



*Dedicated to Professional Standards  
Established 1991*

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Maine Council of Reflexologists  
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Jefferson, ME

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**Website Manager**  
*Wendy Decker*, Bath, ME

**NEXT MEETING  
October 24, 2015**

**Saturday 9am - 4pm**

Beth C. Wright Cancer  
Resources Center

**23 Commerce Park  
Ellsworth**

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**Membership Renewal  
July 1, 2015**

**A Letter from MCR's President, Aloisia Pollock**

Dear fellow Reflexologists,

Summer is here, the trees show their leaves in all possible shades of green and many of us Maine reflexologists are catering to the first tourists visiting our beautiful state. By July Maine will again be the center of attention for those vacationers from across the USA starved for the beauty and tranquility of Maine. To let these visitors know that MCR members are here to take care of their well-deserved relaxation and re-balancing, MCR is planning to advertise our website in local newspapers across the state. Please let me know how your research into the best venue for the placement of the ads fares and when you need the funds for this project from our treasurer.

Alta Gross, our legislative committee chairperson, will be publishing the results of her survey about "licensing of reflexology in Maine?" later in this publication.

We plan to index our ever-growing library which is in the capable hands of our Susan Miller. My vision is that every MCR member knows of all the articles, books and transcripts we have in our library and be able to access them easily to deepen his/her knowledge of reflexology and related subjects.

Don't forget to sign up for Tri-for-cure and the Common Ground Fair events this summer and fall. Loving hands are still needed for both.

Lastly, summer is here and we know how short it can be – so let's go out, enjoy the sun and play! I will be hosting a two day "tea and feet" party at my "Sunset Cabins" on Damariscotta Lake where we can trade reflexology, swim, canoe, kayak and sit around the campfire....

...and Connie Hubley and I plan a hike that Stetser Preserve, a beautiful trail in a 150 acre parcel of land gifted to the Sheepscot Valley Land Trust by our Janet Stetser – join us!

Till then,

*Aloisia Pollock*  
MCR's President



**TEA AND FEET**

**When:** Tuesday July 14, 2:00 PM until  
Wednesday July 15, 2:00 PM

**Where:** Aloisia Pollock's "Sunset Cabins" on  
Damariscotta Lake in Jefferson

**Bring** your reflexology equipment, your swim  
suit, some food and towels. Bring sheets and  
pillow cases if you plan to spend the night.

**RSVP:** Aloisia at 549-3077 or  
[sunsetcabinsmaine@gmail.com](mailto:sunsetcabinsmaine@gmail.com)

## Voting and Surveys

Dear MCR members,

I want to take a moment to express my gratitude for your support in electing me as your Vice-President. I am happy for this opportunity to be of service to you, the members of MCR. Our future and the future of Reflexology looks bright! We have two important items going on at this time that need your immediate attention. **First of all**, a ballot was sent out on June 1<sup>st</sup> to vote on bylaw changes. These changes are meant to bring our bylaws into alignment with the bylaws of our national affiliate, the Reflexology Association of America (RAA). If you haven't done so already, please be sure to submit your vote. The deadline is June 30<sup>th</sup>. Your vote is important. **The second item** that required your action was a survey that was sent out regarding state licensing. The legislative committee needs a firm commitment to go forward. Your opinions matter and will help decide the direction MCR takes regarding state licensing in the future. Twenty six responded out of 69 members.

It takes your VOTE to run this organization. PLEASE, take a moment to respond to all ballots or surveys sent to you. We want to hear from you! IF you don't want a change vote NO. IF you want a change vote YES. Don't be nervous about telling the Board how you feel about the subject. Vote how you really feel, not what you think others want.

Thank you,

Myra

### MCR's Board

| President   | Vice President  | Treasurer   | Correspondence Secretary   | Recording Secretary   |
|---|---|---|--|---|
|  |  |  |  |  |
| Aloisia Pollock<br>549-3077   | Myra Achorn<br>626-3338   | Loretta Baker<br>622-5580   | Connie Hubley<br>242-5311  | Alta Gross<br>326-9327  |

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## Tri for a CURE ~ July 25-26, 2015

**For the sixth year in a row**, the Maine Council of Reflexologists (MCR) will provide reflexology services at the Maine Cancer Foundation "Tri for a CURE" this summer. Lynn Marie Danforth (owner of "Hands on Feet") of Willard Beach, South Portland and other volunteers from the MCR have provided reflexology services for as many feet at the Tri as they can get their hands on.

