



Dedicated to Professional Standards

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Issue 1

Maine Council of Reflexologists
P. O. Box 5583
Augusta, Maine 04332
www.reflexologyofmaine.org
info@mcronline.org

MCR Officers

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Standish, ME
Vice President:
Susan Aronow-Wegmann
Auburn, ME
Recording Secretary: *Alta Gross*
Penobscot, ME
Treasurer: *Linda Nickerson*
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RAA Delegates:

Nancy Butler, Monmouth, ME
Claire Guy, Winthrop, ME
Newsletter Editor & Distributor:
Myra Achorn, Augusta, ME
Website Editor
Wendy Decker, Bath, ME

NEXT MEETING

May 18, 2013

Saturday 9am - 4pm

Mediation & Facilitation
Resources

11 King Street

Next To Pat's Pizza
off State Street

Augusta, Maine

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A Letter from Suzanne Girlando, MCR's President

Heartfelt greetings to all members of the Maine Council of Reflexologists! On May 18th we will have a *very* important "facilitated" General Council meeting. Plans are for holding it in the conference room of Mediation & Facilitation Resources in Augusta. We will *not* have our usual "business meeting" in the morning, but instead with the guidance of an unbiased professional facilitator, we will discuss the question of what we should do about "licensing," followed by a vote to chart our course of action. Plans right now are that in the afternoon we will proceed, as we usually do, with our "auction" followed by our afternoon program that earns CEUs. As usual you will receive meeting reminders with necessary information. Please note that because of scheduling conflicts, instead of Jacqui Clark, the meeting will be facilitated by our other choice, professional facilitator, Larry Lemmel.



Regarding the Kristen Erico auction, let's see if we can each bring a nice item to the auction as well as some cash to spend! Especially welcome are reflexology-related items! Food seems to go pretty well too! Remember, we are raising funds for our workshop/conference loan program. It looks like we are going to have an *outstanding 2013 MCR-hosted workshop taught by Sue Ricks of England*, so why not "pump up" our fund even more, so that no members are unable or hesitant to attend because of financial reasons? Special thanks to our Education Committee Chair Kate Winart for this welcome future event!

We all know that the question of pursuing state licensing is facing MCR. There are a myriad of "pros and cons" to consider! Although arguably no individual member can see the whole picture, the *assumption of our voluntary association is that each member has unique and valuable insight based on personal knowledge and experience*. The task of the facilitator is to help us to reach the best decision when all voices, opinions, and concerns have had a fair chance to be heard and addressed. Coming together this way demonstrates our dedication to each other, to the organization, and to Reflexology.

MCR's Legislative Committee has been posting much pertinent and factual information on our MCR website. The unbiased material is posted *only* for educational purposes as a service provided by our diligent and hardworking Legislative Committee. If all of us read this material prior to the meeting we will more likely have a *productive meeting* rather than spend time sharing information that was available beforehand. It is thus in each member's best interest to study this material, to give thought to the matter, to participate in our facilitated meeting and, then to vote alongside your fellow members.

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President's Letter Continued

We cannot emphasize strongly enough that we need to hear each and every voice! All members, Professional and Associate, new to reflexology or with decades of experience, have important roles to play, and important points to make! MCR Professional level members will cast their votes on the issue. Please note that because of the importance of this issue, proxy voting will be offered. This can be done only with forms that will be made available along with the meeting reminders.

At our January General Council meeting we voted on and passed MCR's revised Bylaws as well as our revised Policies and Procedures. "Bylaws revision" is ***no*** easy task and we express our appreciation to Bylaws Committee Chair Susan Miller and to Wendy Decker. Please make an effort to know these revised documents which you received in December, and which you can also read on our website. Our collective working knowledge of the rules by which MCR ***must*** function will help us proceed into the future with an organization better able to serve us, the public, and our profession.

Please note that MCR's ***Executive Board***, according to our revised Bylaws, is now composed only of its five elected officers: President, Vice-President, Treasurer, Correspondence Secretary, and Recording Secretary.

