

# Dedicated to Professional Standards

## Established 1991

Volume 20

February 2010

Issue 1

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### **NEXT MEETING**

**April 24, 2010**

Saturday 9:30am-4pm

**Connie's Office**  
**168c Main Street**  
**Winthrop, Maine**

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### **A letter from MCR's President: Alina Blakesley**

Iphone, Ipod Touch, Ipad, Skype, and many more electronic gadgets are available on the market and becoming the norm for communication, especially in the younger generation.

Utilizing this new technology could be useful for opening up a window to what is going on the world of Reflexology nationally, even internationally. We can invite individuals to share their knowledge on topics that are important to us. Information and communication are key in this fast paced modern world. Your president is a "techi." So expect some weird but interesting meetings.

Our Skype session with Liz Malone, president of the New Hampshire Reflexology Association was very informative (see pages 2-3). It worked without a hitch even though her cat jumped on her lap during our interview. Her phone rang too. But on the whole we learned a lot and saved on time and travel expenses. We also learned that we can help our neighboring state by informing their members about our education programs and ARCB testing. It's a give and take and we can grow together.

We continue to keep tabs on licensing Reflexology. Wendy, our webmaster has set up a special section on the MCR website with relevant information of licensing. Go to <http://www.reflexologyofmaine.org> on our home page and select Reflexology & Licensing from the menu.

I would like to quote Annalise Evenson's article from the Reflexology Today, winter 2009 issue about the New Hampshire Reflexology Licensing Law. "...I think this is going to be pivotal to the future of reflexology as a viable, recognized profession. I think it is the beginning of significantly moving from "mom & pop" or underground (in states such as NY) to taking our place in the world of CAM (Complementary and Alternative Medicine). I think it will pave the way for ARCB and ACARET to raise the bar and to cross into the medical arena without having to be a nurse or massage therapist."

When I read these views, I may not necessarily agree but I do pay attention. So let's learn more and keep licensing Reflexology and what is going on in other states on our radar screen.



**Alina Blakesley**



MCR's Board, Kate Winant, Susan Miller, Alina, Sylvia Young,  
Robin brawn and June Atherton

## **Skype Session with Liz Malone, president of the New Hampshire Reflexology Association**

### **Why did you get started?**

Reflexology was included in the massage law and could only be offered by a licensed massage therapist. Persons who gave Reflexology sessions did so in secret so to speak. We felt very restricted in what we could do without a massage license and when a reflexologist was fined \$500 we had had enough and decided to do something about it.



*Alina's interview was given over Skype, a video conferencing system*

### **How did you get started?**

We contacted Senator Clark and our representative. They were very helpful in developing a political tactic. At first our strategy was exemption from the massage law. We borrowed the language from the Maine massage bill that included an exemption for reflexologists.

When we proposed the changes to the massage law at the public hearing it created a fire storm as the massage therapists objected strongly. Present at the hearing were Asian Body workers e.g. Shiatsu, and structural body workers e.g. Feldenkrais practitioner, who also couldn't offer services without a massage license. The 3 groups namely, Reflexologists, Asian body workers and Structural body workers formed a coalition to fight towards exemption.

We met over the months and eventually decided to introduce a bill for a separate license for our 3 professions. Our senator and representative suggested focusing on public safety, requiring practitioners who attained a certain standard of education would be eligible for a license.

### **How did you accomplish passing the bill?**

It was entirely a grass roots volunteer effort by coalition members. There was excitement and a commitment about our objective so that we would be free to practice our professions freely, openly and not underground. We also had support from Opal Knowles from RAA and Christine Issel from ARCB, and Laura Ahoe, from Massachusetts.

We came up with the language in the bill and it was presented to the legislature sponsored by our senator and representative.

*Skype, projected on the wall*

### **What are the requirements for licensure?**

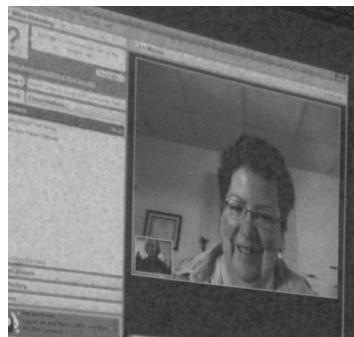
Persons applying have to be 21 years old

ARCB certification is required

License fee costs \$175

Renewal fee is every 2 years and costs \$150

Continuing education of 12 credits is required every 2 year.



