



# Dedicated to Professional Standards Established 1991

Volume 19

January 2009

Issue 1

## MCR Officers

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Boothbay Harbor, ME.

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Maine Council of Reflexologists  
P. O. Box 5583  
Augusta, Maine 04332

[www.reflexologyofmaine.org](http://www.reflexologyofmaine.org)  
[info@mcronline.org](mailto:info@mcronline.org)

## NEXT MEETING

**May 9, 2009**

Saturday 9am-4pm

**Hoyt Chiropractic  
Winthrop, Maine**

2nd floor

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## A letter from your President: Alina Blakesley



I thank you for the honor of being elected as president of MCR. I shall do my best in the coming years to listen to you and together we can take small and giant steps to move forward as reflexologists in our individual practices, in our statewide organization and nationally. I would like to address these three areas.

### 1) Reflexology in our own business.

Let us reflect on our past year. Are we satisfied with our situation or would we like more income or improve our skills? Sometimes we have to step back from achieving professional goals to focus health and family matters. Looking back it may seem that our business was on hold. On the other hand we may learn much from life experiences that enable us to empathize more fully with our clients, things you don't find in books or courses.

If you are ready to focus on growing your business here are some steps to take: Write down three goals and keep them in your wallet. Take them out and look at them when you have time. Bring these goals to our next MCR meeting and collectively we will work towards achieving them. That is what MCR is about: serving its members.

### 2) Reflexology in our organization

Thanks to a fabulous team with Wendy as past president, MCR has accomplished many goals set out in our strategic plan, including a first class Reflexology of America Association (RAA) conference in Portland. So what's next? What are our opportunities and challenges? I would like to set aside some time for setting goals for our future. How do we envision our organization in the next three years? What would we like to see happen? Sitting in front in our last meeting I saw a most wonderful pool of talent in our membership. I thought to myself, this group can accomplish anything.

### 3) Reflexology nationwide

Our national organization RAA went through a rough patch as often happens when growth and change occur. Healing is needed. We thank and congratulate Alison Gingras who was elected to the new board. Let's visualize a strong national organization which we need to lobby for improved professional status and acceptance.

**President letter continued:**

I believe that complimentary health care practices are part of the solution in our failing health care system. There is much work to be done in public awareness through research and in continuing to break through into the mainstream medical model of treating patients. We can be part of that breakthrough by supporting and guiding RAA to speak on the behalf of our profession. *Alina Blakesley*



Colleen Ouellette, June Atherton, Alina Blakesley, Sylvia Young, Susan Miller and Wendy Decker



Wendy's last meeting as president

Incoming Board >>>>  
Thanks Wendy ~ Great Job



Colleen Ouellette, June Atherton, Alina Blakesley, Sylvia Young and Susan Miller



Auction  
Robin Brawn, Mac MacDonald and Colleen Ouellette



Members at the January's 2009 meeting in Bath



Myra & Wendy



Mac MacDonald and Chrissy Ravelli-Studer  
**OOPS ~ Myra said press not pull**



Aternoon program ~ Basic techniques used within Auricular Therapy ~ presenter, Myra Achorn

## *Educational Opportunities*

### **CALENDAR OF EVENTS:**

**This years MCR meeting dates:** *Attend these meetings and earn CEU's*

**May 9th, 2009** in Augusta/Winthrop

**Oct 17-18th, 2009** in Ellsworth

**ICR Conference September 2009, in Los Angeles, CA:** Contact ICR for more info. [www.icr-reflexology.org](http://www.icr-reflexology.org)

**MCR's October 3-4, 2009 Workshop:** Is in the works with **instructor Val Voner**, in presenting training in Weight Management Reflexology or Reflexology with Polarity. The website for her at the New England Institute of Reflexology is [www.walkinbalance.com/main/index.asp](http://www.walkinbalance.com/main/index.asp). (See page 12 for more info)

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**Total MCR 2008~2009 Members 74**