There is a lot of "***busyness***" ***in the business*** of maintaining an organization such as ours! As it is said, "Many hands make the work light" and we ask that each and every MCR member find ***some way*** to serve the organization that serves us all. ***We are in this together for a very good reason!*** We have different backgrounds, personalities, viewpoints, opinions, skill sets, life situations and so on. Yet we have voluntarily come together to ***support one another and the truly remarkable profession of Reflexology!*** We know that ***in our hands we have something special to give to suffering humanity.*** From the bottom of my heart I thank you one and all for being MCR members and ask that everyone find some way to assist in the workings our organization as we together face the challenges of 2013.

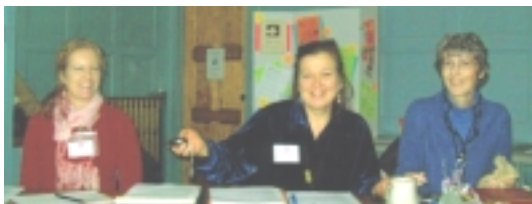
Suzanne Girlando



Suzanne at Saint Joseph's College Health Fair in Standish



MCR's Five Executive Board Members



Linda Nickerson
Treasurer

Suzanne Girlando
President

Wendy Decker
Past Acting
President



Sarah Filliter
Correspondence
Secretary

Alta Gross
Recording
Secretary

Susan Aronow-Wegmann
Vice President

Laws Across the USA

States without a Massage law	States with a Massage Law	States Exempting Reflexology from Massage	States with Reflexology law
Alaska Idaho~ Kansas Minnesota~ Oklahoma Vermont Wyoming	Alabama Arizona Arkansas California~+ Colorado Connecticut Delaware# Florida Georgia Hawaii Illinois Indiana+ Iowa Kentucky Louisiana Maine Maryland Massachusetts Michigan Missouri Mississippi Montana Nebraska Nevada New Hampshire New Jersey New Mexico New York North Carolina North Dakota Pennsylvania Ohio Oregon Rhode Island~ South Carolina South Dakota Tennessee Texas Utah Virginia West Virginia Washington West Virginia Wisconsin+ Washington D.C.	Arizona California~+ Colorado Georgia Illinois Indiana+ Iowa Kentucky Maine Maryland Massachusetts Michigan Missouri Montana Nevada New Hampshire New Jersey New Mexico North Dakota North Carolina Oregon Pennsylvania Rhode Island~ South Dakota Tennessee Texas* Washington Wisconsin+ Washington D.C.	North Dakota (Licensing law) Tennessee (Registration law) New Hampshire (Licensing law with 2 other disciplines)

Legend

Reduction in educational hours for reflexologist to be licensed.

+ Title Law, can not use term massage therapist or bodyworker unless massage licensed.

~ States with a Health Freedom Law with exemption possible for all Complementary & Alternative Medicine therapists; yet to be challenged in the courts.

California / Idaho / Minnesota / Rhode Island

* Through a ruling by the Department of Health

Note:

- 1. Massage Law.** In order to practice legally in those states with a massage law, reflexology is often licensed under massage through the broad definition of massage contained within the law. Reflexologists will need to check with the Massage Board to see if reflexology is covered and abide accordingly.
- 2. In Louisiana** reflexology is included in the cosmetology law. Other state cosmetology laws have not been reviewed.

Reported at the RAA
conference 2012

Rev. September 2011

Looking for Non-MCR Members

The assistance of our membership is requested.

June Atherton and Connie Hubley of the Membership Committee are seeking to contact any people practicing Reflexology in the state of Maine who are not members of MCR. They have prepared a letter which will be sent out to any parties so identified. This letter is to inform these practitioners of the existence of MCR and the benefits of being a part of our Association. The letter also informs them that our organization is currently facing the question of state licensing and as such, they have a stake in the process. Therefore, if anyone knows of any people practicing reflexology but not members, please try to obtain their name and address and/or phone number and forward these on to June or Connie. The process of finding these reflexologists is not easy.

June Atherton (207) 374-5117 or Connie Hubley (207) 377-3338

Maine Council of Reflexologists

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Timeless Principles and Practical Tips by Craig Freshley

Speak your truth and let go (taken from www.goodgroupdecisions.com's website)

In principle, an extremely valuable contribution I can make to a group decision is to discern my own truth and share it with the group. Deep inside, what do I really feel? This requires me to cut through the clutter of all that's on my mind. Discerning my truth requires me to be in touch with my feelings, to be honest with myself.