The dates are Saturday and Sunday, July 25th and 26, at Southern Maine Community College in South Portland. On the ocean. This year volunteers will get to split 1/2 the money we make. The other half will go back to MCR. At this time only a few signed up. The least I've ever had since my first year when I did it alone. This is a fantastic opportunity for MCR and the new cancer protocol. This is the year to be out there! The best chance yet of having reflexology become a household name. All we have to add is the reflexology and love... As chair of the cancer committee, I am begging people to call me for details on times for signing up. We need both days and as many hands as we can get. Come for an hour I don't care, just come. Please call me.

Thank you so much for your consideration for doing this. It's the opportunity of a lifetime. You'll never "get it" until you attend Sunday's race day!

Your friend,

Lynn Marie Danforth, Certified Reflexologist 207-318-0129 [handsonfeet1@gmail.com](mailto:handsonfeet1@gmail.com) or [handsonfeet.net](http://handsonfeet.net)

### **ATTENTION, PROFESSIONAL LEVEL MEMBERS:**

### **STILL NEED SIX MORE CEUs BY THE JUNE 30<sup>TH</sup> 2015 DEADLINE?**

**Not a problem!** Call Myra Achorn of Treat Your Feet ~ School of Reflexology. She has put together a CEU-earning class that will meet Sunday, June 28th. Class will be held at her school at 93 Gage St. in Augusta. She is waiting to hear from you. This is a six hour "Reflexology Refresher" class that will meet your needs and interests. The cost for this instructional and hands-on class is only \$30! **Please contact Myra only by phone at (207) 626-3338.**

**To find out if you need more CEU's, please contact Kate Winant at (207) 226-7276 or by email [tevorranh@roadrunner.com](mailto:tevorranh@roadrunner.com).**

## News From The Continuing Education Committee

### MCR Continuing Education News Spring 2015

Our vital membership has a wealth of knowledge and purposeful passion! I have witnessed this time and time again, as I have sat in this committee chair. I am honored to work with everyone in the afternoon programs and through reviewing the continuing education documentation form submissions. Folks are doing a dynamic job in bringing the information in a practical manner. In May, we were treated to a thorough presentation from Wendy Decker on the benefits of Facial Reflexology and various schooling to learn the techniques. We then opened up the floor for members to share their favorite reflexology points in relation to the Ears. We heard from a number of talented people who offered simple relaxation points/ sinus and allergy points/ headache points to name a few. Each member who came to the program and who also presented a technique, received a raffle ticket for the book "About Face" by American Academy of Reflexology instructor Ko Tan. Alta Gross was the lucky winner at the end of the afternoon.

As the summer rolls on, keep your eyes on the horizon for the **Fall Workshop, "Introduction to Chi Reflexology" presented by Moss Arnold**. This 2-day program promises to be insightful and practical. Held in South Portland at the Cancer Community Center, our conference site is the roomy large open concept space that has a place for the lecture and a space for the practical work; plus a full kitchen to use. **Register early to enjoy the benefit of a reduced rate (\$250)**, after July 31st the price becomes \$275.00. We already have 12 folks signed up with 3 of the registrants coming from outside of our group!

Once again our fall program will take place in the Ellsworth area, the theme is always our annual trade. A great time to come together and share a mini-session with a fellow member. This year's focus will be announced in September, so keep those ideas flowing!!!!

Respectfully submitted

Kate Winant, Program Chair



**SAVE THIS DATE!!!!!!!**

**Fall Workshop**

**October 3<sup>rd</sup> and 4<sup>th</sup>**

**We encourage you to attend the Fall MCR meeting in Ellsworth! The afternoon educational program is going to be "HANDS ON"! Please come!**

Newsletter Editor  
Myra Achorn  
and  
Proofreader  
Claire Guy



**Twenty three attended the May General Meeting in Augusta. Our record of 34 did not get broken. Please attend our October 24th meeting in Ellsworth and enjoy the fellowship of other reflexologists.**

## **It's time to Renew your MCR Membership**

This is a reminder that your current membership will expire at the end of June. Please take a few minutes and renew your membership today. You are a valued member and we hope you know how important it is for you to continue being a member.