**Newly Certified Member:** **Michael A. Silvia** - Camden, ME. 04843 ~ 542-2107

**Address Change:** **Sonia Robertson** - 1100 Silver Lake Rd, Bucksport, ME. 04416

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### **REFLEXOLOGY PRACTITIONERS DISCUSSION BOARD ON-LINE**

If you want to join a reflexology practitioners discussion board on line, you might be interested in joining Facebook at [www.facebook.com](http://www.facebook.com) I think it is a great way to network and keep in touch. I am having fun with it! I joined recently and have already met new and old reflexology friends from around the US. You need to join Facebook first and then you click on groups and enter Reflexology Practitioners, which is under the type "Health & Wellness". It is a group for professional reflexologists. It is fairly new, so there aren't too many topics listed, yet, but the more reflexologists who join, the more active the discussion board is likely to be. *Respectfully submitted by Wendy Decker*

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## **What Is Laughter Yoga?**

Laughter yoga is based on a simple truth that all children know: laughter makes you feel better (children laugh about 400 times a day; adults, 15 times). Developed by Madan Kataria, a family physician from India, laughter yoga is spreading across the United States and the world. Some typical exercises include:

- Greeting laughter: Laughing while shaking hands with at least four or five people in a group.
- Appreciation laughter: Joining the index finger with the thumb to make the universal "okay" sign to other group members while laughing simultaneously.

Laughter yoga is not really about humor (or yoga), but rather exploits the natural human tendency to laugh when others laugh - so when a group of people forces laughter, it quickly transitions to real, spontaneous laughing. I find this trend fascinating, and have no doubt that boosting the daily laughter quotient is indeed healthy, especially in adults.

**From Dr. Weil's newsletter/website**

**Submitted by Wendy**

Maine Council of Reflexologists

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## *Feng Shui Horoscope*

Watch your 'Thoughts,' they become words. ~ Watch your 'Words,' they become actions.  
Watch your 'Actions,' they become habits. ~ Watch your 'Habits,' they become character.  
Watch your 'Character,' for it becomes your Destiny.

Take just a couple of minutes to take this test & see what happens!

*If you are honest this tells the truth — it's pretty good.*

Write your answers on a piece of paper, NO cheating!! The answers are at the bottom..

1. Which is your favorite color: red, black, blue, green, or yellow?
2. Your first initial?    3. Your month of birth?    4. Which color do you like more, black or white?
5. Name of a person of the same sex as yours.    6. Your favorite number?
7. Do you like California or Florida more?    8. Do you like a lake or the ocean more?
9. Write down a wish (a realistic one).

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Answers:

1. If you choose:  
Red - You are alert and your life is full of love.  
Black - you are conservative and aggressive.  
Green - Your soul is relaxed and you are laid back  
Blue - You are spontaneous and love kisses and affection from the ones you love.  
Yellow - You are a very happy person and give good advice to those who are down.

2. If your initial is:  
A-K - You have a lot of love and friendships in your life..  
L-R - You try to enjoy your life to the maximum and your love life is soon to blossom.  
S-Z - You like to help others and your future love life looks very good.

3. If you were born in:  
JAN - MAR: The year will go very well for you and you will discover that you fall in love with someone totally unexpected.  
APR - JUN: You will have a strong love relationship that will last forever.  
JUL - SEP: You will have a great year and will experience a major life-changing experience for the good.  
OCT - DEC: Your love life will be great, you will find your soulmate.

4. If you chose...  
Black: Your life will take on a different direction, it will be the best thing for you, and you will be glad for the change.  
White: You have a friend who completely confides in you and would do anything for you, but you may not realize it.

5. This person should be your best friend.

6. This is how many close friends you will have in your lifetime.

7. If you chose:  
California : You like adventure.  
Florida : You are a laid back person.

8. If you chose:  
Lake : You are loyal to your friends and your lover and are very reserved  
Ocean: You are spontaneous and like to please people.