Sharing my truth requires courage. It might make me feel vulnerable. It might unleash other truths.

Protecting myself requires that I speak my truth and let go of the outcome. How others react to my truth is not my responsibility. Detachment is the secret to peace.

Practical Tip: Speak what's on your heart rather than what's on your mind. Don't get mired in calculating the consequences. Speak your truth and let go of the outcome. One way to be sure you are speaking truth: say only what you feel. No one can argue with what you feel.

Once I was in a meeting and spoke my truth. Afterwards, I became terribly afraid of the consequences. I asked someone, "Did I say the right thing?" The response came without hesitation: "How could you not have?" they replied, "You spoke from your heart."

In principle, whenever a group identifies something that needs to be done, it helps to name a "lead;" that is, the person responsible for taking the next step.

If a new committee is formed, who is responsible for convening the first meeting? If we need more information about something, who will actually gather it and report back to the group? Things that no one is directly responsible for tend to get dropped. Naming a "go to" person (lead) for each thing lets everyone know who to call if they have a question about it.

Being named lead on something gives me a sense of responsibility and compels me to do a good job.

Practical Tip: Before adjourning a meeting, make sure that a name is attached to every action item. Encourage people to take leads. If you believe something is important, consider taking the lead yourself.

Don't assign the lead to someone not present without their permission. If an item arises that no one is willing to take the lead on, let it drop. This is a clear sign that there is not enough energy among the group to actually implement the thing even though it "seems like a good idea."

Groups are terrific at generating ideas, but individual leadership gets things done.

What does it mean to make a difference?

People make a difference by giving or volunteering their time and other resources for something that they believe in and want to support. As Reflexologists, there are certain ideas that we value. These include taking responsibility for our own health and well-being and empowering others to do the same. Our State organization, the Maine Council of Reflexologists, provides ample opportunity to support Reflexology and promote the ideas that we value to the larger community. We would like to recognize the following practitioners for volunteering their time to support Reflexology in Maine through being **active** in MCR: Officers, Committees, Outreach programs, setting up snacks/lunch at meetings, etc.

*Myra Achorn June Atherton Laurie Batz Alina Blakesley Karen Boynton Nancy Butler
Lynn Marie Danforth Claudia Darneille Wendy Decker Sarah Filliter Alison Gingras
Suzanne Girlando Alta Gross Claire Guy Margery Hatch Connie Hubley Ellen Klain
Mac MacDonald Susan Miller Michele Nettles Linda Nickerson Colleen Ouellette
Sonia Robertson Evangeline Sparks Chrissy Ravelli-Studer Sue Aronow-Wegmann
Kate Winant Sylvia Young*

THANK YOU!

THANK YOU!

A Great Lesson on Stress

A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, 'half empty or half full?' ... She fooled them all "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. To 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... Pick them up tomorrow.

1 * Accept the fact that some days you're the pigeon, and some days you're the statue!

2 * Always keep your words soft and sweet, just in case you have to eat them.

3 * Always read stuff that will make you look good if you die in the middle of it.

4 * Drive carefully... It's not only cars that can be recalled by their Maker.

5 * If you can't be kind, at least have the decency to be vague.

6 * If you lend someone \$20 and never see that person again, it was probably worth it.

7 * It may be that your sole purpose in life is simply to serve as a warning to others.

8 * Never buy a car you can't push.

9 * Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

10 * Nobody cares if you can't dance well. Just get up and dance.

11 * Since it's the early worm that gets eaten by the bird, sleep late.

12 * The second mouse gets the cheese.

13 * When everything's coming your way, you're in the wrong lane.

14 * Birthdays are good for you. The more you have, the longer you live.

16 * Some mistakes are too much fun to make only once.

17 * We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.

18 * A truly happy person is one who can enjoy the scenery on a detour.

19 * Have an awesome day and know that someone has thought about you today.