*Liz Malone, president of the New Hampshire Reflexology Association*

*The seemingly high fee was determined by the Health and Human services as they are aware of administrative costs*

Massage therapists or any persons who offer Reflexology have to apply for a license which would require them to have the ARCB certification.

## **Who regulates the three professions and how?**

A board was created with board members from each profession, Reflexology, Asian Body workers and Structural Body workers, which will meet with the Department of Health and Human Services twice a year. At this point we are still working out the rules and regulations which should be completed by March 2010. *We have experienced some difficulty working with the Heath Board*

## **How long did the process take?**

About 5 years and we still have one more step which should be completed in March 2010.

## **Did you incur any legal fees?**

No. There was no legal expense. The work was done entirely by volunteers.

We had a lot of support from ARCB and RAA. They incurred travel expenses as they attended some of the public hearings.

## **What are the letters used to define that you are licensed Reflexologist**

We haven't come up with this yet.

## **How do you feel about licensing reflexology?**

For us it was necessary to be able to practice Reflexology as a stand alone profession. I do believe that educational standards are important. I am a registered nurse and a believer in quality of care and safety of the public. I am very happy with the outcome in our state. I don't think that licensing reflexology is for every state.

## **Did other reflexologists in your state support the process?**

We have 12 Reflexologists in the state. Only 6 have the ARCB certification which you need to get licensed. It was quite controversial at first. We try to include our entire membership even if they are not licensed. We hope to develop our profession and organization.

## **Can residents of other states apply for a Reflexology license in the state of New Hampshire?**

I don't know the answer to that.

The whole bill 84 FN can be viewed at

<http://www.gencourt.state.nh.us/legislation/2009/HB0084.html>



January 's meeting, Bath, Maine

## ***Member-in-the-spotlight***

**Down East howdy,**

I became a certified reflexologist in 2001... went to Myra Achorn's school, *Treat Your Feet ~ School of Reflexology*. At the time I was recovering from shoulder surgery. I have been practicing foot rubs since 1967 when I first learned about it at summer camp. In 1976, 3 friends & myself drove cross-country in a 1954 Ford, giving foot rubs. We had a sandwich board saying, FOOT RUB \$5.00, some folding chairs and camp footstools. Everyone would come out to see what the hippies ( 2guys, 2gals) were up to. **It was great fun!**



***Mac MacDonald***

Before becoming a reflexologist, I have been an organic farmer and gardener, cook, glove cutter, truck driver, carpenter, artist, wood cutter, and pretzel vendor. When I had shoulder surgery, it was time to change jobs. Jane asked me, "Macky, what do you want to do the rest of your life??" My reply was "I want to tie flies, go fishing and rub peoples feet." So, I found a school and it cost \$3000 dollars. So I wrote a letter to my friends explaining that if you give me money, I would pay folks back with foot rubs!! Raised all the money for school and got food and lodging included. The best part was it gave me an automatic client list.

Not yet planning to take ARCB test in May.

I like MCR because of strength in numbers. I enjoy the camaraderie. I think its important to stay in touch with other reflexologists. I have been a member since 2001.

My practice is house calls only. I travel all over Hancock County and other parts of the state. One of my best ideas is THE FOOT PARTY. Get your friends together, cook up some food and I will come over, give everyone a reflexology session and leave. You hangout with your friends and when you're tired of them, send them home. This weekend I will be attending 3 foot parties in southern Maine. For my reflexology method, I use the American standard with some Mac moves thrown in.

Organizations I belong to include MCR, Hancock County Volunteer Hospice, Big Brother Big Sister Of Hancock County, and North American Fishing Club Life Member.

The workshop I attended that I loved the most was Beryl Crane... she could tell that I have an endocrine variation by the lines in my hand. I want to study more hands and ears, and feet too. You can never have enough knowledge.

For hobbies, I enjoy fly fishing, bird watching ,cooking , shoveling snow, reading, organic gardening, fruit trees, flowers, vegetables, play guitar, write music, meditate TM. For fun, I like everything. For my own health, I take my meds every day on time, watch what I eat and walk.

My vision is that we all work together to make our organization the best it can be and it becomes the standard that other organizations look to for guidance.

I have Type 2 diabetes. My whole name is Michael Mac Donald. I have Klinefelters Syndrome. I have been married to Jane for 17 years and yes... she did name CHERRY GARCIA . She is very happy I became a reflexologist and so am I.