# A Review of The Excretory System

## OUR INTERNAL WATER TREATMENT PLANT

*Removes various wastes from the blood, regulates the chemical composition, volume, and electrolyte balance of the blood; helps to maintain the acid-base balance of the body*

The urinary system is made up of two kidneys, two ureters tubes, one bladder and one urethra tube. A cross section of a kidney has three basic sections; cortex, medulla, and pelvis.

The kidneys are a special set of organs that purify the plasma of the blood. Although waste materials are excreted by the skin, lungs and the large intestine, the cleansing of the blood is so important to life that it must be carried out by specialized organs. Certain salts and other waste materials are even sent from the intestines to the kidneys via the blood stream. Waste from the kidneys is know as urine.

The two kidneys lie in the uppermost part of the abdomen along the spine. Separated by the liver and the intestines, the kidneys are held firmly in place by connective tissue. The right kidney is somewhat higher in the body, on a level with the two lower ribs, although still below the diaphragm. The kidneys are reddish in color and shaped rather like a bean. The normal kidney is about four inches long and approximately two and a half inches wide.

The function of the kidneys serve to regulate the composition of the plasma of the blood. Not only must waste materials be eliminated, but the chemical equilibrium, volume, and the level of the constituents within the plasma must be maintained. To carry out these excretory functions, the kidneys have a constant supply of blood, numerous capillaries (glomeruli), abundant filtering surfaces, and tubules, in which filtered material is converted to urine. The blood is supplied to the kidneys by the renal artery, which branches directly from the aorta. In adults, more than 2,500 pints of blood pass through the kidneys each day, which removes most of the waste products of metabolism.

The functioning unit of the kidney is known as the nephron. Nephrons are closely packed, hollow, threadlike structures. Each kidney contains over a million nephrons, far more than actually needed. This great number allows for gradual loss; in fact, one kidney can be completely removed with no ill effect, if the remaining kidney is healthy.

As to filtering the plasma, the renal artery divides and subdivides into many fine capillaries, which allow approximately 1,200 cubic centimeters of blood to pass through the kidneys each minute. This constriction of blood results in the buildup of pressure in the glomerular capillaries, and forces the filtering of the plasma.

Waste materials pass to structures know as Bowman's capsules in the cortex of the kidney. The filtered fluid drains to hollow tubules where complex readjustments allow for elimination of wastes without depletion of the vital components. Waste is converted into urine, with the major part of the plasma returned to the circulatory system. The collecting tubules of the kidney are in the medulla portion of the kidney. These tubules converge into the pelvis of the kidney, where a spiral ring of muscle connects to the ureter. The urine is moved through the ureters to the bladder by peristalsis, (waves of muscular contractions).

The bladder is a closed muscular sac, which stores urine for periodic release. Lying in the pelvic cavity, the bladder changes shape according to how much urine it contains. Urine enters the bladder from the ureters in spurts. As the sac fills, the tone of the muscular wall builds up pressure in the bladder. Excretion is a voluntary reflex (except in the case of infants). By relaxing a voluntary muscle, (the external urethral sphincter), the bladder muscle contracts, expelling the urine through the tubelike urethra.

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**Some Kidney/Bladder Problems:** Nephritis, recurrent bladder infection, dialysis, kidney stones, incontinence

**Nerve supply:** Spinal areas: **Kidney/ Ureter tube** ~ Thoracic 10 & 11 **Bladder** ~ Lumbar 3

**Helper areas:** Other than direct areas effected maybe **diaphragm** (relaxation) **parathyroids** (calcium function) **and adrenals** (inflammation).

### **Attitudinal Awareness**

**Healing ourselves** requires that we remove the conditions that cause our dis-ease. In this process, we find that the causative factors of illness are not strictly physical problems. They can relate directly to the mental and emotional life we live as well. Our thoughts and feeling are very powerful. How we feel and think about ourself is what we become. Whether we realize it or not, our conscious and unconscious attitudes (belief systems) and feelings (emotions) powerfully affect the cells, tissues, and organs of our physical bodies.