AND MOST IMPORTANTLY

20 * Save the earth..... It's the only planet with chocolate!*

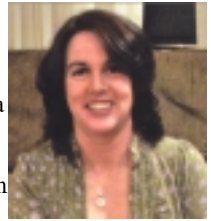
Today someone asked me if I liked you. I laughed, and I said, "Ha! That's funny!! I absolutely LOVE that woman!! She's funny, caring, crazy as heck, sweet, beautiful, she's reading this email right now & I love her!!!" Send this to ten ladies you love!! & I better be one!!!!

Be the kind of woman or man that when your feet hit the floor each morning the devil says~~ "Oh Crap, they're up!"

Member-in-the-Spotlight ~ Susan Aronow-Wegmann

Sole Reflexions & Soul to Sole

I attended Myra Achorn's Spring class in February of 2011 at *Treat your Feet ~ School of Reflexology* and was certified in October of 2011 as a Reflexologist. Even though I have been practicing professionally for about a year and a half, it feels much longer than that, and I love every minute of it.



As a young girl I always wanted to learn to heal. At age nineteen, I received a "hands-on healing" and from that day on I knew I wanted to be a healer of some kind. After taking some basic classes on hands-on healing in California from Bishop Mei Lan Earley, now President of Madonna Ministry International, I attended workshops on healing and joined her meditation group while I was living in California. Studying Chi Gung Healing with Master Yul Lin, I learned pressure points of the body and how to cultivate Chi for healing pain and body stress. For about twenty years I practiced a combination of the two modalities working on friends, family and co-workers but not professionally. Though I had issues with receiving money for healing work in the past, now I understand it is important for the person being healed to give in return and the more value they put on a healing the better it works.

After Moving to Maine I decided it was time to finish my Chi Gung training and become certified, but having a difficult time finding a school close by, I took up Reiki with the idea that I could be certified to touch the public. Trained in USUI SHIKI RYOHO Reiki II, I have been practicing for more than six years. Having the Certification gave me the confidence to work professionally as a healer. This led me to a system of Healing that is not as well known as Reiki but is world wide and it is called Pranic Healing. Pranic healing in my opinion is the most effective healing energy system that I have been blessed to come across. Starting with basic, psychotherapy, and advanced, I have been practicing Pranic Healing for two years. I plan to continue growth within the Pranic healing system and eventually become a certified instructor.

On my healing path, I picked up the book by Mildred Carter, "*Healing At Your Fingertips.*" For years I practiced Body Reflexology on myself and friends. My first exposure to Reflexology was in a Yoga class in California when a friend who was learning reflexology asked to practice on me. When I first moved to Maine I thought about becoming a Reflexologist and went for a session with a local reflexologist. Though I can't remember her name, I remember her having me step on an ink pad and walk on butcher paper. It sparked something within, but it wasn't the right time. I then thought I would go to school for nursing and started a long process of taking classes to get accepted into the Nursing Program at CMCC and after the first year of nursing school I knew I was not a Nurse, I was trying to fit into a square but I am definitely a circle. During this time of processing all the time and energy I put into becoming a nurse, I came across a book on Reflexology and the light went on. "I am going to become a reflexologist; this is it!" I kept saying "Hello, I'm a reflexologist!" I loved the way it rolled off my tongue and realized why I have always loved feet and toes. That day I called and left messages with both Connie and Myra and was on my way to becoming a Reflexologist.

I plan to become ARCB certified because I think it's a great step as a professional and I would like to be recognized nationally. I believe in continuing one's education and if possible acquiring more certificates in your field of practice. It shows people dedication when your wall is decorated with Certificates. The first Certification is like an Associates degree and the ARCB as a Bachelors degree.

It is extremely important to be involved in a group of your peers or colleagues, in my opinion. If one has the time and energy to devote to an organization of what they believe in, it can be rewarding and an opportunity for growth. Personally, I would have pursued joining a committee and the only reason I didn't jump on the opportunity to be on the board is because I have only been a professional Reflexologist for a year and a half. I am so grateful for the opportunity to be VICE-PRESIDENT.

My foot studio is at my home but I also travel to people's homes or businesses. My sessions start with a warm foot bath, followed with work on the hands. The time spent on the hands I use as an interview stage and answer any questions my client may have. Then the following footwork is quiet time ending with an oil massage. Becoming certified in facial and hand reflexology as well as auricular therapy is important to me. My goal is to build on my skills, offering more to my clients and deepening my knowledge.