***Interviewed by Wendy Decker***



## **Thank you for being a part of my life, whether you were a REASON, a SEASON or a LIFETIME.**

People come into your life for a reason, a season or a lifetime. When you know which one it is, you will know what to do for the person. When someone is in your life for a **REASON**, it is usually to meet a need you have expressed. They have come to assist you through a difficulty, to provide you with guidance and support, to aid you physically, emotionally or spirituality. They may seem like a godsend and they are. They are there for the reason you need them to be. Then, without any wrongdoing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die. Sometimes they walk away. Sometimes they act up and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled, their work is done. The prayer you sent up has been answered and now it is time to move on.

Some people come into your life for a **SEASON**, because your turn has come to share, grow or learn. They bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it, it is real. But only for a season.

**LIFETIME** relationships teach you lifetime lessons, things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person and put what you have learned to use in all other relationships and areas of your life. It is said that love is blind but friendship is clairvoyant.

### **The ABC's of Life**

ACCEPT DIFFERENCES   BE KIND   COUNT YOUR BLESSINGS   DREAM   EXPRESS THANKS  
FORGIVE   GIVE FREELY   HARM NO ONE   IMAGINE MORE   JETTISON ANGER   KEEP  
CONFIDENCES   LOVE TRULY   MASTER SOMETHING   NURTURE HOPE   OPEN YOUR MIND  
PACK LIGHTLY   QUELL RUMORS   RECIPROcate   SEEK WISDOM   TOUCH HEARTS  
UNDERSTAND   VALUE TRUTH   WIN GRACIOUSLY   XERISCAPE   YEARN FOR PEACE  
ZEALOUSLY SUPPORT A WORTHY CAUSE

### **IMA Group Practicing Member Insurance**

Liability coverage good any place you work ~ office, on site, seminar, convention, hotel, health spa, etc.



*Call for more information*

International Reflexology Association

P.O. Drawer 421  
Warrenton, VA 20188  
[www.internatonalreflexologyassociation.com](http://www.internatonalreflexologyassociation.com)  
(540) 351-0800 fax (540)-351-0816



Call Myra if you have  
questions. 623-4552

**Success** is when you can't  
tell if it is **WORK OR PLAY**

Myra's Grand Nephew

**START SAVING TODAY**  
TURN YOUR CANS & BOTTLES  
**INTO CASH**  
Bring it to the next meeting.  
**Join in the FUN of the AUCTION,**  
as we can't let *June* buy everthing.



June's baby blanket  
from the auction  
24 hours old Owen Jordan

### **Treasurer's Report ~ January, 2010**

Totals by Account

General fund.....\$ 4,210.55	)	<u><b>\$6,425.37</b></u>
Savings Account..\$ 2,214.82		
K. Erico fund.....\$ 2,254.74		
Workshop fund....\$ 509.07		
Grand Total.....\$ 9,189.18		

## Educational Opportunities

### CALENDAR OF EVENTS:

**Next MCR meeting date:** *Attend these meetings and earn CEU's*

**April 24, 2010** in Winthrop, 168c Main Street . Afternoon Program: Hand Reflexology by Kate Winant and Connie Hubley

**Treat Your Feet~School of Reflexology Refresher Class:** Sat. March 20th 9-4 \$25. non-students of TYF \$35. For more info, call Myra at 623-4552. Class limited to 8 "Lets talk REFLEXOLOGY & HANDS ON"

**Next RAA conference** will be in Englewood, Colorado (near Denver) May 14-16, 2010  
"Stepping Up To New Heights."

**ICR Conference ~ Portugal 2011**

**Practitioners** are welcome to donate their time at the Maine Boats, Homes and Harbors show in Rockland in August, and at the Common Ground Fair in Unity in Sept.

*More information in the next newsletter on these events.*

### **Myra Celebrates 100th Student!**



Myra Achorn began teaching Reflexology in Augusta, Maine in 1998 when she started the Treat Your Feet ~ School of Reflexology. Her Reflexology school was the first to be licensed by the State of Maine Department of Education. Twelve years later, she is celebrating the enrollment of her 100th student.