**Kidneys:** The ability to "flow" with life and allow life to flow through us. Issues related to elimination; "filtering out" and letting go of that which is unnecessary. Issues associated with relationships. The kidneys are extremely sensitive to emotional stress, and will reflect one's tension/anxiety in impaired functioning. Problems in this area may indicate: Indecisiveness; being too forceful; repressed anger; feelings of shame; intolerance and/or hostility; emotional stress from relationships; emotional pain; fear of being alone; obsessive thinking.

# Relaxation with Reflexology

Today more people are taking an active role in their health care. Focus has turned to combining traditional medical care with a natural, holistic approach. Reflexology is one such complementary therapy that can be very safely integrated as a preventative measure as well as a healing art.

Approximately 75% of diseases are attributed to stress and tension. Living with stress places both physical as well as emotional demands that manifest into physical illness. One of the greatest benefits of reflexology is relaxation and the release of stress and tension in the body.

The scientific basis of reflexology focuses on the fact that there are reflex points located on the hands and feet that correspond to the major organs, glands and parts of the body. By using a unique technique these reflex areas are worked to bring about a relaxation response and release of tension. As your body relaxes, the blood supply, lymph circulation, and nerve supply to your cells improve. Toxins are also released from the tissues. Consequently, the cells of the body are cleansed and nourished and the glands and organs are revitalized and rejuvenated. In this way reflexology creates an environment that encourages normal healthy organ function as well as allowing the body's natural healing ability to be enhanced.

The nervous system is the link between the mind and body. The feet contain 7,200 nerve endings and are one of the most sensitive parts of the body. Working on these many nerve endings sends a message to the brain to release endorphins a natural hormone of the body that is responsible for an overall good feeling. Achy tired feet, ankle pain, insomnia, back pain, nausea from chemotherapy, anxiety, PMS, and hot flashes are just a few of the problems reflexology may help.

Anyone can benefit from a reflexology session; it is a non-invasive, natural therapy that helps to balance body, mind and spirit. It is a natural complementary therapy that can be combined with any other medical therapy. One of the greatest benefits: "happy feet."

Article written by *Anne McFeely RN, CR* from Ohio Thank you Anne!

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**Let Your Body Know You Care,  
and Your Body Will Take It From There.  
Improve Your Health by Improving Your Circulation.**



# Reflexology Offers Whole-Body Benefits

Reflexology's roots are positively ancient. Egyptian hieroglyphics dating to 2,000 B.C. depict what appears to be a reflexology session in progress, while other ancient texts suggest that India, China, and



Japan practiced their own variations. Indeed, the modality may be older than acupuncture itself, and is rooted in the same theory that energy pathways, or meridians, exist throughout the body, beginning and ending in the hands and feet, and that blockages in these pathways lead to illness.

In modern times, reflexology was popularized by American physiotherapist Eunice Ingham, whose 1938 book, *Stories the Feet Can Tell*, included an intricate chart showing how various regions of the feet connect to other body systems. Painful spots on the foot reveal energy blockages elsewhere in the body, she believed, and manipulating these tender areas with gentle pressure could promote healing. Today, the Ingham Method is the foremost type of reflexology practiced in the United States.

In other parts of the world, reflexology is widely accepted as a bona fide treatment for a roster of conditions from arthritis to asthma to constipation to ear infections to vertigo. Doctors in the 6,000 member China Reflexology Association (sanctioned by the country's Ministry of Health) are working out detailed protocols as to how many sessions are necessary to treat specific ailments, and engineers in the country are designing "health pathways" walkways studded with stones and logs designed to stimulate the feet.

A trained reflexologist follows a few basic techniques. Kevin Kunz, a long time practitioner who with his wife has written several books on the subject, starts each session with a series of relaxation exercises, such as shaking the feet from side to side, in order to warm them up before he applies pressure. Then he goes over each foot entirely, using his thumb and fingers to walk along the pressure points with an inchworm type motion.

As he works, he's looking for signs of imbalances and energy blockages in other areas of the body and making note of areas to return to for extra attention. Treatments range in length from half an hour to an hour, scheduled at varying rates of frequency ranging from twice a week to one a month or less. When performed correctly, say Kunz, reflexology may "hurt good," but will result in an overall feeling of wellness by the end of the session.

