)*

### Education Co-ordinator /

Coordinateur de la formation

*Chris Wasyluk (MB)*

### Business Manager / Comptabilité

*Valerie Taylor (BC)*

### Reflexology Association of Canada (RAC) / l'Association canadienne de Réflexologie (ACR)

Tel: 204.477.4909 / 877.722.3338

Fax: 204.477.4955

[administration@reflexolog.org](mailto:administration@reflexolog.org)

*Canadian Journal of Reflexology* is published every two months by Clockwork Communications Inc. on behalf of Reflexology Association of Canada (RAC) / *Le Journal canadien de la Réflexologie* est publié aux deux mois par Clockwork Communications Inc. pour l' Association canadienne de Réflexologie (ACR)

### Editor / Rédactrice:

*Deborah Murphy*

### Art Director / Responsable de l'art:

*Sherri Keenan*

### Translation / Traduction:

*Allain St-Cyr*

### Peer Review Panel /

Groupe contrôle par les pairs :

### Chair / Président :

*Rob Campbell*

### Committee / Comité:

*France Trudeau*

*Ettalie Inglis*

*Mabel Woods*



For advertising rates or editorial guidelines /  
Pour les tarifs ou les guide éditorials:

Clockwork Communications Inc.

Tel: 902.442.3882

Fax: 902.442.3881

[editor@CanadianJournalofReflexology.com](mailto:editor@CanadianJournalofReflexology.com)

[www.CanadianJournalofReflexology.com](http://www.CanadianJournalofReflexology.com)

## UPCOMING EVENTS

### NSARP 3<sup>rd</sup> Annual Conference

*Bridgewater, NS*

September 29, 2007

### Lynne Booth VRT Classes

*Vancouver, BC*

September 7 - 9, 2007

([www.PacificReflexology.com](http://www.PacificReflexology.com))

### RAC Conference and AGM

*Montreal, QC*

November 7 - 11, 2008

### Lynne Booth VRT Classes

*Kitchener, ON*

September 11 - 12, 2007

(Grand River Reflexology)

September 23 to 29 is World Reflexology Week!

For information, and to find out how you can support this important initiative, visit: [www.icr-reflexology.org](http://www.icr-reflexology.org).



An Initiative of ICR