Many of Myra's former students have gone on to become ARCB certified and several have assumed leadership roles in both the Maine Council of Reflexologists and its national affiliate, the Reflexology Association of America. Current MCR Board members who trained with Myra include President Alina Blakesley, Treasurer June Atherton and Correspondence Secretary Robin Brawn. Other involved members for MCR are Colleen Ouellette, post office mail distributor, Mac MacDonald our fine auctioneer, and many volunteers for the Common Ground Fair.

Myra is one of the founding members of the Maine Council of Reflexologists started in 1991. She is also a charter member of the International Council of Reflexologists, and the Reflexology Association of America. In 2008, Myra received the Outstanding Educational Service Award in the Field of Reflexology from the Reflexology Association of America along with Dwight Byers from the International Institute of Reflexology.

The Reflexology community has benefited from Myra's love of Reflexology and her desire to teach others the skills and knowledge that she has acquired over 20 years. **Congratulations Myra**, on reaching this significant milestone in your Reflexology career!

### **MCR 2009 ~ 2010 Members 66**

e-mail address change for *Linda Nickerson*  
FROM [lchaddy@maine.rr.com](mailto:lchaddy@maine.rr.com)  
TO [ReflexMe@maine.rr.com](mailto:ReflexMe@maine.rr.com)

### **"ARCB TESTING COMING TO MAINE!"**

The American Reflexology Certificaton Board has posted a **May 1<sup>st</sup> testing date in the Portland Maine area**. This is a great opportunity to challenge your skills at the next level and access their national website for advertising your practice once you have passed the test. March 1<sup>st</sup> is a reasonable deadline to get the testing packet and register. Go on line to [www.arcb.net](http://www.arcb.net) ,for more information

**Three** MCR members are committed to the process this year, if you need encouragement to join them, do not hesitate to call or e-mail me!

**Kate Winant**



[tevorranch@yahoo.com](mailto:tevorranch@yahoo.com)

**207-229-7276**

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

MCR's web-site projected on the wall at the meeting



# **Join us in celebrating RAA's 15<sup>th</sup> Anniversary**

**"Stepping up to New Heights"**

**May 14 -16 2010**

## **Speakers:**

**Dr. Marc Piquemal** - Relationship between thermograph of the back versus thermograph of the sole.

Renal blood flow. Reflexology studies.

**Christine Issel** - Work smarter Not harder with relaxation.

**Dr. Martine Faure-Alderson**- How reflexology can address the emotional, physical and mental issues of an injury, highlighting whiplash.

**Amanda Trosten**- Building the profession –together – through the process of Appreciative Inquiry (AI)

**Barbara A. Brower** – Lead reflexologist will update on the Dr Gwen Wyatt's Michigan state reflexology grant for cancer.

**Stephenie Cooke** - Marketing in 2010

**Kristi Gabriel** – Combining muscle testing and source points with Hand Reflexology

**Lone Sorenson** - Praxis Vertebralis, Foot Reflexology

**Laura Jodry** – Leadership Training, May 13. 9-12 p.m. \$30. Pre Conference. Everyone who wants to work less and accomplish more. You can sign up on the registration form.

*The Registration form is online with credit card payment option:*

<https://web.memberclicks.com/mc/quickForm/viewForm.do?orgId=raa&formId=70525>

**DISCOUNT- RAA Members... \$345.**

**when paid before January 31, 2010 and a member by 12/31/09**

**RAA Members after January 31, 2010.....\$375**

**Non-Members .....**\$400

Enjoy a full service Resort and Colorado attractions!

**Inverness Hotel and Conference Center**

**Englewood/Denver CO.**

Tel: 800-832-9053 Website: Invernesshotel.com

**(Mention "Reflexology" for the discounted rate)**

# Common Ground Fair Sign Up Sheet

CGCF Coordinator for 2010 - Alina Blakesley

<b>Friday 24<sup>th</sup> Sept.</b>	<b>Morning Session 9am -1pm</b>	<b>Afternoon Session 1-5pm</b>
Coordinator - <b>Susan Miller</b>	1) Susan Miller	1) Lynn Marie Danforth
	2) Connie Hubley	2) Robin Brawn
	3) Sonia Robertson	3)
<b>Saturday 25<sup>th</sup> Sept.</b>	<b>Morning Session 9am -1pm</b>	<b>Afternoon Session 1-5pm</b>
Coordinator - <b>Ramona Miller</b>	1) Kate Winant	1) Kate Winant
	2) Sylvia Young	2)
	3)	3)
<b>Sunday 26<sup>th</sup> Sept.</b>	<b>Morning Session 9am -1pm</b>	<b>Afternoon Session 1-5pm</b>
Coordinator - <b>Alina Blakesley</b>	1) Marge Hatch	1) Alison Gingras
	2) June Atherton	2)
	3)	3)