The more members we have the stronger we become. There is strength in numbers. By being a member you can help contribute to our growth and eventual recognition as a stand-alone profession. MCR has accomplished a lot since it began in 1991 but there is much more work to be done. Being involved will benefit you as well as the profession. Your ideas and suggestions are welcomed and can make a big difference.

I have been getting reflexology weekly for the last 11 years. My feet feel great, it has kept me alive. I look forward to my sessions with Mack.

Mrs. Ginia W., age 96, Sullivan, ME.

M. MacDonald

## Educational Opportunities & More

**MCR next meeting: OCTOBER 24, 2015** Beth C. Wright Cancer Resource Center, 23 Commerce Park, Ellsworth

**The theme in Ellsworth is always our annual trade.**

A great time to come together and share a mini-session with a fellow member. This year's focus will be announced in September, so keep those ideas flowing!!!! **Earn 2 CEUs** Plus, enjoy the company of other reflexologists.

Next Winter, Spring and Fall meeting times: General Council 9am to 12 noon ~ Afternoon program from 2 pm to 4 pm.

January 16, 2016 (snow date 23<sup>rd</sup>) - Augusta / May 14, 2016 - Augusta / October 22, 2016 - Ellsworth

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**ICR Conference: Sheffield S. Yorkshire, United Kingdom, 2015 ~ [www.icrreflexology.org](http://www.icrreflexology.org)**

ICR is committed to uniting reflexologists from around the world together and the ICR conferences play a vital role in achieving this goal. By working together, we can reach reflexologists from around the globe, bringing them together to share new and exciting developments in the reflexology field.

**Registration for the 2015 ICR Silver Jubilee Conference is now open.**

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**RAA Conference: Anchorage, Alaska, 2016 ~ [www.reflexology-usa.org](http://www.reflexology-usa.org)**

We will be looking forward to seeing everyone in Alaska.

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*Taken from their web-site 2/15/2015 ~ [www.arcb.org](http://www.arcb.org)*

**ARCB testing dates 2015:** October 3 ~ Manchester, NH / October 10 ~ NY City  
October 17 ~ Baltimore, MD

*Go to their web-site for more dates and locations.*

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**Annual dues are \$50. Our fiscal year runs from July 1-June 30. Need a renewal form? Contact MCR's correspondence secretary at [info@mcronline.org](mailto:info@mcronline.org) or locate the renewal form on MCR's website [www.reflexologyofmaine.org](http://www.reflexologyofmaine.org)**



Current Members as of May, 2015  
69 of which 57 are professional level

**Membership Renewal  
July 1, 2015**

Mail application & check payable to MCR,  
PO Box 5583, Augusta, Maine 04332

**New Member:**

**Newly Certified Member:** Sylvie Letellier - Saco, ME.(207) 590-6781

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### MCR needs a few website helpers

**Please check your information on the MCR website** public listing of certified MCR reflexologists. If you want your email listed, have any changes, or need passwords, please contact **Wendy Decker** at (207) 443-2572 or [reflexparties@gmail.com](mailto:reflexparties@gmail.com)



#### **START SAVING AGAIN**

TURN YOUR CANS & BOTTLES  
INTO CASH

Bring it to the next meeting  
Join in the FUN of the AUCTION

Mac MacDonald ~ Auctioneer  
Next meeting in Ellsworth

**October 24, 2015**



Mac MacDonald

**Look FORWARD to something.**

**Plan a vacation,  
getaway weekend,  
or fun day trip.**

**When stress strikes, recall the  
event you've planned for the  
near future.**

## Member-in-the-Spotlight ~ Alta Gross

In pondering what I wanted to say in the “Alta Gross” episode of *Member in the Spotlight*, I decided that the best way is to start at the beginning. I was born in Castine, ME on December 22, 1953. My parents had four boys before me, so of course it has been assumed I lived a princess life....well no, not completely...ok, maybe a bit. I had a fun childhood with lots of kids in the neighborhood playing outdoors and exploring life without fear of what was in the world.



As I fast forward to 1972, I graduated from George Stevens Academy in Blue Hill. Next, attending the art program at the University of Maine in Augusta was tough, as I was a sheltered 18 year old. When the nude models appeared I was sure that this was NOT what I, or my father, had expected!