I have many hobbies: I like to play the guitar, piano and write lyrics. A rock-hound, I love to work with stones making jewelry and healing artifacts. I used to work with leather but have shifted away from that. A music lover, I am finding new alternative bands from around the world. As an artist, I love to work in all kinds of media when I have the time. Most recently, I have taken up carving in alabaster with friend and local carver Jayme Lane.

I love to run on sand and soft trails. Yoga is wonderful and I would like to do more of it. You can find me mountain biking and hiking with my dog Sachi. An avid juicer, I make juice from whatever veggies, fruit and herbs I can find. Every Thursday night and full moon is Twin Hearts Meditation, which is the first step to becoming a Pranic Healer, but anyone can benefit from it and its amazing effects.

It would be fun to see MCR members have social gatherings such as a picnic, with reflexologists, their friends and family attending. I think we all have friends and family that live in different parts of Maine that could benefit from meeting their local Reflexologist and hopefully expand the awareness of Reflexology throughout the state, plus it would be fun for members to meet each other's family and friends.

I am so grateful for MCR and the great Reflexologists that came together who laid down the foundation for us. We are truly a great profession and MCR gives us the opportunity to be recognized as a professional healing modality. With or without licensing we stand together, striving to grow and remain a valid healing force in our communities. We are all one.

Thank you, Atma Namaste. Susan L. Aronow-Wegmann *(

Educational Opportunities - Plus

Next MCR meeting date: MAY 18, 2013 in Augusta, ME on 11 King Street - Near Pat's Pizza
Facilitated meeting to discuss whether or not to pursue legislation for licensing ~ Earn 2 CEU's

ICR conference: Milnerton, Cape Town, South Africa, 2013 ~ www.icrreflexology.org

RAA conference: Santa Fe, New Mexico, 2014 ~ www.reflexology-usa.org

Membership Renewal Date July 1, 2013 Current MCR Members: 75 of which 15 are associates

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

New Members: Kate Fitzgerald - Rockport, ME ~ (207) 542-7293

Laurie Thompson - Old Orchard Beach, ME ~ (207) 831-0454

Stefaney Bachelder - Auburn, ME ~ (207) 577-1740

Catherine Rowe - Greene, ME ~ (207) 240-0141

Sylvie Workman - Yarmouth, ME ~ (207) 699-6468

Kim Benya - Mt. Vernon, ME ~ (207) 320-8762

Adelise Mason - Windham, ME ~ (207) 838-6036

Stephen Thompson - Hallowell, ME ~ (207) 242-7774



Kate, Laurie and Stefaney

Newly Certified: Kim Benya - Mt. Vernon, ME ~ (207) 320-8762

Newly ARCB Hand Certified: Kate Winant - East Waterboro, ME ~ (207) 229-7276

Changes: Nancy Butler - New e-mail address: reflexologyworks2012@gmail.com

The International Council of Reflexologists (ICR)

is proud to announce that their 14th Biennial Conference will be held in Cape Town, South Africa in 2013 and will take place from the 19th to 22nd September 2013.

ICR celebrates 22 years of service to the reflexology profession and endeavours to continue the important role of bringing Reflexologists around the world together. Our conferences provide a unique platform to communicate with people who share the same passion for reflexology as yourself, make new friends, reunite with old friends and share new and exciting developments in the reflexology profession.

From MCR Webmaster, Wendy Decker:

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



START SAVING TODAY

TURN YOUR CANS & BOTTLES

INTO CASH

Bring it to the next meeting

Join in the FUN of the AUCTION



Mac MacDonald
Auctioneer



January's meeting in Bath

Continuing Education News and Updates

GREAT WORKSHOP NEWS FOR 2013! - SAVE THIS DATE!!!-JULY 27-28

Sue Ricks is coming to America and we are hosting her and a workshop on July 27-28 entitled *“Spanning the Ages”- Gentle Touch Reflexology for Infants to Retirement Age*. A full informational Registration form will be coming out by March 1st.