**We have some spaces left.** Please call Alina Blakesley 207-633-1125. Leave a message stating your name, day and time slot that is good for you and your telephone number. I will call back to confirm. Or you can send an email to [info@alinablakesley.com](mailto:info@alinablakesley.com)

This year we are charging \$1 per minute for reflexology sessions. Reflexologist may opt to give free sessions if they so choose. We have cut back to reserving one booth space for two reflexology chairs. The third reflexologists can provide information or give hand reflexology sessions.



## Coastal Maine Botanical Gardens, Boothbay Harbor

DATE: June 19th

TIME: 11am-2pm

**VOLUNTEERS:** Alina Blakesley-coordinator, Alison Gingras, Linda Nickerson, Lynn Marie Danforth, Sarah Fillitier and Michael MacDaonald

If you are interested in joining us. Call 633-1125 or email: [info@alinablakesley.com](mailto:info@alinablakesley.com)

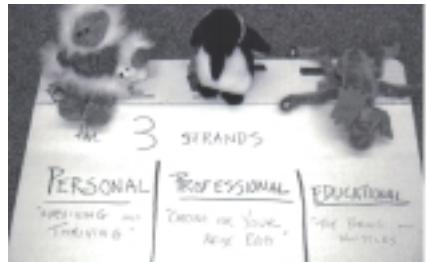
*Alina Blakesley*

Maine Council of Reflexologists

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## NEWS FROM THE PROGRAMMING COMMITTEE

During the January meeting 16 members attended the afternoon "Roundtable Discussion" program. Three topics were explored; first a follow-up session to the May 2009 round-table program and a brainstorming session on speakers for the 2011, 2-day educational workshop. The program concluded with a presentation on the research suggestion from Christine Issel on the "Gut" nerve bundle and hand reflexology exchange session utilizing emphasis on the lower abdominal reflexes.



A lively review of last year's roundtable discussion, led members to experience the 3 strands of the "Surthrivers" topic. Our mission was to go from surviving to thriving during these tough economic times and the question was asked, "How are we doing personally, professionally and educationally?" Great camaraderie and suggestions filled the room as we brainstormed and synthesized ways to keep healthy, connected and hopeful. As we moved into the discussion on educational tools, professional members shared about recent books they read, workshops they attended and needs they have to deepen their practice. Desires for manual skills, as well as practical business advice, were categorized into afternoon workshop ideas and 2-day workshop suggestions. As we dove into the sea of possibilities for a major speaker, we even explored the idea of a Cruise Ship or Mountain Lodge Retreat Conference! Over half of the group felt a need to expand on a hand reflexology work. They proposed that the teachers within MCR design a 30-hour certification program that prepares professionals for the ARCB hand certification test. Other suggestions included facial, cranial-sacral, and animal reflexology lecturers, plus a presentation from Kevin and Barbara Kuntz. The afternoon workshop concluded with a hand reflexology trade, incorporating emphasis on the 'gut' reflexes.

All members are continually encouraged to connect with fellow reflexologists for support and enrichment. Together we build a strong organization that is a beacon of hope throughout northern New England. At this spring's meeting, members will be asked for feedback on the three 2011 workshop proposals. If you are unable to attend, please send me your suggestions to [tevorranch@yahoo.com](mailto:tevorranch@yahoo.com) or call me at 207-229-7276.

Respectfully submitted by Kate Winant



Polo Shirts, Pillow Cases  
and books on sale at the  
meetings



Please join us for our next MCR meeting in Winthrop 9:30-4:00 **April 24**. Afternoon program is going to be great:

**2 hour Hand Reflexology** presented by Connie Hubley and Kate Winant with emphasis on strengthening our delivery of hand sessions with a presentation, handouts and exchange with other members.

**Hope to see you all there!!**

### This is a good time to be alive.

Every day brings us new insights into the working of the human body.

And understanding the body is the key to health.

Learning how our bodies work is an essential part of education.

### The power of Positive Thinking

Believe that for every problem there is a solution.

Keep calm. Tension blocks the flow of thought power. Your brain cannot operate efficiently under stress.

Go at your problem easy-like.