After working as a nurses' aide at the nursing home in my town I decided it would be practical to become a nurse, and so I went to then Eastern Maine Vocational Technical Institute in Bangor during 1978 and became an LPN. I worked for about 30 years taking care of elderly people in various positions. I was a charge nurse, manager of a 36 bed assisted living center and for the last seven years of nursing I did private duty care for a couple in Blue Hill in the summer and Vero Beach, Florida in the winter.

In 1993, I took a two month LOA from my nursing job and with a friend of mine worked aboard the Maine Maritime Academy training ship while on its European cruise. No, not as a nurse! I worked in the galley doing everything from serving food, working in the deli, washing dishes and scrubbing floors. It was difficult, hot and slippery as the ship hit very rough seas. We visited Gibraltar, Oslo, England, and the Azores. It was awesome! So, the next year I enrolled in a two year program at MMA and it was the most challenging and exhilarating two years of my life. Day after day I was jumping in the water or studying physics, diesel mechanics, marketing, boat construction or something equally challenging. I loved it!! Unfortunately, in the first few months of my classes both my mother and my 46 year old brother suffered strokes. My mother recovered quite well, but my brother did not. He passed away 10 years later after very difficult years. Please indulge me and allow me to tell you that this is the most painful event in my life. I tried to make his life better....I could not in any significant way.

At age 49 I married a man I had been with for many years. He was a merchant seaman who worked as an engineer and communications officer. He was away for 4 months at a time. As the story goes it was the best of times and worst of times. The marriage ended in disappointment. I don't really have anything more to say except I don't plan to do THAT again.

In 2009 my private duty job ended when both of the couple had passed away and I spent several months with my mother who also passed away.

I did not want to go back to nursing but had realized that I have a natural tendency toward care giving. It is difficult to make a change in your late 50's. A cousin my age was taking a massage therapy class. That was not for me. I had seen June Atherton for reflexology not knowing anything about it. All I knew was my feet always hurt and this helped me.

I enrolled in Connie Hubley's "Reflections, etc." in Winthrop. She encouraged me to take an online Anatomy and Physiology class prior to starting her program. It was good advice and very helpful, even with my nursing background. I received my certification in hand and foot reflexology in May 2011. I kept going and received my ARCB certification in April 2013. I wanted to do this in part for the challenge while I was in the learning/studying mode and because I thought that this may be a requirement of licensing later on. I in no way feel that any test trumps experience. However, a test is sometimes the way we are evaluated.

I am not doing a lot of reflexology right now. One day a week I have a space at Parker Ridge Retirement Community in Blue Hill. I do both residents and others. I have some elderly clients that LOVE reflexology and of course this is a good fit for me because elderly people are my favorite demographic of people. I do foot reflexology and have clients that depend on me for comfort and relaxation. I am not good at promoting myself, so I have taken GREAT pleasure in doing reflexology at events such as Tri-for-Cure and The Living with Cancer conference in Bar Harbor which I have done for a few years. It is just a pleasure for me to see people experience reflexology.

I do several other jobs as well. I organize and computerize medical records for a nurse consultant who reviews records for the US Department of Justice. I put the records together to make them easier to review. I also clean a LOT of people's houses and could do it 24/7 if I wished....not a wish I have had..so far.

*Continued next page 9*

*Continued ~ Alta in the spot-light*

I still have a STRONG artsy side to my personality and love making things. A few years ago I made an 8 foot tall paper mache puppet named Miss Penobscot that I walked in the town parade. I like working around my house improving it and making it unique. If I was younger I would become an interior designer.

I attended my first MCR meeting after just my first weekend in reflexology school. Connie told me the meeting was in Ellsworth and encouraged me to attend. I enjoyed the meeting and the feeling of friendship and mutual purpose and I was excited to belong. I found the same excitement in the conferences I attended in Orlando and Santa Fe.

I have strong hopes that reflexologists will be licensed in Maine someday. While I am not sure how much this will actually affect me and my career, I believe it is important to pursue for future reflexologists. I am a strong believer that experience is an important part of learning, maybe the most important part. In fact the experience of the members of MCR was one of the enticements for me to join. However, I do believe that in these times it is important to distinguish those who have had significant training to hold a license that states "I AM A REFLEXOLOGIST!" **Alta Gross**

*Interviewed and edited by Wendy Decker, Newsletter reporter*

## Common Ground Country Fair!

Have YOU  
signed up for  
the fair  
YET?