Check Sue’s website at <http://www.suericks.com> to read about her work. She comes highly recommended from her recent RAA tour and other state organizations. Contact Kate at 207-229-7276 if you would like more information. **In Peace, Kate**

PS ~ Excellent opportunities for continuing education are certainly blooming here at MCR. As you are all hopefully aware, that we are expected to maintain at least 12 hours of continuing education units as a professional member within 2 years. Our meetings provide that for us, 2 hours each or you can take an on-line course or read a book and report about it. Just keep your records current and keep your ideas flowing for topics that interest you. Just keep me posted as to what interests you and we will have a finalized list for the Fall meeting agenda. tevorranh@yahoo.com or call 207-229-7276

MCR DUES REMINDER

—Submitted by Sarah Filliter, Membership Committee

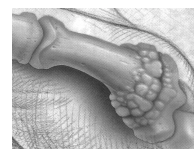
Yearly dues are just around the corner and the annual fee is \$50 for the coming year. Our dues are our main source of operating income and help to fund the publication of our brochures and hosting of our website (where professional members have their contact information listed for the public to access), our outreach programs (Common Ground Country Fair and Tri for a Cure booths), our afternoon meeting continuing education workshops as well as our biyearly workshop events (we bring in nationally and internationally known and respected educators), the publication and mailing of our three-times-a-year newsletters (a super source of information), meeting expenses, postage and other supplies.

Our fiscal year runs July 1-June 30 and many folks will want to return their membership renewal applications with their dues at our May 18 meeting in Augusta. We will soon be providing you with that renewal form which you may bring to the May meeting or mail in before July 1.

Currently we are 75 strong and growing. MCR strives hard to meet your needs and wants—thank you for supporting us so that we can give our very best back to you, to help you grow in all ways professionally!

Basal Joint ~ Arthritis in the Thumb

Arthritis is a disease that causes inflammation and stiffness in the joints. It often affects the joint at the base of the thumb, which is called the basal joint. Basal joint arthritis occurs as a result of wear and tear on the joint. It is more likely to occur if you have fractured or injured your thumb. Repeatedly gripping, twisting, or turning an object with the thumb and fingers may make the arthritis worse.



The basal joint is formed by one of the wrist bones (Trapezium) and the first of the three bones in the thumb (1st metacarpal). This joint allows the thumb to move and pinch with the fingers. When arthritis occurs in the basal joint, it slowly destroys the joint. The ends of the bones are covered with cartilage. This covering acts like a cushion, allowing the bones to move smoothly. Arthritis destroys the cartilage. Then the bones rub against each other when you move your thumb. This causes the joint to become inflamed and painful. With time, the small bone at the base of the thumb may collapse. Then you can no longer straighten your thumb. This makes pinching and grasping with the thumb and fingers painful.

Your Blood ~ The Stream of Life

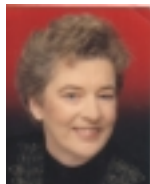
Your blood is made up of billions of cells. It travels through your veins, arteries and capillaries on a stream of liquid called **plasma**. Innate Intelligence controls this flow of blood. The red cells carry oxygen from your lungs to your tissues. They also take waste gas (carbon dioxide) out of the tissues and carry it back to your lungs where it can be exhaled. A red cell, which lives about four months, makes three thousand trips through your blood stream. About ten million die off each minute but with adequate nourishment new red cells are quickly formed.

Your body is constantly being bombarded by micro-organisms, which often get into the lymph fluid and are carried into the lymph nodes. Once they get there, your white cells (soldier cells) attack them. On any one day, there can be as many as thirty to forty billion soldier cells protecting you. While these cells are alive they fight off serious infections. Two-thirds of the white cells are made in the marrow of your bones, as are all the red blood cells. They form a clot when you cut yourself, using **fibrin** to block off the opening and prevent the blood from flowing out of your body.

A drop of blood contains about five million red cells and seven thousand white cells, along with thousands of platelets (cells that are not red or white). Blood cells are very small, sixty thousand could be put on the head of a pin.

The average adult has four to six quarts of blood, about seven pounds or three and a half quarts of blood for each 100 pounds of body weight. Blood is divided into four primary groups: Type O, which is the most common, Type A, Type B, and Type AB, which is the most rare.

SO ~ WAS IT SOMETHING I ATE?