# The Changing Anatomy *by Christine Issel*

Did you know there are not two, but three divisions of the Autonomic Nervous System? And, this is not a recent discovery; science has known about this more than eight years! (Read about the Enteric Nervous System below.) Did you know the heart starts beating in the unborn fetus before the brain has been formed? And another astonishing fact-we have at least 3 brains!

## ***Autonomic Nervous System***

Anatomically there are two major divisions of the Nervous System; a Central Nervous System (CNS) and a Peripheral Nervous System (PNS). The brain and spinal cord are the organs of the Central Nervous System while the Peripheral Nervous System includes everything else. Though the CNS and PNS are interconnected and work together it is generally agreed the CNS gives the orders and the PNS follows them.

The Peripheral Nervous System includes the Autonomic Nervous System (ANS), Which controls the involuntary activities of the body (i.e.' heart beat, digestion, breathing, gland activity, etc.). People are commonly taught that the ANS is divided into two parts: Parasympathetic and Sympathetic. The Sympathetic Nervous System controls activities for sudden activity; while the Parasympathetic System calms the body down. Because of the anatomical structure of the nerve cells in each system based on their function, the parasympathetic responses tend to be faster and more precise than sympathetic response, which are usually slower and more diffuse. However, functional differences between the sympathetic and parasympathetic nervous systems do not always hold true, therefore the two systems cannot be differentiated solely on the basis of function.

## ***Enteric Nervous System***

J.N. Langely (of England) published The Autonomic Nervous System in 1921. This became the foundation of the study of the ANS in the twentieth century. In medical science the student is often referred to various interpretations of this work, rather than Langely's original book, which Michael D. Gershon, M.D., claims has led to Langely being misquoted. Langely actually wrote there were three divisions, not two. The third being the enteric (pertaining to the intestines) nervous system.

According to Gershon, there are more than a hundred million nerve cells in the human small intestine, a number roughly equal to the number of nerve cells in the spinal cord. Add on the nerve cells of the esophagus, stomach, and the large intestine and there are more nerve cells in the bowel than in the spine. This means there are more nerve cells in the gut than in the entire remainder of our peripheral nervous system. The fact is that most enteric nerve cells are not directly innervated by either the vagus or the sacral nerves.

The smooth muscle and glands of the gut are not supplied by a chain of two nerve cells but by complex intrinsic enteric neural circuits that may involve many nerve cells. Bayliss and Starling, working with dogs around 1900, found reflexes occur when the gut is actually cut off from the central nervous system, therefore it is possible the vagus nerves and the sacral nerves may be totally irrelevant to many of the behaviors of the bowel.

Above sheer number of nerves, the enteric nervous system can, when it chooses, process data its sensory receptors pick up all by themselves, and it can act on the basis of the data to activate a set of effectors that it alone controls, nor does it always send information it receives back to the CNS. The enteric nervous system is not a slave of the brain but is an independent entity that can elect not to do the bidding of the brain or spinal cord. The enteric nervous system is thus an independent site of neural integration and processing. This is what, according to Gershon, makes it the second brain.

For the most part, messages are delivered in the form of chemicals and the enteric nervous system is a vast chemical warehouse within which is represented every one of the classes of neurotransmitter found in the brain. To date, these include some 30 substances, such as serotonin, melatonin, acetylcholine, and epinephrine. Actually 95% of the body's serotonin is produced in the bowel! This being the case, perhaps depression, anxiety, and other mental disorders should be treated from the second brain-the bowel-rather than the upper brain. Pierre Pallardy (2006) Gut Instinct writes the intestine produces between 70 to 85 percent of the body's immune cells, affording protection against serious illness; and the abdomen generated interstitial cells (those that go in the gaps between bones and tissues), play a vital role in the proper functioning of muscles and articulations of joints.

For whatever reasons the concept that the autonomic nervous system is an entity with three parts disappeared in the years that followed Langely. How could this be? It appears this concept, like many others in medical science that do not fit nicely in the existing or predominate paradigm, was buried or lost. Giving the field the benefit of the doubt it is possible the finding of neurotransmitters and the resultant study of them may have been a necessary step in understanding the enteric nervous system.