**MARK YOUR CALENDARS**  
for **THE THIRD WEEKEND AFTER LABOR DAY**  
**SEPT 18, 19, AND 20, 2015**  
**GATES OPEN AT 9am EACH DAY**

Have YOU  
signed up for  
the fair  
YET?

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 FOUR reflexologists per a four hour shift and ONE willing to help if needed. The shifts are from 9am until 1pm and from 1pm until 5pm. The volunteers will be sent a free pass. 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.

**At the May 16<sup>th</sup> meeting**, the following members have volunteered their time to work so far but there are open times spots just waiting for you. Please step up and call TODAY to save your favorite time spot and get your FREE pass to the Fair.

| <u>Fri. 9am-1pm</u> | <u>Fri. 1pm-5pm</u>    | <u>Sat. 9am-1pm</u> | <u>Sat. 1pm-5pm</u> | <u>Sun. 9am-1pm</u> | <u>Sun. 1pm-5pm</u> |
|---------------------|------------------------|---------------------|---------------------|---------------------|---------------------|
| Myra Achorn         | Myra Achorn            | Karen Boynton       | ___open___          | June Atherton       | Karen Boyton        |
| Ellen Hunter        | Elisabeth Wolfe        | Michele Nettles     | ___open___          | Karen Boyton        | Susan Miller ?      |
| Sylvie Letellier    | Chrissy Ravelli-Studer | MaryAnn Ratteres    | ___open___          | Mary Patterson      | Mary Patterson      |
| Sylvia Young        | Susan Miller ?         | ___open___          | ___open___          | Melanie Clark       | ___open___          |

Aloisia Pollock~ears only

**A HUGE THANK YOU GOES OUT TO  
ONE AND ALL - for signing up so far -  
PLEASE Call ASAP and join the Fun at the  
Common Ground Fair.**

*Karen Boynton,  
Coordinator  
(207) 845-2702*



# PTSD AND REFLEXOLOGY

(Adapted from Copyright © Foot & Soul - Reflexology Services in the Greater Boston Area, Massachusetts)

Iris Aharonovich

During my practice in reflexology in Israel, I researched to see if there is something that we can compare between people who suffer from the same illness or condition. I choose to work with veterans who suffer from Post-traumatic stress disorder (PTSD). I went to a big institute that takes care of those people, "Beit-Halochem." The process was 12 sessions of reflexology on 10 veterans each. All those veterans had been taking pills from a psychiatrist for a couple of years.

*"Post-traumatic stress disorder (PTSD) is a severe anxiety disorder that can develop after exposure to any event that results in psychological trauma. This event may involve the threat of death to oneself or to someone else, or to one's own or someone else's physical, sexual, or psychological integrity, overwhelming the individual's ability to cope. Diagnostic symptoms for PTSD include re-experiencing the original trauma(s) through flashbacks or nightmares, avoidance of stimuli associated with the trauma, and increased arousal—such as difficulty falling or staying asleep, anger, and hypervigilance." (Wikipedia 2012)*

## Summary:

People who suffer from PTSD are very sensitive, and to protect themselves and to be able to continue life as much as they can, they build a lot of defenses. When they were in the army, each veteran was a very tough fighter. They had big dreams about themselves, about what they want to do and to be. When the symptoms of PTSD started, they could do nothing to fight it and their emotions took over.

Reflexology is a great modality for people who suffer from PTSD because of the ability to take care of the body and the soul: two important areas for those injured from trauma. The reflexologist can ease the pain with a gentle touch and can help to release the stress from their nervous system. Foot Reflexology by itself works well on people who have fear from close touch. They can relax better if the practitioner sits "far" from them and touches only the end of the body. The relaxed environment, the gentle touch, the safety of the place often enables the client to be comfortable enough to lie on the table and most of the time allows them to talk about themselves, not only the trauma.

We see these common health issues with most trauma subjects: anxiety disorder, flashback from the trauma, jittery, obsessive thoughts, and spine problems, especially low back (our base). We can see that the "control" issue is a very main problem. They lost control of their life when the trauma happened. From that point they feel they must protect themselves from another losing-control situation.