You probably have a pretty good idea of what's in your saving account, your wallet, or your desk. But chances are you have no clue about what's in a location that's nearer and dearer to your heart. I'm talking about your gut. If your answer is "Two cups of soda and a Big Mac," you're missing the point. Your gut is a beautiful integration of solid organs, such as the liver and pancreas, and hollow ones, such as the stomach and small intestine which is a veritable rainforest of beneficial yet delicate micro-organisms that thrive amid digestive acids strong enough to eat through skin. Yet even the most health-savvy among us may not truly appreciate what this amazing organ system does. Consider how your digestive system may influence your knee pain. Your gut is your body's primary contact point with the world. Everything you swallow, good and bad, arrives there first. So it's not surprising that gut microbes are crucial to immune function. A diet of junk food can throw off your bacterial balance, a condition known as dysbiosis, and allow the growth of unhealthy organisms. Bad bacteria damage your intestinal lining, creating tiny holes through which toxins, parasites, and waste products can escape into the rest of your body; this is called leaky gut syndrome. In turn, your immune system jumps into overdrive, often leading to autoimmune conditions, including arthritis, allergies, type 1 diabetes, and inflammatory bowel disease.. Remember that saying:

"You Are What You Eat".

Have a Safe and Enjoyable Winter

Myra Achorn

Looking Forward To Spring

Student Testimonial

Just wanted to let you know that I feel as if I'm still reaping the benefits of my treatment this past week. Just felt like everything in my body worked better! Laurie T., OOB

We Want YOU!

COMMITTEE WORK: Listed below are our current committees and we would love for you to serve on any of them. Membership ~ Continuing Education ~ Bylaws ~ Legislative ~ Standards/Ethics ~ Newsletter ~ Website ~ Brochure ~ Library ~ Historical ~ Reflexology and Cancer

RAA DELEGATE WORK: Claire has served longer than her 2-year obligation states and will definitely be done this Fall, 2013. So that means we need ONE new RAA delegate. Below are Suzanne's comments and observations about the position. You may also contact her at 207-310-8937 or agirland@juno.com if you'd like to speak to her personally about the position.

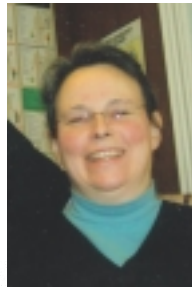
From Suzanne:

Responsibilities: you represent your state organization to the national organization and the RAA to MCR. You attend the delegate meeting at the RAA conference. I am not sure if you are requested to also attend the conference in the following days. You attend via phone conference call bi-monthly meetings of one hour length. (used to be monthly). You are required to serve on a RAA standing committee. (I was on the legislative committee and told Julia I did not know how much I could do and she gave me a simple assignment).

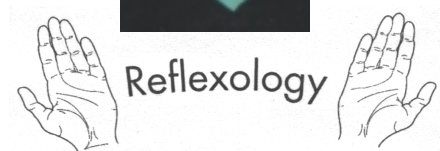
Privileges: In my opinion the delegate enjoys functioning at the national level and making wonderful and interesting contacts. In my opinion interacting at the national level is beneficial for I realized that for the most part it is "just plain folks" in those positions. There is a lot of cooperation and also satisfaction in joining with fellow reflexologists who share your interests. Personally, I really enjoy reflexologists and becoming a delegate, and going to the conference, provided me with numerous new and cherished friends. It also was a wonderful vacation-I felt just right among good people who would understand me.

If you love reflexology, here is a chance to get more involved! ~ Just do it!

**Nancy Butler has
volunteered to
replace Suzanne
Girlando as Maine's
RAA delegate**



**We need ONE more
RAA delegate to
replace Claire Guy**



ANY CHANGES OF
ADDRESSES, EMAILS, NAMES,
PHONE /CELL #S
SEND CHANGES TO
info@mcronline.org

**New Year's Resolution: To live each
day with an attitude of gratitude.**

**THANK YOU
Wendy Decker for your roll as
Acting VP and Acting
President**

**"Three Rules of Work: Out of clutter find simplicity;
From discord find harmony; In the middle of
difficulty lies opportunity." ~ Albert Einstein**

**We don't see things as they are. We see
things as we are. ~ Anais Nin (1903 - 1977)**

Feeling down? Just look up!