**From Dr. Weil's newsletter**

Reflexology Research Project  
[www.reflexology-research.com](http://www.reflexology-research.com)

# Common Ground Country Fair!

## **MARK YOUR CALENDARS**

**for THE THIRD WEEKEND AFTER LABOR DAY**

**SEPT 25, 26, AND 27 2009**

GATES OPEN AT 9 A.M. EACH DAY with fair goers looking for a reflexologist. It is time once again to start thinking about the Common Ground Country Fair!

MCR will have three reflexology chairs; a person working on feet, hands, ears, and a communicator. We will need to have FIVE reflexologists per a four hour shift. The shifts are from 9am until 1pm and from 1pm until 5pm. The volunteers will be sent a free pass or will be reimbursed for the entrance fee. MCR has been asked if anyone would like to speak at the CGC Fair. It would be for a 1 hour talk. Time & date is up to you. If ANY ONE would like to do this, PLEASE call on of the co-chairs. This is a wonderful, fun loving, down home fair which gives MCR a wonderful opportunity to kick off World Reflexology Week by touching so many people.

We are looking for new ideas for the fair this year. One idea that has been placed on the table is that MCR charge for each session—\$10.00 for 15 minute session. I am looking into this with the fair committee. Got an idea, share your feelings on this pay for a session idea. Come to the next meeting on May 9, 2009 and share your feelings!

Many hands are need for the Common Ground Country Fair. How do I sign up to help??? Thank you for asking. All YOU need to do is to call the chair person for the day you would like work. Reminder we WILL start calling the membership in August. One ring ding ——two ring ding——SEE YA AT THE FAIR!!! *June Atherton*

**RAMONA MILLER FOR Friday-----207-236-0986**

**KAREN BOYNTON FOR Saturday-----207-845-2702**

**JUNE ATHERTON FOR Sunday-----207-374-5117**

# ***MCR FALL WORKSHOP 2009***

***IS COMING.....***

**ON OCTOBER 3<sup>RD</sup> AND 4<sup>TH</sup>- MEET VAL VONER**

**AUTHOR OF “THE EVERYTHING REFLEXOLOGY BOOK” and**

**CO-AUTHOR OF “PRACTICAL REFLEXOLOGY:  
INTERPRETATIONS AND TECHNIQUES”**

**SHE IS THE OWNER AND PRINCIPAL INSTRUCTOR AT THE ‘NEW ENGLAND  
INSTITUTE OF REFLEXOLOGY AND UNIVERSAL STUDIES’**

**VAL WILL BE PRESENTING A 2-DAY LECTURE AND PRACTICAL APPLICATIONS  
WORKSHOP ON THE USE OF REFLEXOLOGY TECHNIQUES IN WEIGHT  
MANAGEMENT. SHE WRITES THIS ABOUT THE SESSIONS;**

**“The weight management program will include discussions dealing with all issues  
concerning weight from anorexia to obesity. Materials presented cover analysis of  
addiction as it pertains to weight management, theories and solutions, narrowing the  
focus to our adjunct therapy-reflexology-as an integrative technique.”**

**Afternoon presentations of the specific points and combinations will be demonstrated  
with plenty of practice time. A manual and chart are included in the workshop fee.**

**FOR MORE INFORMATION: [WWW.WALKINBALANCE.COM](http://WWW.WALKINBALANCE.COM)**

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- **Registration Forms will be coming with the Membership renewal forms in May.**
  - **Early bird registration fee discounts and scholarships available.**
- 

**For additional information contact Kate Winant at 229-7276 / e-mail  
[tevorranh@yahoo.com](mailto:tevorranh@yahoo.com) or Sylvia Young at 443-3733 / e-mail [sey@gwi.net](mailto:sey@gwi.net)**

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*The best part of life is not just surviving  
but thriving with passion and compassion  
and humor and style and generosity  
and kindness.*

*Maya Angelou*