In reflexology we use a map of our reflex organs on the feet that can tell us about the functioning of every organ, and the meridians and the 4 elements that can tell us about the emotional condition. In reflexology we divide the feet into 4 element areas: ground, water, fire, air. Each of these areas can show us the emotional condition of the person in front of us.

We see that some of the subjects took advantage of the reflexology opportunity, made changes, and started life again. As you read in the articles following, you can see the change in every client. You can see the steps that every client made. Some made small steps and some made big steps. But they all started something because the reflexology treatments inspired them to transform and take advantage of the opportunity to change.

## ***Descriptions of the patients:***

**Aharon** - 58 years old, married, two children. His main complaint is about burning feet. Injured 23 years ago. Dominant Element - Fire. That tells us how much he is trying to take control on his life and to avoid his feelings. To do and to try despite everything, even if he is almost burned. The fire tries to take place all over his feet (to take the place of earth, water and air, too). Fire does not let anything live or be. It kills and burns - no feeling. No will. No focus. No rest.

Reflexology Across America Winter 2015 ~ Printed with RAA's permission ~ continued on page 8

**Continued ~ PTSD**

After five sessions Aharon felt relief from the burning. After nine sessions he went to his granddaughter's birthday party at the day care. He danced with her and laughed from the bottom of his heart, for the first time since his injury. Aharon's reflexology treatment included work especially on his spinal and nervous systems and the solar plexus reflexes.

**Yitzhak** - 60 years old, married, three sons. His main complaint is about his inability to handle things. Injured 30 years ago.

Dominant Element - Water. That tells us how every single thing, even if it is not so important, affects him. He can cry and get excited about everything and has very low self-confidence. Water in the earth can make mud, and we can't walk safely in mud. His base is very weak. He can't trust himself to provide security for his family and that becomes his wife's responsibility. Water in the fire turns off the fire, turns off the vitality, the will to live, and the curiosity to know and do more. After seven sessions Yitzhak bought tickets for his wife and him to go out. He took on this responsibility and did it alone. Reflexology treatment included work especially on his nervous system and large intestine reflexes.

**Baruch S.** - 54 years old, divorced, three children. His main complaint is anxiety that makes him dependent on others. He can't work. He can't take on any responsibility. Everything that happened broke him into more and more pieces. Injured 34 years ago.

Dominant Element - Fire. That tells us how unstable he is. He can do nothing without help. He needs to take his medication regularly. His flashbacks are so obsessive. Everything is burning, and no help can change the situation. Subject has a lot of fears, memories, and feelings. After eight sessions, Baruch went to look for a job. He also said that he is sleeping without waking up many times. Even if he does awake, he is able to go back to sleep in a short time. Reflexology treatment included work especially on his nervous system and blood system reflexes.

**Baruch H.** - 47 years old, married, two children. His main complaint is impatience. He yells at everyone, and does not listen until the end of the sentence. With his medication, he can bring himself to go out, to work, to try to be nice and kind. Injured 17 years ago.

Dominant Element - Fire. That tells us how impatient he is. He wants to have the last word. He wants everything to go the way he thinks it should. He has nightmares, and this leads him to avoid sleep until he can take it no more. His dependence on medication and on his wife make him more impatient. After the last treatment his wife came to pick him and told me that "he has become more relaxed and nicer at home." Reflexology treatment included work especially on his nervous system, solar plexus, and blood system reflexes.

**Ronen** - 35 years old, married, three children. His main complaint is impatience and difficulty to feel emotion strongly. He can't be very happy or very sad. Everything is minor and not attached to him, not like he used to be before the trauma. Injured 3 years ago.

Dominant Element - Fire. That tells us about burning the emotions. No feeling, just doing. He must take care and control of his life, even if it means yelling or being impatient, or doing what he wants despite others. Ronen is working like workaholic, going early in the morning to work and coming home late in the evening. Even on weekends he finds something to do, like fixing and building things at home, and helping friends fix their homes. He stays busy as much as he can, instead of being with his family, enjoying them, playing with the kids, and going out with his wife. After 10 sessions Ronen told me that the next weekend he will go with his 4-year old son to play football, just the two of them. Reflexology treatment included work especially on his spine and nervous system reflexes.