## ***The Heart: Another Brain?***

# Coffee & Aspirin Robs Vitamins

Nutrition is only part of the chemical story behind glowing good health. While we must take in every day the foods that keep our bodies properly functioning and in good repair, it is just as important to keep harmful chemicals out. This, however, is not so easy, for we humans have invented hundreds of concoctions to produce some desired effect or other: to pep us up, slow us down, or to relieve our real and imagined aches of body and mind. They range from foods that contain drugs, such as coffee and tea, through a variety of self-medications, to the psychic crutches such as tobacco, alcohol, stimulants and tranquilizers. These items share three things in common: most of them can be found in nearly every home; they can, when properly used, serve some useful function; and they are all potentially harmful.

Take coffee and tea, the most widely consumed beverages in the Western world. Every day Europeans and Americans brew and drink them in the tens of millions of quarts. Few would deny that a steaming cup of rich coffee is a delightful way to begin the day or top off a good dinner. As many know, a coffee break at home or in the office can help to ease the day's tasks. For some of us it seems an absolute necessity. Yet both coffee and tea contain an active drug factor *caffeine*. Taken in excess caffeine can be fatal. Although doctors estimate that it would take 10 grams, more than 100 cups, of coffee or tea to kill you. Just 1 gram, about 10 cups, is enough to produce such unpleasant side effects as nausea, restlessness, and palpitations. Even two or three cups will increase heartbeat, stimulate your kidneys, and interfere with sleep.

Strong doses of coffee fed to animals in laboratory tests have also been found to produce multiple B-vitamin deficiencies. This is thought to be because caffeine, by increasing the flow of blood through the kidneys, causes B-vitamins to be sent out of the kidneys in the urine. Famous American nutritionist Adelle Davis says that "heavy coffee drinkers invariably show symptoms of B-vitamin deficiencies even when their diet is excellent."

Coffee does change our body chemistry. Otherwise it would not have the effect that we like. The same goes for tea, since a cup of tea contains as much caffeine as a cup of coffee. But this does not mean that you should abstain from these drinks, or that moderate coffee or tea drinking will necessarily interfere with your health. On the other hand, it is clear that large amounts of coffee or tea are harmful, and any confirmed coffee or tea lover would do well to ensure that their Vitamin-B intake exceeds the recommended minimum requirements.

Aspirin is another potential poison readily at hand. It is by far the commonest of all the household remedies. No one thinks twice about taking a couple of aspirin tablets every now and then to relieve minor aches and pains. Properly used, aspirin is indeed one of the most valuable mild pain killers available. But aspirin, or aspirin based medicines, should on no account be taken for an *upset stomach*, or by anyone who suffers from stomach trouble, because it can cause bleeding from the stomach lining. (For this reason, it is always advisable to take aspirin with milk chaser.) Aspirin should never be taken in more than the recommended dose. For, as the American Medical Association has warned in its journal, aspirin is a dangerous drug if our diets do not contain enough Vitamin C to detoxify it. This vitamin, while preventing aspirin for poisoning our system, is itself destroyed. Each aspirin we take robs the body of a certain amount of the Vitamin C needed for important bodily functions. The more tablets we swallow, the more risk we run of reaching a point where there is no Vitamin C available to detoxify the drug, and acute aspirin poisoning will occur.

Aspirin overdose is one of the common forms of accidental death. Fifteen to twenty aspirin tablets taken over a 24 hour period can be fatal to an adult. Ten or twelve tablets taken in one gulp may do the same job quicker. Aspirin deaths often occur among children who get into the family medicine chest. In other cases, aspirin overdose may result from an excessive reliance on the tablets for the relief of every day stresses. Aspirin does have a mild tranquilizing effect, and this is one of the reasons why it is so useful for combating occasional irritating ills, like headaches, from which we all suffer. But some people get into the habit of taking a few aspirin tablets regularly whenever they feel anxious, ache a little, or cannot sleep. After continued regular use, more and more tablets are needed to obtain relief, and a person may work themselves up to a fatal dose without even realizing it.

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## Can Vitamins Make You Healthier?    TRUE or FALSE

Dr. Harold Chope started surveying the diets of 577 residents and found that people with a higher-than-average intake of vitamins A, C, and niacin did tend to live longer than those with lower intakes. During the six years study, there were over four times as many deaths among people getting less than 50 mg. of vitamin C as there were among people getting more than 50 mg.. Vitamins have an effect on what kinds of diseases people suffered from. People with high intakes of vitamin A had less diseases of the nervous system, circulatory system, and respiratory system. People with high intakes of vitamin C had less disease of the circulatory system and digestive tract.