**Joseph** - 60 years old, divorced, five children. His main complaint is a lower back ache. He has nightmares because of his injury and because of his visions of his best friend dying near him. These nightmares caused his wife and children to ignore him and now he lives without them. It is so difficult that he turned himself to a "heart of stone," as he said. He can get excited about nothing. Injured 33 years ago. (continued on page 20)



**Continued ~ PTSD**

Before the war he used to run a carpenter shop with employees. Since the business closed, he does nothing.

Dominant Element - Water. That tells us how much feeling is locked inside just wanting to open the gate and go out like a big huge wave. After nine sessions Joseph told me that 'the pain in his leg and the numbness that comes from his back became very minor.' Reflexology treatment included work especially on his lumbar vertebrae and solar plexus reflexes.

**Rahamim** - 52 years old, married, three children. His main complaint is about shoulder pain and he is diabetic. Injured 18 years ago.

Dominant Element - Water. That tells us how emotional this man is. Rahamim is very private person, he can't talk about what happened "there." He is surrounded with his fears and that blocks him from moving forward. He is at home most of the time and keeps himself from his friends. He prefers to be just with his family, since it is the only place where he feels safe enough.

At the last session Rahamim told me that some of his friends used to go once a week to drink at the bar, and he asked if he could join them. He went with them, felt very safe, and laughed. He is thinking of going with them every week. Reflexology treatment included work especially on his shoulders, blood system, and adrenal gland reflexes.

**Shlomo** - 47 years old, married, two children. His main complaint is a back ache and hearing disorder. Injured 17 years ago.

Dominant Element - Water. That tells us why he cannot talk about what happened. He protects himself as much as he can. He lives in his home with his wife and kids and has one good friend. At session eight Shlomo told me that his back feels much better. He can move where he felt pain before and now it is with no pain. Reflexology treatment included work especially on his spine and nervous system reflexes.

**Jonatan** - 53 years old, divorced, three children. His main complaint is a back ache and anxiety. Injured 18 years ago.

Dominant Element - Fire. That tells us about the how easily he can "explode" on someone or something. He is very angry most of the time. He has a very good wife (as he said). She takes care of him, protects him, and shields the kids from his impatience. He has tried to

work, but he gets mad at everyone so fast, that he is now at home.

At the 5th session Jonatan told me that he slept better - for 5 hours straight. This pattern continued until the end of the treatments. Reflexology treatment included work especially on his spinal and nervous system reflexes.

**Boaz** - 27 years old, single. His main complaint is a back ache. His best friend was injured near him. He tried to help, but lost him. He lives with his parents and works in a computer company. He enrolled at the university. Injured 1.5 years ago.

Dominant Element - Water. That can tell us why he is still lives with his parents. He still grieves for his friend and he talks about what happened there whenever he

**REFLEXOLOGY WAS A GREAT OPPORTUNITY FOR THOSE VETERANS TO TALK WITH SOMEONE, TO SHARE THEIR FEARS, TO RECEIVE A HUG, FAVOR AND EMPATHY.**

can. He can cry easily. After seven sessions Boaz told me that his backache is starting to feel better. He is sleeping better. Reflexology treatment included work especially on lumbar vertebra and nervous system reflexes.

Reflexology was a great opportunity for those veterans to talk with someone, to share their fears, to receive a hug, favor and empathy.

The patients were so excited by their treatment. They always mentioned how important it was to them. The touch in their feet made them feel comfort, made them breathe easier, and eased their pain. They said the relief stayed in their bodies for a couple of days. They were less aggressive toward their families and slept better. Some patients gained more confidence that allowed them to go out with friends, to go out and try to search for a job, or just go out for a little walk with family. In almost every session, they reported about the progress in their lives. It was very touching and full with meaning when we finished our treatments.

If you have PTSD syndrome or you know someone that suffers from it, don't hesitate - call the closest reflexologist in your area right now. You can feel better, sleep better, and function better. Take care, Iris!

E-Mail: [iris@footnsoul.com](mailto:iris@footnsoul.com)!

# A Stressful Fairytale

By George S. Balut

Once upon a time in the not so distant past, in a galaxy far, far away, there lived the king and queen of Reflexland. Now the king was under a lot of stress from a lot of changes going on in his life that he had no control over. Revenues were down because of the economy. He had made all the budget cuts he could and was still not balancing the budget. Prices of basic necessities were up, his wife was out of work due to an injury, the environment was being polluted, he had a castle to maintain, and to top it off, his surrogate father had just died. This death brought up a lot of emotional issue from his own father's death many years previously. And so the stresses piled up in the king's life.

One day the king began to experience debilitating headaches. The headaches were severe, with blinding pain and nausea—almost like a migraine. They would begin in the morning when he woke up. If the headache went away with aspirin, it still was there always there lurking in the background all day long. This led to a general lack of enthusiasm for life and depression which was contrary to his unusually sunny disposition.

One of the king's duties was to go out to train others in this wonderful discipline of reflexology for which the country was known. He noticed that when he was away from the castle he didn't have headaches. At home he always woke up with one. The headaches were waking the king up in the early morning hours. He didn't know what to do so he would walk around the castle, drink water to flush his royal system and work on his own imperial hands. Still the headaches were there every morning when he woke up. This led the king to self-treat. Since the headaches occurred at home he thought, "Oh, it has to be the mattress! A new mattress is the solution." The royal couple bought a new mattress, but the headaches continued. "It's the pillow!" he shouted one day. They bought new pillows, but the headaches persisted. Nothing seemed to work and the king was slowly going mad.

One day the king was discussing the headache situation with his best friend in all of realms of consciousness who was also a reflexologist. Tongue in cheek, the friend mentioned the king should try reflexology because she had heard it was good for stress reduction! Well, now you would think this would have been obvious to the king.

But suddenly a light bulb went off in the king's head—it was one of those ahhh moments. He said to the queen, "Rather than working on the headache in the morning after it has formed, could you work on me *before* we retire for the night." So that night she did. The queen didn't give the king a full session, she just spent about 15 minutes working the key stress related areas, like the endocrine system, with lots of relaxation techniques thrown in for good measure.

The next morning the king woke up for the first time in nearly three months headache free! The second night they had had a busy day and forgot. The following morning the headache was back as severe as before. On the third evening, the queen gave the king another session and again, no headache in the morning! This was amazing to the king. He was one of those people who feels energized after a reflexology session, so the idea of having one before bedtime was not wise for him. However, all the compounded stresses in his life at that point had changed his body and now he was able to relax in the evening following a session and could sleep all night and wake without a headache. This was a miracle!



The king sent for the town crier. He composed an official announcement to be delivered throughout all of Reflexland. First, the king wanted everyone to know that for a reflexologist to work on him or herself, the reflexologist has a fool for a client! Self-help is OK, but not a substitute for having a fellow practitioner work on you. That simply makes a huge, huge difference. Secondly, he wanted everyone to remember that we need to see the individual trees in the forest. The king knew reflexology worked, but had forgotten it for his own stress reduction! And finally, we're never too old to learn something new about ourselves. Our bodies are constantly changing and we need to be aware of it.

Now that the king has learned how to manage his stress with reflexology, he and the queen look forward to many happy years ahead.

The End.

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**THE MAINE COUNCIL OF REFLEXOLOGISTS PROUDLY SPONSORS:  
“INTRODUCTION TO CHI REFLEXOLOGY” PRESENTED BY MOSS ARNOLD**

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**AUSTRALIAN COLLEGE OF CHI-REFLEXOLOGY PRINCIPAL INSTRUCTOR OCTOBER 3-4, 2015**

This workshop is designed for reflexologists who want to learn, explore and develop the use of ‘Chi Reflexology’ in their practice. This unique form of reflexology is based on an understanding of Traditional Chinese Medicine. As a philosophical approach it emphasizes working with and not against the whole human being, empowering rather than disempowering it. It brings into focus the hippocratic oath, *“I shall do no harm.”*

**Day One**-Saturday will focus on anatomical reflection theory, holding techniques, chi reflexology openers/relaxers, basic rules and techniques of sedation/stimulating and balancing.

**Day Two**-Sunday will focus on the organ chi points on the soles of the feet and the theory and practical application of the balance organ chi sequences.

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**About Our Instructor:** Moss Arnold is an internationally known lecturer and runs his own training school in Australia. He teaches ‘clinical reflexology’ as the basis for professionals and developed this unique approach of chi-reflexology over the course of years of study. You can learn more at [www.chi-reflexology.com.au](http://www.chi-reflexology.com.au).

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**Cost:** \$250 for MCR members who pay before July 31st; and \$275 for non-MCR members and MCR members, who are paying after July 31st.

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